

Metro League Soccer Contacts 2025-26

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3. Referee Assignor: Dan Sider

Other Information:

1. Last year teams had a 10 to 15 minute warm up prior to games. It will be the same this year.
2. Coaches are asked to please inform players of the following important issues:
 - These facilities are expensive, and all players are to treat the facilities with respect.
 - All teams are asked to make sure **all** player place garbage and recyclables in the appropriate containers. There should be no garbage left at the end of the game!! Tape, pro-wrap, etc. should be placed in the appropriate containers.
Thank you for your cooperation regarding this matter!!
3. Every team is permitted to dress **20** players.
4. We are continuing with the three yellow cards – before missing the next game rule. In addition to this, the fourth card means sitting two games, and each additional card adds an additional game. With a **Red** card you sit out the next two games automatically and maybe more depending on the offence. Co-ordinators will notify coaches how many games the player receives.
5. Card accumulated during the season are not carried over to play-offs. However, **suspensions** obtained during the season are.