



Capital Football Federation
Football Playing Regulations
Season 2021

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1 DEFINITIONS

1.1 The terms given below denote the following:

- 1.1.1 **Administrator:** The person appointed by the Competition Manager to perform administrative functions on behalf of Capital Football.
- 1.1.2 **Advisory group:** Groups appointed to advise the Board on local district and club football related matters. The advisory groups consist of at least one representative from each Capital Football district.
- 1.1.3 **Board:** The Capital Football Board appointed by clubs to make decisions on football related matters in the Capital Football districts.
- 1.1.4 **Capital Football:** The name used for Capital Football Federation.
- 1.1.5 **Capital Football district:** Wairarapa, Hutt Valley, Horowhenua/Kapiti, Wellington, and Western zones.
- 1.1.6 **Charge grounds:** Football pitches and grounds operated by local bodies and private entities who may charge an additional fee for use of the ground.
- 1.1.7 **Club:** An organisation within a local district that administers football for players who belong to that organisation.
- 1.1.8 **Competition Manager:** The Chief Executive of Capital Football or associate delegate to oversee the administration of football in the districts.
- 1.1.9 **Development Manager:** The Chief Executive of Capital Football or associate delegate to oversee the development of football in the districts.
- 1.1.10 **Game Facilitator:** Facilitator for Fun Football (under 7 and under 8) games in place of referee. Facilitators should avoid using whistles and stay on the sideline.
- 1.1.11 **Intent:** Capital Football's interpretation of a regulation (*shown in italics*).
- 1.1.12 **Junior club:** A club or adjunct of a club which administers junior players.
- 1.1.13 **Junior Competitions:** Capital Football competitions for junior players (under 4 to under 12).
- 1.1.14 **Laws of the Game:** The IFAB (International Football Association Board) Laws of the Game.
- 1.1.15 **Local leagues:** Junior competitions in under 9 to under 12. These competitions include teams from one (or two in the case of Wellington/Western competitions) Capital Football district.
- 1.1.16 **Match day squad:** The squad of players entered on the team card for each playing day.
- 1.1.17 **Misconduct Regulations:** Refers to the NZF Disciplinary Code.
- 1.1.18 **NZF:** New Zealand Football.
- 1.1.19 **Player:** A registered player of any club playing under the Regulations.
- 1.1.20 **Premier Leagues:** Junior competitions in under 10 to under 15. These competitions include teams from all Capital Football districts and may be subject to higher qualifications for coaches and referees than Local and Wellington Combined competitions.
- 1.1.21 **Regulations:** The Capital Football 2020 Playing Regulations.
- 1.1.22 **Senior Competitions:** Capital Football competitions for senior players.
- 1.1.23 **Technical area:** The area inside the crowd barriers for the sole use of team officials, players and substitutes.
- 1.1.24 **Team Card:** A team card can consist of either a manual team card also known as a Match Information Sheet or an online team card through COMET.
- 1.1.25 **TDP:** Talent Development Programme.
- 1.1.26 **Wellington Combined:** Capital Football competitions in under 13 to under 15. These competitions include teams from all Capital Football districts.
- 1.1.27 **Women's leagues:** Capital Football's women only leagues.
- 1.1.28 **Youth Competitions:** Capital Football competitions for junior players (under 13 to under 18).

2 INTRODUCTION

- 2.1 The Regulations supersede all former rules and regulations.
 - 2.1.1 All new regulations and amendments to existing regulations are shown in red text.
- 2.2 All Capital Football administrative functions will be carried out from the Capital Football office.
- 2.3 Each club will hold its Annual General Meeting each year.
 - 2.3.1 The club will send its Annual Report to the Competition Manager within seven days of their Annual General Meeting.
- 2.4 The Annual Report will show:
 - 2.4.1 The date of election of any members.
 - 2.4.2 The club's accounts, including its income, expenditure, assets, and liabilities.
- 2.5 The Competition Manager may appoint an administrator to perform the administrative functions for each local district.
- 2.6 All clubs will be represented on the relevant Advisory Group by a nominated individual, who will liaise with clubs and provide feedback as required to Capital Football.

3 FINANCE

- 3.1 Capital Football Finance Regulations can be found at capitalfootball.org.nz/regulations/.

4 GENERAL PROVISIONS

- 4.1 The Regulations apply to all players in all competitions within the Capital Football district.
 - 4.1.1 For local regulations see Wairarapa Competition and Horowhenua-Kapiti Competition.
- 4.2 The Competition Manager is responsible for managing competitions in a manner that is consistent with the objectives of Capital Football and the Board.
- 4.3 Anything not covered by the Regulations will be referred to the Competition Manager for decision and subsequently communicated to the advisory groups.
- 4.4 It is the responsibility of each club to ensure compliance with any new and existing regulations.

5 LEAGUES

- 5.1 The final composition of leagues is at the discretion of the Competition Manager.
 - 5.1.1 Each club will confirm registration of their teams by entry into COMET.
 - 5.1.2 Where applicable, clubs will be notified of relevant starting positions in leagues prior to confirming registration.
 - 5.1.3 The Competition Manager can accept further entries during the season with the support of the relevant advisory group.
 - 5.1.4 The Competition Manager can amend the number and composition of leagues with the support of the Board and relevant Advisory Group.

- 5.2 Composite teams will be accepted into Capital Football leagues on a case by case basis.
- 5.2.1 Any composite team must be signed off by Capital Football and the Board. They must also be put through the relevant advisory group.
- 5.2.2 Players must be registered to their own local club within the region as per the Senior Playing regulations and that club will be responsible for any fines incurred by that player.

6 MATCHES

- 6.1 All matches will be played at the Competition Manager's discretion.
- 6.2 For all league matches, three points are awarded for a win, one point for a draw and zero points for a loss.
- 6.3 A team's accumulated points will govern league position for that competition.
- 6.4 In the case of a tie, the deciding factor for league position for a completed season will be (in order):
- a The highest goal difference between the tied teams.
 - b The higher number of goals scored between the tied teams.
 - c The goal difference from the matches played between the tied teams.
 - d The team with the superior disciplinary record.
 - e A ballot drawn by the Competition Manager.
- 6.5 If a league is incomplete and mathematically league positions could change from the games not played, then the above regulation does not apply, and the league positions will be determined on the following:
- 6.5.1 In the case of less than 50% matches played by any team in the league
- a Then there are no league positions, and the league is void
- 6.5.2 In the case of 50% or more matches played by all teams in the league
- a Then league positions are based on average points (average points is determined by total points divided by the number of games played).
 - b If teams are still equal after average points, then positions are determined as an average of the order set out in the above regulation
- 6.6 Capital Football reserves the right to inspect all grounds and facilities when they are provided by a club for use. If they are not up to standard, games will be transferred away from the venue.
- 6.7 If a team defaults a match the score will be recorded as a 3-0 win to the opposition.
- 6.8 Any fixture change will be dependent upon the availability of a suitable ground as well as other operational factors.
- 6.9 The Competition Manager must be advised immediately of any defaulted or abandoned match.
- 6.10 In the event of a team being removed from any league:
- a Results, points and goals for/against will stand for any full rounds played.
 - b Results, points and goals for/against will be removed for any partial rounds the withdrawn team has played in.

- 6.11 Any cancelled match will be rescheduled by Capital Football.
- 6.12 If alcohol and illegal drugs are present at a match, the referee can have the offender(s) removed by the home club if it is affecting their control of the match.
 - 6.12.1 The referee can stop the match until the offenders are removed.
 - 6.12.2 The referee will report the incident to Capital Football.

7 REGISTRATIONS

- 7.1 All registrations must comply with NZF regulations specifically the Regulation on the Status and Transfers of Players (RSTP).
- 7.2 Players taking part in any Capital Football competition must be registered for the club for which they appear at the time of their appearance.
- 7.3 All registrations will be held in the COMET database. It is the club's responsibility to ensure that the information held in COMET is correct.
 - 7.3.1 Every new player will provide the necessary details advised by Capital Football for registration.
 - 7.3.2 No player will be deemed to be registered until a national number is allocated under COMET.
 - 7.3.3 In the event of any player being registered twice, the second registration will be deemed to be null and void.
 - 7.3.4 If a college player is selected to play for a club team, they must be registered with that club in accordance with the Regulations.
 - 7.3.5 Registrations must be retained by the club for as long as the player is a member of that club.
 - 7.3.6 Girls playing in junior competitions may be registered with one club for a 'girls league' team and with a different club for a 'mixed' football team.
 - 7.3.7 A player's COMET profile must accurately reflect their current registration status at the club to which they currently play.
 - 7.3.8 If a player is 10 years of age or older and comes from overseas to NZ, Capital Football must be notified, and a transfer request made through COMET.
- 7.4 No player can play in a senior competition unless they are registered with that club via COMET by **June 30** of that year.
 - 7.4.1 From **June 30**, any player movement for Capital 3, Capital 4 and all Tier 2 competitions must be approved by the Competition Manager and must meet one of the following conditions:
 - a A player is returning to the club they were most recently registered at.
 - b A player is moving more than 50km, due to work or other non-football reasons.
 - 7.4.2 No approval will be given to Women's W-League, Women's Capital Premier, Men's Capital Premier, Capital 1, and Capital 2.
- 7.5 Any player movement between clubs must be made in conjunction with the NZF Regulation on the Status and Transfers of Players (RSTP).

