



WESTMORLAND
COUNTY
FOOTBALL
ASSOCIATION
LIMITED

**DIRECTORY
and
COMPETITION RULES
2022/2023**

Registered Office:

Westmorland County Football Association Limited
35/37 Appleby Road
KENDAL
Cumbria
LA9 6ET

Telephone
01539 730946

Email address
info@WestmorlandFA.com

Website
www.WestmorlandFA.com

Registered in England.
Registration No. 4240922

The personal information contained in this Directory is Data Protected and may not be used or sold without the prior written consent of the Westmorland County Football Association Limited.

DIRECTORS AND STAFF MEMBERS 2022/23

PRESIDENT

Vacant Post

LIFE VICE-PRESIDENT

G Aplin
T B Huck
G A Roe
W B Johnson

VICE-PRESIDENTS

J R Capstick
M A Crossley
J R Cotter
R W Wilkinson

CHAIRMAN

P G Ducksbury, 01539 730946 Email: Peter.Ducksbury@WestmorlandFA.com (Retires 2024)

VICE CHAIRMAN

P A McDonnell, 015395 61376 (2024)

CHIEF EXECUTIVE OFFICER / COMPANY SECRETARY

J Pattison, 07932 030819 Email: James.Pattison@WestmorlandFA.com

BOARD MEMBERS

I Hunt, 07949 311611 (2024)
D O'Callaghan, 01539 733642 (2023)
P Rushton, 07821 055438 (2025)
K Singleton, 07760 256764 (2025)

FOOTBALL DEVELOPMENT OFFICER

Vacant Post

FOOTBALL SERVICES OFFICER

Jim Bone, 07943 335820 Email: Jim.Bone@WestmorlandFA.com

DESIGNATED SAFEGAURDING & FOOTBALL SERVICES OFFICER

Peter Leonard, 077598 50420 Email: Peter.Leonard@WestmorlandFA.com

AFFILIATED LEAGUES

SENIOR LEAGUES

JMP Foodservice Westmorland Football League

Secretary: Mr Ben Close,
Email: westmorlandfootball@gmail.com

Westmorland County FA Futsal League

Secretary: Mr Jim Bone, 01539 730946, 07943 335820
Email: Jim.Bone@WestmorlandFA.com

Hansen's Creative Catering Under 25 League

Secretary: Mr James Pattison, 01539 730946, 07944 033337
Email: James.Pattison@WestmorlandFA.com

Westmorland Walking Football League

Secretary: Mr Jim Bone, 01539 730946, 07943 335820
Email: Jim.Bone@WestmorlandFA.com

YOUTH LEAGUES

Kendal College Sport Westmorland Under 18 League

Secretary: Mr James Pattison, 01539 730946, 07944 033337
Email: James.Pattison@WestmorlandFA.com

Westmorland County FA Youth Futsal League

Secretary: Mr James Pattison, 01539 730946, 07944 033337
Email: James.Pattison@WestmorlandFA.com

Kent Valley Junior Football League

Secretary: Mrs Leanne Milburn
Email: kentvalleysecretary@gmail.com

AFFILIATED ADULT CLUBS

Ambleside United FC

Secretary: Mr Stephen Jaworski,
Email: jaworski.s@btinternet.com
Ground: Hillard Rothay Park, Ambleside, LA22 0EE
Main Colours: Blue and White Hooped shirt / Blue shorts / Blue socks
Alt Colours: Orange shirt / Black shorts / Black socks

Appleby FC

Secretary: Mr Martin Smith, 07827 014732
Email: martinjamesmith1961@outlook.com
Ground: King George V Field, Broad Close, Chapel Street, Appleby, CA16 6QR
Main Colours: Red shirt / White shorts / Black socks
Alt Colours: Blue shirt / White shorts / Blue socks

Arnside & Milnthorpe Town FC

Secretary: Mr Edward Hart, 078321 16662
Email: edward@edwardhartfs.co.uk
Ground: Memorial Playing Field, Arnside, LA5 0DP
Main Colours: Blue shirt / Black shorts / Blue socks
Alt Colours: Red shirt / Black shorts / Red socks

Braithwaite FC

Secretary: Mr Adam Palmer, 07738 814690
Email: palmer1.ap@googlemail.com
Ground: Braithwaite Institute Field, Braithwaite, Keswick, CA12 5TD
Main Colours: Gold shirt / Gold shorts / Black socks
Alt Colours: Blue shirt / Blue shorts / Blue socks

Brough FC

Secretary: Mrs Keren Gilby-Steadman,
Email: secretaryofbrough@gmail.com
Ground: Coltsford Common, Brough, CA174EW
Main Colours: Blue & White shirt / White shorts / Blue socks
Alt Colours: Red shirt / White shorts / Red socks

Burneside FC

Secretary: Mr Peter Robertson, 07585320242
Email: robertson.caley@sky.com
Ground: Hollins Lane Playing Fields, Hollins Lane, Burneside, Kendal, LA9 6QL
Main Colours: Yellow shirt / Royal Blue shorts / Royal Blue socks
Alt Colours: White shirt / Royal Blue shorts / Royal Blue socks

Burton Thistle FC

Secretary: Mrs Cheryl Johnson, 07949 275146
Email: cheryljohnson@westpac.uk.com
Ground: Curwen Woods, Clawthorpe, Burton-in-Kendal, LA6 1LS
Main Colours: Green & Black shirt / Black shorts / Black socks
Alt Colours: Sky Blue and White shirt / Navy shorts / Navy socks

Coniston FC

Secretary: Mr Robert Warne, 07876268419
Email: robertwarne31@gmail.com
Ground: Shepherds Bridge, Coniston, LA21 8AL
Main Colours: Blue shirt / Blue shorts / Blue socks
Alt Colours: White shirt / Black shorts / Black socks

Eden United FC

Secretary: Mr Ross Kerr, 07933 533318
Email: ross-kerr93@hotmail.co.uk
Ground: Frenchfield Sports Centre, Penrith CA11 8UA
Main Colours: Green & White shirt / Green shorts / Green socks

Endmoor KGR FC

Secretary: Mr Anthony Wilson, 07971 989922
Email: anthony-wilson2@sky.com
Ground: Woodside Road Playing Field, Woodside Road, Endmoor, LA8 0HQ
Main Colours: Red shirt / Black shorts / Red socks
Alt Colours: White shirt / Black shorts / White socks

