

# UMAC Soccer Sport Guidelines

Last Updated: December 17, 2025

- I. Regular Season Schedule – Conference Champion
  - A. For the 2026, 2027 and 2028 seasons, a 12-game double round-robin conference schedule format will be utilized with each of the 12 games counting towards conference standings/points calculations.
  - B. All conference games shall be played – if a game is postponed due to inclement weather, both institutions are obligated to make up the game if it affects conference standings. UMAC games take precedence over non-conference games. The UMAC Commissioner shall arbitrate any disputes.
    1. If the start of a contest is postponed or after a contest has started and it is postponed longer than three hours due to inclement weather, teams may wait beyond the three-hour mark from the start of the contest to make a decision to start or resume play, should all four coaches and Athletics Directors involved for the two institutions competing agree if it is the first game of a doubleheader. If it is the second game that is postponed, only the two coaches and Athletics Directors involved in the second game need to agree. If no consensus is reached, the decision will default to the NCAA playing rules maximum of three hours.
    2. The UMAC will follow the NCAA Playing Rules Section 7.5 regarding a suspended contest and resuming the contest at the point in which the contest was halted, be it the same date or a later date as permissible.
    3. If a contest that was postponed/suspended prior to the 70-minute mark is ultimately never completed during the regular season, it will be declared a “no contest” officially per NCAA Playing Rules.
    4. If a contest that was postponed/suspended between 70 and 90 minutes is ultimately never completed during the regular season, it will count as a completed contest at the point of suspension.
  - C. Men’s & Women’s games shall be played as doubleheaders. Women will play the first game of the doubleheader half of the season and men will play the first game the other half of the season. An established rotation will determine who plays first in the first half of the season. (Game times may be adjusted by mutual agreement and Commissioner approval in order to accommodate travel considerations or field conflicts.)
    1. Game times for Saturday games and all fields without lights will be:
      - a. Prior to gender order change: 2:00 p.m. & 4:30 p.m.
      - b. After gender order change: 1:00 p.m. & 3:30 p.m.
    2. Game times for midweek games for fields with lights will be:
      - a. 4:30 and 7 pm
    3. A minimum of 30 minutes on field warm-up must be provided between contests.

- D. The team with the most points bases on the following scale per contest: Win = 3, Tie = 1, Loss = 0 shall be named Conference Champion, in case of a tie Co-Champions shall be declared.
  - E. A regularly-scheduled UMAC contest may only be changed if mutually agreed upon by the head coaches of the two competing institutions. All changes must then be mutually agreed upon by the directors of athletics of the two competing institutions and sent to the UMAC office. The conference office staff has authority to make a final decision to approve or deny the request. Please see the UMAC Schedule Change Policy in UMAC Bylaws for additional information and requirements related to schedule changes.
- II. Conference Tournament
- A. Four teams shall qualify for the conference tournament.
    - 1. Semi-finals (No. 4 Seed at No. 1 seed; No. 3 seed at No. 2 seed) shall be played at site of the top two seeds on Wednesday of the post-season tournament week. If the field does not have lights, game time shall be 2:00 p.m.; in the event of a single institution hosting both genders on the same date then game times shall be 12:00 p.m. and 2:30 p.m. (Gender order will follow the same order as the second half of the regular season). If the field does have lights, game time shall be 5:00 p.m.; in the event of a single institution hosting both genders on the same date then game times shall be 4:30 p.m. and 7:00 p.m.
    - 2. Championship shall be played at the site of the highest remaining seed on the Saturday prior to the NCAA tournament selection date. Game time shall be 2:00 p.m.; in the event of a single institution hosting both genders on the same date game times shall be 12:00 p.m. and 2:30 p.m. (Gender order will follow the same order as the second half of the regular season).
  - B. The conference tournament seeding shall be decided on a team point basis according to the following scale: Win = 3, Tie = 1, Loss = 0.
    - 1. In the event of a multiple team tie(s) the following criteria will be used, in order, to break the tie. Any time a multiple team tie is broken and the criteria below advances a team, then return to tiebreaker (a) with the remaining teams.
      - a. Head-to-head result.
      - b. Goal differential in direct conference encounters (maximum of a four-goal margin per game).
      - c. Goal differential in all conference games (maximum of a four-goal margin per game).
      - d. Total goals against in all conference games.
      - e. Record against conference opponents in descending order (top-to-bottom).
      - f. Goal differential in descending order.
      - g. Coin toss

- C. The winner of the UMAC post-season tournament will receive the Automatic Qualifier into the NCAA Championship.
  1. If the UMAC post-season tournament is cancelled without any contests completed, the highest seed will receive the Automatic Qualifier to the NCAA Championship. If the UMAC post-season tournament is cancelled after the semi-finals, the highest remaining seed will receive the Automatic Qualifier to the NCAA Championship.
- D. The NCAA Postseason Pregame Schedule shall be followed including the minimum of 40 minutes between contests if same site hosts more than one contest on the same date.

### III. All-Conference Awards

#### A. All-Conference Teams and Structure

1. The UMAC Soccer all-conference awards will consist of a First Team, Second Team and Honorable Mention List.
2. Eleven players will be recognized on each of the First and Second Teams. Each team will consist of three forwards, three midfielders, three defenders, one goalkeeper and one open position. The positions will be filled based on the highest vote-getters at each position (including ties) and then the open position will go to the individual field player (excluding goalkeepers) receiving the next highest amount of votes.
3. The First Team will be filled first, followed by the second team. Honorable Mention will be given to the next two goalkeepers with the highest vote totals and the next 14 field players regardless of position and including ties.
4. If an institution is not represented any of the three lists, the coaches' No. 1-ranked player from that team will be named Honorable Mention.