- 7.6 Any club or club official offering inducement for a player to move to another club must notify the player's present club and Capital Football in writing before approaching the player.
- a Any club in breach of this regulation will be fined a minimum of \$500.00.
- 7.7 Capital Football will investigate any registration disputes.
- 7.7.1 Any club involved in a registration dispute is bound by any decisions made by Capital Football.
- 7.8 All player registrations will be terminated (de-registered) on 31 **December**.
- 7.8.1 Any player that owes the club gear and/or monies may be 'Red Flagged' by the club, before this date, to prevent the player registering for a new club the following season until they return the gear or pay the money owed.
- a Clubs must advise players that they have been 'Red Flagged.'
 - b Clubs need to provide proof of any outstanding gear and/or monies.
 - c Clubs must remove the red flag within seven days of gear being returned or money paid.
 - d If clubs are unable to provide proof, the Competition Manager will remove the red flag.
- 7.9 Amateur Player agreements must be on a form and approved by NZF.
- 7.10 **In the event a Player is registered to a National League Licensee qualified for the National League Championship Phase or OFC Champions League in 2021, the Player may also hold an eligibility registration to an additional club to be eligible to compete in competitions governed by these regulations.**

8 RESULTS

- 8.1 For all Senior Tier 1 leagues using online team cards via COMET are used there is no requirement to enter results.
- 8.1.1 **Referees must enter the result within 30 minutes of completing the game.**
- 8.2 For all Senior Tier 1 league not using online team cards, the home team is responsible for entering results into COMET within **30 minutes** of completing the game.
- 8.3 For all other leagues, the home team is responsible for entering results into COMET within **60 minutes** of completing the game.
- 8.4 Teams that submit late results will be fined \$50.00 for each offence.

9 BEHAVIOUR/ABUSE

- 9.1 Capital Football will not tolerate verbal and physical abuse against match officials, players, clubs or supporters.
- 9.2 Capital Football will not tolerate any **public statements (including social media) that breach** the NZF Disciplinary Code or Code of Conduct.
- 9.2.1 **Incidents** reported by a referee, player, or club official, if proven, will result in the club(s) involved being fined as per Infringements and Misconducts regulations.
- 9.3 Slanderous or libellous comment against a match official or Capital Football will result in the club(s) involved being fined as per the NZF Disciplinary Code.

10 PROTESTS AND APPEALS

- 10.1 Refer to the NZF Disciplinary Code and Code of Conduct.
- 10.2 Any club may bring a protest to Capital Football through the Competition Manager.
- 10.3 A protest must be made within three days (72 hours) of the alleged breach, or for disciplinary matters, 72 hours from the time the report is received by the club. Protests or complaints must be a written statement, on the club's letterhead, detailing the:
- 10.3.1 Name of the club, player, or person(s) complained against.
 - 10.3.2 Alleged breach.
- 10.4 Capital Football will forward a copy of the protest to any club which is the subject of the protest.
- 10.4.1 After ascertaining all details of the protest, Capital Football will advise all parties of their decision.
 - 10.4.2 A fee of \$100.00 will be charged for trivial protests.
- 10.5 Any club has the right to appeal against the application of one or more of the Regulations made by the Competitions Manager.
- 10.5.1 Appeals will be decided by the Regional Association Disciplinary Committee.
 - 10.5.2 Further appeals can be made to NZF.

11 FILMING

- 11.1 If required, all home teams must film games and upload to the league exchange in hudl.
- 11.1.1 This must be done within 24hours of the game being completed or clubs will be fined \$100.00 per offence.
 - 11.1.2 For any game that is not filmed and uploaded to the exchange, clubs will be fined \$250.00 per game unless there has been a genuine technical issue.
 - a Pre-match Any genuine technical issue must be reported to and approved by the referee.
 - b Post-match Any genuine technical issue must be reported to the Competitions manager.
 - 11.1.3 Clubs must comply with the terms of service which apply to their use of the Game Film Exchange.
 - 11.1.4 Clubs, on uploading each game film to the Game Film Exchange, grant a non-exclusive, perpetual, irrevocable, royalty-free, transferable, sublicensable, worldwide licence to all of the intellectual property rights in the game film to both Capital Football and Central Football to use and exploit in whole or part for any purpose. For example (but without limiting the licence granted above) Capital Football may use parts of game film to promote CL on social media by way of highlight or analysis videos, or may use game film for coaching and training purposes.
 - 11.1.5 Clubs warrant that game films (and their use by Capital Football or Central Football or their licensees) will not infringe the rights of any third party including (without limitation) any videographer engaged to capture game films.

12 MISCELLANEOUS

- 12.1 Anything not covered by the Regulations will be referred to the Competition Manager for decision and subsequently communicated to the advisory groups.
- 12.2 It is the responsibility of each club to ensure compliance with any new and existing regulations.

13 CANCELLATIONS

- 13.1 The referee may cancel a match for:
 - 13.1.1 Adverse weather.
 - 13.1.2 The comfort and safety of players.
 - 13.1.3 Following consultation and agreement with the Competition Manager.
- 13.2 Abandoned games result:
 - 13.2.1 If 66%, or more, of the normal playing time has been played the score will stand. **For example, 60 minutes, or more, in the 90 minute game**
 - 13.2.2 If less than 66% of the game is played, the score will be recorded as 0-0, unless the current score is agreed by the coaches or the match can be replayed.
- 13.3 Cancellations, ground transfers and defaults are published on:
 - 13.3.1 Capitalfootball.org.nz for individual fixtures from Friday afternoon.
 - 13.3.2 facebook.com/CapitalFootball and Capitalfootball.org.nz for mass cancellations before 7am Saturday or Sunday morning.
 - 13.3.3 For more information see capitalfootball.org.nz/cancellations/.

14 REFERENCES

- 14.1 IFAB Laws of the game: theifab.com/log-documents.
- 14.2 NZF Disciplinary Code: [NZ Football - Statutes & Regulations](#)
- 14.3 NZF Code of Conduct: [NZ Football - Statutes & Regulations](#)
- 14.4 NZF Regulation on the Status and Transfer of Players (RSTP): [NZ Football - Statutes & Regulations](#)
- 14.5 NZF Club Licensing Regulations: [NZ Football - Statutes & Regulations](#)
- 14.6 NZF Anti-Doping Regulations: [NZ Football - Statutes & Regulations](#)
- 14.7 Talent Development Programme manual: [NZ Football - Resources](#)
- 14.8 FIFA Statutes and regulations: Who We Are - FIFA.com
- 14.9 FIFA Disciplinary Code: Who We Are - FIFA.com
- 14.10 FIFA anti-Doping Regulations: Who We Are - FIFA.com
- 14.11 FIFA Code of Ethics: Who We Are - FIFA.com
- 14.12 FIFA Code of Conduct: Who We Are - FIFA.com
- 14.13 Capital Football Match Information Sheet: [Capital Football Federation - Competition Information](#)
- 14.14 Drug Free Sport Anti-Doping Rules: [Drugfree Sport NZ](#)

APPENDIX ONE | SENIOR REGULATIONS

15 COMPETITION TYPES

15.1 Men's Leagues

15.1.1 All men's leagues will consist of 10 teams (where possible)

- a Leagues starting after April may consist of 8 teams

15.1.2 Tier 1 - Capital Premier to Capital 4:

- a Minimum player age of 16 years old at the time of the match.
- b Promotion/relegation after two rounds.
- c Online team cards required for Capital Premier through to Capital 2. Manual team cards or Match Information Sheets required for Capital 3 and 4.
- d Matches to be officiated by a qualified referee (where possible). If no referee is supplied the match is to be officiated by the home team.
- e **Capital Premier to Capital 3 - Maximum use of three of the five named non-rolling substitutes per match.**
- f **Capital 4 - Maximum use of five of the five named rolling substitutes per match.**
- g **A maximum of 11 persons from each team, are permitted to occupy the Technical Area, during any fixture. This includes a maximum of five named substitutes and six Team Officials. Only one person is permitted to stand at any time and is authorised to convey tactical instructions from the technical area and that person must return to their position immediately after giving any instructions.**
- h All head coaches of Capital Premier teams are required to hold an accredited OFC/NZF C Licence, international equivalent or higher. Any team where the head coach does not meet these requirements will not be eligible for competitions points.
 - If the head coach is not available, due to suspension or personal reasons, the club must contact the Competition Manager immediately, prior to kick-off and a temporary exemption may be made. Any granted exemption will be communicated with the referee.