Greystoke FC

Secretary: Mr David Simmons, 07786 554938
Email: david.simmons@bellsolfazonby.co.uk
Ground: Greystoke Recreation Ground, Church Road, Greystoke, Penrith, CA11 0TW
Main Colours: Yellow shirt / Green shorts / Yellow socks
Alt Colours: Red and Black shirt / Black shorts / Red socks

GT7 Ladies

Secretary: Domonique Gardner
Email: domjameson@aol.com
Ground: Kendal Rugby Club, Shap Rd, Kendal LA9 6NY
Main Colours: Black shirt / Black shorts / Black socks

Ibis FC

Secretary: Mr Michael (Fred) Dixon, 07745 289406,
Email: ginnersdad@hotmail.co.uk
Ground: Jubilee Playing Fields, Mintsfeet Road, Kendal, Cumbria, LA9 6DE
Main Colours: Blue shirt / Black shorts / Black socks
Alt Colours: Red shirt / Red shorts / Red socks

Kendal County FC

Secretary: Mr Dan Ferguson 07890 569636
Email: danielferguson@hotmail.co.uk
Ground: Netherfield Cricket Club, Parkside Road, Kendal, LA9 7BL
Main Colours: Maroon & Sky Blue shirt / Maroon & Sky Blue shorts / Maroon & Sky Blue socks
Alt Colours: Navy and White shirt

Kendal Town

Secretary: Mr Craig Campbell , 07980660428
Email: kfcsecretary@outlook.com
Ground: Parkside Road Stadium, Parkside Road, Kendal, LA97BL
Main Colours: Black and White shirts/ Black shorts / Red socks

Kendal United FC

Secretary: Mr Stefan Grabek, 07968 053286
Email: kuijc.secretary@gmail.com
Ground: Castle Drive, Kendal, LA9 7BN
Main Colours: Yellow shirt / Blue shorts / Blue socks
Alt Colours: Red shirt / Black shorts / Red socks

Keswick FC

Secretary: Mr Martin Thwaites, 07891 929511
Email: keswickfc@gmail.com
Ground: Keswick FC, Crosthwaite Road, Keswick, CA12 5PY
Main Colours: Red shirt / Black shorts / Red socks
Alt Colours: Blue shirt / Blue shorts / Blue socks

Kirkby Lonsdale FC

Secretary: Mr Chris Rowsell, 07769 779936
Email: chris_rowsell123@hotmail.com
Ground: Lunefield Park, Kirkby Lonsdale, LA6 2DB
Main Colours: Blue and White shirt / Royal and White shorts / Royal and White socks
Alt Colours: Orange and Black shirt / Black shorts / Black socks

Kirkby Stephen FC

Secretary: Mrs Katy Modlin, 07813 541576
Email: modlinkaty81@gmail.com
Ground: Parrot Park, Hartley Road, Kirkby Stephen, CA17 4RT
Main Colours: Orange and Black shirt / Black shorts / Orange and Black socks
Alt Colours: Blue shirt / Black shorts / Blue socks

Kirkoswald FC

Secretary: Mr Nick Tuer, 07885 862192
Email: tuer_no2@hotmail.com
Ground: The Old Show Field, Kirkoswald, CA10 1DL
Main Colours: Red Shirt / Black shorts / Red socks
Alt Colours: Blue Shirt / Blue shorts / Blue socks

Langwathby United FC

Secretary: Mr Christopher Rigby, 07738 905878
Email: chris.m.rigby@gmail.com
Ground: Edenhall & Langwathby Cricket Club, Langwathby, CA10 1LJ
Main Colours: Orange & Black shirt / Black shorts / Black socks
Alt Colours: Sky blue shirt / Navy shorts / Navy socks

Lunesdale United FC

Secretary: Mrs Catherine Allen, 07749 494633
Email: cath@lunesdaleunited.co.uk
Ground: Maurice Park, Orton Road, Old Tebay, CA10 3SZ
Main Colours: Orange & Black Shirt / Black shorts / Black socks
Alt Colours: Royal Blue Shirt / Royal Blue Shorts / Royal Blue Socks

Milnthorpe Corinthians FC

Secretary: Mr Colin Miles, 07572 188016
Email: colin_miles1986@hotmail.com
Ground: Park Road Recreation Ground, Park Road, Milnthorpe, LA7 7AE
Main Colours: Red shirt / White shorts / Red socks
Alt Colours: Light Green Shirt / Black Shorts / Sky Blue Socks

Penrith AFC

Secretary: Mr Trevor Atkinson, 07745 378556
Email: secretary.penrithafc@gmail.com
Ground: Frenchfields Sports Centre, Carleton, Penrith, CA11 8UA
Main Colours: Blue shirt / White Shorts / Blue Socks
Alt Colours: Red shirt / White shorts / Red socks

Penrith Royal FC

Secretary: Mr Kevin Clark, 07435 891936
Email: kevinclark55@aol.com
Ground: Frenchfields Sports Centre, Carleton, Penrith, CA11 8UA
Main Colours: Claret shirt / White shorts / Sky Blue socks
Alt Colours: Light Blue shirt / White shorts / Sky Blue and White socks

Sedbergh & Dent United FC

Secretary: Mr Ben Close, 07792 873251
Email: ben.close@hotmail.co.uk
Ground: Various. Please contact for more information
Main Colours: Green shirt / Black shorts / Black socks
Alt Colours: Red shirt / Black shorts / Red socks

Shap FC

Secretary: Mr George Armstrong, 07725 745279
Email: masta_rasta2000@yahoo.com
Ground: Memorial Playing Field, Main Street, Shap, CA10 3NJ
Main Colours: Black and White Stripe shirt / Black shorts / Black socks
Alt Colours: Blue shirt / Blue shorts / White socks

Staveley United FC

Secretary: Mrs Sharon Bell, 07972086058
Email: sharonlousemason@hotmail.com
Ground: Ayland Recreation Ground, Main Street, Staveley, LA8 9NY
Main Colours: Navy Blue and White shirt / Navy Blue shorts / Navy Blue socks
Alt Colours: Red & White stripes shirt / Red shorts / Red socks

