

Date / Result (2021)

| Division 1 | Division 2 |
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| Reague | Competition Overview |
| 2021 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, 2009 (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 difference *However, only in the case where 2 games (home and away) have been played④ Foul points <p>2 . If multiple teams are ranked 1st and they also have the same number of foul points, multiple teams will be champions.</p> |
| Playoffs | <p>Promotion and relegation between Nadeshiko League Division 1 and Nadeshiko League Division 2 will be conducted as follows.</p> <ol style="list-style-type: none">1. The team that finishes 12th in the Nadeshiko League Division 1 year standings will be relegated to Nadeshiko League Division 2, while the champion team in Nadeshiko League Division 2 will be promoted to Nadeshiko League Division 1.2. The team that finishes 11th in the Nadeshiko League Division 1 year standings and the team that finishes 2nd in the Nadeshiko League Division 2 year standings will contest a playoff, with the winner playing in the next season's Nadeshiko League Division 1 and the loser playing in the next season's Nadeshiko League Division 2. |