



WESTMORLAND  
COUNTY  
FOOTBALL  
ASSOCIATION  
LIMITED

**DIRECTORY  
and  
COMPETITION RULES  
2021/2022**

## **Registered Office:**

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

Telephone  
01539 730946

Email address  
[info@WestmorlandFA.com](mailto:info@WestmorlandFA.com)

Website  
[www.WestmorlandFA.com](http://www.WestmorlandFA.com)

Registered in England.  
Registration No. 4240922

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## DIRECTORS, COUNCIL AND STAFF MEMBERS 2021/2022

### PRESIDENT

Vacant Post

RETIRES

### 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](mailto:Peter.Ducksbury@WestmorlandFA.com)

2024

### VICE CHAIRMAN

P A McDonnell, 015395 61376

2024

### WESTMORLAND COUNTY FOOTBALL ASSOCIATION / COMPANY SECRETARY

J Ashworth, 07932 030819 Email: [Jo.Ashworth@WestmorlandFA.com](mailto:Jo.Ashworth@WestmorlandFA.com)

### COUNCIL MEMBERS

P D Hayton, 07917 865889

2022

I Hunt, 07949 311611

2024

D O'Callaghan, 01539 733642

2023

P Rushton, 07821 055438

2022

K Singleton, 07760 256764

2023

### FOOTBALL DEVELOPMENT OFFICER

James Pattison, 07944 033337 Email: [James.Pattison@WestmorlandFA.com](mailto:James.Pattison@WestmorlandFA.com)

### ASSISTANT FOOTBALL DEVELOPMENT OFFICER

Robert Haworth, 07943 335820 Email: [Robert.Haworth@WestmorlandFA.com](mailto:Robert.Haworth@WestmorlandFA.com)

### DESIGNATED SAFEGAURDING & FOOTBALL SERVICES OFFICER

Peter Leonard, 077598 50420 Email: [Peter.Leonard@WestmorlandFA.com](mailto:Peter.Leonard@WestmorlandFA.com)

## AFFILIATED LEAGUES

### SENIOR LEAGUES

#### **James Cropper Westmorland Football League**

Secretary: Mr Ron Wilkinson, 01539 725863 , 07443 926842  
Email: [westmorlandfootball@gmail.com](mailto:westmorlandfootball@gmail.com)

#### **Westmorland County FA Futsal League**

Secretary: Mr James Pattison, 01539 730946, 07944 033337  
Email: [James.Pattison@WestmorlandFA.com](mailto:James.Pattison@WestmorlandFA.com)

#### **Hansen's Creative Catering Under 25 League**

Secretary: Mr James Pattison, 01539 730946, 07944 033337  
Email: [James.Pattison@WestmorlandFA.com](mailto:James.Pattison@WestmorlandFA.com)

### YOUTH LEAGUES

#### **Kendal College Sport Westmorland Under 18 League**

Secretary: Mr James Pattison, 01539 730946, 07944 033337  
Email: [James.Pattison@WestmorlandFA.com](mailto:James.Pattison@WestmorlandFA.com)

#### **Westmorland County FA Youth Futsal League**

Secretary: Mr James Pattison, 01539 730946 ,07944 033337  
Email: [James.Pattison@WestmorlandFA.com](mailto:James.Pattison@WestmorlandFA.com)

#### **Kent Valley Junior Football League**

Secretary: Mrs K Metcalfe, 07899 868549  
Email: [knmetcalfe@talktalk.net](mailto:knmetcalfe@talktalk.net)

#### **Express Plumbing Supplies South Lakes Girls League**

Secretary: Mr James Pattison, 01539 730946, 07944 033337  
Email: [southlakesgirlsleague@hotmail.com](mailto:southlakesgirlsleague@hotmail.com)