Ullswater United FC

Secretary: Mr David Jackson, 0792 0885849
Email: ullswaterunitedfc@gmail.com
Ground: King George V Playing Fields, Patterdale, CA11 0NP
Main Colours: Red shirt / Black shorts / Red socks
Alt Colours: Blue shirt / Blue shorts / Blue socks

Wetheriggs United FC

Secretary: Mr Colin Parker, 07831 284264
Email: colinparker1@live.co.uk
Ground: Castletown Recreation Field, Gilwilly Road, Penrith, CA11 9BL
Main Colours: Red and White shirt / Black shorts / Red socks
Alt Colours: Dark Green shirt / Black shorts / Dark Green socks

Windermere SC FC

Secretary: Mr Mike Gavin, 07960 664380
Email: mikegav@hotmail.co.uk
Ground: Queens Park, Windermere, Windermere, LA23 2AW
Main Colours: Sky Blue/White Stripe shirt / Navy shorts / Sky Blue socks
Alt Colours: Yellow shirt / Black shorts / Yellow socks

AFFILIATED YOUTH CLUBS

Ambleside United Youth

Secretary: Mr Andrew Bowen, 07812 375678
Email: andrewbowen70@gmail.com
Ground: Kelsick Field, Vicarage Road, Ambleside, LA22 9DH
Main Colours: Blue/White shirt / Blue shorts / Blue socks
Club Welfare Off: Mrs Ailsa Finlayson, 07837 906648
Email: aifinlayson@outlook.com

Appleby Youth

Secretary: Mrs Christine Haworth, 01768 352314, 07746834034
Email: christine2haworth@hotmail.co.uk
Ground: King George V Field, Chapel Street, Appleby-in-Westmorland, CA16 6QR
Main Colours: Red Shirt / Red Shorts / Red Socks
Club Welfare Off: Mrs Christine Haworth, 01768 352314, 07746834034
Email: christine2haworth@hotmail.co.uk

Grange United Youth FC

Secretary: Mr Paul Airey, 07875 739123
Email: paulqairey@aol.com
Ground: Cartmel Priory CE School, Cartmel, Grange-over-Sands, LA11 6SD
Main Colours: Red shirt / Black shorts / Red socks
Club Welfare Off: Mr Paul Airey, 07875 739123
Email: paulqairey@aol.com

Heathwaite Youth FC

Secretary: Mr Anthony Jackson, 07497 005827
Email: a.jackson52@btinternet.com
Ground: Phoenix Centre, Phoenix Way, Windermere, LA23 1BB
Main Colours: Red shirt / Black shorts / Black socks
Club Welfare Off: Mrs Louise Hargreaves
Email: Louisehargreaves1@outlook.com

Holme Athletic FC

Secretary: Mrs Emma Hunter, 07837 333945
Email: leanems@aol.com
Ground: Burton Thistle, Curwen Woods, Clawthorpe, Burton, LA1 1NU
Main Colours: Blue/Claret
Club Welfare Off: Rose-Marie Berry, 07824 471001
Email: rosieree99@gmail.com

Ibis Youth FC

Secretary: Mr Tim Audin, 07917 460955
Email: timaudin@gmail.com
Ground: Jubilee Playing Field, Mintsfeet, Kendal, LA9 6DE
Main Colours: Dark Blue shirt / Dark blue shorts / Dark Blue socks
Club Welfare Off: Mr Tim Audin, 07917 460955
Email: timaudin@gmail.com

Kendal United Youth FC

Secretary: Mr Stefan Grabek, 07968 053286
Email: kujfc.secretary@gmail.com
Ground: Various. Please contact for more information
Main Colours: Yellow shirt / Blue shorts / Yellow socks
Club Welfare Off: Keith Williams email: willia679@aol.com

Kendal United Girls YFC

Secretary: Mr Stefan Grabek, 07968 053286
Email: kujfc.secretary@gmail.com
Ground: Kendal Millennium Playing Field, Shap Road, Kendal, LA9 6BZ
Main Colours: Yellow shirt / Blue shorts / Yellow socks

Kirkby Lonsdale Youth FC

Club contact: Mr Andrew McQueen, 07899 954586
Email: mcqueen05@yahoo.co.uk
Ground: Lunefield Park, Kirkby Lonsdale, LA6 2DT
Main Colours: Blue shirt / Blue shorts / Blue socks
Club Welfare Off: Mr Phillip Brown, 07960 200975
Email: phil.1966@yahoo.com

Kirkby Stephen Youth FC

Secretary: Mrs Katy Modlin, 07813 541576
Email: modlinkaty81@gmail.com
Ground: Parrot Park, Hartley Road, Kirkby Stephen, CA17 4RT
Main Colours: Orange shirt / Black shorts / Black socks
Cub Welfare Off: Mr Dan Capstick, 07377 874239
Email: capz1989@msn.com

Langwathby FC

Club contact: Mrs Valerie Evans
Email: Valerie.evans3003@gmail.com

Milnthorpe & District Youth FC

Secretary: Mrs Alison Hemsley 07522 827077 Email: alihemsley@hotmail.com
Ground: Various. Please contact for more information
Main Colours: Green shirt / Blue shorts / Blue socks
Club Welfare Off: Mr Stephen Hemsley, 07928 322555
Email: stevenhemsley976@gmail.com

Penrith Youth FC

Club contact: Mr Karl Collinson, 078375 80700
Email: pif@hotmail.co.uk
Ground: Frenchfields Sports Centre, Carleton, Penrith, CA11 8UA

Sedbergh Wanderers Youth FC

Secretary: Mrs Janey Fletcher 07966 134554, Email: janeythreewishes@gmail.com
Ground: Howgill Playing Field, Sedbergh, LA10 5DE
Main Colours: Red Shirt / Black Shorts / Red Socks

Staveley United Youth FC

Secretary: Mr Marc Harrison, 07932571182
Email: marcpharrison@icloud.com
Ground: Ayland Recreation Ground, Main Street, Staveley, LA8 9NY
Main Colours: Blue shirt / Blue shorts / Blue socks

