History

1989

Launch of the 1st Japan Ladies Soccer League (from September)

Round robin with teams playing each other 2 times/40-minute halves

*6 participating teams
- Yomiuri SC Ladies Beleza
- Shimizu Football Club
- Tasaki Shinju Kobe Football Club Ladies
- Nissan FC Ladies
- Shinko Seiko FC Clair
- Prima Ham FC Kunoichi

1990

The 2nd Japan Ladies Soccer League (from April)

Revision to round robin with teams playing each other 3 times

*Renaming
- Shimizu: Suzuyo Shimizu FC Lovely Ladies

Staging of the 1st FIFA Women's World Cup (China) / Japan: Defeated in the group league

1991

The 3rd Japan Ladies Soccer League (from June)

Revision to round robin with teams playing each other 2 times

*Addition of 4 new teams bringing the total to 10
- Nikko Securities Dream Ladies
- Fujita Tendai Soccer Club Mercury
- Matsushita Electric Industrial Ladies SC Bambina
- "Asahi Kokusai Bunnys Ladies SC "

*Renaming
- Tasaki: Tasaki Kobe Ladies

1992

The 4th Japan Ladies Soccer League (from June)

*Renaming
- Yomiuri: Yomiuri Nippon SC Ladies Beleza
- Nikko: Nikko Securities Ladies S.C. Dream Ladies

JLSL Challenge League '92

Introduction of the promotion/relegation series

1993

Staging of the 1st Valentine Soccer Festival

Staging of promotion/relegation series with the 1st-place team in the Challenge League

*Shiroki FC Serena promoted, Tasaki Kobe Ladies relegated

The 5th Japan Ladies Soccer League (from May)

Adoption of the two-stage season format comprising a round robin with each team playing the other once in the first stage and the second stage respectively
The Championship playoff was played between the winners of each stage.
Adoption of the golden goal system, extra time, and penalty shoot-outs

*Renaming
- Shinko: TOKYO SHiDAX LSC

*New addition
- Shiroki FC Serena

*Withdrawal
- Nissan FC Ladies

Friendly match: League select team vs. Chinese Taipei

1994

Staging of the 2nd Valentine Soccer Festival

Staging of the 5th League Championship playoff

The 6th Japan Ladies Soccer League (from May)

*Renaming
- Yomiuri: Yomiuri Seiyu Beleza

*New addition
- Urawa Ladies Football Club

Announcement of "L. League" as the abbreviated name

Staging of the 6th League Championship playoff

JLSL Challenge League '94

1995

Staging of the 3rd Valentine Soccer Festival

Staging of the 3rd Valentine Soccer Festival

*TASAKI Perule FC (the former Tasaki Kobe Ladies) were promoted to the L. League, and Urawa Ladies Football Club were relegated to the Challenge League

7th L. League kickoff (from August)

45-minute halves were adopted for games

*Renaming
- Matsushita: Matsushita Panasonic Bambina
- Fujita: Fujita SC Mercury
- Asahi Kokusai: Takarazuka Bunnys Ladies SC

*TASAKI Perule FC promoted

Staging of the 2nd FIFA Women's World Cup (Sweden)/ Japan: reached the quarter finals

JLSL Challenge League '95

1996

*Withdrawal: TOKYO SHiDAX LSC

Staging of the 4th Valentine Soccer Festival

1st OKI Cup kickoff

The 2 top teams each from the Eastern and Western preliminary leagues advanced to a final tournament

8th L. League kickoff (from August)

*New addition: OKI FC Winds

Establishment of the match commissary system

Staging of the OKI L. League Champion Final

Match between the League champions and winners of the OKI Cup

26th Atlanta Olympics (USA) / Japan: Defeated in the group league

JLSL Challenge Match '96

1997

Staging of the L. League promotion/relegation series

*OKI FC Winds stayed up

2nd OKI Cup kickoff

9th L. League kickoff (from June)

Staging of the OKI L. League Championship '97

JLSL Challenge Match '97

1998

Staging of the L. League promotion/relegation series

*Takarazuka Bunnys Ladies SC stayed up

3rd OKI Cup kickoff

10th L. League kickoff (from April)

*Renaming
- Yomiuri: Yomiuri Beleza

*Withdrawal
- Nikko Securities Ladies S.C. Dream Ladies, Fujita SC Mercury

JLSL Challenge Match '98

1999

*Withdrawal: Suzuyo Shimizu FC Lovely Ladies, Shiroki FC Serena

L. League Cup '99 kickoff

The 2 top teams each from the Eastern and Western preliminary leagues advanced to a final tournament.