The intent of the above regulation is to allow clubs a reasonable timeframe to enable them to have a qualified replacement coach.

15.1.3 Tier 2 – Wellington 1 down:

- a Minimum player age of 16 years old at the time of the match.
- b Wellington 1 - Promotion after two rounds. Relegation after rounds 1 and 2.
- c Wellington 2 down - Promotion/relegation after rounds 1 and 2.
- d No team cards required.
- e Matches to be officiated by the home team.
- f Unlimited rolling substitutes.

15.2 Masters Leagues – Masters Leagues are deemed to be a continuation of the men’s leagues.

15.2.1 Tier 2 - Masters 1 down:

- a Minimum player age of 35 years old at the time of the match.
- b Promotion/relegation after two rounds.
- c Manual team cards or Match Information Sheets required for Masters 1 only.
- d Matches to be officiated by the home team except for Masters 1 where an official referee will be supplied where possible.
- e Unlimited rolling substitutes.

15.2.2 Tier 2 - Masters Over 45 League:

- a Minimum player age of 45 years old at the time of the match.
- b Promotion/relegation after two rounds if applicable.
- c No team cards required.
- d Matches to be officiated by the home team.
- e Unlimited rolling substitutes.

15.3 Women’s Leagues

15.3.1 Tier 1 – Women’s W-League

- a Minimum player age of 15 years old at the time of the match.
- b Promotion/relegation after two rounds.
- c Electronic Team cards required.
- d Matches to be officiated by a qualified referee.
- e Maximum of five non-rolling substitutes.
- f A maximum of 11 persons from each team, are permitted to occupy the Technical Area, during any fixture. This includes a maximum of five named substitutes and six Team Officials. Only one person is permitted to stand at any time and is authorised to convey tactical instructions from the technical area and that person must return to their position immediately after giving any instructions.
- g All home teams must operate a Twitter account for their games, a minimum requirement is half and full-time score updates.
- h A minimum of four ball persons are to be provided by the home team.
- i All head coaches of W-League teams are required to hold an accredited OFC/NZF C Licence, international equivalent or higher. Any team where the head coach does not meet these requirements will not be eligible for competitions points.
 - If the head coach is not available, due to suspension or personal reasons, the club must contact the Competition Manager immediately prior to kick-off and a temporary exemption may be made. Any granted exemption will be communicated with the referee.

The intent of the above regulation is to allow clubs a reasonable timeframe to enable them to have a qualified replacement coach.

- 15.3.2 Tier 1 - Women's Premier league:
- a Minimum player age of 15 years old at the time of the match.
 - b Promotion/relegation after two rounds.
 - c Electronic Team cards required.
 - d Matches to be officiated by a qualified referee (where possible). If no referee is supplied match to be officiated by the home team.
 - e Maximum of five rolling substitutes.
 - f A maximum of 11 persons from each team, are permitted to occupy the Technical Area, during any fixture. This includes a maximum of five named substitutes and six Team Officials. Only one person is permitted to stand at any time and is authorised to convey tactical instructions from the technical area and that person must return to their position immediately after giving any instructions.
- 15.3.3 Tier 2 - Women's 1:
- a Minimum player age of 15 years old at the time of the match.
 - b Promotion after round 2 only; relegation after rounds 1 and 2.
 - c Manual team cards or Match Information Sheets are required.
 - d Matches to be officiated by the home team.
 - e Maximum of five rolling substitutes.
- 15.3.4 Tier 2 - Women's 2 down:
- a Minimum player age of 15 years old at the time of the match.
 - b Promotion/relegation after rounds 1 and 2.
 - c Manual team cards or Match Information Sheets are not required.
 - d Matches to be officiated by the home team.
 - e Maximum of five rolling substitutes.

16 MATCHES

16.1 Tier 1 Team Cards:

16.1.1 W-League, Capital Premier, Women's Premier, Capital 1, Capital 2 teams must load a squad list into COMET including shirt numbers by 12:00pm on the Friday prior to the weekend game **or the day before a mid-week game.**

- a The squad list must accurately reflect the squad for that match only.
- b Failure to comply with regulations will result in a fine of \$100.00.

16.1.2 Capital 3 and Capital 4 teams must still complete a Manual team cards or Match Information Sheet and send into Capital Football as per the Team Cards regulations.

- a **This can either be through COMET or a paper Match Information Sheet ([Capital Football Federation - Competition Information](#))**

16.2 All Leagues:

- 16.2.1 A team may request to alter the time, date or venue of a match up to 10 working days before the match with the consent of the Competition Manager.
- a Any club seeking to change a fixture within 10 days of the fixture or published on the Capital Football website must gain the agreement of both the opposition and Competition Manager.
- 16.2.2 A team defaults the match if they do not:
- a Take the field within 15 minutes of the scheduled kick-off time.
 - b Turn up with more than the minimum number of players (seven).
 - c Provide the appropriate equipment for their home league match.
 - d Wear an alternative coloured kit for an away match (where necessary) as per the Playing Pitches, Equipment and Kit regulations.
- 16.2.3 Any team that defaults three matches during any season, may be removed from their league by the Competition Manager.
- 16.2.4 The reason for any abandoned match must be reported immediately to the Competition Manager by the referee, if present, or the home team.
- a The Competition Manager will inform the teams whether:
 - The score at the time of the abandonment will stand (providing a minimum of 66% of the **normal playing time** has been played)
 - The match will be replayed.
 - The match will not be replayed.
- 16.2.5 The half-time break will be 15 minutes from whistle-to-whistle unless there is agreement from both teams to be shorter.

17 PLAYER REGRADING

17.1 In this Regulation:

- 17.1.1 A Player is 'graded' to a league when they have, according to this regulation, become established in that league.
- 17.1.2 'Regrading' or 're-grade' is a player playing a match in league below that in which the player is currently graded.
- 17.1.3 "Play" or "playing" in a match includes starting the match or taking the field as a substitute, but NOT being an unused substitute.
- 17.1.4 Unless otherwise specified 're-grades' or 're-grading' only applies to the movement of players down leagues/teams in each competition type (Men's Leagues, Women's Leagues, Masters League, Youth Competitions).
- 17.2 A registered player can play in any team entered by their club, in any league, of any competition at the discretion of their club's selection committee, if the re-grade and eligibility rules are complied with.
- 17.3 A player is automatically graded to the team for which they play their first League game of a new season.
- 17.4 A player for whom two consecutive matches are played in a team other than that in which the player is currently graded becomes graded to that other team in place of the existing grading.

- 17.5 Up to three players in total can be re-graded down from any one team per match:
- 17.5.1 Players must be re-graded down to the next adjacent team from where the league/team in which they are currently graded plays.
 - 17.5.2 Any one team can only play three re-graded players in any match.
- 17.6 Any player who has played for any one team in 66% of the team`s scheduled league matches for the season cannot re-grade to a team in a lower division for the remainder of that season. This includes players who have played 66% of Central **Conference** matches playing in a Tier 1 team.

The intent of the above regulation is to prevent higher graded players unfairly assisting lower league teams at the end of the season when promotion/relegations are being decided.

- 17.7 If a player registers for a new club during the season, they revert to having played zero games and become graded in accordance with 1.3.
- 17.8 Any National League player playing in the Capital Football competitions will be graded initially into their club`s top side.
- 17.9 A Player who has not played for four consecutive weeks due to injury and has not played 66% of the scheduled league matches for the season for the team in which the Player is graded may play for the club`s next adjacent team without being classified as a regraded player. Proof of injury may be required.
- 17.10 If a club has two or more teams playing in the same league, the club will, before the season, rank the teams for re-grading purposes.
- 17.11 No player can be re-graded within their club following conclusion of the season for the team in which the Player is graded. For clarity, this applies if the competition in which the Player is graded was not completed.

The intent of the above regulation is to prevent higher graded players unfairly assisting lower league teams after the higher graded team`s matches have been concluded.

- 17.12 A player can only be re-graded once during any one week (**Thursday to Wednesday**), including Easter and Queen`s Birthday weeks.
- 17.13 No player under the age of 16 years can compete in any men`s league:
- 17.13.1 Below Capital 4.
 - 17.13.2 In a Capital Premier to Capital 4 team (inclusive) unless they have received a written dispensation from Capital Football.
- 17.14 No female player can compete in any men`s league unless they have received a written dispensation from Capital Football.
- 17.15 No player under the age of 15 years can compete in any women`s league unless they have received a written dispensation from Capital Football.
- 17.16 No more than three players with approved dispensations on the field at any one time unless they have received a written dispensation from Capital Football.**
- 17.17 The Chatham Cup and the Kate Shepherd Cup are New Zealand Football competitions; therefore, Capital Football re-grade rules do not apply.