Club Welfare Off: Mrs Jane Harrison 07855 260684 Email: janeharro@icloud.com

Wattsfield Youth FC

Secretary: Mrs Elizabeth Archer 07881 026964 Email: wattsfielodyfc@gmail.com

Ground: Various. Please contact for more information

Main Colours: Blue shirt / Blue shorts / Blue socks

Club Welfare Off: Mr Eamon Robinson 079642 40892 Email: wattsfieldwelfare@outlook.com

Wattsfield Youth Girls FC

Secretary: Mrs Elizabeth Archer 07881 026964 Email: wattsfielodyfc@gmail.com

Ground: Various. Please contact for more information

Main Colours: Blue shirt / Blue shorts / Blue socks

Club Welfare Off: Mr Eamon Robinson 079642 40892 Email: wattsfieldwelfare@outlook.com

REGISTERED REFEREES

Level 4 Referees

Bernard Law

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Level 5 Referees

Terence Allonby

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Malcolm Bellamy

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John Higgins

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Alan Jackson

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Paul Kettlewell

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Peter McDonnell

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Colin Miles

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David O'Callaghan

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Roger Parker

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Peter Rushton

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Level 6 Referees

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Chris Dixon

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David Houldridge

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Paul Robertson

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Level 7 & Youth Referee Referees

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REFEREE MATCHDAY COACHES

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REFEREE MENTORS

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James Pattison

07932 030819 Email : James.pattison@westmorlandfa.com

Allan Strong

07950 037996, Email: astrong@ktdbroadband.com

THE WESTMORLAND SENIOR CHALLENGE CUP sponsored by Kirkby Lonsdale Bathrooms

1. Name of Cup

The Cup shall be called "The Westmorland Senior Challenge Cup sponsored by Kirkby Lonsdale Bathrooms."

2. Cup Ownership

The Cup is the property of the Westmorland County Football Association Limited.

A Club may keep the cup for 7 (seven) days after winning the competition and it must then be returned to the Association, although a club may request it anytime for a further 7 (seven) days. The Association will be responsible for engraving the cup, the cost being recovered from the winning club.

Should the cup be lost, destroyed or damaged by any cause whilst under the care or custody of the club the latter shall refund to the Association the amount of it's current value or the cost of thorough repair in addition to any other penalty which the Association may impose.

The winning club will be required to sign a document, upon receipt of the cup.

3. Mementoes

In addition to the cup, the Association shall present mementoes to the players and nominated substitutes in the Final Tie. When a player taking part is ordered to leave the field of play for misconduct, the memento to which they may be entitled will not be presented on the day and may be withheld at the discretion of the Council.

4. Control of Competition

The entire control and management of the Competition shall be vested in the Council.

The Council shall appoint a Cup Committee to control and manage the competition on their behalf and give decisions on matters arising out of the competition which, within the Rules, shall be deemed decisions of the Council. Clubs shall be bound to the competition and all requirements in this respect will be separately notified to clubs from time to time. In any matter not specifically mentioned in these Rules the Cup Committee shall have the power to take such action and impose penalties as it deems necessary.

5. Eligible Clubs

The Competition shall be open to all Saturday clubs in full membership of the Association or members of the Westmorland Football League.

6. Dates for Entry

Each club should indicate their intention to enter the competition on the Affiliation Form and return it to the Secretary, so that the form is received on or before the 1st of August unless agreed otherwise by Council.

7. The Draw and Kick Off Times

- a) The clubs shall be drawn in couples. These couples shall compete and the winners shall be drawn and shall compete in the same manner. This shall continue until the end of the competition, when the winning club shall hold the cup.
- b) Immediately after each draw is made, notice shall be given to each club of the name of its opponents, the date and time when the tie shall be played. The club shall acknowledge receipt of the appointment. All ties in each round shall be played on dates as the Council may determine.
- c) The kick-off shall be 2pm for all matches on a Saturday or Sunday except in the months of November, December, January and February when it shall be 1.30pm. Midweek matches will be determined by Council. Only the Council shall have the power to order that a kick-off time is changed, as it deems appropriate.
- d) The kickoff time for the final will be decided by Council.

8. Free Dates

- a) Any club wishing to have a free date from all football activities must give at least 14 (fourteen) days' notice in writing to the Westmorland County Football Association, giving full reasons for the request. No game shall be postponed without the consent of the Council.
- b) A club will be limited to 1 (one) vacant date per team.
- c) Any club wishing to have a free date from all football activities on the published Semi Final date must give at least 28 (twenty-eight) days' notice in writing to the Westmorland County Football Association, giving full reasons for the request. No game shall be postponed without the consent of the Council.
- d) No free dates will be permitted for the published dates for Final ties.

9. Venue for Ties

- a) In each Tie the game shall be played on the ground nominated at the time of entry to the competition by the club first drawn, unless otherwise mutually arranged, and the consent of the Council obtained.
- b) Should a fixture be postponed on two occasions, then it shall be reversed on the third occasion.
- c) If a 3G pitch is made available by the home team then it must be used. Please note that any 3G pitch used in the competition must appear on the FA pitch register
- d) A spectator barrier should be provided by the home club around the pitch for all county cup ties.

10. **Club Colours**

- a) Where the colours (shirts, shorts or socks) of two competing clubs are similar the visiting club must change. In the Final both clubs must change, unless mutually agreed.
- b) Team colours must not clash with the Black and White outfit which must be worn by the Match Officials.
- c) Goalkeepers must wear colours which distinguish them from the other players and Match Officials.
- d) Player's shirts shall be clearly numbered on the back in accordance with the match card, handed to the Referee before any tie and the Report Sheet.
- e) Advertising up to a maximum of 32 square inches (200 square centimetres) may be worn on Player's clothing.
- f) Prior to kick off a Safety Inspection of footwear and other equipment should be carried out on players from both teams by the Match Officials. The Home club must ensure that facilities are available to rectify faulty studs.

11. **Duration of Matches**

The duration of each match shall be 90 (ninety) minutes, except where the scores are level, when an extra 30 (thirty) minutes must be played, in all ties. If after extra time the scores are still level, then the result shall be decided by the taking of kicks from the Penalty Mark in accordance with the procedure adopted by The International Football Association Board. The half-time interval shall not exceed 15 (fifteen) minutes.

