



## Club Guidance Notes

# Suffolk FA Girls U16's, U15's, U14's, U13's & U12's Cup

- Please ensure that you use the SMS text service to submit your result direct to Full Time.
- Or you can text your result to 07702 240122 or email: [countycups@suffolkfa.com](mailto:countycups@suffolkfa.com)
- **Do NOT call Adrian Moye with the result.** Use the communication methods stated above.

**ALL RESULTS MUST BE REPORTED WITHIN 1 HOUR OF THE MATCH FINISHING**

Kick off time: **10.30am**

1. Duration of a match shall be;

Age	Duration	Extra Time
U16	80 mins (2 x 40 minute halves)	None
U15	80 mins (2 x 40 minute halves)	None
U14	70 mins (2 x 35 minute halves)	None
U13	70 mins (2 x 35 minute halves)	None
U12	60 mins (2 x 30 minute halves)	None

2. A result must be obtained on the day of the match. There shall be no extra time and so if the scores are equal after full time minutes the tie shall be decided by penalty kicks.
3. If a match is under threat of postponement for any reason both clubs must keep their players available until the County Cups Manager or designated Suffolk FA representative has confirmed the postponement. Only the County Cups Manager or designated Suffolk FA representative can confirm the postponement of a game.
4. A club official from each side must together present a copy of the team sheet naming the players and substitutes to the match referee at least 15 minutes prior to the commencement of the game. A copy must be handed to your opponents at the same time.
5. Referees MUST be issued with a team sheet from each team before the commencement of any game. If a referee is not provided with team sheets they shall NOT allow the match to commence until team sheets have been submitted. Team sheets MUST be legible to the referee.

- The **top copy** of the completed team sheet must be posted, delivered or scanned and e-mailed to [countycups@suffolkfa.com](mailto:countycups@suffolkfa.com) within 2 days (excluding Sunday) of the date of the match.

- Please ensure that you place a tick against the substitutes that are used in the match.

Alternatively, a Word version, sent to all Club Secretaries, of the team sheet can be completed and e-mailed to [countycups@suffolkfa.com](mailto:countycups@suffolkfa.com).

Please **PRINT** all details on the team sheet clearly and in **BLOCK CAPITALS**. Remember to include the scores and the Referee's mark which should be out of 100 and entered in the box provided.

Awarding the referee a mark is a **MANDATORY** requirement and a mark of 60 or below requires a written report to be submitted outlining why such a mark was awarded.

6. The match officials and visiting club must be notified of the home club's ground, colours and full match details, **not later than six days prior to the match**. The Home Club shall pay the Officials their fees immediately after the match.
7. **Repeat Substitutes** – Each team **may use up to five** substitutes at any time **from a maximum of five substitute players named** to the referee on the team sheet prior to the commencement of the match.

**A player who has been substituted themselves then becomes a substitute and may replace another player at any time on a repeat substitution basis.**

In all County Cup competitions, substitutes must be named to the referee on the team sheet prior to the commencement of the match. **A person who is not named on the team sheets may not take part in the match.**

**8. Qualification of Players:**

**Under 18:** Players who at midnight on 31<sup>st</sup> August in the current season have attained the age of 15 years but are still under the age of 18 years.

**Under 15:** Players who at midnight on 31<sup>st</sup> August in the current season have attained the age of 13 years but are still under the age of 15 years.

**Under 14:** Players who at midnight on 31<sup>st</sup> August in the current season have attained the age of 12 years but are still under the age of 14 years.

**Under 13:** Players who at midnight on 31<sup>st</sup> August in the current season have attained the age of 11 years but are still under the age of 13 years.

**Under 12:** Players who at midnight on 31<sup>st</sup> August in the current season have attained the age of 10 years but are still under the age of 12 years.

In Semi-Final and Final ties, all players must have been registered with their Club and League at least 21 clear days prior to a County Cup's Semi-Final or Final match, as appropriate.

9. Clubs must **NOT** amend kick off times without the agreement of their opposition **AND** have notified Adrian Moye by email **AND** received an acknowledgement email.

10. The match officials fees are as detailed below:

Competition	Referees Fees	Asst. Referees Fees
All Girls Cups	£25	£20 each
<b>PLEASE NOTE – NO TRAVELLING EXPENSES AS NOW INCLUDED AS PART OF MATCH FEE</b>		

11. **Competition Format** – Pitch and Goal sizes:

Competition and Format	Minimum Pitch Size (yards)	Maximum Pitch Size (yards)	Recommended Goal size (feet)	Ball Size
U16 Girls Cup 11v11	90 x 50	110 x 70	8 x 24	5
U15 Girls Cup 11v11	90 x 50	110 x 70	8 x 24	5
U14 Girls Cup 11v11	90 x 50	100 x 60	7 x 21	4
U13 Girls Cup 9v9	70 x 40	80 x 50	7 x 16	4
U12 Girls Cup 9v9	70 x 40	80 x 50	7 x 16	4

**12. County Cup Competitions' Manager**

Adrian Moye                      07702 240122 (Mobile)                      01449 678390 (Home)  
 email: [Adrian.Moye@suffolkfa.com](mailto:Adrian.Moye@suffolkfa.com)

**Referees' Appointments Officer – Youth, Boys and Girls**

Nick Cooper                      07519 113751  
 email: [RefereeAppointments@Suffolkfa.com](mailto:RefereeAppointments@Suffolkfa.com)

**County Support Officer**

Ruth Ward                      07939 536423  
 email: [ruth.ward@suffolkfa.com](mailto:ruth.ward@suffolkfa.com)

This document has been prepared as a set of guidance notes highlighting some, but not all, of the main rules of the County Cup Competitions. Please go to the Suffolk FA County website and select 'Cups' to access the full rules of the competition.



[Type here]

[Type here]

[Type here]