11th L. League kickoff (from July)

*Renaming
- Yomiuri: NTV Beleza

*New addition
- Urawa Reinas FC
- Nippon Sport Science University LSC

*Withdrawal
- Matsushita Panasonic Bambina
- OKI FC Winds

Staging of the 3rd FIFA Women's World Cup (USA) / Japan: Defeated in the group league

2000

*Withdrawal: Nippon Sport Science University

12th L. League kickoff (from July)

Adoption of a 2-stage system comprising preliminary leagues (East and West) and playoffs (championship playoff and position playoff)

*Renaming
- Prima: Iga Football Club Kunoichi
- Beleza: Nippon TV Beleza
- Matsushita: Speranza FC Takatsuki

*New addition
- YKK Tohoku Ladies SC Flappers
- JEF UNITED ICHIHARA LADIES
- Renaissance Kumamoto FC

Staging of the 27th Sydney Olympics (Australia) / Japan: Did not qualify

2001

13th L. League kickoff (from May)

*New addition
- Shimizudaihachi Sports Club

2002

14th L. League kickoff (from July)

*Renaming
- Reinas: Saitama Reinas FC

*New addition
- AS Elfen Sayama FC

2003

15th L. League kickoff (from April)

*New addition
- Ohara Gakuen JaSRA Women's SC
- Okayama Yunogo Belle

2004 Championship playoff for L1 teams

Staging of the 4th FIFA Women's World Cup (USA) / Japan: Defeated in the group league

2004

2004 L. League (from June)

Adoption of 2 divisions

Division 1: Round robin with teams playing each other 2 times, Division 2: Round robin with teams playing each other 3 times

Automatic rotation of the 8th-placed team in Division 1 and 1st-placed team in Division 2

*Renaming
- Tasaki: TASAKI Perule F.C.

*Automatic rotation
- Okayama Yunogo Belle promoted to Division 1
- Ohara Gakuen JaSRA Women's SC relegated to Division 2

*New addition
- ALBIREX NIIGATA LADIES

Staging of the 28th Athens Olympics (Greece) / Japan: Reached the quarter finals

2005

Nadeshiko Super Cup 2005

Match between the previous year's League champions and Empress's Cup winners

2005 L. League (from April)

Division 1: Revised to a round robin with teams playing each other 3 times

*Renaming
- JEF: JEF UNITED ICHIHARA CHIBA LADIES
- Transition from YKK: TEPCO Women's Football Club Mareeze
- Transition from Saitama Reinas FC: Urawa Red Diamonds Ladies

*Automatic rotation
- INAC KOBE LEONESSA promoted to Division 1
- Takarazuka Bunnys Ladies SC relegated to Division 2

*New addition
- INAC LEONESSA

2006

Nadeshiko Super Cup 2006

moc Nadeshiko League 2006 (from May)

Division 1: Following the regular league (round robin with teams playing each other 2 times), the 1st-4th-placed teams played in the Championship playoff (with teams playing each other once) and the 5th-8th-placed teams played in the position playoff (ditto)

Division 2: Round robin with teams playing each other 3 times

Promotion/relegation series between the 7th-placed team in Division 1 and 2nd-placed team in Division 2

*Renaming
- Bunnys: Bunnys Kyoto SC

*Automatic rotation
- ALBIREX NIIGATA LADIES promoted to Division 1
- TEPCO Women's Football Club Mareeze relegated to Division 2

*Promotion/relegation series
- Ohara Gakuen JaSRA Women's SC promoted to Division 1
- Speranza FC Takatsuki relegated to Division 2

*New addition
- Fukuoka J. Anclas

moc Nadeshiko League All Stars 2006

Match between East and West teams comprising players selected from Division 1 teams

2007

Nadeshiko Super Cup 2007

moc Nadeshiko League 2007 (from April)

Division 1 and Division 2: Round robin with teams playing each other 3 times

*Renaming
- Shimizu: Shimizudaihachi Pleiades

*Automatic rotation
- TEPCO Women's Football Club Mareeze promoted to Division 1
- Ohara Gakuen JaSRA Women's SC relegated to Division 2

*Promotion/relegation series
- Iga Football Club Kunoichi stayed up in Division 1

Nadeshiko League All Stars 2007

Nadeshiko League Cup 2007

A qualifying round was conducted in 4 groups of 4 teams each, and the 4 group winners played a final round