12. **Provision for all Matches**

- a) Any late kick-off must be reported by the Referee to the Westmorland County Football Association and the Council shall have the power to impose a fine.
- b) **First Matches which are Postponed or Abandoned**
When a first match has been postponed or abandoned before the completion of the game and neither club being at fault, it must be played on the same ground on a date arranged by Council.
Matches abandoned through the fault of the clubs shall be dealt with by the Council.
- c) Whilst the Referee must be involved in any decision to postpone a fixture in accordance with the agreed procedure, the Home club must notify the Referee if the game is postponed for any other reason.

13. **Floodlighting**

At the discretion of Council or the Referee all or part of the game may be played under floodlights.

14. **Reporting of Results**

- a) Each club shall submit the oppositions Match Card along with their own teamsheet supplied with full names by one of the following ways within 48 hours of the game taking place.
 - (i) On the FA FullTime system online
 - (ii) By completing the Westmorland County FA results sheet and returning via post / e-mail
- b) Clubs failing to comply with this Rule or submitting an incorrect Match Report Form shall be subject to a fine as determined by Council.
- c) The Secretaries of both clubs must SMS, or Email the result to the Westmorland County Football Association within 2 (two) hours after the game.

15. **Provision for Final Tie**

The Council shall fix the ground for the Final Tie and shall have direct control of the arrangements.

No other League or Cup matches may be played on any member club's ground under the jurisdiction of the Association, without permission being given by Council to the League or individual clubs involved.

16. **Scratching from the Competition**

Clubs entering the competition will be allowed to withdraw on giving notice to the Westmorland County Football Association 7 (seven) days prior to the date of the first tie in the First Round and paying a withdrawal fee as detailed in the Membership Rules. This rule will apply to clubs having byes in the First round, as well as those drawn to play. A club withdrawing from the competition between the first tie and first Semi-Final, or refusing to or failing to keep any fixture, shall be fined any sum the Council may decide. No club shall withdraw in the Semi-Final or Final Ties. In addition to the fine the Council have power to remove any club from the competition for refusing to keep any fixture.

17. **Qualification of Players**

- a) Unless a satisfactory reason is given, each Team shall represent the full available strength of each competing club.
- b) A club may name and use at its discretion a maximum of 11 (eleven) players and a maximum 4 (four) substitute players at any time in a cup tie, except to replace a player who has been sent off by the Referee after play has commenced. The substitute must be named on the Team Sheet handed to the Referee before the game..
- c) In order to play in the competition a player must be a recognised member of the club who is without written contract and must have been registered with the their respective league by 12 noon on the Friday previous to the date fixed for the match.

In order to be eligible for Semi-Final and Final, the players, must have been correctly registered and eligible for the Quarter Final Round of the Competition.
- d) A player shall not in the same season play for more than one competing club, but the members of each respective team may be changed during the series of matches.
- e) Clubs must hand a list of players taking part in the game on the Match Card (including the names of the substitutes) to the Referee 10 (ten) minutes prior to the kick-off. At the conclusion of the match, the card signed by the Referee shall be returned to the opposing

club official, who will return it with the Result Sheet to the County FA Office. Failure to comply will result in a fine.

18. Disqualification

The Council shall have the power to disqualify and/or fine any competing club(s) or player(s) for any competing club(s) proved guilty of breaching the Rules of the Association or competition. The Council's decision will be final.

19. Referees and Assistant Referees

- a) In all matches the Referee and Assistant Referees (for certain ties) shall be appointed from the list of those registered unless the Council agrees otherwise.

In the event of any Match Official failing to arrive or being incapacitated, the two clubs shall agree to a substitute who should be a registered referee if one is present at the ground, if the two clubs cannot agree the captains must toss a coin to decide.

- b) In all rounds preceding the Semi-Final each club must provide a Club Assistant Referee. This person should introduce him/herself to the Referee 10 (ten) minutes before kick-off.
- c) The fees and expenses of all officials appointed by the Association to officiate in any match prior to the final shall be paid, before the game in his/her dressing room by the club whose ground the match takes place unless otherwise instructed by the Council.
- d) Fees to be paid to officials

- i) All rounds prior to the Semi-Final
Referee..... £25.00
- ii) Semi-Final Ties
Referee..... £25.00
Assistant Referees..... £15.00

Match Official fees and expenses shall be shared between two participating teams in all rounds. The home teams shall be responsible for payment of officials and will recover share from opponents.

- iii) Final Tie
Referee..... £25.00
Assistant Referees..... £15.00
4th Official..... £15.00

- e) Expenses to be paid to Officials – An allowance of £0.40 per mile will be allowed to all officials.

- f) Officials who travel to a game are entitled to their travelling expenses if incurred and half match fee, if the match is not played, following an inspection of the ground.

If an official travels to the game and either club fails to arrive the official is entitled to full Match Fee and travelling expenses, if incurred.

- g) The Referee and Assistant Referee must report to the ground at least 30 (thirty) minutes before the time of kick-off, where they should be met by a representative of the home club.

- h) Referees and Assistant Referees shall acknowledge acceptance of appointments for all matches in the competition to the County FA office within 7 (seven) days of receipt. In the week leading up to the game, the home club must communicate with the opposing Club

and Match Officials regarding location of ground, kick-off time, colours and other necessary details.

- i) The duties of the Referee and Assistant Referees shall be defined in Laws of the Game 5 and 6.
- j) If a Referee is not contactable on a Match Day he/she must contact the Home club before travelling to the game.

20. **Protests**

- a) All questions relating to the qualification of competitors or interpretation of the Rules, or any dispute or protest whatever shall be referred to the Cup Committee, whose decision shall be final and binding on all parties.
- b) Every protest must be made in writing and must contain the particulars of the grounds upon which it is founded. Two copies of the protest must be lodged with the Association accompanied by a fee of £30.00 within 7 (seven) days of the match it relates (Sunday included). The fee shall be forfeited to the Association in the event of the protest not being sustained.
- c) The Council may order any club engaged in a dispute or protest to pay such sum as may be considered necessary towards defraying the expenses incurred.
- d) Any protest relating to the ground, goal post or bars or other appurtenances of the game shall not be entertained by the Council unless an objection has been lodged with the Referee before the commencement of the match. The Referee shall require the responsible club to correct the cause of the objection, if this is possible without unduly delaying the progress of the match.
- e) When an objection has been lodged with the Referee a protest must be made to the Association and neither objection or protest shall be withdrawn except by leave of the Council.
- f) Each club may support its case by witnesses.
- g) If a member of the Council is connected with a club concerned in a dispute or protest he/she shall not sit on the Council while the dispute or protest is being considered.
- h) A club summoned to attend a Hearing of a dispute or protest may be represented by 1 (one) or more of its members. Any person summoned to attend a Hearing of a dispute or protest must attend personally.

