

2023 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, 2011 (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> <ol style="list-style-type: none"> ① Goal difference after all matches ② Total number of goals in all matches ③ Win-loss record between the teams concerned (1) Points, (2) Goal difference ④ Foul points