Staging of the 5th FIFA Women's World Cup (China)/ Japan: Defeated in the group league

2008

Plenus Nadeshiko League 2008 (from April)

Division 1: Round robin with teams playing each other 3 times, Division 2: Round robin with teams playing each other 2 times

*Associate membership
- Kagoshima Kamoike FC Asahina

*Automatic rotation
- JEF UNITED ICHIHARA CHIBA LADIES promoted to Division 1, no relegation

*Promotion/relegation series
- Speranza FC Takatsuki promoted to Division 1
- Iga Football Club Kunoichi relegated to Division 2

Nadeshiko League All Stars 2008

*Withdrawal
- TASAKI Perule FC

Staging of the 29th Beijing Olympics (China)/ Japan: Reached the semi-finals

2009

Plenus Nadeshiko League 2009 (from April)

Division 1 and Division 2: Round robin with teams playing each other 3 times

*Official membership of Je Vrille Kagoshima

*Automatic promotion
- AS Elfen Sayama F.C.
- Iga Football Club Kunoichi

*Promotion/relegation series
- Fukuoka J. Anclas promoted
- Speranza FC Takatsuki relegated

Nadeshiko League All Stars 2009

Challenge League playoff

2010

Plenus Nadeshiko League 2010 (from April)

Round robin with teams playing each other 2 times

Plenus Challenge League 2010 EAST/WEST (from April)

Each league a round robin with teams playing each other 3 times

*New membership
- Norddea Hokkaido
- TOKIWAGI GAKUEN HIGH SCHOOL
- JFA Academy Fukushima
- Nippon Sport Science University LSC
- Shizuoka Sangyo University Iwata Bonita
- Aguilas Kobe

Nadeshiko League All Stars 2010

Plenus Nadeshiko League Cup 2010

The preliminary round was played with teams divided into 2 groups each having 5 teams, and 4 teams comprising the top 2 teams in each group played a championship round

2010 Nadeshiko League＆Challenge League promotion/relegation series

*Iga Football Club Kunoichi stayed up

Playoff to decide the teams in the 2010 Nadeshiko League＆Challenge League promotion/relegation series

2010 Challenge League promotion/relegation series

Playoff to decide the teams in the 2010 Challenge League promotion/relegation series

*SFIDA SETAGAYA FC and Kibi International University promoted, Shimizudaihachi Pleiades and Renaissance Kumamoto FC relegated

16th Asian Games (China)/ Japan: Champions

AFC Women's Asia Cup 2010 (China)/ Japan: 3rd

EAFF Women's Football Championship 2010 (Japan) / Japan: Champions

2011

Plenus Nadeshiko League 2011 (from April)

Round robin with teams playing each other 2 times

Plenus Challenge League 2011 EAST/WEST (from April)

Each league a round robin with teams playing each other 3 times

*New membership
- SFIDA SETAGAYA FC
- FC Takahashi Kibi International University Charme

Charity match to support reconstruction following the Great East Japan Earthquake Ganbaro Nippon!

Nadeshiko Japan vs Nadeshiko League select

2011 Challenge League promotion/relegation series

Playoff to decide the teams in the 2011 Challenge League promotion/relegation series

*JAPAN SOCCER COLLEGE LADIES and EHIME FC LADIES promoted, Norddea Hokkaido relegated

*Withdrawal: Aguilas Kobe

*Transition from TEPCO Women's Football Club Mareeze: Vegalta Sendai Ladies

Staging of the 6th FIFA Women's World Cup (Germany)/ Japan: Champions

2012

Plenus Nadeshiko League 2012 (from April)

Round robin with teams playing each other 2 times

Plenus Challenge League 2012 (from April)

Round robin with teams playing each other 2 times

*Transition from TEPCO Women's Football Club Mareeze
- Vegalta Sendai Ladies

*New membership
- JAPAN SOCCER COLLEGE LADIES
- EHIME FC LADIES

Nadeshiko League All Stars 2012

Plenus Nadeshiko League Cup 2012 powered by CreCla

The preliminary round was played with teams divided into 2 groups each having 5 teams, and 4 teams comprising the top 2 teams in each group played a championship round

mobcast cup International Women's Club Championship 2012

mobcast cup International Women's Club Championship 2012

2012 Nadeshiko League＆Challenge League promotion/relegation series

*FC Takahashi Kibi International University Charme promoted, AS Elfen Sayama relegated

