



Rules of the Capital Women's Cup Competition for Season 2025-26

A. Definitions

1. In these Rules:

AFA means the Amateur Football Alliance Limited, company no. 3957859.

Affiliated Association means an association which is either a County Association or an Other Football Association.

Associations means the AFA, London FA, Middlesex FA and Surrey FA and, where the context permits, **Association** shall be construed accordingly).

Club means a club for the time being in membership of the Competition.

Competition means the **Capital Women's Cup Competition** held under the jurisdiction of these Rules and **Competitions** shall be construed accordingly.

Competition Match means any Match played or to be played under the jurisdiction of the Competition and **Competition Matches, Match** and **Matches** shall, where the context so permits, be construed accordingly.

Contract Player means any Player (other than a Player on a Scholarship) who is eligible to play under a written contract of employment with a Club.

County Association means an association which has been accorded the status of a County Association pursuant to the Rules of the FA.

electronic platform means any form of electronic or digital platform and includes website addresses, application technology, conference call facilities and any device, system, procedure, method or other facility whatsoever providing an electronic means of remote attendance at or participation in, or both attendance at and participation in, (a) meeting(s) as determined by the Management Committee.

FA means the Football Association Limited, company number. 00077797.

London FA means the London Football Association Limited, company no. 04102875.

Management Committee means the Committee formed by the Associations which shall meet regularly during the Season to discuss any relevant matters relating to the Competitions and Rules and **Management Committee Member(s)** means any person(s) for the time being appointed to and serving on the Management Committee.

Match Officials means the referee, the assistant referees and any fourth official appointed to a Competition Match and **Match Official** shall be construed accordingly.

Middlesex FA means the Middlesex County Football Association Limited, company no. 04738011.

Official Title means *The Capital Women's Cup Competition*.



Officer means an individual who is appointed or elected (whether formally or not) as director, chair, secretary, Match/fixture secretary or representative and who, by reason of their appointment or election, is required to make day to day administrative decisions and **Officers** shall be construed accordingly.

Other Football Association means one or any of the following listed associations:

- (a) The AFA.
- (b) The Army Football Association.
- (c) The English Schools' Football Association.
- (d) The Independent Schools' Football Association.
- (e) The Royal Air Force Football Association.
- (f) The Royal Navy Football Association.
- (g) The University of Cambridge Football Association.
- (h) The University of Oxford Football Association.
- (i) The Women's Football Conference.

Parent Association means the Affiliated Association of which a Club, in membership of more than one Affiliated Association, was first a member.

Participant shall have the same meaning as set out in the Rules of the FA from time to time and where the context so permits, **Participants/participating/participated** shall be construed accordingly.

Rules means these rules (and any regulations, standing orders, decisions, rulings, findings, penalties, or orders of any nature made pursuant to these Rules) and **Rule** shall be interpreted accordingly.

Rules of the FA means the provisions for the regulation of football matters set by the FA as amended from time to time and any regulations, standing orders, decisions, rulings, findings, penalties, or orders of any nature made pursuant to those regulations.

Sanctioning Authority means the Associations or any other Affiliated Association.

Schedule means the list of Fees, Payments and Fines relating to the Competitions, details of which are appended to these Rules.

Season means the period between the date on which the first competitive Match in the Competitions is played each year until the date on which the last competitive Match in the Competitions is played.

Secretary means the secretary of a Club/Team and includes a joint, assistant, deputy or temporary secretary and any other person appointed to perform the duties of the secretary.

Surrey FA means the Surrey County Football Association Limited, company no. 04176858.

Team means a Team affiliated to a Club, including where a Club provides more than one Team in the Competition in accordance with these Rules and **Teams** shall be construed accordingly.

Team Sheet means a form provided by the Competition on which the names of the Players taking part in a Competition Match are listed and **Team Sheets** shall be construed accordingly.

WGS means the Whole Game System and the procedures for the operation thereof as determined by the FA from time to time.



Written or in writing means the representation or reproduction of words or symbols or other information in a visible form by any method or combination of methods, whether sent or supplied in electronic form or otherwise.

2. Unless stated otherwise, words referring to natural persons are applicable to all genders. Any term in the singular applies to the plural and the other way around and any words denoting persons include bodies corporate (however incorporated) and unincorporated, including unincorporated associations of persons and partnerships.

1. Title

The title of the Competition shall be and should be marketed under the title “*The Capital Women’s Cup Competition*” (hereinafter referred to as the **Competitions**). Where the context permits, **Competition** shall be construed accordingly.

2. Custody of Trophies

- A. Where an Association has supplied a Cup for the Competition, that Association will remain the legal owner of that Cup in trust for the Committee. In the event of the Competitions’ dissolution, it shall become the property of the donors.
- B. No Competition Cup shall ever become the absolute property of any Club, and, in the event of the Competition’s dissolution, the Cups shall become the property of the donor or donors (as the case may be).
- C. When the winning Team has been ascertained, the Management Committee shall loan the Cup to that Team, who shall be responsible for its return to the Management Committee on or before the first day in February in the ensuing Season in good order and condition with the Management Committee reserving the right to request the return of the Cup at any time by giving seven (7) days’ written notice. Any Team failing to return a Cup to the Cup Committee on time and in a presentable condition, shall be fined daily in accordance with the Schedule.
- D. Notwithstanding the provisions of 2C, the Management Committee reserves the right to request the return of the trophies at any time by giving seven (7) days’ written notice. Failure to return the trophy as directed, in good order and condition, shall result in a **daily fine** in accordance with the Schedule. Should a trophy be lost, destroyed or damaged by fire or any other cause whilst under the care or custody of the Club, that Club shall refund to the Management Committee the full amount of its current insured value or the cost of thorough repair in addition to any other penalty which the Management Committee may impose (at its sole discretion).
- E. The following agreement shall be signed (and delivered to the Management Committee) on behalf of the winners of each Competition¹:

We (A) (name) and (B) (name), the Chair and Secretary of [] FC (Limited), members of and representing the Club, having been declared winners of the Management Committee [TBC] Cup, and it having been delivered to us by the Management Committee, do hereby on behalf of the Club jointly and severally agree to return the cup or trophy to the Management Committee on or before 1st [TBC] in the ensuing year in good order and condition (or within seven (7) days after such earlier date if directed in writing by the Management Committee). Should the Cup be lost, destroyed or damaged by fire or any other cause whilst under our care or custody, we shall refund

¹ If we are going to do this, one suggests best practice is to send (via email) it to both teams prior to the date of the Final.



to the Management Committee the amount of its current insured value or the cost of thorough repair in addition to any other penalty which the Management Committee may impose.