18 TEAM CARDS

- 18.1 Capital Premier through Capital 2 teams must enter a team card through COMET by 12:00pm Friday prior to the weekend game **or the day before a mid-week game**, unless specified by Capital Football. Changes can be made through COMET after this point, to reflect the accurate line-up up to 60 minutes prior to kick-off.
- 18.1.1 Up to five substitutes may be named on the team card, and **three** non-rolling substitutes may be used during the match.
- 18.1.2 Up to six team officials may be named on the team card.**
- 18.1.3 The team card may be altered by a team official up to five minutes before kick-off by notification of the change to the Match Official.
- 18.2 All Capital 3 and 4 teams must provide a Manual team cards or Match Information Sheet to the referee before kick-off.
- 18.2.1 **Capital 3** - Up to five substitutes may be named on the team card, and **three** non-rolling substitutes may be used during the match.
- 18.2.2 **Capital 4** - Up to five substitutes may be named on the team card, and **five rolling** substitutes may be used during the match.
- 18.3 All Masters 1, Horowhenua / Kapiti and Wairarapa teams must provide a manual team cards or Match Information Sheet to the referee before kick-off.
- 18.4 All W-League and Women's Premier teams must enter a team card through COMET by 12:00pm Friday prior to the weekend game **or the day before a mid-week game**, unless specified by Capital Football. Changes can be made through COMET after this point, to reflect the accurate line-up up to 60 minutes prior to kick-off.
- 18.4.1 Up to five substitutes may be named on the team card and used during the match. These are non-rolling for W-League and rolling for Women's Premier.
- 18.4.2 Up to six team officials may be named on the team card.**
- 18.4.3 The team card may be altered by a team official up to five minutes before kick-off by notification of the change to the Match Official.
- 18.5 All Women's 1 and below teams must provide a manual team cards or Match Information Sheet to the referee before kick-off.
- 18.5.1 Up to five substitutes may be named on the team card, rolling substitutes may be used during the match.
- 18.6 All Manual team cards or Match Information Sheets must:
- 18.6.1 Be a printed 'Manual Teamsheet' from COMET or printed/written legibly on a 2021 Capital Football Match Information Sheet.
- 18.6.2 Contain the first name, surname and shirt number of each player and substitute (even in games with rolling substitutes).
- 18.6.3 List the final score.
- 18.6.4 List goal scorers and their corresponding shirt number.
- 18.6.5 List misconducts and their corresponding shirt number.
- 18.6.6 Be signed by each team's coach or manager and the referee (if appointed) after the match to confirm the match details.

- 18.7 Manual team cards must be emailed to Capital Football (results@capitalfootball.org.nz) within 24 hours of the match being completed.
- 18.8 Teams that fail to meet the requirements of manual team card regulations will be fined in accordance with the Infringements and Misconducts regulations.
- 18.9 Any team that plays a player who is not listed on the team card, or who plays under a false name will be fined in accordance with the Infringements and Misconducts regulations.

19 REFEREES

- 19.1 Capital Football will appoint a referee and two assistants for all Capital Premier and W-League matches.
- 19.2 Capital Football will appoint a referee for all Capital 1 to 4, and Women's Premier League, matches and Masters 1 (where possible).
 - 19.2.1 Where requested by the referee, each team will provide an assistant referee.
 - 19.2.2 For each match where a referee has been appointed, a fee agreed at the Capital Football Annual General Meeting will be charged to the home team.
- 19.3 For Tier 2 competitions, if where a referee is not appointed, the home team will referee the match unless both teams agree to referee a half each prior to kick-off.
- 19.4 If the appointed referee is not in attendance at the scheduled kick-off time, every effort should be made to play the match. The sequence of events will be:
 - 19.4.1 The home team will contact Capital Football.
 - 19.4.2 Capital Football will attempt to source another qualified referee or defer the match.
 - 19.4.3 Any other available qualified referee will officiate.
 - 19.4.4 If no qualified referee is available, the home team will officiate the match.

20 PROMOTION / RELEGATION

- 20.1 **The last placed team from the Central Conference at the conclusion of the Regional Phase will be relegated to the relevant Federation competitions.**
- 20.2 Any Capital Football team relegated from the Central **Conference** is eligible to play in Capital Premier the following season.
- 20.3 At the end of each season, promotions are always completed first before relegations are made as required.
- 20.4 Tier 1 Men's leagues
 - 20.4.1 Clubs may enter one team in Capital Premier and one team in Capital 1.
 - a Clubs may enter one or more teams in Capital 2 and below in line with the Competition Type regulations.
 - 20.4.2 Capital Premier
 - a After two rounds:
 - The first placed team from Capital Premier will enter a playoff against the top ranked team in the Central Federation for promotion to the Central **Conference**.
 - All playoffs will be completed in accordance with the Playoffs regulations.

- If the first placed team is ineligible or does not want to compete in the Central **Conference**, the second placed team may enter the playoff.
- If the first or second placed team from either league is ineligible or does not want to, the top eligible team from the other federation will be promoted.
- If there are no eligible teams from the either federation, there will be no relegations from the Central **Conference**.
- The necessary number of relegations (if any) will take place.

20.4.3 Capital 1 and 2

- a After two rounds:
 - The top two teams will be automatically promoted if eligible from Capital 1 and Capital 2.
 - The necessary number of relegations (if any) will take place.
- b If the top team is ineligible for promotion:
 - The team finishing second will be automatically promoted if eligible.
 - The team finishing third will enter a playoff if eligible.
- c If the second placed team is ineligible for promotion:
 - The team finishing first will be automatically promoted if eligible.
 - The team finishing third will enter a playoff if eligible.

20.4.4 Capital 3 to Capital 4

- a After two rounds:
 - The top two teams will be promoted to the higher league.
 - The necessary number of relegations (if any) will take place.

20.5 Tier 2 Men's leagues

20.5.1 Wellington 1 down

- a From Wellington 1 down every team in every league will play two rounds.
- b At the end of round 1:
 - The top two teams from Wellington 2 down will be promoted.
 - The necessary number of relegations (if any) will take place.
 - Points will go back to zero.
 - Each team will play another round.
- c At the end of round 2:
 - **Up to two teams from the three top Local Leagues (Wellington 1, Horowhenua/Kapiti 1 and Wairarapa 1) will be promoted.**
 - **If the three Local League winners want promotion, a playoff is required.**
 - **If only two Local League winners want promotion, they will be promoted.**
 - **If only one Local League winner wants promotion, the second placed teams from the remaining two Local Leagues will be offered promotion. If both second**

place teams want promotion, a playoff is required. If promotion is not wanted by the second place team(s), this will be offered to third place team(s).

- If none of the Local League winners want promotion, the second placed teams from the three Local Leagues will be offered promotion. If all three second place teams want promotion, a playoff is required. If promotion is not wanted by the second place team(s), this will be offered to third place team(s).
- The necessary number of relegations (if any) will take place.
- From Wellington 2 down the top two teams in each league will be promoted.
- The necessary number of relegations (if any) will take place.

20.5.2 Masters 1 down

- a From Masters 1 down every team in every league will play two rounds.
- b At the end of round 2:
 - The top two teams from Masters 2 / Masters Qualifier down will be promoted.
 - Promotion to Masters 1 is not compulsory.
 - The necessary number of relegations (if any) will take place.

20.5.3 Masters Over 45 (if there are multiple divisions)

- a At the end of round 2:
 - The top two teams will be promoted to the higher league.
 - The necessary number of relegations (if any) will take place.

20.6 Women's leagues

20.6.1 Women's W-League and Women's Premier League

- a Clubs may enter a maximum of one team in the Women's W-League and Women's Premier league.
- b After two rounds:
 - The top team will be automatically promoted if eligible from Women's Premier League to W-League.
 - The necessary number of relegations (if any) will take place.
- c If the top team is ineligible for promotion:
 - The team finishing second will be automatically promoted if eligible.
- d If second placed team is also ineligible for promotion:
 - The team finishing third will enter a playoff if eligible.

20.6.2 Women's 1

- a At the end of round 1:
 - The top two teams from Women's 2 will be promoted.
 - The necessary number of relegations (if any) will take place.
 - Points will go back to zero.
 - Each team will play another round.

- b At the end of round 2:
 - The top team will be promoted.
 - The necessary number of relegations (if any) will take place.
 - 20.6.3 Women's 2 down
 - a At the end of round 1:
 - The top two teams from Women's 2 down will be promoted.
 - The necessary number of relegations (if any) will take place.
 - Points will go back to zero.
 - Each team will play another round.
 - b At the end of round 2:
 - The top two teams in each league will be promoted.
 - The necessary number of relegations (if any) will take place.
 - 20.7 If the teams finishing first and second in each league are ineligible for promotion, the third placed team in each league will be promoted.
 - 20.8 No team finishing fourth or lower in any league is eligible for promotion unless there is a position in the league above them.
 - 20.9 The winners of the top Wellington, Horowhenua-Kapiti and Wairarapa local leagues will play each other for the right to enter Capital Football Tier 1 (Capital 4).
 - 20.9.1 The playoff game(s) will be held at a neutral ground decided by the Competition Manager.
 - 20.9.2 Entry to the Capital 4 playoff is not compulsory and a playoff will not be required if only one or two Local League teams want promotion.
 - 20.9.3 If one or two Local League teams decline to participate in a playoff, the other team(s) will be granted automatic promotion into Capital Tier 1.
 - 20.9.4 If all three Local League teams decline the playoff, the Capital Tier 1 leagues will retain the status quo.
 - 20.9.5 Any local league team who withdraws from the Capital Football competition will not be eligible to re-enter through a playoff for at least two years.
 - a Does not apply to those teams relegated from Tier 1 competition back to their own local league.
 - 20.9.6 Any team that gains direct entry into the Capital Football leagues needs to notify Capital Football of their intent to participate in the coming season by no later than September 30th of the current season.
 - 20.10 Promotion or relegation will only occur if the league and adjacent league(s) have:
 - 20.10.1 Completed seasons
 - 20.10.2 Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining un-played games.
- 21 PLAYOFFS**
- 21.1 All required playoffs will take place at the end of the season as determined by the Competition Manager.