## AFFILIATED ADULT CLUBS

### AFC Carlisle FC

Secretary: Mr Jonny Mason, 07930 433394  
Email: [afccarlisle@hotmail.com](mailto:afccarlisle@hotmail.com)  
Ground: Sheepmount Playing Fields, Bitts Park, Carlisle, CA3 8XL  
Main Colours: Sky Blue shirt / Navy shorts / Navy socks  
Alt Colours: Navy shirt / Navy shorts / Navy socks

### Ambleside United FC

Secretary: Mrs Daniel Nevinson, 07780903317  
Email: [Daniel1988nevinson@gmail.com](mailto:Daniel1988nevinson@gmail.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](mailto: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 FC

Secretary: Mr Edward Hart, 078321 16662  
Email: [edward@edwardhartfs.co.uk](mailto: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](mailto: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: Mr Michael Gilby-Steadman, 07505 460013  
Email: [broughfootballclub@gmail.com](mailto:broughfootballclub@gmail.com)  
Ground: Coltsford Common, Brough, CA174EW  
Main Colours: Blue & White shirt / White shorts / Blue socks  
Alt Colours: Red shirt / White shorts / Red socks

### Burnside FC

Secretary: Mr Brett Croskell, 07594 287520  
Email: [bcroskell92@gmail.com](mailto:bcroskell92@gmail.com)  
Ground: Hollins Lane Playing Fields, Hollins Lane, Burnside, 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](mailto: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

### **Carleton Banks FC**

Secretary: Mr Clive Briggs, 07523 513355,  
Email: [Clive.briggs2@btinternet.com](mailto:Clive.briggs2@btinternet.com)  
Ground: Frenchfield Sports Centre, Penrith, CA11 8UA  
Main Colours: Pink shirt / Pink shorts / Black socks

### **Cartmel & District FC**

Secretary: Mr Stuart Taylor, 07720 594361,  
Email: [stuart.a.taylor@hotmail.co.uk](mailto:stuart.a.taylor@hotmail.co.uk)  
Ground: Cartmel Park, Cartmel, LA11 6PJ  
Main Colours: Red Shirt / Red shorts / Red socks  
Alt Colours: Yellow shirt / Black shorts / Black socks

### **Coniston FC**

Secretary: Mrs Suzanne Walker, 07901 551403  
Email: [conistonafc@outlook.com](mailto:conistonafc@outlook.com)  
Ground: Shepherds Bridge, Coniston, LA21 8AL  
Main Colours: White shirt / Black shorts / Black socks  
Alt Colours: Red shirt / Blue shorts / Blue socks

### **Eden United FC**

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

### **Endmoor KGR FC**

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

### **Greystoke FC**

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

### **Ibis FC**

Secretary: Mr Michael (Fred) Dixon, 07745 289406,  
Email: [ginnersdad@hotmail.co.uk](mailto: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](mailto: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 United FC**

Secretary: Mr Stefan Grabek, 07968 053286  
Email: [kujfc.secretary@gmail.com](mailto:kujfc.secretary@gmail.com)  
Ground: Castle Drive, Kendal, LA9 7BN  
Main Colours: Yellow & Blue shirt / Blue shorts / Blue socks  
Alt Colours: Green & White shirt / Green shorts / Green socks

### **Keswick FC**

Secretary: Mr Martin Thwaites, 07891 929511  
Email: [keswickfc@gmail.com](mailto: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](mailto:chris_rowsell123@hotmail.com)  
Ground: Lunefield Park, Kirkby Lonsdale, LA6 2DB  
Main Colours: Royal 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, 07813541576  
Email: [modlinkaty81@gmail.com](mailto:modlinkaty81@gmail.com)  
Ground: Parrot Park, Hartley Road, Kirkby Stephen, CA17 4RT  
Main Colours: Orange shirt / Black shorts / Orange socks  
Alt Colours: Blue shirt / Black shorts / Blue socks