#### B. Nominations

1. Each team will be allowed a set maximum number of nominations based upon the team standings as follows: First place receives up to eight nominations, second and third place receive up to seven nominations, fourth and fifth place receive up to six nominations, sixth and seventh place receive up to four nominations.
2. In the event of a tie for season points in the standings, all teams tied will receive the higher number of nominations as applicable to determine the number of nominations per team allowed.
3. A coach wishing to nominate a goalkeeper must include that individual in the total number of allotted nominations.
4. Coaches must provide a ranking for each player nominated based on overall team ranking (not by position).
5. Nominations shall consider and include conference-only and overall statistics from the season. Coaches should also provide one to two sentences of supporting information in the nomination.

#### C. Voting

1. Coaches will vote in rank order by position the following number of nominees: six forwards, six midfielders, six defenders and four goalkeepers. Votes will be weighted. For field players, a first-place vote equals six points, a second-place vote equals five points, etc. For goalkeepers, a first-place vote equals four points, a second-place vote equals three points, etc.
  2. Coaches may not vote for their own players.
- D. The nomination period for conference awards will open at 5 pm on the final Saturday of the regular season schedule and will conclude at 11 p.m. on the Tuesday of the week of the post-season tournament. Voting will open Wednesday at 10 a.m. and conclude Friday at 3 p.m. the week of the conference tournament semi-finals and championship.
- E. Offensive Player, Defensive Player and Rookie of the Year Awards
1. An Offensive and Defensive Player of the Year and a Rookie of the Year will be recognized separately from the all-conference voting.
  2. Coaches may nominate only one student-athlete from their team for each of these awards and shall follow the same criteria as indicated in III.B.4 and 5. Supporting information should be limited to the current season and team-related information only. Players may only be nominated for one of the two Player of the Year awards (Offensive or Defensive). Goalkeepers must be nominated for the Defensive honor.
  3. Coaches will vote for two nominees for each of the three awards. Two points will be given for a first-place vote and one point will be given for a second-place vote.
  4. Coaches may not vote for their own players.
- F. Coaching Staff of the Year Award
1. Each coach shall vote for two coaching staffs in rank order. First choice shall receive two points and second choice will receive one point.
  2. The highest vote-getter will be named UMAC Coaching Staff of the Year.
  3. In the case of a tie, the award shall go to that person whose name appears most often on the ballots.
- G. A Most Valuable Player (MVP) will be recognized for the UMAC post-season tournament championship.
- IV. Game Regulations Management
- A. The pre-game protocol and timeline for all conference contests will follow *Appendix A*.
  - B. The home team shall wear light uniforms except when UMAC teams play on back-to-back days in regular season conference schedule. In this case, on the second day of the back-to-back games, the home team will wear dark jersey.
  - C. A scoreboard clock is required.
  - D. Similar facilities, including shelter if any, will be provided for both teams at all games.
  - E. Officials shall be assigned by an assignor selected by the conference.
  - F. The Wilson NCAA Vivido Match Ball must be utilized for both the regular season conference contests and the post-season tournament contests.

- V. Scouting & Videotape protocols
  - A. Scouting reports (written, verbal, or video) of conference teams shall not be given to non-conference members or conference members.
  - B. The UMAC will contract with an online film exchange vendor to provide the software to download and catalog all conference contests and all home non-conference contests (hosted by UMAC institution).
    1. All required game films must be viewable in the league pool/library by midnight of the next business day. (i.e. Friday-Saturday contests must be viewable by Monday at midnight)
    2. UMAC teams will have access to the full library of all contests involving UMAC teams that are required to be included in league pool.
    3. For UMAC postseason contests, the uploading of the game film must begin by the home team within two hours of completion of the contest.
  
- VI. Professional Memberships
  - A. Coaches are required to be active members of the United Soccer Coaches Association and to participate in the voting process for awards.

## **Appendix A - UMAC Soccer Game Day Timeline (Doubleheader)**

**\*\* Note:** The game clock should show actual time remaining before scheduled start time

### GAME 1-

60 minutes before kickoff-	Clock starts
10 minutes before kickoff-	Officials speak with team captains
6 minutes before kickoff-	Horn sounds to have players clear field
5 minutes before kickoff-	Starting players line-up follow officials to center circle

Followed by -Introduction of officials  
Followed by -Introduction of VISITING team and coaches (numerically)  
Followed by -Introduction of HOME team and coaches (numerically)  
Followed by -National Anthem  
Followed by -KICKOFF

Half-time is 15 minutes unless mutually agreed upon by both coaches

Sound the horn with two minutes left on the clock at half time to alert the teams and the officials

End of Game

If the game is tied after the completion of regulation, there will not be an overtime period per NCAA Playing Rules changes effective for the 2022 season.

~~There is a 5 minute break between the end of regulation and the beginning of overtime.  
Overtime consists of two 10 minute periods of sudden-victory play.~~

~~There is a 2 minute break between the end of the 1st overtime and the beginning of the 2<sup>nd</sup>. If still tied at the end of the 2nd overtime the score stands as is, a tie~~

### GAME 2-

Set the clock for 36 minutes, start the clock when the teams take the field	
10 minutes before kickoff-	Officials speak with team captains
6 minutes before kickoff-	Horn sounds to have players clear field
5 minutes before kickoff-	Starting players line-up and follow officials to center circle

Followed by -introduction of officials  
Followed by -introduction of VISITING team and coaches (numerically)  
Followed by -introduction of HOME team and coaches (numerically)  
Followed by -KICKOFF

Half-time is 15 minutes unless mutually agreed upon by both coaches

Sound the horn with two minutes left on the clock at half time to alert the teams and the officials

End of Game

If the game is tied after the completion of regulation, there will not be an overtime period per NCAA Playing Rules changes effective for the 2022 season.

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