- 21.1.1 Playoff venues are subject to consultation, but the Competition Manager's decision is final.
- 21.2 Players taking part in any playoff are required to be registered for that club before **30 June** of that year.
- 21.3 Any eligible team which decides not to take part in the playoffs will be relegated to the league below their current league.

22 CAPITAL FOOTBALL CUP COMPETITIONS

- 22.1 Any men's or women's team that defaults a cup match will be ineligible for the knockout stage of that cup competition that season.
- 22.2 All cup competitions will be played over 90 minutes.
- 22.3 If teams are level after 90 minutes, then the result will be decided by a penalty shootout, except for the semi-final or final which will have 30 minutes of extra time prior to the penalty shootout.
- 22.4 Players can only play for one team in any cup competition in any single season, **unless otherwise stated.**

23 DRUG TESTING

- 23.1 **Capital Football competitions are subject to NZ Football Anti-Doping Regulations.**
 - 23.1.1 **Refer also:**
 - a **Drug Free Sport New Zealand Anti-Doping Rules**
 - b **NZF Disciplinary Code Regulation 19.**
- 23.2 **It is the responsibility of each participant team and player to ensure they are conversant with the anti-doping rules and regulations.**

24 PLAYING PITCHES, EQUIPMENT AND KIT

- 24.1 Pitches
 - 24.1.1 The home team will supply the following for all Capital Premier and W-League matches:
 - Crowd barriers one metre high and two metres from the sideline, down the entire length of the pitch.
- 24.2 Equipment
 - 24.2.1 The home team will provide the following equipment for all league matches:
 - a Regulation sized goals, nets, corner flags, and match ball(s).
 - Capital Premier, W-League and Women's Premier teams must use the brand/type of ball defined by the Competition Manager for that season.
- 24.3 Kit
 - 24.3.1 From Capital Premier to Capital 4 and Women's W-League, Premier to Women's 1:
 - a Where team colours clash, the away team are to wear alternative coloured shirts and socks.

- 24.3.2 From Wellington 1 down and Women's 2 down:
- a Where team colours clash, the away team are to wear alternative coloured shirts.
- 24.3.3 All leagues:
- a Players must have official sized numbers on the backs of their shirts.

25 INFRINGEMENTS AND MISCONDUCTS

- 25.1 Disciplinary incidents will be dealt with in accordance with the NZF and FIFA Disciplinary Code.
- 25.2 The participants, their players and Officials, agree to comply with the IFAB Laws of the Game and with the FIFA Statutes and regulations, in particular the FIFA Disciplinary Code, the FIFA anti-Doping Regulations, the FIFA Code of Ethics, the FIFA Code of Conduct and the NZF Statutes and Regulations, in particular the NZF Disciplinary Code and the NZF Code of Conduct.
- 25.3 Misconducts, Suspensions and Fines
- 25.3.1 The Schedule of Suspensions and Fines in respect of a misconduct by a player in the competition shall be:
- a Minor infringement offences (yellow card) shall incur a fine of \$25.00 per offence.
 - b When a player receives a red card a fine of \$50.00 will be imposed per playing day suspended.
 - c Serious infringements and misconduct against match officials (direct red card) shall incur a minimum fine of \$50.00 and automatic one playing day suspension. Including the automatic suspension incurred, the overall suspension imposed on any player receiving a direct red card shall be in accordance with the NZF Disciplinary Code.
- 25.4 Any fines shall be paid by the due date indicated on the invoice from Capital Football.
- 25.5 Accumulated cautions by a player could cause a suspension as per the NZF Disciplinary Code.
- 25.6 Registration and transfers
- 25.6.1 If a team is found to be in breach of any part of the registration and transfer regulations:
- a The offending team will forfeit any points gained from that match and be fined \$150.00 per unregistered player.
 - b Goals scored by the offending team will be cancelled, goals against shall stand.
 - c The opposing team will be awarded a minimum 3-0 win. Goals scored over and above 3-0 by that team will stand and goals against cancelled.
- 25.6.2 If both teams are found to be in breach, the match will be deemed null and void.
- a Capital Football will decide whether the match is replayed.
- 25.7 Player eligibility
- 25.7.1 If a team is found to be in breach of any part of the player eligibility regulation:
- a The offending team will forfeit any points gained from that match and be fined \$150.00 per ineligible player.

- b Goals scored by the offending team will be cancelled, goals against shall stand.
- c The opposing team will be awarded a minimum 3-0 win. Goals scored over and above 3-0 by that team will stand and goals against cancelled.

25.7.2 If both teams are found to be in breach, the match will be deemed null and void:

- a Capital Football will decide whether the match is replayed.

25.8 Matches

25.8.1 Any Capital Premier or Women's W-League or Women's Premier team that defaults a match will be fined \$2,000.00 regardless of the notice period given by the team.

25.8.2 Any team in Capital 1 to Capital 4 or Women's 1 that defaults a match will be fined \$500.00 regardless of the notice period given by the team.

25.8.3 Any team in Wellington 1 down, Women's 2 and Masters 1 down that defaults a match will be fined \$50.00:

- a The fee will increase to \$100.00 if the team has not advised Capital Football 24 hours before the match.

25.8.4 A further default fee will be charged by Capital Football to cover the hire of an artificial turf.

25.8.5 A home team cannot move any match from the designated venue and pitch as listed in the Capital Football draw unless they receive permission from the Competition Manager:

- a The offending team will forfeit any points gained from that match and be fined \$100.00.
- b Goals scored by the offending team will be cancelled, goals against shall stand.
- c The opposing team will be awarded a minimum 3-0 win. Goals scored over and above 3-0 by that team will stand and goals against cancelled.

25.8.6 Any team official sent from the field by a referee will:

- a Receive a \$200.00 fine.
- b Receive a suspension in accordance with the NZF Disciplinary Code.

25.8.7 Any match abandoned due to the consumption of excess alcohol by players, team officials or spectators will be reported to Capital Football and a minimum fine of \$500.00 will be imposed on the offending club.

25.9 Team cards

25.9.1 Any team using online team cards must load a squad list into COMET including shirt numbers by 12:00pm on the Friday prior to the weekends game **or the day prior to a mid-week game**. Failure to comply will result in a fine of \$100.00.

25.9.2 Any team that does not submit a completed manual team card, where required, to Capital Football within 24 hours after the match will incur a \$50.00 fine.

- a An additional \$20.00 fine will be charged to any team for every further week (or part of) that the manual team card is not submitted.

25.9.3 If a team is found guilty of playing a player who is not listed on the team card, or plays a player under an assumed or false name:

- a The offending team will forfeit any points gained from that match and be fined \$150.00 per unlisted player.
- b Goals scored by the offending team will be cancelled, goals against shall stand.
- c The opposing team will be awarded a minimum 3-0 win. Goals scored over and above 3-0 by that team will stand and goals against cancelled.

25.9.4 If both teams are found guilty of playing players not listed on the team card, both teams will be credited with a 0-3 loss.

25.10 Behaviour/Abuse

25.11 Capital Football will not tolerate verbal and physical abuse against match officials, players, clubs or supporters. For further information on abuse refer to the NZF Disciplinary Code.

25.12 Capital Football will not tolerate any **public statements (including social media) that breach** the NZF Disciplinary Code or Code of Conduct.

25.12.1 **Incidents** reported by a referee, player, or club official, if proven, will result in the club(s) involved being fined \$200.00.

- a Any further incident during the season involving the same club(s) will result in the fine per incident being doubled.

25.12.2 Slanderous or libellous comment against match officials, players, clubs, supporters or Capital Football will result in the club(s) involved being fined \$250.00.

- a Any further incidents during the season involving the same club(s) will result in the fine per incident being doubled.

25.13 Cup competitions

25.13.1 Players can only play for one team/club in any cup competition in any single season. If a club is found to be playing a cup tied player:

- a The offending team will forfeit any points gained from that match and be fined \$150.00 per cup tied player.
- b Goals scored by the offending team will be cancelled, goals against shall stand.
- c The opposing team will be awarded a minimum 3-0 win. Goals scored over and above 3-0 by that team will stand and goals against cancelled.