21. **Proceeds of Matches**

The proceeds of all matches upto the final tie shall be retained by the Home Club, who shall pay expenses to the Match Officials. The away club shall be responsible for their own travelling expenses.

The proceeds of the final tie shall be retained by the Association, who shall pay all expenses, excluding those of the competing teams.

22. **Admission Charges to Cup Ties**

The Admission Charge shall not exceed £5.00 unless otherwise decided by Council.

23. **Provisions Concerning Appeals**

- a) A club that is expelled from the competition may appeal in writing or e-mail within 3 days against that decision to an appeal board comprising of 3 members of council selected by the

chairman of council or his nominee. Any such appeal shall only be permitted on one or more of the following grounds:

- (i) The cup committee or appointed subcommittee misinterpreted / failed to comply with the procedures relevant to dealing with the change.
- (ii) The cup committee or appointed subcommittee came to a decision on the facts of the case which no reasonable body could have reached; or imposed a sanction that is excessive
- b) Any appeal must be made in accordance with such procedures and appeal fee as may be determined by The Association from time to time.
- c) For the avoidance of doubt, a Club may not appeal against any penalty imposed on it other than expulsion from the Competition.

THE WESTMORLAND COUNTY BENEVOLENT TROPHY

(for the benefit of the Benevolent Fund)

All same as Senior Challenge Cup except:

1. Name of Cup

The Trophy shall be called the "The Westmorland County Benevolent Trophy".

15. Provision for Final Tie

The Council shall fix the ground for the Final Tie and shall have direct control of the arrangements.

17. Qualification of Players

b) A club may name and use at its discretion a maximum of 11 (eleven) players and a maximum of 4 (four) substitute players at any time in a cup tie, except to replace a player who has been sent off by the Referee after play has commenced. A player who has been substituted may return to play as a substitute for another player at any time subject to the substitution being carried out in accordance with Law 3 of the Laws of the Game. The substitute must be named on the Team Sheet handed to the Referee before the game.

21. Proceeds of Matches

The proceeds of all matches, upto the final tie, shall be retained by the home club, who shall pay expenses of the Match Officials. The away club shall be responsible for their own travelling expenses. The proceeds of the final tie shall benefit the Association's Benevolent Fund. The Association shall pay all expenses, excluding those of the competing teams, from it's General Funds.

THE WESTMORLAND COUNTY JUNIOR CUP sponsored by Carnforth Print & Design

All same as Senior Challenge Cup except:

1. Name of Cup

The cup shall be called "The Westmorland County Junior Cup sponsored by Carnforth Print & Design".

15. Provision for Final Tie

Same as Benevolent Trophy

17. Qualification of Players

b) Same as Benevolent Trophy

a), , c), d) and e) – same as Senior Challenge Cup

f) If a player has played in the Senior Cup, Benevolent Trophy or any other League's or County FA Senior Cup Competition for a Senior Club (as defined below) he may not play in this competition.

SENIOR LEAGUES shall comprise of DIVISION ONE of the WESTMORLAND LEAGUE; ALL DIVISIONS of the NORTHERN PREMIER LEAGUE, NORTH WEST COUNTIES LEAGUE, NORTHERN LEAGUE, PREMIER, ONE and TWO DIVISIONS of the WEST LANCASHIRE LEAGUE and the PREMIER DIVISION NORTH LANCASHIRE LEAGUE; together with the TOP DIVISION of all outside leagues not affiliated to Westmorland County Football Association Limited. This shall not apply to BONA-FIDE JUNIOR CLUBS

g) If the Council has doubts as to the qualification of any player taking part in this Competition they shall have the power to call upon such a player, or club he/she plays or to prove to the satisfaction of the Council that they are properly qualified in accordance with rule. Failure to provide such proof may disqualify the player and club from the competition. The Council may also impose other penalty, should they so desire.

THE W P DOBSON INVITATION TROPHY

All same as Senior Challenge Cup except:

1. Name of Cup

The Cup shall be called "The W P Dobson Invitation Trophy".

5. Eligible Clubs

The Trophy will be played for annually between clubs affiliated to the Association as invited by Council.

6. Dates for Entry

Not applicable

8. Free Dates

Not applicable

15. Provision for Final Tie

Same as Benevolent Trophy

16. Scratching from the Competition

Any Club who withdraw from the competition after accepting the invitation to participate will be fined and will not be eligible for invitation for a further 3 (three) seasons.

17. Qualification of Players

a), d) and e) – same as Senior Challenge Cup

b) Same as Benevolent Trophy

c) In order to play in the competition a player must be a recognised member of the club who is without written contract and must have been registered with the respective league by 12 noon on the Friday previous to the date fixed for the match.

A player shall not be eligible to play in a re-arranged game unless he was eligible by registration to play in the original game.

21. Proceeds of Matches

Same as Benevolent Trophy

WESTMORLAND UNDER 18 COUNTY CUP

All same as Senior Challenge Cup except:

1. Name of Cup

The Cup shall be called "The Westmorland Under 18 County Cup".

5. Eligible Clubs

The Competition shall be open to all clubs in Youth Membership of the Association or members of the Westmorland Under 18 League.

7. The Draw and Kick Off Times

The kick-off shall be decided by Council for all matches. Only Council shall have the power to order that a kick-off time is changed, as it deems.

11. Duration of Matches

The duration of each match shall be 90 (ninety) minutes, except where the scores are level, when an extra 10 (ten) minutes must be played in all ties. If after extra time the scores are still level, the result shall be decided by the taking of kicks from the Penalty Mark in accordance with the procedure adopted by the International Football Association Board. The half-time interval shall not exceed 15 (fifteen) minutes.