### **Kirkoswald FC**

Secretary: Mr Jake Holden, 07419 127789  
Email: [jakeholden789@live.com](mailto:jakeholden789@live.com)  
Ground: The Old Show Field, Kirkoswald, CA10 1DL  
Main Colours: Red Shirt / Black shorts / Red socks  
Alt Colours: Blue Shirt / Blue shorts / Black socks

### **Langwathby United FC**

Secretary: Mr Christopher Rigby, 07738 905878  
Email: [chris.m.rigby@gmail.com](mailto: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](mailto: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 David Dunderdale, 07947 859886,  
Email: [daveofpreston@hotmail.com](mailto:daveofpreston@hotmail.com)  
Ground: Park Road Recreation Ground, Park Road, Milnthorpe, LA7 7AE  
Main Colours: Red shirt / White shorts / Red socks  
Alt Colours: White Shirt / Black Shorts / White Socks

### **Milnthorpe Town FC**

Secretary: Mrs Ali Helmsley, 07947 859886,  
Email: [alihelmsley@hotmail.com](mailto:alihelmsley@hotmail.com)  
Ground: Tristrams Playing Fields, Heversham, LA7 7NB  
Main Colours: Green shirt / White shorts / White socks

### **Penrith AFC**

Secretary: Mr Ian White, 07960 958367  
Email: [ianwhite77@hotmail.com](mailto:ianwhite77@hotmail.com)  
Ground: Frenchfields Sports Centre, Carleton, Penrith, CA11 8UA  
Main Colours: Blue shirt / White Shorts / Blue Socks  
Alt Colours: Red shirt / Red shorts / Red socks

### **Penrith Royal FC**

Secretary: Mr Kevin Clark, 07435 891936  
Email: [kevinclark55@aol.com](mailto: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](mailto: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**

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: [sharonlouisemason@hotmail.com](mailto:sharonlouisemason@hotmail.com)  
Ground: Ayland Recreation Ground, Main Street, Staveley, LA8 9NY  
Main Colours: Navy Blue 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: [jnrjacko@hotmail.co.uk](mailto:jnrjacko@hotmail.co.uk)  
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](mailto: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: Blue shirt / Blue shorts / Blue socks

**Windermere SC FC**

Secretary: Mr Mike Gavin, 07960 664380  
Email: [mikegav@hotmail.co.uk](mailto: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](mailto:andrewbowen70@gmail.com)  
Ground: Kelsick Field, Vicarage Road, Ambleside, LA22 9DH  
Main Colours: Blue/White shirt / Blue shorts / Blue socks

### **Appleby Youth**

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

### **Grange United Youth FC**

Secretary: Mr Paul Airey, 07875 739123  
Email: [paulgairey@aol.com](mailto:paulgairey@aol.com)  
Ground: Cartmel Priory CE School, Cartmel, Grange-over-Sands, LA11 6SD  
Main Colours: Red shirt / Black shorts / Red socks

### **Halton JFC**

Club contact: Mr Damian Brown, 07850913051  
Email: [secretary@haltonjuniors.com](mailto:secretary@haltonjuniors.com)

### **Heathwaite Youth FC**

Secretary: Mr Anthony Jackson, 07497 005827  
Email: [a.jackson52@btinternet.com](mailto: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](mailto:Louisehargreaves1@outlook.com)

### **Holme Athletic FC**

Secretary: Mrs Emma Hunter, 07837 333945  
Email: [leeanems@aol.com](mailto:leeanems@aol.com)  
Ground: Burton Thistle, Curwen Woods, Clawthorpe, Burton, LA1 1NU  
Main Colours: Blue/Claret

### **Ibis Youth FC**

Secretary: Mr Tim Audin, 07917 460955  
Email: [timaudin@gmail.com](mailto: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 Ian Adams, 07717280513  
Email: [ian.adams@teamnic.com](mailto:ian.adams@teamnic.com)

### **Kendal United Youth FC**

Secretary: Mr Stefan Grabek, 07968 053286  
Email: [kujfc.secretary@gmail.com](mailto:kujfc.secretary@gmail.com)  
Ground: Various. Please contact for more information  
Main Colours: Yellow shirt / Blue shorts / Yellow socks