3. Eligible Clubs/Teams

- A.** The Cups shall be competed for annually and are open to Clubs who are affiliated to the Associations.
- B.** Any Club not affiliated with the Associations who wishes to enter a Competition must have the prior written consent of their Sanctioning Authority and shall, if the Management Committee requests in writing, provide written confirmation of the same.
- C.** The Senior Cup Competition shall be open to Teams of Clubs playing within Leagues at Tiers 3-5 of the Women's Football Pyramid and Second, Under 21 and Under 23 Teams of Clubs playing within Leagues at Tiers 1-2 in the Women's Football Pyramid.
- D.** The Intermediate Cup Competition shall be open to Teams playing in Leagues at Tier 6 and the top Division of Leagues at Tier 7 in the Women's Football Pyramid.
- E.** The Junior Cup Competition shall be open to all Teams that play in the GLWFL Divisions One and Two. It will also be open to Teams playing below the top division of Leagues at Tier 7 in the Women's Football Pyramid and those Teams that are not in membership of a League but who must be affiliated to a Sanctioning Authority and who provide a full squad list of their Players as and when requested by the Management Committee.
- F.** Notwithstanding Rules 3A-3E, the Associations may from time to time amend the entry requirements for each of the Senior, Intermediate, Junior Competitions. This may be necessary, for example, to accommodate League restructures.
- G.** A Club/Team which ceases to exist, or which ceases to be entitled to play in the Competition for any reason whatsoever shall automatically cease to be able to participate in any Competition.
- H.** If a Club is removed from the league in which it is playing or its League fixtures are suspended, after it has been accepted into the Competition, the Management Committee has the power to remove the Club from the Competition.
- I.** If any Club or Parent Undertaking (as defined at Section 1162 Companies Act 2006) of that Club when applying to enter the Competition, or at any time during the Competition becomes subject to any of the following insolvency events:
 - (i)** enters into a Company Voluntary Arrangement pursuant to Part 1 of the Insolvency Act 1986 ("**1986 Act**") or a compromise or arrangement with its creditors under Part 26 of the Companies Act 2006 or any compromise agreement with its creditors as a whole; or
 - (ii)** lodges a Notice of Intention to Appoint an Administrator or Notice of Appointment of an Administrator at the Court in accordance with paragraph 26 or paragraph 29 of Schedule B1 to the 1986 Act, an application to the Court for an Administration Order under paragraph 12 of Schedule B1 to the 1986 Act (other than paragraph 12(1)(c)) or where an Administrator is appointed or an Administration Order is made ("Administrator" and "Administration Order" having the meanings attributed to them respectively by paragraphs 1 and 10 of Schedule B1 to the 1986 Act); or



- (iii) an Administrative Receiver (as defined by section 251 of the 1986 Act), a Law of Property Act Receiver (appointed under section 109 of the Law of Property Act 1925) or any Receiver appointed by the Court under the Supreme Court Act 1981 or any other Receiver is appointed over any assets which, in the opinion of the Women's Football Board, are material to the Club's ability to fulfil its obligations under the rules of the Competition; or
- (iv) shareholders pass a resolution pursuant to section 84(1) of the 1986 Act to voluntarily wind up; or
- (v) a meeting of creditors is convened pursuant to section 95 or section 98 of the 1986 Act; or
- (vi) a winding up order is made by the Court under section 122 of the 1986 Act or a provisional liquidator is appointed under section 135 of the 1986 Act; or
- (vii) ceases or forms an intention to cease wholly or substantially to carry on business save for the purpose of reconstruction or amalgamation or otherwise in accordance with a scheme of proposals which have previously been submitted to and approved in writing by the Women's Football Board; or
- (viii) being subject to any insolvency regime in any jurisdiction outside England and Wales which is analogous with the insolvency regimes detailed in (i) to (vii) above;

that Club must notify the Management Committee immediately in writing. The Management Committee will (at its absolute discretion) then decide whether to accept the application and/or allow that Club to continue to compete in the Competition and may set any terms and conditions in relation to that Club's ongoing participation in the Competition.

- J. All Clubs must be free of suspension from the FA or any other Sanctioning Authority at least six (6) days before the date fixed for a Match.
- K. The Competition in which each Team shall compete shall be determined by the Management Committee who shall meet annually in [September] prior to the annual draw taking place to review the entries and thereafter place every Team in a Competition which it deems best reflects their playing strengths considering the standard of football played within their respective leagues and, if necessary, after consultation with the Team's league Officers.
- L. There will be no right of appeal against the Management Committee's decision on which the correct Cup is for each Team.
- M. The Management Committee may reject the application of any Club to participate in the Competition at its entire discretion.

4. Control, Management and Administration of the Competitions

- A. The organisation, control and management of the Competitions and any rights associated with it of any nature shall be vested entirely and exclusively in the Associations who shall delegate their powers of organisation, control and management of the Competitions to the Management Committee who shall be empowered to make decisions pertaining to the Competitions on the Associations' behalf.
- B. Subject only to the authority of the FA where such matters relate to financial or commercial matters, the Management Committee shall be empowered to exercise all powers of the Associations in relation to the management of the Competitions and to make decisions on all matters arising out of



or in relation to the organisation, control and management of the Competitions (including decisions relating to the eligibility and qualification of Players) which shall be deemed decisions of the Associations and shall, subject to Rule 18, be final and binding on all Participants in relation to these and any other matters not specifically mentioned in these Rules. The Management Committee may amend these Rules from time to time (to include, for the avoidance of doubt, where the Competition has commenced in the relevant Season).

- C. The Management Committee may decide to enable Management Committee Members entitled to attend and participate in meetings to do so by simultaneous attendance and participation by means of an electronic platform(s). Management Committee Members shall be counted in the quorum for, and entitled to vote at, the meeting in question, and that meeting shall be duly constituted and its proceedings valid if the chair of the Management Committee is satisfied that adequate facilities are available throughout the meeting to ensure that Management Committee Members attending the meeting who are not present together at the same place may:
- (i) participate in the business for which the meeting has been convened;
 - (ii) hear all Management Committee members who speak at the meeting; and
 - (iii) be heard by all other Management Committee members present at the meeting.

The Management Committee shall be empowered to appoint a sub-committee to expedite decisions to ensure the smooth progress of the Competitions.

- D. SurreyFA shall administer the Senior Cup Competition for season 2025/26.
E. Amateur FA shall administer the Intermediate Cup Competition for season 2025/26
F. London FA shall administer the Junior Cup Competition for season 2025/26.
- G. Each Association listed in Rules 4D-4F shall be referred to in these Rules as an “*Administering Association*”.
- H. The Management Committee shall meet regularly during the Season to discuss any relevant matters relating to the Cups and these Rules.
- I. An emergency meeting of the Management Committee may be called at any point during the Season by the Associations should it be deemed necessary.
- J. The Management Committee shall comprise of [two] nominated Officers from each Administering Association. The Management Committee shall appoint a Chairman, Secretary, Treasurer and Safeguarding Officer and any other position from time to time as it deems fit.