15. Provision for Final Tie

Same as Benevolent Trophy

17. Qualification of Players

a), d) and e) – same as Senior Challenge Cup

b) A club may name and use at its discretion a team of 11 (eleven) players and a maximum of 5 (five) substitute players at any time in a cup tie, except to replace a player who has been sent off by the Referee after play has commenced. A player who has been substituted may return to play as a substitute for another player at any time subject to the substitution being carried out in accordance with Law 3 of the Laws of the Game. The substitute must be named on the Team Sheet handed to the Referee before the game.

- c) In order to play in the competition a player must be a recognised member of the club who is without written contract and must have been registered with their respective leagues by 12 noon on the Friday previous to the date fixed for the match.

No players registered with an FA Premier League Academy or Football League Centre of Excellence will be permitted to play in the competition.

In order to be eligible for the Final, the players must have been correctly registered and eligible for the Semi Final Round of the Competition.

- f) This competition is open to players under the age of 18 (eighteen) on the 1st September each year.

19. Referees and Assistant Referees

a), c), e), f), g), h), i) and j) same as Senior Challenge Cup

b) In all rounds preceding the Final each club must provide a Club Assistant Referee for the duration of the game, who should report him/herself to referee 10 minutes before kick-off.

d) Fees to be paid to officials

All rounds prior to the Final

Referee £25.00

Match Official fees and expenses shall be shared equally between two participating teams. The home team shall be responsible for payment of officials and will recover share from opponents.

iii) Final Tie

Referee £25.00

Assistant Referees £15.00

THE MINOR CUP

All same as Westmorland Under 18 Cup except:

1. Name of Cup

The Cup shall be called "The Minor Cup".

5. Eligible Clubs

The Competition shall be open to all clubs in Youth Membership of the Association. or members of the Kent Valley Junior Football League.

9. Venue for Ties

a), b) and c) Same as Senior Challenge Cup

d) Same as Westmorland Under 18 Cup

11. Duration of Matches

The duration of each match shall be 80 (eighty) minutes, except where the scores are level, when an extra 10 (ten) minutes must be played in all ties. If after extra time the scores are still level, the result shall be decided by the taking of kicks from the Penalty Mark in accordance with the procedure adopted by the International Football Association Board. The half-time interval shall not exceed 15 (fifteen) minutes.

15. Provision for Final Tie

Same as Benevolent Trophy

17. Qualification of Players

- a), d) and e) – Same as Senior Challenge Cup
- b) and c) same as Benevolent Trophy
- f) The competition is open to players under the age of 16 (sixteen) on the 1st September.

19. Referees and Assistant Referees

- a), c), e), f), g), h), i) and j) – same as Senior Challenge Cup
- b) same as Westmorland Under 18 County Cup
- d) Fees to be paid to officials

All rounds prior to the Final
Referee £22.00

Match Official fees and expenses shall be shared equally between two participating teams. The home team shall be responsible for payment of officials and will recover share from opponents.

- iii) Final Tie
Referee £22.00
Assistant Referees £12.00

THE DALLAM TOWER CUP

All same as Senior Challenge Cup except:

1. Name of Cup

The Cup shall be called "The Dallam Tower Cup".

5. Eligible Clubs

Same as Minor Cup

7. The Draw and Kick Off Times

- a) and b) – same as Senior Challenge Cup
- c) The kick-off shall be decided by Council for all matches. Only Council shall have the power to order that a kick-off time is changed, as it deems.

9. Venue for Ties

- a), b) and c) Same as Senior Challenge Cup
- d) Same as Westmorland Under 18 League

11. Duration of Matches

The duration of each match shall be 70 (seventy) minutes, except where the scores are level, when an extra 10 (ten) minutes must be played in all ties. If after extra time the scores are still level, the result shall be decided by the taking of kicks from the Penalty Mark in accordance with the procedure adopted by the International Football Association Board. The half-time interval shall not exceed 15 (fifteen) minutes.

15. Provision for Final Tie

Same as Benevolent Trophy

17. Qualification of Players

- a), d) and e) – Same as Senior Challenge Cup

b) and c) same as Minor Cup

f) The competition is open to players under the age of 14 (fourteen) on the 1st September.

19. Referees and Assistant Referees

a), c), e), f), g), h), i) and j) – same as Senior Challenge Cup

b) and d) same as Minor Cup

THE UNDER 13 CUP

All same as Senior Challenge Cup except:

1. Name of Cup

The Cup shall be called “The Under 13 Cup”.

5. Eligible Clubs

Same as Minor Cup

7. The Draw and Kick Off Times

a) and b) – same as Senior Challenge Cup

c) The kick-off shall be decided by Council for all matches. Only Council shall have the power to order that a kick-off time is changed, as it deems.

9. Venue for Ties

a), b) and c) Same as Senior Challenge Cup

d) Same as Westmorland Under 18 Cup

11. Duration of Matches

The duration of each match shall be 70 (seventy) minutes, except where the scores are level, when an extra 10 (ten) minutes must be played in all ties. If after extra time the scores are still level, the result shall be decided by the taking of kicks from the Penalty Mark in accordance with the procedure adopted by the International Football Association Board. The half-time interval shall not exceed 15 (fifteen) minutes.

15. Provision for Final Tie

Same as Benevolent Trophy

17. Qualification of Players

a), d) and e) – same as Senior Challenge Cup

b) and c) – same as Minor Cup

f) The competition is open to players under the age of 13 (thirteen) on the 1st September

19. Referees and Assistant Referees

a), c), e), f), g), h), i) and j) – same as Senior Challenge Cup

b) and d) same as Minor Cup

THE S M JONES TROPHY

All same as Senior Challenge Cup except:

1. Name of Cup

The Cup shall be called "The S M Jones Trophy".

5. Eligible Clubs

Same as Minor Cup

7. The Draw and Kick Off Times

a) and b) – same as Senior Challenge Cup

c) The kick-off shall be decided by Council for all matches. Only Council shall have the power to order that a kick-off time is changed, as it deems.

9. Venue for Ties

a), b) and c) Same as Senior Challenge Cup

d) Same as Westmorland Under 18 Cup

11. Duration of Matches

The duration of each match shall be 60 (sixty) minutes, except where the scores are level, when an extra 10 (ten) minutes must be played in all ties. If after extra time the scores are still level, the result shall be decided by the taking of kicks from the Penalty Mark in accordance with the procedure adopted by the International Football Association Board. The half-time interval shall not exceed 15 (fifteen) minutes.