### **Kingstown FC**

Club Contact: Mr Lionel Reynolds, 07868 744869  
Email: [leo.reynoldskingstown@gmail.com](mailto:leo.reynoldskingstown@gmail.com)

### **Kirkby Lonsdale Youth FC**

Club contact: Mr Andrew McQueen, 07899 954586  
Email: [mcqueen05@yahoo.co.uk](mailto:mcqueen05@yahoo.co.uk)  
Ground: Lunefield Park, Kirkby Lonsdale, LA6 2DT  
Main Colours: Blue shirt / Blue shorts / Blue socks

### **Kirkby Stephen Youth FC**

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

### **Langwathby FC**

Club contact: Mrs Valerie Evans  
Email: [Valerie.evans3003@gmail.com](mailto:Valerie.evans3003@gmail.com)

### **Milnthorpe & District Youth FC**

Secretary: Mrs Alison Hemsley 07522 827077 Email: [alihemsley@hotmail.com](mailto:alihemsley@hotmail.com)  
Ground: Various. Please contact for more information  
Main Colours: Green shirt / Blue shorts / Blue socks

### **Penrith Youth FC**

Club contact: Mr Karl Collinson, 078375 80700  
Email: [pif@hotmail.co.uk](mailto:pif@hotmail.co.uk)

### **Sedbergh Wanderers Youth FC**

Secretary: Mrs Janey Fletcher 07966 134554, Email: [janeythreewishes@gmail.com](mailto: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](mailto: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](mailto:janeharro@icloud.com)

### **Wattsfeld Youth FC**

Secretary: Mrs Elizabeth Archer 07881 026964 Email: [wattsfeldyfc@gmail.com](mailto:wattsfeldyfc@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: [wattsfeldwelfare@outlook.com](mailto:wattsfeldwelfare@outlook.com)

## AFFILIATED GIRLS CLUBS

### **Barrow Celtic Girls JFC**

Secretary: Mr Andrew Shipley 07805 984581  
Email: [secretary@barrowcelticjuniors.org.uk](mailto:secretary@barrowcelticjuniors.org.uk)  
Ground: Ormsgill Playing Field, LA14 4AB  
Main Colours: Green & White shirt / Black shorts / Green socks  
Club Welfare Off: Mr Bernie Mullin, 07745 683716

### **Crookland Casuals**

Secretary: Mrs Barbara Mansergh 07966 660428, Email: [bmansergh@aol.com](mailto:bmansergh@aol.com)  
Ground: Longlands Park, Dalton in Furness  
Main Colours: Orange shirts / Black shorts / Black socks

### **Dalton Girls & Ladies FC**

Secretary: Mr Gavin Rigg, 07972 913813, Email: [rigggavin50@gmail.com](mailto:rigggavin50@gmail.com)  
Ground: George Romney School, Dalton, LA15 8SE  
Main Colours: Red & Black shirt/Black shorts/Black socks  
Club Welfare Off: Mr Gavin Rigg, 07972 913813, Email: [rigggavin50@gmail.com](mailto:rigggavin50@gmail.com)

### **Grange United Girls YFC**

Secretary: Mr Paul Airey, 07875 739123  
Email: [paulgairey@aol.com](mailto:paulgairey@aol.com)  
Ground: Yew Tree Playing Fields Cartmel, Grange-over-Sands  
Main Colours: Red shirt / Black shorts / Red socks

### **Kendal United Girls YFC**

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

### **Lancaster Giants YFC**

Club contact: Mr John Gill, 07816 274767  
Email: [jgill1975@live.com](mailto:jgill1975@live.com)  
Ground: Rylands Park, Lancaster  
Main Colours: Pink shirt, Pink shorts, Pink socks

