| | 202 | 5 |
|-----------------------------------|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| | Schedule Footprint | Competition Calendar |
| 45 days in advance of Preseason | Training Facility must be designated | |
| Wed, Jan 1, 2025 | | Waiver Wire Abolished; All existing Semi-Guaranteed Contracts are now Guaranteed |
| Tues, Jan 14, 2025 | | Final Day to trade Players before updated CBA parameters take effect; League must receive Trade forms by 11:59pm EST. |
| Wed, Jan 15, 2025 | | NWSL Trade Windows abolished; Teams may now Trade Players at any time during the calendar year with Player consent required |
| No earlier than Wed, Jan 15* & no | | |
| later than Wed, Feb 5 | Preseason Starts | 40-player Preseason Roster Deadline; League must receive rosters by 12pm EST; Trialist Agreements out for signature |
| Tues, Jan 28, 2025 | | Primary Transfer Window Opens |
| Wed, Feb 19, 2025 | | 32-Player Preseason Roster Deadline; League must receive rosters by 12pm EST. |
| Fri, March 7, 2025 | Challenge Cup Game | |
| Wed, March 12, 2025 | | Roster Compliance/22-26 Player Final Roster Due; League must receive rosters by 12pm EST. |
| Fri, March 14, 2025 | Regular Season Begins | |
| Mon, March 24, 2025 | | Primary Transfer Window Closes |
| Mon, June 23-Sun, June 29, 2025 | Mandatory Week Off | |
| Mon, June 30-Sun, July 27, 2025 | Club-Planned Exhibition Games | |
| Mon, June 30, 2025 | | List of Players Receiving Exercised Options Deadline; League must receive decision sheets by 12pm EST. |
| Tues, July 1, 2025 | | Secondary Transfer Window Opens; FA window opens, Players can sign with new Teams for 2026 |
| Mon, Aug 25, 2025 | | Secondary Transfer Window Closes |
| | | |
| Thurs, Oct 9, 2025 | | Roster Freeze Date; All transactions must be completed by 3pm EST. |
| Sun, Nov 2, 2025 | Regular Season Ends | |
| Fri-Sun, Nov 7-9, 2025 | NWSL Quarterfinals | |
| Fri-Sun, Nov 14-16, 2025 | NWSL Semifinals | |
| Sat, Nov 22, 2025 | NWSL Championship | |
| Tues, Dec 23, 2025 | | Transaction Moratorium Begins at 6:00pm ET |
| Mon, Dec 29, 2025 | | Transaction Moratorium Ends at 9:00am ET |

^{*}Per CBA, Preseason training shall be no fewer than five (5) weeks and no longer than eight (8) weeks in duration. Roster Compliance will be March 12, 2025, making the earliest date a Team can start Preseason is January 15, 2025 (entrance physicals can occur on January 15, but not before).