

Welcome to the 2022-23 London Sunday Cups (Adult).
(Please note that this is an adult competition and not a youth competition). Point of contact is Jamaal Horne.
Any queries, please contact via the below emails:

Jamaal.Horne@LondonFA.com

CountyCups@LondonFA.com

Important Cup Rules

Extra Time & Penalties

No Extra Time, Straight to Penalties

All London Cup matches will go straight to penalties if the scores are level after regulation up to and including the quarterfinals

If the score remains level after normal time, extra time will be played **(Semi-finals & Finals only)**.

Substitutions

- Sunday Cups, a maximum of 5 substitutes may be named, with **roll-on, roll-off substitutions** made throughout the game

All other Cup rules can be seen on the London FA website. Any rule queries should be directed to Jamaal.Horne@LondonFA.com

Please ensure you have familiarised yourself with the London FA Cup Rules and enjoy playing in the 2022/23 London Cup Competitions this season.

Please read the below to avoid being fined:

Team Sheets

Clubs must download, print and complete their team sheet and give to the referee 15 minutes prior to kick off. The team sheets are available to download at www.LondonFA.com/Cups-and-Competitions

Please ensure that the referee is handed the team sheet, given a copy or takes a clear picture of the team sheet to submit to London FA. Clubs are expected to ensure their team sheet is either handed to the referee, emailed or scanned. Clear pictures sent via e-mail are acceptable. If a team sheet is not received by London FA within 4 days of the match, the club may face a fine.



Referee Marks Results Sheet

After each London Cup match, we will need a mark of the referee's performance from each team. Please do either of the below options:



1. Download, complete and return the Referee Evaluation sheet to CountyCups@LondonFA.com. Form available on www.LondonFA.com/Cups-and-Competitions
2. Email CountyCups@LondonFA.com of the referee mark with the match in the subject heading

Referees should be marked out of 100 with any mark 60 or below requiring a written report explaining the low mark. 1 of the above must be returned within 4 days of the match or the club may face a £25 fine. Please see the below guidance on referee's marks:

Well Below Standard – 0-60

Below Standard – 61-69

Standard Expected – 70-75

Above Standard – 76-85

Well Above Standard/Exceptional – 86-100

Match Officials

Referees will be appointed by London FA and assistant referees will be appointed from the Quarterfinals onwards. (Sunday Junior & Sunday Trophy). 3 officials may be appointed in all rounds of the Sunday Challenge Cup. In the event of a referee being incapacitated or unable to attend the match, the clubs may source a local referee or must agree upon a 'club referee' to officiate the match.

Referee Match Fees

Match fees for the London Sunday Cup matches are as follows:

Competition	Referee	Assistant Referee
London Sunday Cups	£45	£35



Match Expenses and Costs

Referee and pitch costs are to be split equally (50/50) by both teams. **The home team must physically pay the referee**, but the costs shall be split equally. The maximum the home team can claim for pitch costs is £100. For example, if the pitch costs £300, the home team cannot claim £150 from the away team, the most they can claim is £100. If the pitch costs £120, then the away team are to provide the home team with £60 as their share of the pitch costs.

For the Sunday Junior Cup, referee costs shall be split £22.50 each club and from the quarterfinals onwards, £57.50 each club for the referee and 2 assistant referees.

Full-Time

The London FA Cups will be administered by Full-Time with further information e.g., draws, fixtures, referee appointments etc. provided on the London FA website.

Email Notifications

One of the key aspects to Full-Time is that fixtures and referee appointments are automatically emailed to clubs and referees on a “need to know” basis. Emails are sent when the fixtures and/or appointments are created or adjusted and as a reminder closer to match time.

Please ensure at least 1 member of your club has their email verified to receive notifications from Full Time If you are unsure, please check your email, spam and/or junk for an email from donotreply@FullTime or email Jamaal.Horne@LondonFA.com.

Pre-match Communication

Please confirm venue and kick off time as early as possible

The secretary of the home club is responsible for communicating the kick-off time and venue to the away team secretary and match officials a minimum of 10 days before the match. We understand there will be 1st Round teething problems and we will be as reasonable as possible. From the 2nd Round onwards, this will be strictly enforced.

Contact details for all parties will be sent via Full Time as soon as the match has been arranged and again 14 days before the fixture. You will also receive notification when match officials are added or changed. It is then vital the home club secretary contacts the away team and match official(s). Failure to do so can result in the home club being fined.

Kick-Off Time – Any teams failing to agree on a kick-off time should contact London FA for a decision. All London Cup Competition Matches must kick-off between 10:00am – 2:00pm unless otherwise agreed by both teams in writing.

If a team wishes to play a match at a later kick-off time, under floodlights, special permissions must be sought, in writing, from London FA. Permission will only be granted with the agreement of both participating teams.

Any teams drawn at home, failing to contact their opposition and referee may face a fine.