2012 Challenge League promotion/relegation series

*AC NAGANO PARCEIRO LADIES and JAPAN SOCCER COLLEGE LADIES stayed up

2012 Challenge League promotion/relegation series qualifying tournament

*Shimizudaihachi Pleiades, Cerezo Osaka Ladies, HOYO SUKARABU FC and Nojima Stella Kanagawa promoted

Staging of the 30th London Olympics (UK)/ Japan: Runners-up

2013

Plenus Nadeshiko League 2013 (March)

Round robin with teams playing each other 2 times

Plenus Challenge League 2013 (from April)

Irregular league format in which teams were divided into 2 groups of 8 teams each, playing each other 2 times in a round robin, and then each team played the teams from the other league once each

*New membership
- Shimizudaihachi Pleiades
- Cerezo Osaka Sakai Ladies
- HOYO SUKARABU FC
- Nojima Stella Kanagawa

Plenus Nadeshiko League Cup 2013

The preliminary round was played with teams divided into 2 groups each having 5 teams, and 4 teams comprising the top 2 teams in each group played a championship round

Nadeshiko League All Stars 2013

mobcast cup International Women's Club Championship 2013

2013 Nadeshiko League＆Challenge League promotion/relegation series

*FC Kibi International University Charme stayed up

2013 Challenge League promotion/relegation series

*AS HARIMA ALBION and ANGE VIOLET HIROSHIMA promoted, Je Vrille Kagoshima relegated

2013 Challenge League promotion/relegation series qualifying tournament

*AS HARIMA ALBION and ANGE VIOLET HIROSHIMA advanced to the Challenge League promotion/relegation series

Other

*HOYO SUKARABU FC withdrew from the Challenge League

EAFF Women's East Asian Cup 2013 Final Competition (South Korea) / Japan: 2nd

2014

Plenus Nadeshiko League 2014

Regular Series (from March)   Round robin with teams playing each other 2 times

Exciting Series (from August) The top 6 teams and bottom 4 teams in the Regular Series split into 2 groups comprising a round robin where each team played the others 2 times

Plenus Challenge League 2014 (from April)

Irregular league format in which teams were divided into 2 groups of 8 teams each, playing each other 2 times in a round robin, and following the first round of matches, each team played the teams from the other league once each

*New membership
- AS(Athletic Sports) HARIMA ALBION
- ANGE VIOLET HIROSHIMA

Nadeshiko League All Stars 2014

Nestlé CUP INTERNATIONAL WOMEN'S CLUB CHAMPIONSHIP 2014

2014 Nadeshiko League＆Challenge League promotion/relegation series

*Iga Football Club Kunoichi stayed up

2014 Challenge League promotion/relegation series

*Mashiki Renaissance Kumamoto FC promoted, Bunnys Kyoto SC stayed up, Shimizudaihachi Pleiades relegated

Playoff to decide the teams participating in the 2014 Challenge League

*Norddea Hokkaido, TSUKUBA FC LADIES, NHK SPRING YOKOHAMA FC Seagulls, YAMATO SYLPHID, ALBIREX NIIGATA LADIES and NGU LOVELEDGE NAGOYA qualified for the Challenge League

*Mashiki Renaissance Kumamoto FC and Je Vrille Kagoshima qualified for the Challenge League promotion/relegation series

17th Asian Games (South Korea)/ Japan: Runners-up

2015

2015 Plenus Nadeshiko League Division 1

Regular Series (from March)   Round robin with teams playing each other 2 times

Exciting Series (from October) The top 6 teams and bottom 4 teams in the Regular Series split into 2 groups, with teams in the top group playing each other once, and teams in the bottom group playing each other 2 times.

2015 Plenus Nadeshiko League Division 2 (from March)

Round robin with teams playing each other 3 times

2015 Plenus Challenge League (from April)

Teams were divided into 2 groups of 6 teams each (EAST/WEST), taking part in a round robin where the teams played each other 3 times

4 teams comprising the top 2 teams from each group took part in the playoffs (from October), where each team played the others once

2015 Plenus Nadeshiko League Division 1 & Plenus Nadeshiko League Division 2 promotion/relegation series

*Speranza FC Osaka Takatsuki stayed up

2015 Plenus Nadeshiko League Division 2 & Plenus Challenge League promotion/relegation series

*NHK SPRING YOKOHAMA FC SEAGULLS promoted, Fukuoka J. Anclas relegated

2015 Challenge League promotion/relegation series

*ORCA Kamogawa FC promoted, Mashiki Renaissance Kumamoto FC relegated

2015 Plenus Challenge League promotion/relegation series qualifying tournament

*ORCA Kamogawa FC and INAC Kobe Leoncina qualified for the Challenge League promotion/relegation series