5. Entry of Clubs and provisions for Withdrawal

- A. Applications to enter the Competition shall be made in writing to the Clubs’ Sanctioning Authority by 1st July in each year and shall be accompanied by the entry fee as set out in the Schedule.
- B. Subject to Rule 3M, the Management Committee may accept entries received after the date set out in 5A, but, subject to Rule 5D, in such cases may impose a fine upon the Team making the late application in accordance with the Schedule.
- C. The Management Committee in consultation with the relevant Sanctioning Authority and Administering Association will liaise over any late entries.
- D. Late entries will not be allowed once the first-round draws have been made.



- E. All Clubs entering the Competition must have the appropriate Public Liability and Personal Accident Insurance in place prior to their application as per FA Regulations.
- F. If, after having submitted an entry in accordance with the foregoing provisions, a Club wishes to withdraw a Team from any section of the Competition a written application must be sent to the Administering Association and its Sanctioning Authority. If the application is received before the draw has been published, the Administering Association may permit withdrawal without penalty. If the application is received after the draw the arranged match shall be dealt with as an unfulfilled engagement and the defaulting club shall be fined in accordance with the Schedule.
- G. The Management Committee in consultation with the Administering Association may expel a Team for any violation of the Rules of the Competition and may impose any other penalty as it deems appropriate.

6. Arrangement of Matches (Drawing and Playing of Matches, Dates of Ties, Kick off times

- A. The Teams competing in each round of the Competitions shall be drawn in pairs (and the Administering Association may conduct draws for more than one Round of the Competition at the same time). In each Match the first drawn Team is referred to in these Rules as the "**Home Team**" and the second drawn Team as the "**Away Team**". The winners will compete in the next round, the Matches of which will be drawn in the same manner. This shall be continued until the Final of the Competition.
- B. The Administering Association shall have the power (in agreement with the Management Committee) to decide whether the entrants shall be seeded and/or grouped and the stage at which such seeding and groupings shall cease to apply.
- C. All Competitions shall be played on a knock-out basis unless otherwise agreed by the Management Committee. At the sole discretion of the Management Committee, early rounds of a Competition may be played on a league and/or on a geographical basis rather than on a knock-out basis. Should a Competition not be played on a knock-out basis, Clubs will be issued with appropriate instructions as to the format and rules of that Competition.
- D. The dates on which all rounds of the Competitions are played shall be determined by the Management Committee in advance of the first rounds being drawn. Where possible, each round will be played on the 3rd Sunday of the month. Each Club will be notified of the draw dates in advance of the first round by the Administering Association. All Matches prior to the Final will take place on a Sunday. Any Team wishing to play on a different day must obtain the permission of the opposing Team, the appointed Match Officials and Administering Association.
- E. Any Club wishing to change the date of a Match, up to and including the semi-final round, must send a written request to the Administering Association. Such request must be made no later than 28 days prior to the scheduled date of the Match. In any event Matches can only be brought forward. Detailed reasons for the proposed change in Match date must be provided by the Club and the final decision shall rest with the Administering Association.
- F. The scheduled kick-off times shall be no earlier than 10.30am and no later than 2.00pm in September, October and April and no later than 1.30pm in November to March unless both Teams are in agreement. The Home Team shall determine the exact kick off time. The one exception to this rule is the Final of the Competitions when the kick off time shall be decided by the Management Committee.
- G. Teams failing to appear for a Match shall be liable to a fine in accordance with the Schedule and shall be liable to pay all reasonably unavoidable Match expenses. They are also liable to pay



travelling expenses to the non-defaulting Team (and Match Officials subject to Rules 13J and 13K), as the Administering Association decides. They may also be subject to having their application for entry into the Competitions for future Seasons refused.

7. Choice of Ground, condition of ground and postponed/abandoned Matches

- A. The Home Team shall have choice of ground. Any Senior Cup Matches must be played on grounds which meet *the FA Ground Grading Criteria – Category E for clubs playing at Tier 5 of the Women's Football Pyramid*. Any Intermediate or Junior Cup Matches must be played on grounds which meet *the FA Ground Grading Criteria for clubs playing at Tiers 6 and 7* attached as appendices 2 and 3 at the end of these Rules².
- B. If the Home Team is unable to provide a Ground with suitable facilities, it must inform the Away Team and the Administering Association immediately. The choice of Ground shall transfer to the Away Team. Should this not be done, the defaulting Club may be fined in accordance with the Schedule.
- C. If the Away Team also does not have a Ground available on the prescribed date, both Teams must inform the Administering Association immediately and make every effort to obtain a Ground.
- D. In the event of a Ground for either Team not being available on the prescribed date, both Teams must inform the Administering Association, which shall prescribe another date.
- E. Should both Teams wish to play the Match on a date earlier than that prescribed or to change the venue, both Teams must write to the Administering Association at least 10 days before the suggested alternative date giving reasons for the request. Failure to comply with this rule may result in a fine being levied against the defaulting Clubs in accordance with the Schedule.
- F. The Home Team must, **at least 10 days prior to the date arranged for the Match**, contact the Secretary of the Away Team, the Match Officials and the Administering Association by phone or email and ensure that all are in confirmed receipt of full details of:
 - (i) the Ground's location.
 - (ii) means of access to the Ground (and any parking arrangements that may be in place).
 - (iii) the Home Team colours (**if there is, or appears to be, a clash of colours, the Away Team shall change as set out in Rule 15**).
 - (iv) any other relevant information.

Failure to comply with this Rule will result in a fine for the Home Team in accordance with the Schedule

- G. If such confirmation is not received in this time the Away Team and Match Officials shall inform the Administering Association. Defaulting Clubs shall be liable to a fine in accordance with the Schedule.
- H. The Away Team and the Match Officials must acknowledge receipt of the Match details particulars by email or telephone within two (2) days of receipt of the confirmation from the Home Team. If by three (3) days before the date of the Match the Home Team has not received written acknowledgement of the confirmation from the Away Team and/or the Match Officials, they must inform the Administering Association. A Club failing to acknowledge particulars may be liable to a fine in accordance with the Schedule.



- I. In relation to Rules 7B-7F, Teams should **not** assume that the Match is going ahead **unless** they have received written confirmation from their opposition (and, in the case of the circumstances set out in Rule 7D or 7E, the Administering Association).
- J. Artificial Football (**3G**) Pitches are allowed in the Competition providing they meet the required performance standards and are listed on the FA's Register of 3G (Third Generation) Football Turf Pitches. To meet the criteria, a 3G pitch must pass a test every three (3) years as defined in the FIFA Quality Concept for Football Turf. If requested, a Team shall be required to provide written confirmation of the same to the Management Committee. Failure to comply with this Rule will result in a fine in accordance with the Schedule. The Home Team is also responsible for advising Participants of footwear requirements when confirming Match arrangements if the Match is to be played on a 3G pitch,
- K. If the Ground of the Team having the choice of Ground is considered unsuitable for a Cup-Match, its opponent may appeal to the Administering Association within 3 days of receipt of the particulars mentioned in Rule 7F above. The Administering Association may order the Match to be played on the ground of the appealing Team or on a neutral Ground. If such an appeal is not sustained, the appellant Team may be required to pay the expenses incurred in deciding the appeal.
- L. The Referee shall, subject to the decision of the entity controlling the Ground, have the power to decide as to the condition of the ground in all Matches. If deemed necessary, either Team having doubts as to the fit condition of the Ground may require the Referee or another person approved by the Management Committee to visit the Ground at least two hours before kick-off to decide the fitness of the Ground.

