



Club Guidance Notes

Suffolk FA Girls U18'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
- **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

1. Kick off time:
10.30am
2. Duration of a match shall be;

Age	Duration	Extra Time
U18	90 mins (2 x 45 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

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 full time 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).

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. NEW RULE - 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 Suffolk FA 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 of the team sheet can be completed and e-mailed by accessing the Cups page on the County FA website.

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.

Season 2019-20



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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 31st 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 31st 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 31st 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 31st 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 31st 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. The match officials fees are as detailed below:

Competition	Referees Fees	Asst. Referees Fees
All Girls Cups	£25	£15 each
PLEASE NOTE – NO TRAVELLING EXPENSES AS NOW INCLUDED AS PART OF MATCH FEE		

11. Competition Format – Pitch and Goal sizes:

Competition and Format	Recommended Minimum Pitch Size (yards)	Recommended Maximum Pitch Size (yards)	Recommended Goal size (feet)
U18 Girls Cup 11v11	100 x 50	130 x 100	8 x 24
U15 Girls Cup 9v9	70 x 40	90 x 60	7 x 21
U14 Girls Cup 9v9	70 x 40	90 x 60	7 x 21
U13 Girls Cup 9v9	70 x 40	90 x 60	7 x 21
U12 Girls Cup 7v7	50 x 30	60 x 40	6 x 12

12. County Cup Competitions' Manager

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

Referees' Appointments Officer – Youth, Boys and Girls

Ian Atkins 07890 587247
 email: Ian.Atkins@suffolkfa.com

Youth Referees' Appointments Officer

Melissa Stickland 07432 581341
 E: YouthAppointments@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.