FIFA Women's World Cup Canada 2015

2016

2016 Plenus Nadeshiko League Division 1 (from March)

Round robin with teams playing each other 2 times

2016 Plenus Nadeshiko League Division 2 (from March)

Round robin with teams playing each other 2 times

2016 Plenus Challenge League

Teams were divided into 2 groups of 6 teams each (EAST/WEST), taking part in a round robin where the teams played each other 3 times

The 1st and 2nd teams, 3rd and 4th teams, and 5th and 6th teams from the EAST and WEST respectively were separated into 3 groups, and playoffs comprising a round robin where teams played each other once were staged (from August)

2016 Plenus Nadeshiko League Cup Division 1

The preliminary round was played with teams divided into 2 groups each having 5 teams, and 4 teams comprising the top 2 teams in each group played a championship round

2016 Plenus Nadeshiko League Cup Division 2

The preliminary round was played with teams divided into 2 groups each having 5 teams, and 4 teams comprising the top 2 teams in each group played a championship round

2016 Plenus Nadeshiko League Division 1/Division 2 promotion/relegation series

*CHIFURE AS ELFEN SAITAMA promoted

2016 Plenus Nadeshiko League Division 2/Challenge League promotion/relegation series

*FC Kibi International University Charme stayed up

2016 Plenus Challenge League promotion/relegation series

*TSUKUBA FC LADIES stayed up, FC JUMONJI VENTUS promoted

2016 Plenus Challenge League promotion/relegation series qualifying tournament

*FC JUMONJI VENTUS, MITO EIKO FC Ibaraki Ladies qualified for the promotion/relegation series

Staging of the 31st Rio De Janeiro Olympics (Brazil)/ Japan: Did not qualify

2017

2017 Plenus Nadeshiko League Division 1 (from March)

Round robin with teams playing each other 2 times

2017 Plenus Nadeshiko League Division 2 (from March)

Round robin with teams playing each other 2 times

2017 Plenus Challenge League

Teams were divided into 2 groups of 6 teams each (EAST/WEST), taking part in a round robin where the teams played each other 3 times

The 1st and 2nd teams, 3rd and 4th teams, and 5th and 6th teams from the EAST and WEST respectively were separated into 3 groups, and playoffs comprising a round robin where teams played each other once were staged (from September)

2017 Plenus Nadeshiko League Cup Division 1

The preliminary round was played with teams divided into 2 groups each having 5 teams, and 4 teams comprising the top 2 teams in each group played a championship round

2016 Plenus Nadeshiko League Cup Division 2

The preliminary round was played with teams divided into 2 groups each having 5 teams, and 4 teams comprising the top 2 teams in each group played a championship round

2017 Plenus Nadeshiko League Cup Division 2

The preliminary round was played with teams divided into 2 groups each having 5 teams, and 2 teams comprising the winners of each group played a final

2017 Plenus Nadeshiko League Division 1/Division 2 promotion/relegation series

*Cerezo Osaka Sakai Ladies promoted

2017 Plenus Nadeshiko League Division 2/Challenge League promotion/relegation series

*Bunnys Kyoto SC promoted

2017 Plenus Challenge League promotion/relegation series

*TSUKUBA FC LADIES stayed up, Cerezo Osaka Sakai Girls promoted

2017 Plenus Challenge League promotion/relegation series qualifying tournament

*Cerezo Osaka Sakai Girls and INAC Kobe Leoncina qualified for the promotion/relegation series

Other

*Fukuoka J. Anclas: Withdrawal from the Challenge League

2018

2018 Plenus Nadeshiko League Division 1 (from March)

Round robin with teams playing each other 2 times

2018 Plenus Nadeshiko League Division 2 (from March)

Round robin with teams playing each other 2 times

2018 Plenus Challenge League

Teams were divided into 2 groups of 6 teams each (EAST/WEST), taking part in a round robin where the teams played each other 3 times

The 1st and 2nd teams, 3rd and 4th teams, and 5th and 6th teams from the EAST and WEST respectively were separated into 3 groups, and playoffs comprising a round robin where teams played each other once were staged (from September)

2018 Plenus Nadeshiko League Cup Division 1

The preliminary round was played with teams divided into 2 groups each having 5 teams, and the winners of each group played a final