Postponed or Abandoned Matches

- M. If a Match is postponed or abandoned in circumstances over which neither Team has control, the Teams must plan for the Match to be played no later than 7 days after the date of the Match unless either Team is engaged the following week in an FA Competition.
- N. Subject to Rule 7P, when a Match has been postponed or abandoned after it has commenced but before the completion of 90 minutes or the conclusion of penalties and neither Team is at fault for the postponement/abandonment, it shall be played on the same Ground on the following week.
- O. If the Match is again postponed or abandoned after it has commenced but before it has completed, it shall be played as directed by the Administering Association.
- P. Subject to the provisions of Rules 7Q and 7R, in drawn Matches where penalties have not commenced or a Match has been abandoned prior to penalties starting and neither Team has been at fault, the result at 90 minutes will stand and the Match shall be replayed on the ground of the Away Team (subject to the provisions of Rules 7B and 7C).
- Q. If any Match is abandoned due to the fault of both Teams, the Administering Association shall deal with the matter as it sees fit in its absolute discretion and may, if it deems appropriate, fine both Teams in accordance with the Schedule together with disqualification from the Competition.
- R. In the event of any Match in the Competition not being completed as per Rules 7P and/or 7Q, both Teams shall send a report of the circumstances to the Administering Association, which shall arrive not more than 72 hours after the time fixed for the Match. Failure to do so may result in a fine in accordance with the Schedule.



- S. Where the Match is postponed due to severe weather conditions, the Administering Association may exempt Teams from the requirement to send a report advising of the postponement **provided that** the postponement has been reported by text following the instructions that will be received by the nominated individual by text from Full-Time. It is the responsibility of the Secretary or other nominated Officers of both Teams to report this fact to the Administering Association via the Full-Time text service. The Home Team Secretary must inform the Match Officials and the Away Team Secretary by email. The Home Team Secretary must receive an acknowledgement from the Match Officials and Away Team Secretary that the message has been received and acknowledged. Teams in default of this Rule may be liable to a fine in accordance with the Schedule.
- T. If a Match is postponed less than 3 hours before the arranged kick-off time and it is not possible to contact the Match Officials or Away Team for any reason, a representative of the Home Team must be at the Ground to inform them of the postponement upon their arrival. Defaulting Teams may be liable to a fine in accordance with the Schedule.
- U. Matches may only be postponed due to severe weather and/or pitch conditions as follows:
 - (i) By the ground authority where control of the Ground is not with the Home Team.
 - (ii) After inspection by the appointed Match Official if control of the ground is with the Home Team. If the appointed Match Official is unable to make the inspection, then another registered Referee may make the decision subject to the agreement of the appointed Referee.
- V. The Home Team shall notify the Match Officials, Away Team and the Administering Association of the revised arrangements for the playing of the Match. Teams in default of this Rule may be liable to a fine in accordance with the Schedule.
- W. The Administering Associations shall have the power to vary these arrangements if it is deemed necessary.

8. Qualification of Players

- A. In all rounds of the Competitions, a Player taking part must be a recognised playing member of her Club. A recognised playing member is someone who has been registered as a Player of her Club with a league in which the Club competes. The registration must have been received and accepted by the League in which the Club participates by 4pm on the last working day preceding the fixed date for playing the Match and the registration must be continuous through to the date of the Match. Any Team that is not a member of a League must register its Players with its County Association by 4pm on the last working day preceding the fixed date for playing the Match. Only Players that are eligible to play in the semi-final on the first scheduled date for the Match shall be eligible to play in the Final. If a Club is struggling to comply with this Rule due to injuries/illness they must contact the Administering Association at the earliest opportunity and apply to allow a Player to play. The Management Committee will make the final decision which will be confirmed in writing. An International Transfer Certificate for Players coming from overseas associations (including Wales, Scotland, Northern Ireland and the Republic of Ireland) must be received by 4pm on the last working day preceding the date fixed for playing the Match in order for the Player's registration to be valid.
- B. Once a Player has taken part in a section of the Competition, they shall not be eligible to play in the same section for any other Team. This rule should be read in conjunction with the rules below.
- C. When a Player has played in two or more Matches in the Senior or Intermediate Cup Competitions, they shall be ineligible to play in any lower section of the Competition.



- D. A Reserve/2nd/3rd (or any other lower) Team of a Club may play no more than two Players who have played in any of the previous two or more Matches for any of its more senior Teams immediately prior to the actual playing date of the Match in the Senior, Intermediate or Junior Competitions. This provision will also apply to 'Dual Registered' Players who have played in any of the previous three competitive Matches for any other Team playing in a higher Tier than that permitted to enter the competition in accordance with Competition Rules 3A-3F.
- E. If a Club is struggling to comply with Rule 8D due to injuries/illness they must contact the Administering Association at the earliest opportunity and apply to increase the number of Players allowed. The Management Committee will make the final decision which will be confirmed in writing.
- F. When a Club is permitted to enter more than one Team in the Senior, Intermediate or Junior Competitions, a Player who plays in one or more Matches for one of the Club's Teams shall be ineligible to play for other Teams of that Club in the same section of the Competition.
- G. Once a Player of the Second, Under 21 or Under 23 Team of a Tier 1 or 2 Club has made two First Team appearances in any fixture recognised by the FA they will be ineligible to compete in all sections of the Capital Women's Cup in the same season.
- H. A Player is not eligible to play in the Women's Intermediate or Junior Competitions if she is a Contract Player.
- I. All Players must have been eligible to play in the original Match in order to play in a Match which is replayed, postponed or ordered to be replayed. However, a Player who has been suspended according to the disciplinary procedures under the rules of the FA may play in a Match which is replayed, postponed or ordered to be replayed **provided** the term of her suspension has expired.
- J. For the purposes of this Rule 8, a substitute shall be regarded as having played, if at any time in a Match, she participates therein. Substitutes who do not participate shall not be regarded as having played.
- K. Any Club which includes in any of its Teams in the Competition a Player who is ineligible or is deemed ineligible or is not qualified in accordance with this Rule may be fined in accordance with the Schedule. The Management Committee shall also have the power to expel any offending Teams from the section of the Competition in which the offence occurred and, if the offence occurs in the Final, award the Cup to the opposition.
- L. Clubs with one Team in the Competition shall be required to include their best available Players in every Match. Clubs with Teams in more than one section of the Competition shall be required to include their best available Players in the Club's most senior Team, the second-best available Players in the second Team and so on. In the event of one or more of the Teams not having an engagement in the Competition the Players who would normally have been included in those Teams shall not displace Players in other Teams. Any Club not observing the foregoing principles by unduly strengthening or unduly weakening any Team shall be called upon to give an explanation to the Administering Association and, if the explanation is considered to be unsatisfactory, shall be dealt with at the absolute discretion of the Management Committee.