25.13.2 If both clubs are found to be playing cup tied players:

- a The match result will be null and void.
- b Both teams will be disqualified from the competition.
- c Both teams will be fined accordingly.

25.14 Playing pitches, equipment and kit

25.14.1 Any home team that fails to provide the appropriate equipment, outlined in the Playing Pitches, Equipment and Kit regulations, will be fined \$100.00.

25.14.2 Any away team that fails to wear an alternative coloured kit where necessary will be fined \$100.00.

25.15 Coaching requirements

25.15.1 Women's W-League and Men's Capital Premier team head coaches are required to hold an accredited OFC/NZF C Licence, international equivalent or higher. Any team

where the head coach does not meet these requirements will not be eligible for competitions points.

- a If the head coach is not available, due to suspension or personal reasons, the club must contact the Competition Manager immediately prior to kick-off and a temporary exemption may be made. Any granted exemption will be communicated with the referee.

The intent of the above regulation is to allow clubs a reasonable timeframe to enable them to have a qualified replacement coach.

26 WAIRARAPA LOCAL LEAGUE COMPETITION

26.1 League Competition

- 26.1.1 Player re-grades to be made in accordance with the Player Regrading regulations.
- 26.1.2 Five rolling substitutes can be named on the team card,
- 26.1.3 Up to two teams from the three top Local Leagues (Wellington 1, Horowhenua/Kapiti 1 and Wairarapa 1) will be promoted.
- 26.1.4 If the three Local League winners want promotion, a playoff is required.
- 26.1.5 If only two Local League winners want promotion, they will be promoted.
- 26.1.6 If only one Local League winner wants promotion, the second placed teams from the remaining two Local Leagues will be offered promotion. If both second place teams want promotion, a playoff is required. If promotion is not wanted by the second place team(s), this will be offered to third place team(s).
- 26.1.7 If none of the Local League winners want promotion, the second placed teams from the three Local Leagues will be offered promotion. If all three second place teams want promotion, a playoff is required. If promotion is not wanted by the second place team(s), this will be offered to third place team(s).
- 26.1.8 Two promotions will take place between each division in the Local League competition, as well as the number of relegations required. This may vary at the Competition Manager's discretion depending on league sizes.
- 26.1.9 No player under the age of 16 years can compete in the Mixed Wairarapa leagues unless they have received a written dispensation from Capital Football.
- 26.1.10 No player under the age of 15 years can compete in the Women's Wairarapa league unless they have received a written dispensation from Capital Football.
- 26.1.11 No more than three players with approved dispensations on the field at any one time unless they have received a written dispensation from Capital Football.

26.2 Knockout Competitions

- 26.2.1 Only local league players are eligible to play in the Knockout Competitions.
 - a In the Cup competition, five rolling substitutes can be named on the team card.
 - b In the Plate and Bowl competitions, five rolling substitutes can be played.
 - c Extra time will only be required in the Cup semi-finals and final. All other matches which are drawn after regular time will go straight to penalties.

26.3 If a team is found to be in breach of this supplementary regulation:

- a The offending team will forfeit any points gained from that match and be fined \$150.00 per breach.
- b Goals scored by the offending team will be cancelled, goals against shall stand.
- c The opposing team will be awarded a minimum 3-0 win. Goals scored over and above 3-0 by that team will stand and goals against cancelled.

26.4 Referees

- 26.4.1 If no official referee is appointed the home team will provide a referee for the match.

27 HOROWHENUA-KAPITI COMPETITION

27.1 League Competition

- 27.1.1 Player re-grades are to be made in accordance with Player Regrading regulations.
- 27.1.2 No more than three players in any one week can drop from a Capital Football league to Horowhenua-Kapiti League 1.
- 27.1.3 Five substitutes can be named on the team card, and any of these may be used as rolling substitutes for all matches.
- 27.1.4 A maximum goal difference of 6 goals will be recorded for each game.
- 27.1.5 Up to two teams from the three top Local Leagues (Wellington 1, Horowhenua/Kapiti 1 and Wairarapa 1) will be promoted.
- 27.1.6 If the three Local League winners want promotion, a playoff is required.
- 27.1.7 If only two Local League winners want promotion, they will be promoted.
- 27.1.8 If only one Local League winner wants promotion, the second placed teams from the remaining two Local Leagues will be offered promotion. If both second place teams want promotion, a playoff is required. If promotion is not wanted by the second place team(s), this will be offered to third place team(s).
- 27.1.9 If none of the Local League winners want promotion, the second placed teams from the three Local Leagues will be offered promotion. If all three second place teams want promotion, a playoff is required. If promotion is not wanted by the second place team(s), this will be offered to third place team(s).
- 27.1.10 Two promotions will take place between each division in the Local League competition, as well as the number of relegations required. This may vary at the Competition Manager's discretion depending on league sizes.

27.2 Post-season Competition

- 27.2.1 Only local league players are eligible for the post-season competition and must have played at least eight matches for that team before the first post-season match.
- 27.2.2 Five substitutes can be named on the team card, and any of these may be used as rolling substitutes for all matches.

27.3 Referees

- 27.3.1 If no official referee is appointed the home team will provide a referee for the match.

28 EXECUTIVE PLATE AND KELLY CUP

28.1 Matches

- 28.1.1 Five substitutes can be named on the team card, and any of these may be used as rolling substitutes for all Executive Plate matches.
- 28.1.2 Maximum use of five of the five named rolling substitutes for Kelly Cup Quarter-Finals matches.
- 28.1.3 Maximum use of five of the five named non-rolling substitutes for Kelly Cup Semi-Final and Finals matches.
- 28.1.4 Matches will be decided on penalties where there is a tie after full-time, except during Semi-Finals and Finals where 15 minutes each way of extra time will be played if matches are tied at full-time, followed by penalties where required.
- 28.1.5 All other criteria will be as per the Playing Regulations.

28.2 Eligibility

- 28.2.1 Players can play a maximum of two Kelly Cup games and still be eligible to play in the Executive Plate.

29 CLUB LICENCING

- 29.1 All Men's Capital Premier and Women's W-League teams must comply with NZF Club Licencing regulations.
 - 29.1.1 Capital Football will communicate any requirements not enforced for the current season.

APPENDIX TWO | YOUTH REGULATIONS

30 MATCH REQUIREMENTS

30.1 Match requirements apply to the following competitions:

Grade	Playing numbers	Match duration	Age band
Youth Football (Under 13 or U13) Mixed	11 v 11	11+ warm-up 2 x 30 minute halves 10 minute halftime	Minimum player age of 12 years old as of 1 January of the current year. Maximum player age of 13 years old as of 31 December of the current year.
Youth Football (Under 14 or U14) Girls	11 v 11	11+ warm-up 2 x 30 minute halves 10 minute halftime	Minimum player age of 12 years old as of 1 January of the current year. Maximum player age of 14 years old as of 31 December of the current year.
Youth Football (Under 15 or U15) Mixed	11 v 11	11+ warm-up 2 x 35 minutes halves 10 minute halftime	Minimum player age of 13 years old as of 1 January of the current year. Maximum player age of 15 years old as of 31 December of the current year.
Youth Football (Under 17 or U17) Men's	11 v 11	11+ warm-up 2 x 45 minutes halves 10 minute halftime	Minimum player age of 14 years old as of 1 January of the current year. Maximum player age of 17 years old as of 31 December of the current year.
Youth Football (Under 18 or U18) Women's	11 v 11	11+ warm-up 2 x 35 minutes halves 10 minute halftime	Minimum player age of 14 years old as of 1 January of the current year. Maximum player age of 18 years old as of 31 December of the current year.

31 COMPETITION TYPES

31.1 Capital Development Leagues:

- 31.1.1 All Talent Development Programme (TDP) accredited (or provisionally approved) clubs must enter one team in each Capital Development League age grade unless dispensation has been approved.
- 31.1.2 The number of divisions and number of teams in each division will depend on the number of entries and will be communicated with clubs prior to the start of the season.
- 31.1.3 Promotion/Relegation (if there are multiple divisions)
- a After each round:
 - The league may be split into two divisions; or,
 - If applicable, the top two teams from Capital Development B (and C) will be promoted. Where a division has six (or less) teams, only one team will be promoted. The necessary number of relegations (if any) will take place.
 - Points return to zero.
 - A new round of matches is played.
 - b The Competition Manager may identify teams that could be promoted or relegated but sit outside the regrading criteria.
- 31.1.4 Up to seven substitutes may be named on the team card, and all seven rolling substitutes may be used during the match.

The intent is that the season will consist of 24 rounds. This may include splitting into two (or more) divisions and/or an end of season tournament.

- 31.1.5 A team with an unbeatable lead will win the round if the round cannot be completed.
- 31.1.6 If the round leader can be caught, the winner shall be the team that led at the end of the last completed round.