### **Morecambe Ladies & Girls FC**

Club contact: Mrs Sophie Fish, 07896 085328, Email: [morecambeladiesfc@gmail.com](mailto:morecambeladiesfc@gmail.com)  
Ground: Lancaster Road School, Morecambe, LA4 5TH  
Main Colours: Red shirts/Black shorts/Red socks

### **Ulverston Girls YFC**

Secretary: Mr Richard Marshall, 07484158759  
Email: [marshyr@btinternet.com](mailto:marshyr@btinternet.com)  
Ground: Tennis Centre, Priors Road, Ulverston, LA12 9HT  
Main Colours: Blue shirt/Blue shirts/Blue & White socks

## **Wattsfield Youth Girls FC**

Secretary: Mrs Elizabeth Archer 07881 026964 Email: [wattsfieldyfc@gmail.com](mailto:wattsfieldyfc@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](mailto:wattsfieldwelfare@outlook.com)

## **REGISTERED REFEREES**

### **Level 4 Referees**

#### **Malcolm Bellamy**

07927 213442, Email: [refereebellamy@sky.com](mailto:refereebellamy@sky.com)

#### **Bernard Law**

015396 23654, Email: [bern2409@yahoo.com](mailto:bern2409@yahoo.com)

#### **Mark Robson**

07460 865823 Email: [Robbo\\_1993@live.co.uk](mailto:Robbo_1993@live.co.uk)

### **Level 5 Referees**

#### **Terence Allonby**

07484 314352 Email: [allonby16@btinternet.com](mailto:allonby16@btinternet.com)

#### **John Higgins**

07341 289507 Email: [higginsx4@googlemail.com](mailto:higginsx4@googlemail.com)

#### **Alan Jackson**

07759 314532 Email: [radar54j@yahoo.co.uk](mailto:radar54j@yahoo.co.uk)

#### **Paul Kettlewell**

07950 037996, Email: [paul\\_ketts@hotmail.com](mailto:paul_ketts@hotmail.com)

#### **Peter McDonnell**

07444 554270 Email: [pandp6@btinternet.com](mailto:pandp6@btinternet.com)

#### **Colin Miles**

07572 188016, Email: [colin\\_miles1986@hotmail.co.uk](mailto:colin_miles1986@hotmail.co.uk)

#### **David O'Callaghan**

07960 186703 Email: [daveocallaghanuk@yahoo.co.uk](mailto:daveocallaghanuk@yahoo.co.uk)

#### **Mark Pentz**

07867455996 Email: [mark.pentz@talktalk.net](mailto:mark.pentz@talktalk.net)

### **Level 6 Referees**

#### **Paul Robertson**

07827972057 Email: [paulrefarnside@aol.com](mailto:paulrefarnside@aol.com)

#### **Peter Rushton**

07821 055438, Email: [peter-1953@hotmail.com](mailto:peter-1953@hotmail.com)

### **Level 7 Referees**

#### **Mark Blamire**

07527 428869, Email: [mppen@sky.com](mailto:mppen@sky.com)

#### **Andrew Bland**

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# **THE WESTMORLAND SENIOR CHALLENGE CUP**

## **Sponsored by Russell Armer Homes**

### **1. Name of Cup**

The Cup shall be called "The Westmorland Senior Challenge Cup sponsored by Russell Armer Homes"

### **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 1<sup>st</sup> 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.

## **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) The Secretaries of each club shall send notice of the result on the Match Report form supplied with full names of the players competing to the Westmorland County Football Association, so that it is received within three (3) days of the match (Sundays not included).

- 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 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) 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 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 who shall be the same person and not a nominated substitute for the duration of the game. 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  
4<sup>th</sup> 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 £3.00 unless otherwise decided by Council.

## 23. **Provisions Concerning Appeals**

- a) A Club that is expelled from the Competition may appeal in writing within 7 (seven) days against that decision to an appeal board comprising of 3 (three) 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 Sub Committee misinterpreted / failed to comply with the procedures relevant to dealing with the charge.
  - (ii) The Cup Committee or appointed Sub Committee 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**

### **Sponsored by Hawkshead Relish**

(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.