Substitutes

- M. In line with the FA Women's National League - In the Senior Cup a Club may at any time at its discretion use up to a maximum of five substitute Players from any five nominated in a Match except to replace a Player who has been sent off the field of play for misconduct by the Referee after play has commenced. The substitution can only be made when play is stopped for any reason



and the Referee has given permission. Prior to the substitution being made the Club must identify to the Match Officials the number of the Player out and the Player in, in accordance with the Team Sheet.

- N. If a Player suffers a concussion (or potential concussion), the Club concerned shall be permitted to use additional substitution(s) in accordance with the relevant IFAB protocol adopted by the FA and in force from time to time. Concussion substitutions shall be permitted to be used in addition to the substitutions listed above. If the FA has adopted an IFAB protocol for the purposes of the Competition, this shall be communicated to competing Clubs in advance of the relevant round³.
- O. In the Intermediate and Junior Competitions, a Club may at its discretion use up to five substitute Players from five nominated whose names have been notified to the Referee before the start of the Match. In accordance with FIFA dispensations, substitutes will be allowed to 'roll on' and 'roll off' provided that the substitutions are made with the permission of the Match Referee and conducted in accordance with the requirements of the Laws of Association Football. Prior to the substitution being made the Club must identify to the Match Officials the number of the Player out and the Player in, in accordance with the Team Sheet.

Team Sheets

- P. In all Cups Teams will be supplied with PDF Team Sheets⁴.
- Q. Each Team is responsible for ensuring that a Team Sheet (including nominated substitutes) is given in all rounds of the Cups to the Referee and a representative of the opposing Team in the presence of the Referee at least 30 minutes before kick-off **except** in a Final where Team Sheets must be exchanged 45 minutes prior to kick-off. Teams in breach of this Rule may be liable to a fine in accordance with the Schedule.
- R. Each Player must be clearly and legibly named and their names must correspond with the numbers on the Team Sheet. Any Team which fails to hand over its list by the specified time or which alters the composition of its Team or changes the number of Players after its Team Sheet has been submitted may be liable to a fine in accordance with the Schedule.
- S. Should any nominated Player or substitute sustain an injury after the submission of the Team Sheet to the referee and before the kick-off, she may be replaced without fine if she is injured warming up after the exchange of the Team Sheet, **provided** the referee and opponents are informed before the commencement of the Match. In such circumstances the Team Sheet must be updated by the relevant Team to include the replacement Player and exclude the injured Player prior to the commencement of the Match. Teams in breach of this Rule may be liable to a fine in accordance with the Schedule.
- T. No Player shall be eligible to take part in a Match unless their name appears on the Team Sheet. Teams in breach of this Rule may be liable to a fine in accordance with the Schedule.
- U. In all rounds of the Cups where benches are provided the number of substitutes, Players and officials seated on each Team bench in the designated technical area shall not exceed eleven (11) unless the Team bench facility provides more than eleven individual seats. All Team Officials and substitutes seated on the bench shall be listed on the official Team Sheet which is submitted to the Referee in accordance with Rule 8Q. Only those persons listed on the official Team Sheet shall be permitted in the technical area. Apart from the Team manager, Team coach and any substitutes



warming up, all other personnel are to remain seated on the bench. Any Club breaking this rule may be liable to a fine in accordance with the Schedule.

9. Proof of qualification on objection, liability in default and frivolous objection.

- A. If, upon an objection being raised by a Club in accordance with Rule 19 or otherwise, the Management Committee shall have any doubts as to the qualification of a Player taking part in any of the Competitions, the Management Committee shall have the power to call upon such Player or the Club of which she is a Member, or for which she has played, to prove to the satisfaction of the Management Committee that she is qualified according to these Rules. Failing such proof being supplied, the Management Committee may determine such Player to have been and/or be disqualified, and may remove the Club from the Competition, or deal otherwise with such Player or Club as it deems fit.
- B. Any Club making a frivolous objection or losing a protest will be liable to be fined by the Management Committee, and to pay such attendant costs of the enquiry as the Management Committee may think fit.

10. Disqualification

- A. In addition to any other action or penalty, the Management Committee shall have the power to disqualify any competing Team, or Player of any competing Team(s), which it determines to have breached the Rules of the FA or these Rules (and any rules or regulations issued pursuant to these Rules or the Rules of the FA), and the decision of the Management Committee shall be final and binding.
- B. If a Team is removed from the League in which it is playing once it has been accepted into a Competition the Management Committee shall have the right to remove the Team from the Competition⁵.
- C. The Management Committee shall consider any reports received within seven days of the date of the Match of serious misbehaviour, abandoned Matches, late starts beyond the stipulated time and shall disqualify, fine or take no action against the Team(s) allegedly responsible. For the efficient management of the Competition, such action will not be dependent on the outcome of any misconduct hearings that may be pending or the consequent result of any disciplinary hearings.

11. Conditions of Play

- A. Subject to Rules 7A and 7H, in all sections of the Competition, the field of play shall conform to the Laws of the Game. Matches may be played on grass, or any other artificial surface approved by the FA as per Rule 7J.
- B. All lines must be clearly defined according to the Laws of Association Football.
- C. In all Matches the field of play must be equipped with goal nets attached to the goal and a pole with a flag must be placed at each corner of the field of play. The responsibility to ensure this rule is complied with shall lie with the Team on whose Ground the game is played. A fine in accordance with the Schedule may be imposed if no goal nets are provided or if they are not fitted to the satisfaction of the Referee and less than four corner posts and flags are in position.
- D. Subject to Rule 11E, the duration of each Match shall be 90 minutes plus any additional time allowed by the Referee. If at the expiration of this period, the scores are equal, the result of the



Match shall be determined by the taking of kicks from the penalty mark in accordance with the conditions prescribed by the International Board.

E. Save for the semi-finals and Final of each Competition, the duration of each Match shall be (i) 90 minutes or (ii) a shorter period which is not less than 70 minutes by agreement between the competing Teams. Both Teams must agree to this shorter period before the commencement of the Match in the presence of the Referee.

F. The half-time interval shall be:

- (i) 15 minutes in the Senior Competition;
- (ii) A minimum 10 minutes and maximum of 15 minutes in the Intermediate and Junior Competitions,

and may only be altered with the consent of the Referee.

G. In all sections of the Competition, provided both Teams have a minimum of seven Players ready to play, the referee shall order the Match to commence at the appointed time or as soon as possible thereafter. Should a Match start after the appointed time, the Referee must give details of the same on the report card submitted in accordance with Rule 13H. It is acknowledged that:

- (i) Any Team causing a Match to start more than 10 minutes late may be liable to a fine in accordance with the Schedule.

H. If a Team is not ready to start by 30 minutes after the appointed time, it shall be deemed to be absent, and the Match shall be dealt with as an unfulfilled engagement. The defaulting Team may be liable to a fine in accordance with the Schedule.