31.2 Men's Under 17 League:

- 31.2.1 The number of divisions and number of teams in each division will depend on the number of entries and will be communicated with clubs prior to the start of the season.
- 31.2.2 Promotion/Relegation (if there are multiple divisions)
- a After round one:
 - The top two teams from division B (and C) will be promoted. Where a division has six (or less) teams, only one team will be promoted. The necessary number of relegations (if any) will take place.
 - Points return to zero.
 - A second round of matches is played.
 - b The Competition Manager can identify teams that could be relegated but sit outside the regrading criteria.
- 31.2.3 If the teams finishing first and second in each league are ineligible for promotion, the third placed team in each league will be promoted.
- 31.2.4 No team finishing fourth or lower in any league is eligible for promotion unless there is a position in the league above them.

- 31.2.5 Seven rolling substitutes may be used during the match. Players and substitutes may be rolled on and off as required throughout the match with the referee's permission.
- 31.2.6 The competition season will consist of two full rounds.
- 31.2.7 A team with an unbeatable lead will win the league if the league cannot be completed.
- 31.2.8 If the league leader can be caught, the winner shall be the team that led at the end of the last completed round.
- 31.3 Women's Under 18 League:
- 31.3.1 The number of divisions and number of teams in each division will depend on the number of entries and will be communicated with clubs prior to the start of the season.
- 31.3.2 Promotion/Relegation (if there are multiple divisions)
- a After round one:
- The top two teams from division B (and C) will be promoted. Where a division has six (or less) teams, only one team will be promoted. The necessary number of relegations (if any) will take place.
 - Points return to zero.
 - A second round of matches is played.
- b The Competition Manager may identify teams that could be promoted or relegated but sit outside the regrading criteria.
- 31.3.3 Seven rolling substitutes may be used during the match. Players and substitutes may be rolled on and off as required throughout the match with the referee's permission.
- 31.3.4 The competition season will be communicated with clubs prior to the start of the season.
- 31.4 Premier Leagues:
- 31.4.1 All clubs have the right to enter and start with a maximum of two Premier League teams in any age grade.
- 31.4.2 A team's position in the premier league divisions will be determined by:
- a U13 to U15: League entries are based on where a team finished in the league the previous season.
- b Discretion may be used by the Competition Manager at the club's request.
- 31.4.3 Leagues will be made up of three divisions of eight teams where possible.
- 31.4.4 If any division has fewer than eight teams or an uneven number of teams, the Competition Manager may invite clubs to enter an additional team.
- 31.4.5 After each round:
- a The top two teams from division B (and C) will be promoted. Where a division has six (or less) teams, only one team will be promoted. The necessary number of relegations (if any) will take place.
- b Points return to zero.
- c A new round of matches is played.

- 31.4.6 The Competition Manager may identify teams that could need regrading up or down, but sit outside the regrading criteria, and offer a place into a different division, where the competitions structure allows.
- 31.4.7 If a team sits at the bottom or second to bottom of the lowest division, the Competition Manager will offer a spot in a Wellington Combined competition and look to offer their respective place to a Wellington Combined team, where applicable.
- 31.4.8 Five rolling substitutes may be used during the match. Players and substitutes may be rolled on and off as required throughout the match with the referee's permission.
- 31.4.9 The rounds will continue until the final day of the season which will be communicated by the Competition Manager at the start of the season.
- 31.4.10 A team with an unbeatable lead will win the league if the league cannot be completed.
- 31.4.11 If the league leader can be caught, the winner shall be the team that led at the end of the last completed round.

31.5 Girls Leagues

- 31.5.1 Leagues will be graded by colour: yellow, black, red, green, blue, orange, purple etc, depending on the number of divisions required.
- 31.5.2 Divisions will be made up of eight teams where possible.
- 31.5.3 After each round:
 - a The top two teams from division black (and below) will be promoted. Where a division has six (or less) teams, only one team will be promoted. The necessary number of relegations (if any) will take place.
 - b Points return to zero.
 - c A new round of matches is played.
- 31.5.4 The Competition Manager may identify teams that could need regrading up or down, but sit outside the regrading criteria, and offer a place into a different division, where the competitions structure allows.
- 31.5.5 Five rolling substitutes may be used during the match. Players and substitutes may be rolled on and off as required throughout the match with the referee's permission.
- 31.5.6 The rounds will continue until the final day of the season which will be communicated by the Competition Manager at the start of the season.
- 31.5.7 A team with an unbeatable lead will win the league if the league cannot be completed.
- 31.5.8 If the league leader can be caught, the winner shall be the team that led at the end of the last completed round.

31.6 Wellington Combined Leagues:

- 31.6.1 Leagues will be graded by colour: yellow, black, red, green, blue, orange, purple etc, depending on the number of divisions required.
- 31.6.2 Divisions will be made up of eight teams where possible.
- 31.6.3 After each round:

- a The top two teams from division black (and below) will be promoted. Where a division has six (or less) teams, only one team will be promoted. The necessary number of relegations (if any) will take place.
 - b Points return to zero.
 - c A new round of matches is played.
- 31.6.4 The Competition Manager may identify teams that could need regrading up or down, but sit outside the regrading criteria, and offer a place into a different division, where the competitions structure allows.
- 31.6.5 Five rolling substitutes may be used during the match. Players and substitutes may be rolled on and off as required throughout the match with the referee's permission.
- 31.6.6 The rounds will continue until the final day of the season which will be communicated by the Competition Manager at the start of the season.
- 31.6.7 A team with an unbeatable lead will win the league if the league cannot be completed.
- 31.6.8 If the league leader can be caught, the winner shall be the team that led at the end of the last completed round.

32 MATCHES

32.1 Results:

32.1.1 Capital Development Leagues:

- a Leagues where team cards via COMET are used there is no requirement to enter results.

32.1.2 All other Leagues:

- a The Home team is responsible for entering the result of their match in COMET by 4.00pm on the day of the match.
- b The Away team should check the result and contact the Competition Manager for any discrepancies.

32.2 Team Cards:

32.2.1 Capital Development Leagues:

- a Teams must enter a team card through COMET by 12:00pm Friday prior to the match, unless specified by Capital Football. Changes can be made through COMET after this point, to reflect the accurate line-up up to 60 minutes prior to kick-off.

32.2.2 Up to seven substitutes may be named on the team card, and all seven rolling substitutes may be used during the match.

32.2.3 The team card may be altered by a team official up to five minutes before kick-off by notification of the change to the appointed Referee.

- a Where there is no appointed referee, any alterations will need to be agreed by the opposition team.

32.2.4 If a team is found guilty of playing a player who is not listed on the team card, or plays a player under an assumed or false name:

- a The offending team will forfeit any points gained from that match.

- b Goals scored by the offending team will be cancelled, goals against shall stand.
 - c The opposing team will be awarded a minimum 3-0 win. Goals scored over and above 3-0 by that team will stand and goals against cancelled.
- 32.2.5 If both teams are found guilty of playing players not listed on the team card, both teams will be credited with a 0-3 loss.
- 32.2.6 All other Leagues:
 - a Team cards are not required.
- 32.3 Scheduling of Fixtures:
 - 32.3.1 The Competition Manager will schedule all matches to ensure completion of each league by the end of each season.
 - 32.3.2 Teams may be required to:
 - a Play more than one match per weekend in exceptional circumstances.
 - b Play Friday evening, and Sunday matches.
 - c Play in end of season tournaments.
- 32.4 Fixture Changes:
 - 32.4.1 A team may request to alter the time, date or venue of a match up to 10 working days before the match with the consent of the Competition Manager.
 - a Any club seeking to change a fixture within 10 days of the fixture or published on the Capital Football website must gain the agreement of both the opposition and Competition Manager.
- 32.5 Defaults:
 - 32.5.1 A team defaults the match if they do not:
 - a Take the field within 15 minutes of the scheduled kick-off time.
 - b Turn up with more than the minimum number of players (two fewer than playing numbers).
 - c Provide the appropriate equipment for their home league match.
 - d Wear an alternative coloured kit for an away match (where necessary) as per the Playing Pitches, Equipment and Kit regulations.
 - 32.5.2 Any team that defaults three matches during any season, may be removed from their league by the Competition Manager.
- 32.6 Abandoned matches:
 - 32.6.1 The reason for any abandoned match must be reported immediately to the Competition Manager by the referee, if present, or the home team.
 - a The Competition Manager will inform the teams whether:
 - The score at the time of the abandonment will stand (providing a minimum of 66% of the **normal playing time** has been played)
 - The match will be replayed.
 - The match will not be replayed.

32.7 Match Formats:

Grade	Pitch size (metres)	Penalty Area (metres)	Goal size (metres)	Goalkeepers	Match ball
Youth Football (U13 or U14 Girls)	Full size	Full size	Full size	Yes	Size 4
Youth Football (U15-U18)	Full size	Full size	Full size	Yes	Size 5

32.8 Laws of the Game:

32.8.1 IFAB Laws of the game apply to all leagues except for:

- a Match Durations and Playing numbers as outlined in the Match Requirements regulations.
- b Match ball size as outlined in the Matches regulations.
- c U13, Corner kicks to be taken 5 metres from the point where the goal line meets the penalty area (approximately 21 metres).

