

Division 1	Division 2
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League	Competition Overview
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2022 Plenus Nadeshiko League Division 1 - Competition Overview

League matches	League format involving 12 teams (nationwide) Round robin format with teams playing each other 2 times home and away (total 22 rounds/132 matches)
Registration/ entry of players	<ul style="list-style-type: none">• Players registered with the Japan Football Association who were born on or before March 31, 2010 (elementary schoolchildren cannot register)• Players of lower branch teams that have conducted "Club application" registration with the Japan Football Association *Limited to teams that are classed under a different category (other than L League/General) from teams registered in the league• Up to 5 non-Japanese players can be registered, and up to 3 can appear in games.• No more than 18 players can be entered for matches.• Up to 5 substitutions can be made in each match. (Substitutions can be made 3 times in addition to half-time) .
Match time	90 minutes (45-minute halves) If there is no winner after 90 minutes, matches will be regarded as drawn.
How positions are decided	<p>1 . League positions will be decided based on the number of points (3 points for a win, 1 point for a draw, 0 points for a defeat) teams have collected following completion of the league matches. However, if teams have the same total number of points, positions will be decided as follows.</p> <ul style="list-style-type: none">① Goal difference after all matches② Total number of goals in all matches③ Win-loss record between the teams concerned (1) Points, (2) Goal difference④ Foul points