

Norfolk County FA

County Cup Rules



Team Sheets

Team Sheets: Cup team sheets shall be exchanged between both teams, the referee and a designated person from the Norfolk County FA (if applicable).

County Cup Competition	Time
Norfolk Senior Cup	30 minutes prior to kick off
All other competitions	20 minutes prior to kick off

The names on the team sheets must include players' first names and surnames. The players' names must correspond with the numbers on their shirts.

Return of Team Sheets

Team sheets can be sent in by; post, hand or scanned and e-mailed to CountyCups@NorfolkFA.com.

Team Sheets must be received by Norfolk County FA within 48 hours of the end of the match fully completed. This includes:

- Starting 11 and substitutes (used or not used)
- Goal scorers
- Match Official(s) marks
- Official club signature

Incomplete and/or unreturned team sheets may result in a club fine up to £30.

Texting of Result

- A text of the result from both teams must be received by Norfolk County FA an hour after a game.
- Failure to do so may result in a fine up to £30.

Duration of matches

Competition	Duration	Half Time Interval	Extra Time	Penalties
Veterans Cup	2 x 45 minute periods	Shall not exceed 5 minutes, except by consent of the referee	No	Yes
All other Adult Competitions	2 x 45 minute periods	Shall not exceed 5 minutes, except by consent of the referee	2 x 15 minute periods	Yes
John Savage Cup	2 x 40 minute periods	Shall not exceed 5 minutes, except by consent of the referee	2 x 10 minute periods	Yes
Stuart Dracup Cup	2 x 35 minute periods	Shall not exceed 5 minutes, except by consent of the referee	2 x 10 minute periods	Yes
Under 12s Cup	2 x 30 minute periods	Shall not exceed 5 minutes, except by consent of the referee	2 x 10 minute periods	Yes
The referee shall allow for any time, which he/she considers has been wasted either owing to an incident or other cause				