



Club Guidance Notes Suffolk FA Senior Cup

- Please text your result to 07702 240122
- Note: You may also receive a text request from your league. If you respond to that one only, I do not see it! That is why I ask you to text the result to me
- Do **NOT** call Adrian Moye with the result.

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

1. Kick off time:

- 1:30pm** November, December and January
- 2:00pm** September, October, February, March and April
- 3:00pm** Clubs using floodlights.
- 7:45pm** Evening matches

2. Duration of a match shall be 90 minutes (two equal halves of 45 minutes).

3. 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 90 minutes the tie shall be decided by penalty kicks.

Should a match not be played, either due to bad weather or the match being abandoned for any reason, then the home team must immediately inform Adrian Moye (07702 240122). No match can be postponed without receiving permission from either the appointed match referee or Adrian Moye.

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 45 minutes prior to the commencement of the game. A copy must be handed to your opponents at the same time.

- **NEW RULE SINCE 2024-25 – Team sheets are to be completed on Full Time, including referees marks, within two days of the match being played.**
- In addition to Full Time, the **top copy** of the completed team sheet must be posted, delivered or scanned and e-mailed to Suffolk FA within 2 days (excluding Sunday) of the date of the match. The easiest way is to email it to countycups@suffolkfa.com.
- Please ensure that you place a tick against the substitutes that are used in the match.

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.

5. 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.

6. Substitutes – Each team **may use five** substitute players at any time **from a maximum of five substitute players named**. The names must be provided on the Team sheet that is handed to the appointed Referee prior to kick-off. **A person not named on the team sheet prior to the commencement of the match may not take part in the match.**

Once a player has been substituted in these competitions he cannot be used to replace another player.

Season 2025-26



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7. Qualification of Players: IMPORTANT

The Senior Cup is a Band 2 category – See Appendix C for reference.

A player cannot participate in the Senior Cup if he;

(All scenarios below relate to this season 2025-26)

1. **Has played for ANY team in the Premier Cup.**
2. **Has played for any other team in the Senior Cup.**
3. **Has played in a total of 8 games* or more for ANY team in ANY club in Band 1 – See Appendix C for reference.**
4. ***The following competitions are exempt from the 8 games rule:
FA Cup, FA Trophy, FA Vase or Eastern Counties League Cup**

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*.

On Loan Players*

Clubs must ensure on loan players are registered for matches. Any break in registration may break the 21 clear days stipulation for Semi Finals and Finals.

8. The referee should provide each team with a Referee Disciplinary Report within 15 minutes of the match ending which will detail all cautions and dismissals from the field of play.
9. The referee must report all occasions of late starts, no club assistant referee provided, short teams, etc. to Adrian Moye preferably by e-mail, within two days of the match being played.
10. If a programme is produced, it must include the appropriate sponsor's advertisement.
11. A Club intending to withdraw from a County Cup shall give notice of its intention to do so to the County Cups Manager in the first place. Once agreed, the club must then advise the secretary of the opposing Club and the match officials, where appointed.
12. Any team that has entered a County Cup and withdraws before their first match is played yet continues to exist shall be considered to have made a request for exemption and the Club shall contribute a sum equal to the exemption fee, minus any entrance fee already paid. If the competition does not require an exemption fee then the entrance fee shall be forfeited to the Association.
13. The match officials fees are as detailed below:

Referees Fees £45

Assistant Referees Fees £30 each

Please Note: No travelling expenses as now included as part of match fee

Adrian Moye - County Cup Competitions' Manager

Tel: 07702 240122 (Mobile)

email: Adrian.Moye@suffolkfa.com

Ian Smillie - Referees' Appointments Officer – Saturday Adults

Tel: 07885 298363

email: Ian.Smillie@suffolkfa.com

Ruth Ward - County Support Officer

Tel: 01449 616606

email: countycups@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', then 'County Cups Rules and Documents' to access the full rules of the competition.

