

The Norfolk Women's and Girls Football League Cup Rules – Adult

Control of Competition

1. The management of the competition shall be vested in the management committee of the league and they will have the power to deal with these rules and any matter for which no specific provision is made in these rules, or the rules of the league.

Organisation of the Competition

2. The competition shall be conducted on the “knock out” principle.

3. In the event of a draw after 90 minutes (70 minutes for 7-a-side), an extra-time period of 15 minutes (10 minutes for 7-a-side) each way shall be played. If the scores are still level at this point the match shall be decided by kicks from the penalty mark in accordance with the Laws of the Game.

4. Teams that are knocked out in the 2nd round of the 11-a-side cup will enter the plate competition.

5. Cup matches shall kick off between 10.30 am and 2.00 pm, to be determined by the home team.

6. All Cup finalists will forward names of players, shirt numbers, manager/coach names, team colours, and sponsors 2 weeks before the Cup Final Date, failure to do this shall result in a £30 fine.

Provisions for removal/exclusion from the competition

7. A team found to have played an ineligible player may be removed from the competition and fined up to £100. If the game is ordered to be replayed then the offending club may also be ordered to pay the expenses incurred.

8. In the event of a club failing to play a cup fixture without satisfactory explanation, the offending club will be dealt with by the management committee which may include forfeiting the match and a fine up to £100.

Venue for Matches

9. The Final shall be played at a venue and on a date agreed by the management committee.

Reporting Results

10. Teams will contact the Divisional Secretary with the result of the game via text within 12 hours of the games completion or may be fined £20.

11. Teams must complete fulltime sheets by the following Wednesday of the game or they may be fined up to £50.

12. Teams must complete and exchange team sheets as well as providing a copy to the referee at least 15 minutes prior to KO. Failure to do so may result in a fine of up to £50.

Club Colours

13. For all finals, if there is a colour clash, then the choice of which team will wear their first choice kit will be decided by the toss of a coin completed by a member of the management committee.

Eligibility of Players

14. A player is cup tied and therefore ineligible if he/she has played for another team in any previous round of this league cup competition.

15. No player may play in the Semi-Final or Final unless he/she has played in at least 5 League or League Cup games (2 for the 7-a-side cup) in the competition or was registered to the team prior to 1st October in the current playing season. In exceptional circumstances special permission may be obtained by the management committee to play an otherwise ineligible player. Applications for special permission must be submitted in writing to the League Secretary.

16. Any player who has played in a more senior fixture in two or more of the three consecutive matches played immediately prior to the fixture will not be eligible to play in that fixture. For the purposes of this cup competition a more senior fixture is defined as The Eastern Region or higher in the Women's Pyramid.

Provisions Concerning Match Officials

17. In all rounds except the final, the match fees shall be split equally between both teams.

Trophies

18. Winning teams must return the trophy by 1st February of the following season or may be fined up to £100.

19. The management committee may withhold a memento from a player dismissed from the field of play during a cup final.