



Future Fit Transition Policy - 2026/27

1. Purpose

England Football's Future Fit programme introduces changes to youth football formats designed to improve player development and experience. These changes include the introduction of 3v3 at U7 and a shift in formats across the youth pathway.

These formats will become mandatory from the 2026/27 season:

3v3 – u7s
5v5 – u8s & u9s
7v7 – u10s & u11s
9v9 – u12s & u13s

Liverpool County FA recognises that different approaches to implementation may create instability across the local football landscape, particularly where clubs move between leagues to access different formats.

This policy has therefore been introduced to protect league stability and fairness during the Future Fit transition period.

2. Scope

This policy applies to teams within the age groups affected by the Future Fit format changes:

- U7
- U8
- U9
- U10
- U11
- U12
- U13

The policy applies to all leagues and affiliated clubs operating within the Liverpool FA for the 2026/27 season.



3. Transition Season

The 2026/27 season will be treated as a 'Future Fit Transition Season'.

During this period:

- Leagues will introduce the new formats in line with national implementation.
- Liverpool FA will take steps to ensure that the implementation does not destabilise the grassroots football environment.

To support this, temporary restrictions on league movement will apply.

4. Restrictions on League Movement

For the 2026/27 season, teams within the affected age groups U7-U13 will not be permitted to transfer between leagues without the approval of Liverpool FA.

Transfer requests will only be considered where there is a genuine footballing or welfare reason, such as:

- The current league does not offer suitable provision
- Significant travel or accessibility considerations
- Safeguarding or welfare concerns
- League & club relationship

Requests made solely on the basis of a preferred playing format will not normally be approved.

Liverpool FA will retain the final authority on all decisions relating to league movement.

5. Transfer Application Process

Any club wishing to move a team between leagues must submit a formal request to Liverpool FA through an online form only.

The request must include:

- Written confirmation from the current league
- Written confirmation from the proposed league
- The reason for the request and supporting information



6. Entry of New Teams into Alternative Leagues

For the 2026/27 season, clubs will not be permitted to enter additional teams at the same age group in another league where they already operate a team at that age group within a different league, unless approved by Liverpool FA.

This measure is intended to prevent clubs from bypassing the transfer process through the creation of additional teams.

7. Compliance by Leagues

Leagues are expected to support the stability of the local football landscape during the Future Fit transition period.

Leagues must not:

- Facilitate team movement outside of the process outlined in this policy
- Create competition structures designed to circumvent the Future Fit transition
- Offer alternative competitions intended to bypass sanctioned league structures
- Reclassify or move entire divisions to a different age group in order to avoid the introduction of the new formats

Where a league chooses not to operate a particular age group for the 2026/27 season, that league will be deemed to have withdrawn provision for that age group.

Any league wishing to reintroduce that age group in a future season will be required to submit a new provision application to Liverpool FA, which will be reviewed through the appropriate governance process. Liverpool FA reserves the right not to sanction that age group in subsequent seasons where provision has been withdrawn.

All leagues must ensure that any proposed team movement or structural change is referred to Liverpool FA for approval.

Liverpool FA reserves the right to review the sanctioning of any league that does not comply with this policy.

9. Duration of the Policy

This policy applies **for the 2026/27 season only** as part of the Future Fit transition.

Liverpool FA will review the policy following the full national implementation of the Future Fit formats.