I. Uniquely numbered shirts shall be worn by all Players and no two Players from the same Team shall wear shirts bearing the same number. Referees may not prevent Players from playing in shirts without numbers but should note the facts on their report card. Teams failing to comply with this requirement may be fined in accordance with the Schedule.

J. No change of numbers during the Match shall be allowed except on a change of Goalkeeper or where a player has been required by the Referee to change her shirt because of a blood injury.

K. If the ground is of a standard where there are benches and technical areas, only named substitutes and Club officials will be allowed in the technical area in accordance with Rule 8R. They must remain seated at all times save that one person at a time is authorised to convey technical instructions from the technical area. Persons in the technical area must conduct themselves in a responsible manner at all times. If more than the permitted numbers of persons are observed by a Match Official in the technical area, the Referee shall have the power to stop the game and order the removal of all surplus persons. Any Club that breaches this Rule may be liable to a fine in accordance with the Schedule.

L. *Respect:*

- (i) All Clubs should observe the Respect Handshake at the beginning of the Match as per the Respect Code.
- (ii) The captain of each Team shall wear a distinguishing armband to indicate her ⁶status and she has a responsibility to offer support in the management of the on-field discipline of the Team.



- (iii) Any Club failing to comply with the Respect rules may be fined in accordance with the Schedule.
- (iv) Sin Bins: Temporary Dismissals (*Sin Bins*) will be in use in all Competitions.

First-Aid

M. The Home Team must ensure that:

- (i) all medical resources and/or equipment are easily accessible from the pitch and technical area,
- (ii) the location of those medical resources and/or equipment is appropriately signposted within the Ground (including in the dressing rooms of each Team and Match Officials),
- (iii) appropriately qualified and competent personnel are available to utilise those resources and/or equipment to deliver first aid or emergency medical care.

12. Reporting Results

- A.** In all Matches, the Club copy of the form is the result sheet, which must be fully completed by each Team, detailing the Match result, the details of substitutes and goal scorers, together with a Referee's mark which must be received by the Administering Association within 5 working days of the Match. Any Club failing to comply with this section of the Rule may be liable to a fine in accordance with the Schedule.
- B.** The Secretaries or other nominated Officials of both Clubs must by no later than 12 noon on the next day (Sundays not included) confirm that result by text by following the instructions that will be received by the nominated individual by text.
- C.** Should a Club award the Match Referee a mark of 60 out of 100 or less, an explanation must be provided in writing, together with their result sheet, with comments which could help the Referee improve future performances. Clubs not complying with this Rule may be liable to a fine in accordance with the Schedule.
- D.** If a result sheet is received by the Administering Association that is inaccurate or not properly completed the sheet shall be returned to the Club concerned for correction/completion and they may be liable to a fine in accordance with the Schedule.
- E.** Any Club failing to comply with Rules 12A-12E may be liable to a fine in accordance with the Schedule.

13. Referees and Assistant Referees

- A.** In all sections of the Competition, Match Officials shall be selected by the Referee Appointments Officer of the Home Team's Administering Association.
- B.** All Matches in the Competitions shall have a Referee appointed. Assistant Referees shall be appointed in all rounds of the Senior Cup and in the Semi-Final and Final Matches of the Intermediate and Junior Competitions. In all Finals, 4th Officials will be appointed.
- C.** If Assistant Referees are not appointed in accordance with 13B, it shall be the duty of each competing Team to provide a person to act as a Club Assistant Referee. Any Team failing to provide a Club Assistant Referee shall provide a valid reason to the Referee who shall report that to the Administering Association. That Club may be liable to a fine in accordance with the Schedule. All Club Assistant Referees must have attained a minimum age of 16 years.



- D. The Administering Associations shall be responsible for appointing the Match Officials for the Final of the Competition that it oversees.
- E. Match Officials appointed to Matches must be neither past nor present members or officers of the competing Clubs (or connected/related to any current Player(s) of a competing Club) . Should a Match Official receive an appointment that they feel puts the appointment in breach of this Rule, they must immediately notify this fact to the Administering Association.
- F. Match Officials must acknowledge appointments made by the Administering Association within 5 days of the appointment in writing, by email and must also acknowledge receipt of Match details from the Home Team.
- G. The appointed Match Officials must be present at the Ground at least one hour prior to the scheduled time of kick-off.
- H. The Team(s) responsible for a late start must be informed they are being reported by the referee at the conclusion of the Match.
- I. Match Officials appointed under this Rule shall be entitled to be paid Match fees as set out in the Schedule. All fees will be inclusive of expenses. In the event of a Match being postponed due to causes beyond the control of either Team, the Match Officials shall be entitled to charge half the Match fee if they attend the Ground.
- J. If a Match is not played owing to the default of one of the competing Teams, the defaulting Team shall pay the full fees to the Match Officials. If neither Team is present at the ground the Match Officials may submit their claims to the Administering Association who is then empowered to order the defaulting Teams to each reimburse half the expenditure incurred (in addition to a fine in accordance with the Schedule).
- K. In the Senior Competition where a Referee fails to attend the Match one of the Assistant Referees will replace the appointed Referee and they will in turn appoint an individual to replace them as Assistant Referee. In the Intermediate and Junior Competitions Competitions, where a Referee fails to attend the Match, the Teams must agree on a Referee. If Assistants have been appointed, one shall replace the appointed Referee. If a Match is not played because of the Teams failing to agree an appropriate person to officiate, the Match shall be dealt with as an unfulfilled engagement by the Administering Association.
- L. A Match Official who fails to attend at a Match to which they have been appointed under Rule 13A shall send a written explanation to the Referees' Appointments Officer. If the explanation is deemed unsatisfactory the facts shall be reported to the Association with which they are registered.
- M. Save for Rule 14A, all payments to Match Officials under this Rule shall be made by the **Home Team** *immediately* after the conclusion of the Match. Where there are no gate receipts, the Away Team must pay to the Home Team 50 per cent (50%) of the fees due to the Match Officials only. **Payments must be made by the Away Team to the Home Team on the day of the Match.** Teams in default of this Rule may be liable to a fine in accordance with the Schedule.

14. Provisions for the Finals

- A. The Management Committee shall arrange the Grounds for the Finals of all Competitions and shall have direct control of all the arrangements, receipts and disbursements in connection with these Matches. The Match fee (together with reasonable travelling expenses) of the Match Officials shall be paid by the Management Committee.



- B. Details of the dates and venues of the Competition Finals shall be sent to all participating Teams. The dates, venues and kick-off times of the Competition Finals shall only be changed with the prior written consent of the Management Committee at its sole discretion.
- C. If the Final is drawn after 90 minutes, the winner shall be determined by the taking of kicks from the penalty mark in accordance with the procedure adopted by the International Football Association Board.
- D. Medals or other commemorative souvenirs shall be presented to all Participants, save that the Management Committee may withhold such commemorative souvenir from any Player ordered from the field of play by the Referee for misconduct unless the misconduct is for violent conduct for an assault on a Match Official, Player, Team official or spectator (in which case the Player shall not be presented with a commemorative souvenir). The Team may apply in writing for the souvenir to be sent to it thereafter and shall solely be responsible for the costs of postage and packaging.
- E. Where receipts are insufficient to meet the entire expenses of the Finals the deficit shall be borne equally between the Associations.