2018 Plenus Nadeshiko League Cup Division 2

The preliminary round was played with teams divided into 2 groups each having 5 teams, and the winners of each group played a final

2018 Plenus Nadeshiko League Division 1 /Division 2 promotion/relegation series

*Nippon Sport Science University Fields Yokohama stayed up

2018 Plenus Nadeshiko League Division 2 ・Challenge League promotion/relegation series

*Bunnys Kyoto SC stayed up

2018 Plenus Challenge League promotion/relegation series

*TOKIWAGI GAKUEN HIGH SCHOOL and TSUKUBA FC LADIES stayed up

2018 Plenus Challenge League promotion/relegation series qualifying tournament

GUNMA FC WHITE STAR and Nojima Stella Kanagawa Sagamihara Due qualified for the promotion/relegation series

Other

*Staging of the Japan Women's Football League 30th Anniversary Event

18th Asian Games (Indonesia) / Japan: Champions

AFC Women's Asia Cup Jordan 2018 / Japan: Champions

2019

2019 Plenus Nadeshiko League Division 1 (March)

Round robin with teams playing each other 2 times

2019 Plenus Nadeshiko League Division 2 (From March)

Round robin with teams playing each other 2 times

2019 Plenus Challenge League

Teams were divided into 2 groups of 6 teams each (EAST/WEST), taking part in a round robin where the teams played each other 3 times

The 1st and 2nd teams, 3rd and 4th teams, and 5th and 6th teams from the EAST and WEST respectively were separated into 3 groups, and playoffs comprising a round robin where teams played each other once were staged (from September)

2019 Plenus Nadeshiko League Cup Division 1

The preliminary round was played with teams divided into 2 groups each having 5 teams, and the top 2 teams in each group played a championship tournament

2019 Plenus Nadeshiko League Cup Division 2

The preliminary round was played with teams divided into 2 groups each having 5 teams, and the winners of each group played a final

2019 Plenus Nadeshiko League Division 1/Division 2 promotion/relegation series

*Cerezo Osaka Sakai Ladies promoted

2019 Plenus Nadeshiko League Division 2/Challenge League promotion/relegation series

*Cerezo Osaka Sakai Ladies promoted

2019 Plenus Nadeshiko League Division 2/Challenge League promotion/relegation series

*Bunnys Kyoto SC stayed up

2019 Plenus Challenge League promotion/relegation series

*Niigata University of Health and Welfare Women's Football Team stayed up

*Fukuoka J. Anclas promoted

2019 Plenus Challenge League promotion/relegation series qualifying tournament

*Fukuoka J. Anclas and FC FUJIZAKURA qualified for the promotion/relegation series

FIFA Women's World Cup France 2019 / Japan: Best 16

EAFF E-1 Football Championship 2019 / Japan: Champions

2020

2020 Plenus Nadeshiko League Division 1 (July~)

Round robin with teams playing each other 2 times

2020 Plenus Nadeshiko League Division 2 (July~)

Round robin with teams playing each other 2 times

2020 Plenus Challenge League (August~)

Teams were divided into 2 groups of 6 teams each (EAST/WEST), taking part in a round robin where the teams played each other 2 times

The Championship playoff and the 3rd place playoff were staged as home and away ties (December)

No promotion/relegation series was staged

2021

2021 Plenus Nadeshiko League Division 1 (March~)

Comprising 12 teams in a round robin with teams playing each other 2 times

2021 Plenus Nadeshiko League Division 2 (April~)

Comprising 8 teams in a round robin with teams playing each other 2 times

*Change from a three-division setup (Division 1, Division 2, and Challenge Division) comprising 32 teams to a two-division setup (Division 1 and Division 2) comprising 20 teams.

*Transition of Bunnys Kyoto to Bunnys Gunma FC White Star

2022

2022 Plenus Nadeshiko League Division 1 (March~)

Round robin with teams playing each other 2 times

2022 Plenus Nadeshiko League Division 2 (March~)

Round robin with teams playing each other 2 times
※Shizuoka SSU Bonita, Yamato Sylphid promoted

2022 Plenus Nadeshiko League Division 2 promotion/relegation playoffs

※Okayama Yunogo Belle stayed in the division
※Viamaterras Miyazaki and FC Fujizakura Yamanashi promoted

2022 Plenus Nadeshiko League Division 2 promotion/relegation playoff preliminary games

※Diosa Izumo FC, FC Fujizakura Yamanashi, and Viamaterras Miyazaki Qualified for the promotion/relegation playoffs