#### **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**

All same as Senior Challenge Cup except:

#### **1. Name of Cup**

The cup shall be called "The Westmorland County Junior Cup".

#### **15. Provision for Final Tie**

Same as Benevolent Trophy

#### **17. Qualification of Players**

- a), b), 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 4 (four) 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), b), d) and e) – same as Senior Challenge Cup

- 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.

## 9. Venue for Ties

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

d) A spectator barrier should be provided by the home club around the pitch for all ties.

## 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), b), d) and e) – same as Senior Challenge Cup

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 1<sup>st</sup> 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 .....£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.....Memento  
Assistant Referees.....Memento

## **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 Westmorland Under 18 County Cup
- f) The competition is open to players under the age of 16 (sixteen) on the 1<sup>st</sup> 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.....£20.00

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.....Memento  
Assistant Referees.....Memento

# **THE DALLAM TOWER CUP**

## **Sponsored by Happy Hot Tub Lake District**

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 Westmorland Under 18 Cup

f) The competition is open to players under the age of 14 (fourteen) on the 1<sup>st</sup> 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 Westmorland Under 18 Cup
- f) The competition is open to players under the age of 13 (thirteen) on the 1<sup>st</sup> 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 1<sup>st</sup> 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.....Memento  
Assistant Referees.....Memento

# **THE UNDER 15 GIRLS CUP**

## **Sponsored by Baxendale Fitness**

All same as Senior Challenge Cup except:

### **1. Name of Cup**

The Cup shall be called "The Under 15 Girls Cup sponsored by Baxendale Fitness".

### **5. Eligible Clubs**

The Competition shall be open to all clubs in Youth Membership of the Association or members in the South Lakes Girls League.

### **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 15 (sixteen) on the 1<sup>st</sup> 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 13 GIRLS CUP

All same as Senior Challenge Cup except:

### 1. Name of Cup

The Cup shall be called "The Under 13 Girls Cup".

### 5. Eligible Clubs

Same as Under 15 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 13 (fourteen) on the 1<sup>st</sup> 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		<b>£5 per player up to maximum of £25</b>
False Information on Registration Form		<b>£15</b>
Forged Signatures on Registration Form		<b>£30</b>
Disciplinary Reports		<b>As per regulations</b>
Failure to complete Discipline Procedures (2 <sup>nd</sup> occasion onwards)		<b>As per regulations</b>
Failure to answer correspondence within 14 days		<b>£5</b>
Late payment of Fines or Administration		<b>£20</b>
Non-completion of Discipline Pro-Forma		
1 <sup>st</sup> Offence		<b>Warning</b>
2 <sup>nd</sup> Offence		<b>£10</b>
Duplicate Discipline Pro-Forma		<b>£5</b>
Discipline	- Late Response Fee	<b>£2.50</b>
	- Late Payment Fee	<b>£2.50</b>

## CUP COMPETITIONS

Non Fulfilment of Fixture / Withdrawal from Competition		<b>£10</b>
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		<b>£250</b>
• Supply League Club		<b>£150</b>
• Open Age Club		<b>£ 75</b>
• Junior Club		<b>£ 50</b>
Late Starts	<b>£5 for first 5 (five) minutes and £2 per 5 (five) minutes thereafter</b>	
Clubs/Match Officials failing to acknowledge appointments		<b>£5</b>
Failure to provide a Club Assistant Referee		<b>£5</b>
Failure to provide Club Assistant Referee for duration of Senior Tie Cup		<b>£10</b>
Badly marked pitch		<b>£10</b>
Playing in Wrong Colours		<b>£5</b>
Playing without Numbers on Shirts	<b>£3 per unnumbered shirt</b>	
Unregistered/Ineligible Player(s) in Westmorland County FA Competition		
	<b>£10 per player up to maximum of £30 and eliminated from competition</b>	
Failure to Telephone/Text Result / Postponement by Monday 9am		<b>£10</b>
Late Team Sheet	<b>£5 for first day and £1 per day thereafter</b>	
Failure to provide spectator barriers at Semi Finals		<b>£10</b>
Incorrect Team Sheet		<b>£5</b>
Cups damaged or returned unclean		<b>On Merit</b>

All other cases or misconduct to be decided by Council.