12. Provision for all Matches

a), b) and c)- same as Senior Challenge Cup

d) The games shall be played on pitches which are clearly marked in white lines or cones and shall not exceed a maximum of 80yds x 50yds. The penalty area should be clearly marked.

e) Goals should not exceed 7 x 16ft size.

15. Provision for Final Tie

Same as Benevolent Trophy

17. Qualification of Players

a), d) and e) – same as Senior Challenge Cup

b) A club may name and use at its discretion a team of 9 (nine) players and a maximum of 4 (four) substitute players at any time in a cup tie, except to replace a player who has been sent off by the Referee after play has commenced. A player who has been substituted may return to play as a substitute for another player at any time subject to the substitution being carried out in accordance with Law 3 of the Laws of the Game. The substitute must be named on the Team Sheet handed to the Referee before the game.

c) same as Westmorland Under 18 Cup.

f) The competition is open to players under the age of 12 (twelve) on the 1st September

19. Referees and Assistant Referees

a), c), e), f), g), h), i) and j) – same as Senior Challenge Cup

b) same as Westmorland Under 18 Cup.

d) Fees to be paid to officials

i) All rounds prior to the Final

Referee.....£18.00

Match Official fees and expenses shall be shared between two participating teams. The home teams shall be responsible for payment of officials and will recover share from opponents.

iii) Final Tie

Referee.....£18.00

Assistant Referee.....£12.00

THE UNDER 16 GIRLS CUP

All same as Senior Challenge Cup except:

1. Name of Cup

The Cup shall be called “The Under 16 Girls Cup sponsored by”.

5. Eligible Clubs

The Competition shall be open to all clubs in Youth Membership of the Association.

7. The Draw and Kick Off Times

a) and b) – same as Senior Challenge Cup

c) The kick-off shall be decided by Council for all matches. Only Council shall have the power to order that a kick-off time is changed, as it deems.

9. Venue for Ties

a), b) and c) Same as Senior Challenge Cup

d) Same as Westmorland Under 18 Cup

11. Duration of Matches

Same as Minor Cup

12. Provision for all Matches

a), b) and c)- same as Senior Challenge Cup

e) – same as SM Jones Trophy

15. Provision for Final Tie

Same as Benevolent Trophy

17. Qualification of Players

a), d) and e) – same as Senior Challenge Cup

b) same as SM Jones Trophy

c) same as Westmorland Under 18 Cup.

f) The competition is open to players under the age of 16 (sixteen) on the 1st September.

19. Referees and Assistant Referees

a), c), e), f), g), h), i) and j) – same as Senior Challenge Cup

b) same as Westmorland Under 18 Cup

d) same as SM Jones Trophy

THE UNDER 14 GIRLS CUP

All same as Senior Challenge Cup except:

1. Name of Cup

The Cup shall be called “The Under 14 Girls Cup”.

5. Eligible Clubs

Same as Under 16 Girls Cup

7. The Draw and Kick Off Times

a) and b) – same as Senior Challenge Cup

c) same as Dallam Tower Trophy

11. Duration of Matches

Same as Dallam Tower Trophy

12. Provision for all Matches

a), b) and c)- same as Senior Challenge Cup

d) and e) - same as SM Jones

15. Provision for Final Tie

Same as Benevolent Trophy

17. Qualification of Players

a), d) and e) – same as Senior Challenge Cup

b) same as SM Jones Trophy

c) same as Westmorland Under 18 Cup.

f) The competition is open to players under the age of 14 (fourteen) on the 1st September

19. Referees and Assistant Referees

a), c), e), f), g), h), i) and j) – same as Senior Challenge Cup

b) and d) - same as SM Jones

STANDARD CLUB FINES

Unregistered/Ineligible Player(s) in League/League Competition	£5 per player up to maximum of £25
False Information on Registration Form	£15
Disciplinary Reports	As per regulations
Failure to complete Discipline Procedures (2 nd occasion onwards)	As per regulations
Failure to answer correspondence within 14 days	£5
Late payment of Fines or Administration	£20

CUP COMPETITIONS

Non Fulfilment of Fixture / Withdrawal from Competition	£10
Exemption Fee for Entry to Cup Competition or Withdrawal	
Any club not entering a cup competition in accordance with Rule shall pay an exemption fee as follows:	
• Contributory League Club	£250
• Supply League Club	£150
• Open Age Club	£ 75
• Junior Club	£ 50
Late Starts	£5 for first 5 (five) minutes and £2 per 5 (five) minutes thereafter
Clubs/Match Officials failing to acknowledge appointments	£5
Failure to provide a Club Assistant Referee	£5
Failure to provide Club Assistant Referee for duration of Senior Tie Cup	£10
Badly marked pitch	£10
Playing in Wrong Colours	£5
Playing without Numbers on Shirts	£3 per unnumbered shirt
Unregistered/Ineligible Player(s) in Westmorland County FA Competition	
£10 per player up to maximum of £30 and eliminated from competition	
Failure to E-mail/Text Result / Postponement by 2 hours after a match	£10
Late Team Sheet	£5 for first day and £1 per day thereafter
Failure to provide spectator barriers at all time	£10
Incorrect Team Sheet	£5
Cups damaged or returned unclean	On Merit

All other cases or misconduct to be decided by Westmorland County FA

SENIOR CUP COMPETITION DATES 2022/2023 (Subject to change)

Aug	6		Jan	7	
	13			14	
	20			21	Senior Cup Quarter Final
	27			28	Junior Cup Quarter Final
Sep	3		Feb	4	Benevolent Trophy Quarter Final
	10			11	
	17				
	24	Senior Cup 1 st Round		18	
	28	Invitation Trophy Final		25	
Oct	1	Junior Cup 1 st Round	Mar	4	Senior Cup Semi Final
	8	Benevolent Trophy 1 st Round		11	Junior Cup Semi Final
	15			18	Benevolent Trophy Semi Final
	22			25	
	29	Senior Cup 2 nd Round			
Nov	5	Junior Cup 2 nd Round	Apr	1	
	12	Benevolent Trophy 2 nd Round		8	
	19			15	
	26			22	
				29	
Dec	3		May	6	
	10			13	
	17			20	
	24			27	