Postponed Match

- F. When a Final has been postponed, it shall be played as directed by the Management Committee.

Abandoned Match

- G. When a Final has been abandoned after it has commenced but before it has been completed, the Management Committee shall deal with the matter as it sees fit in its absolute discretion.

Miscellaneous

- H. Glasses, glass bottles or cans containing alcohol **must not** be brought into Grounds.

15. Team Colours

- A. The two competing Clubs must wear colours that distinguish them from each other and the Match Officials.
- B. Goalkeepers must wear colours which distinguish them from the other players, and the Match Officials.
- C. Where there is a clash of colours in a Match other than the Final, the Away Team must change.
- D. If there is a clash of colours in the Final both Teams must change their colours.
- E. The Home Team must notify the Away Team of their Team and goalkeeper colours when confirming details of the Match pursuant to Rule 7F.
- F. Advertising may be worn on Players' clothing in accordance with the rules of the FA and the Laws of the Game.
- G. When participating in a Match, no Player shall reveal undergarments that show political, religious or personal slogans, statements or images or advertising other than a manufacturer's logo.

16. Liability of Clubs failing to play in a Final



In the Final Ties, any Team failing to play, without showing a good and sufficient cause for such failure, may be adjudged by the Management Committee to have been guilty of serious misconduct and liable to be dealt with by the Management Committee.

17. Misconduct

Any disciplinary misconduct reported by the Referee and involving Players, coaches, spectators (as opposed to a breach of these Rules) shall be dealt with by that Team's Parent Association.

18. Protests and Appeals

- A.** Every protest lodged under this Rule must set out in full the grounds for the protest and be sent, in duplicate, to the Secretary of the Management Committee to be received no later than 72 hours after the Match or occurrence to which the protest relates. A deposit as set out in the Schedule must be sent with the protest which will be returned if the protest is upheld.
- B.** If an objection is lodged with the Referee of the Match prior to the commencement of the Match regarding the ground or the appurtenances of the game which the Referee is unable to have rectified without delaying the start of the Match, the complaining Team shall be required to set down details of the complaint in objection and hand it to the Referee who shall forward the document to the Administering Association. The complaining Team may then proceed to lodge a protest in accordance with 18A.
- C.** The Management Committee will consider any protest and shall arbitrate, decide whether the deposit shall be forfeited to the funds of the Cup (and be put towards the costs of the Final) or returned and may order the parties to a dispute to pay any expenses incurred in the arbitration. Any members of the Management Committee connected with the parties to the protest shall not sit on the Committee set up to deal with the protest.
- D.** In all protests a copy of the statements lodged must be sent to the other parties and all parties shall be afforded an opportunity of making submissions to the Committee.
- E.** No protest shall be withdrawn without the consent of the Management Committee.
- F.** Any appeal against a decision of the Management Committee must be lodged with the Sanctioning Authority within 14 days of the posting of the written notification of the decision causing the appeal, accompanied by a fee (as set out in the Schedule), which may be forfeited in the event of the appeal not being upheld. A copy of the appeal must also be sent to the Secretary of the Management Committee. The Management Committee will nominate a County Association to hear the appeal. The procedure for the appeal shall be determined by the County Association, and the County Association may (but is not obliged to):
 - (i)** invite submissions by the parties involved;
 - (ii)** convene a hearing to hear the appeal;
 - (iii)** permit new evidence; or
 - (iv)** impose appropriate deadlines.

Any appeal shall not involve a rehearing of the evidence considered by the Management Committee.

19. Alteration of Rules



- A. Providing all Associations agree, these rules may be altered, expunged, added to as they see fit from time to time. Such alteration, expunction or addition shall not come into force until the Season following that in which the Associations shall have agreed upon it **unless** such alteration, expunction or addition shall be required:
 - (i) pursuant to Rules 4H and 19B or
- B. Notwithstanding the foregoing, if the Associations must adopt emergency measures to complete the Competitions in any Season, such alteration, expunction or addition shall come into force immediately if all Associations agree at a meeting held to deal with such emergency. Details of any Rules amended or expunged or any additional Rules in such circumstances shall be published on the websites of the Associations.
- C. Subject to the provisions of Rule 18, all decisions made by the Management Committee are final and are not subject to appeal.



Appendix 1 - Schedule of Fees & Fines for the 2023-24 Season

Fees	Amount
Entry fee for all Competitions	£20
Referees	£45
Assistant Referees	£35
4 th Officials	£35
Protest Fees	£15
Appeal fee against Protest decision	£15

Fines

Schedule of Offences	Fine	2nd Offence	Subsequent offence
Late withdrawal of Team from the Competition	£50 and forfeit of entry fee		
Failing to appear for a Match	£50 + Match expenses		
Failure of Home Team to notify the Administering Association and Away Team of their inability to provide a suitable ground for the Match	£50	£50	£50
Failure to notify the Administering Association about ground unavailability and also the Referee Appointments Officer	£10	£20	£40
Failure to notify the Away Team and/or Match Officials of Match particulars	£10 Clubs may also be liable to disqualification	£20	£40
Failure to acknowledge receipt of Match details	£10	£20	£40
Failure to report incomplete Matches	£10	£20	£40
Failure to report a postponement	£10	£20	£40
Failure to provide a representative to be at the ground for late postponements	£10	£20	£40
Playing an ineligible Player	£50 per Player and Team disqualification		
Failure to hand in the Team sheet to the Referee	£10	£20	£40
Failure to send in the Team sheet to the Administering Association	£10	£20	£40
Failure to equip the field of play with the correct equipment	£10	£20	£40



Causing a Match to start up to 10 minutes late	£10	£20	£40
Causing a Match to start more than 10 minutes late	£15	£25	£45
Failure to be present 30 minutes after scheduled kick off causing an unfulfilled Match	£50 & disqualification from the Competition		
Causing a Match to be abandoned	£50 & disqualification from the Competition		
Failure to wear numbered shirts	£10	£20	£40
A breach of the technical area rules	£10	£20	£40
Failure to provide reason for marking Referee 60 or below	£10	£20	£40
Inaccurate result sheet	£10	£20	£40
Failing to report results	£10	£20	£40
Failing to provide a Club Assistant Referee	£10	£20	£40
Failure to pay 50% of the Match Officials expenses	£10	£20	£40
Failure to have a change of strip where colour clashes occur	£10	£20	£40
Failure to return the Cup on time	£20 daily fine ⁷		

⁷ It is believed these figures correct for 2023-24.