**CUP DATES 2021/2022  
(Senior)**

**2021**

**2022**

<b>Aug</b>	7		<b>Jan</b>	1	
	14			8	
	21			15	Senior Cup Quarter Final
	28			22	Junior Cup Quarter Final
				29	Benevolent Trophy Quarter Final
<b>Sep</b>	4		<b>Feb</b>	5	
	11			12	
	18			19	
	25	Senior Cup 1 <sup>st</sup> Round		26	
<b>Oct</b>	2	Junior Cup 1 <sup>st</sup> Round	<b>Mar</b>	5	Senior Cup Semi Final
	9	Benevolent Trophy 1 <sup>st</sup> Round		12	Junior Cup Semi Final
	16			19	Benevolent Trophy Semi Final
	23			26	
	30	Senior Cup 2 <sup>nd</sup> Round			
<b>Nov</b>	6	Junior Cup 2 <sup>nd</sup> Round	<b>Apr</b>	2	
	13	Benevolent Trophy 2 <sup>nd</sup> Round		9	
	20			16	
	27			23	
				30	
<b>Dec</b>	4		<b>May</b>	7	
	11			14	
	18			21	
	25			28	



**CUP DATES 2021/2022  
(Youth)**

<b>Aug</b>	<b>8</b>		<b>Jan</b>	<b>2</b>	
	<b>15</b>			<b>9</b>	
	<b>22</b>			<b>16</b>	
	<b>29</b>			<b>23</b>	U18 Boys, Dallam Tower and SM Jones Quarter Final
				<b>30</b>	Minor Cup and U13 Boys Cup Quarter Final
<b>Sep</b>	<b>5</b>		<b>Feb</b>	<b>6</b>	U15 Girls and U13 Girls Quarter Final
	<b>12</b>			<b>13</b>	
	<b>19</b>			<b>20</b>	
	<b>26</b>			<b>27</b>	
<b>Oct</b>	<b>3</b>		<b>Mar</b>	<b>6</b>	U18 Boys, Dallam Tower and SM Jones Semi Final
	<b>10</b>	U18 Boys, Dallam Tower and SM Jones 1 <sup>st</sup> Round		<b>13</b>	Minor Cup and U13 Boys Cup Semi Final
	<b>17</b>	Minor Cup and U13 Boys Cup 1 <sup>st</sup> Round		<b>20</b>	U15 Girls and U13 Girls Semi Final
	<b>24</b>	U15 Girls and U13 Girls 1 <sup>st</sup> Round		<b>27</b>	
	<b>31</b>				
<b>Nov</b>	<b>7</b>		<b>Apr</b>	<b>3</b>	
	<b>14</b>			<b>10</b>	
	<b>21</b>			<b>17</b>	
	<b>28</b>			<b>24</b>	
<b>Dec</b>	<b>5</b>		<b>May</b>	<b>1</b>	
	<b>12</b>			<b>8</b>	
	<b>19</b>			<b>15</b>	
	<b>26</b>			<b>22</b>	
				<b>29</b>	

**South Lakes Girls League Sponsored by:**



**Westmorland Under 25 League Sponsored by:**



**Westmorland Under 18 League  
Sponsored by: Kendal College Sport**



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SCAN FOR MORE INFORMATION



Images are of Oakfield Park development in Kirkby Lonsdale.

Benevolent Trophy sponsored by:



Under 15 Girls Cup sponsored by:



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