

Band	League/ Cup	Bury & District	Cambridge	Cambridge & District Friendly	Ipswich	Norwich
Band 1	Sunday Cup	Division 1			Premier	Premier
Band 2	Sunday Shield	Division 2	Division 1	Premier	Division 1 Division 2	Division 1 Division 2
Band 3	Sunday Trophy	Division 3 Division 4	Division 2 Division 3		Division 3 Division 4	Division 3 Division 4

IMPORTANT: UNDERSTAND RULE 5e QUALIFICATION OF PLAYERS

Please see Guidelines in conjunction with Suffolk County Cup rules for your particular cup competition to avoid playing ineligible players.

General:

No club can have more than one team enter any one open age competition unless agreed by the Football Services Team.

A team can play in a higher competition if;  
a) They request to do so and it is agreed by the Football Services Team.  
b) By doing so allows a Reserve, 'A' or 'B' team to compete in a lower competition.

If a team changes from one league to another the Football Services Team shall place that team in the most appropriate competition.