**THE FOOTBALL ASSOCIATION
WOMEN'S PYRAMID OF FOOTBALL GROUND GRADING DOCUMENT
GRADING CATEGORY – E
Tier 5⁸**

1. GROUND

The ground must be suitable for staging a football match in the premier division of the Regional League structure. A recreation ground or public park will be suitable provided that the criteria set out below can be met.

1.1 Security of Tenure

Where a club does not own the freehold of their ground then evidence of adequate security of tenure for one season must be provided.

1.2 Club House

Where there is a clubhouse facility, this should be within walking distance of the pitch.

1.3 Car Parking

Whilst car parking is not necessary where possible, there should be adequate car parking facilities on or near-by to the ground.

1.4 Pitch Perimeter Barrier

There should be a permanent fixed barrier of sound construction. The recommended height of the barrier is a minimum of 1.1 metres.

Where no permanent fixed barrier is available, the pitch must be roped off.

Clubs moving from Tier 6 to tier 5 of the Women's Pyramid of Football must comply with this requirement by the commencement of the following season.

1.5 Pitch Standards

The playing surface will be grass, unless otherwise authorised by the respective league Management Committee, and must be of a high standard. It must be level and free from surface depressions and excessive undulations.

The playing surface must be maintained to the highest possible standards.

Third Generation Artificial Football Turf pitches will be permitted, provided that the artificial turf meets the following conditions (i) to (vi) below have been met (the "Performance Standard"):

- (i) The pitch must be surfaced with 3G football turf that has laboratory type approval according to the FIFA Quality Concept for Football Turf (2012 & 2015 editions) – FIFA Recommended One Star/Quality performance.
- (ii) The 3G football turf pitch must be listed on The Association's register of 3G football turf pitches by no later than 31 July and tested annually at the Club's expense
- (iii) Where a 3G football turf pitch is not yet listed on The Association's register (for example if it is a newly installed pitch), a Club must obtain a Performance Test Certificate or Laboratory report and submit it to The Association by no later than 31 July.
- (iv) The Association reserves the right to instruct a Club to have its pitch tested at any time in order to ensure that it meets the Performance Standard. All such tests shall be at the Club's expense.
- (v) The 3G football turf, including run-offs, shall be one continuous playing surface and shall be green in colour at least one metre from the outer edge of the touchline and goal line. All line markings shall be in accordance with the Laws of Association Football.

A Club using a new generation rubber infill pitch must allow their opposition the opportunity to train on the facilities at least one hour prior to the Match. Players must wear suitable footwear

1.6 Playing Area

The playing area to be a minimum of 90 metres by 45 metres (100 yards x 50 yards) and should conform to the requirements of the Laws of the Game.

Goal posts and goal net supports should be of professional manufacture and conform to the current safety requirements and to the requirements of the Laws of the Game.

Reference should be made to the Goalpost Safety information published by The Football Association.

2. DRESSING ROOM FACILITIES



All dressing room areas must be maintained to a high standard of cleanliness and be heated, well ventilated, free from damp and secure on match days.

2.1 Players

Separate dressing rooms must be provided for both Teams within the enclosed area of the ground.

There must be adequate washing and toilet facilities available with hot and cold running water.

2.2 Match Officials

Separate dressing rooms must be provided for match officials.

3. Medical

There must be a suitable qualified person (minimum F.A. Save a Life) in attendance.

All clubs must provide first aid equipment at their ground



Appendix 3- Women's Pyramid of Football Ground Grading Document - Grading Category – Unclassified - FA Women's Pyramid - Step 6 & Step 7⁹

1. Ground

The ground must be suitable for staging a football match in the Capital Women's Cup Intermediate and Junior Sections.

A recreation ground or public park will be suitable provided that the criteria set out below can be met.

1.1 Security of Tenure

Where a club does not own the freehold of their ground then evidence of adequate security of tenure for one season must be provided. The minimum requirement would be deemed to be evidence of booked and granted pitch permits for a whole (or half) season (for Councils who operate half seasonal bookings only)

1.2 Club House

Whilst a clubhouse is not necessary, where there is a clubhouse facility, this should be within walking distance of the pitch. Dressing rooms are not classified as a clubhouse and their requirements are covered in Section 2.

1.3 Car Parking

Whilst car parking is not mandatory, where possible, there should be adequate car parking facilities on or nearby the ground.

1.4 Pitch Perimeter Barrier

If there should be a permanent fixed barrier, it must be of sound construction. The recommended height of the barrier is a minimum of 1.1 metres.

Where no permanent fixed barrier is available, Clubs must ensure the good conduct of their spectators and officials by not obstructing the touchline or the free passage of the Assistant Referees or Club linesman.

1.5 Pitch Standards

The playing surface will be grass, unless otherwise authorised by the Administering Association and must be of a reasonable standard. It must be free from surface depressions and excessive undulations.

New generation (third generation - 3Gen) rubber infill pitches will be permitted, provided that the artificial turf meets the following conditions:

(a) the artificial turf meets any of the applicable FIFA quality standards for artificial turf, currently corresponding to the "FIFA Recommended 2-Star Standard", the "FIFA Recommended 1-Star Standard" in accordance with the "FIFA Quality Concept - Handbook of Test Methods and Requirements for Artificial Turf Football Surfaces" dated February 2005 as well all requirements under the applicable national laws and regulations; and

(b) the artificial turf has passed all the necessary tests (laboratory and field tests) and, in the case of "FIFA Recommended 2-Star Standard" or "FIFA Recommended 1-Star Standard", has obtained the required FIFA licence; and

(c) the artificial turf has passed all the necessary yearly tests confirming that it still meets the applicable FIFA quality standards. Such tests must be conducted by a FIFA accredited laboratory; and

(d) the surface of the artificial turf must be of a green colour.

A Club using a new generation rubber infill pitch must allow their opposition the opportunity to train on the facilities prior to the Match. Players must not wear boots with blades or metal studs.

1.6 Playing Area

The playing area to be a minimum of 100 yards x 50 yards and should conform to the requirements of the Laws of the Game.

Goal posts and goal net supports should be of professional manufacture and conform to the current safety requirements and to the requirements of the Laws of the Game.

Reference should be made to the Goalpost Safety information published by The Football Association.

Corner flag posts should be of professional manufacture and their positioning should conform to the requirements of the Laws of the Game

Pitch markings must be well enough maintained that they are easily visible. The relative dimensions of the playing area must conform by being within the minimum / maximum requirements laid down by the Laws of the

⁹ Annoyingly, I am unable to find this document as of 3 May 2023 – I can find one for Tier 1 etc but not this one so remember to ask MA for sight of the same.



Game. The internal pitch markings must conform exactly with the required measurements laid down by the laws of the game.

2. Dressing Room Facilities

All dressing rooms must be secure, heated, well-ventilated and free from damp

2.1 Players

Separate dressing rooms must be provided for both Teams within the enclosed area of the ground.

There must be adequate washing and toilet facilities available with hot and cold running water.

2.2 Match Officials

Separate dressing rooms must be provided for match officials.