33 PLAYER ELIGIBILITY

33.1 Players must play in their age band unless an application for age dispensation has been approved by Capital Football.

33.1.1 Once dispensation has been granted the players are unable to play in their original age band.

33.1.2 U15 players who are eligible for both U15 and U17 age bands can only play in one of the age bands unless in line with player regrading regulations.

33.2 No player, who has played in competitions under the youth regulations is eligible to play in competitions under the junior regulations, unless granted dispensation.

33.3 Girls can play in the age group below their chronological age, in mixed football competitions, as per the above regulation U14 girl may play in a U13 team.

33.4 In the event of a dispute over a player's age, birth certificates may be required.

33.5 Capital Development Leagues:

33.5.1 Homegrown player eligibility.

- a At least 66% of a team's matchday squad must be homegrown players.
- b Homegrown players are players that have been registered with the TDP club for the previous **two** seasons or more.
 - This is not applicable to players who have registered from a club outside of the Capital region.
 - This is not applicable to players who were not registered to a club for the previous season.

- This is not applicable to players who have played more than 66% of their football at the Capital Development League club.
- Dispensation is required for matchday squads to have less than 66% homegrown players.

The intent of this regulation is to allow flexibility for clubs who have recently acquired a TDP licence.

- 33.5.2 Up to four players can play a maximum of six games in the **Capital Development League** age group above with prior consent of the Development Manager.
 - a Dispensation is required for a player to play more than six games.
 - b **Once dispensation has been granted the players are unable to play in their original age band.**
- 33.5.3 Goalkeepers are eligible to play across two age groups, their designated age group and up an age group, with the prior consent of the Development Manager.
 - a Dispensation is required for a goalkeeper to play down an age band.
- 33.5.4 A club may play up to three players, who play in senior competitions to play in the Capital Development League per matchday. This must be with the prior consent of the Development Manager and players must meet eligible criteria.
- 33.6 Women's Under 18 Leagues:
 - 33.6.1 Any player who plays in the Under 18 league is not able to play Tier 1 Senior Football and only three players U18 are eligible to play Tier 2 Senior Football.
- 33.7 Failure to comply with these regulations will result in a 3 – 0 win to the opposing team.

34 PLAYER REGRADING

- 34.1 In this Regulation:
 - 34.1.1 **A Player is 'graded' to a league when they have, according to this regulation, become established in that league.**
 - 34.1.2 **'Regrading' or 're-grade' is a player playing a match in league below that in which the player is currently graded.**
 - 34.1.3 **"Play" or "playing" in a match includes starting the match or taking the field as a substitute, but NOT being an unused substitute.**
 - 34.1.4 Unless otherwise specified 're-grades' or 're-grading' only applies to the movement of players down leagues/teams in each competition type (Men's Leagues, Women's Leagues, Masters League, Youth Competitions).
 - a Dispensation and Player Eligibility criteria still apply.
- 34.2 A registered player can play in any team entered by their club, in any league, of any competition at the discretion of their club's selection committee, if the re-grade and eligibility rules are complied with.
- 34.3 A player is automatically graded to the team for which they play their first League game of a new season.
- 34.4 **A player for whom two consecutive matches are played in a team other than that in which the player is currently graded becomes graded to that other team in place of the existing grading.**

- 34.5 A player can only be re-graded once during any one week (**Thursday to Wednesday**), including Easter and Queen's Birthday weeks.
- 34.6 Failure to comply with these regulations will result in a 3 – 0 win to the opposing team.
- 34.7 Capital Development Leagues
- 34.7.1 Up to four players in total can be re-graded down from a Capital Development League team per matchday:
- a This must be to the club's next adjacent team **in the same age band**.
 - b **If a club has two or more teams playing in the same league, the club will rank the teams in order, before the season, for re-grading purposes.**
- 34.8 Any player who has played for any one team in 66% of the team's scheduled league matches for the season cannot re-grade to a team in a lower division for the remainder of that season.
- 34.9 No player can be re-graded within their club following conclusion of the season for the team in which the Player is graded. For clarity, this applies if the competition in which the Player is graded was not completed.
- 34.10 Premier Leagues:
- 34.10.1 Up to two players in total can be re-graded down from a Premier League team per matchday:
- a This must be to the club's next adjacent team **in the same age band**.

The intent of the above regulation is for these re-grades only to occur where team would otherwise have to default.

35 COACHING

- 35.1 Capital Development Leagues:
- 35.1.1 Team head coaches are required to hold an accredited OFC/NZF C Licence, international equivalent or higher. Any team where the head coach does not meet these requirements will not be eligible for competitions points.
- a If the head coach is not available, due to suspension or personal reasons, the club must contact the Competition Manager immediately prior to kick-off and a temporary exemption may be made. Any granted exemption will be communicated with the referee.

The intent of the above regulation is to allow clubs a reasonable timeframe to enable them to have a qualified replacement coach.

- 35.1.2 It is recommended that coaches have also completed the 11+ injury prevention course.
- 35.2 Premier Leagues:
- 35.2.1 Each team's coach must at least have a current NZF Youth Level 2 certificate. It is recommended that coaches have also completed the 11+ injury prevention course.
- 35.2.2 All Premier League teams must have an assigned coach in COMET.
- 35.3 All other Leagues:

- 35.3.1 Each team's coach must at least have a current NZF Youth Level 1 certificate. It is recommended that coaches have also completed the 11+ injury prevention course.

36 REFEREES

- 36.1 Capital Football will appoint a referee for all Capital Development League games, subject to referee availability.
- 36.1.1 If the appointed referee is not in attendance at the scheduled kick-off time, every effort should be made to play the match. The sequence of events will be:
- a The home team will contact Capital Football.
 - b Capital Football will attempt to source another qualified referee or defer the match.
 - c Any other available qualified referee will officiate.
 - d If no qualified referee is available, the home team will officiate the match.
- 36.2 For other youth competitions, if a referee is not appointed, the home team will referee the match unless both teams agree to referee a half each prior to kick-off.
- 36.2.1 All teams must have an Introduction to Refereeing qualified referee, excluding U13 to U15 Premier League teams which must have a Level 1 qualified referee.
- 36.2.2 The referee must not be a team's main coach.
- 36.2.3 If a home team's qualified referee is not available, the away team's qualified referee may officiate the match.
- 36.2.4 If neither side has a qualified referee available:
- a A neutral referee may be used, if available and both teams agree; or
 - b A home team representative will the referee the first half and an away team representative will the referee the second half.
- 36.3 All Capital Development League and Premier League teams must have an assigned referee in COMET.
- 36.4 For each match where a referee has been appointed, a fee agreed at the Capital Football Annual General Meeting will be charged to the home team.

37 DRUG TESTING

- 37.1 Capital Football competitions shall be subject to drug testing by Drug Free Sport NZ. For the sake of clarity, this may comprise in-competition and out of competition testing for all players.
- 37.2 Drug testing is specifically covered by NZF Regulation 17. It is the responsibility of each participant team and player to ensure they are conversant with the appropriate regulations.

38 PLAYING EQUIPMENT AND KIT

- 38.1 Equipment
- 38.1.1 Capital Development Leagues:
- a The home team will provide; nets, corner flags, and a match ball for all league matches.

- 38.1.2 Premier Leagues:
 - a The home team will provide; nets, corner flags, and a match ball for all league matches.
- 38.1.3 Girls and Wellington Combined Leagues:
 - a The home team will provide a match ball for all league matches.
- 38.2 Kit
 - 38.2.1 Capital Development Leagues:
 - a Where team colours clash, the away team are to wear alternative coloured shirts and socks.
 - b Players must have numbers on the backs of their shirts.
 - 38.2.2 Other youth leagues:
 - a Where team colours clash, the away team are to wear alternative coloured shirts or bibs.

39 INFRINGEMENTS AND MISCONDUCTS

- 39.1 Disciplinary incidents will be dealt with in accordance with the NZF and FIFA Disciplinary Code.
- 39.2 The participants, their players and Officials, agree to comply with the IFAB Laws of the Game and with the FIFA Statutes and regulations, in particular the FIFA Disciplinary Code, the FIFA anti-Doping Regulations, the FIFA Code of Ethics, the FIFA Code of Conduct and the NZF Statutes and Regulations, in particular the NZF Disciplinary Code and the NZF Code of Conduct.
- 39.3 Accumulated cautions by a player could cause a suspension as per the NZF Disciplinary Code.
- 39.4 There are no monetary fines for youth competitions.
- 39.5 Registration and transfers
 - 39.5.1 If a team is found to be in breach of any part of the registration and transfer regulation:
 - a The offending team will forfeit any points gained from that match.
 - b Goals scored by the offending team will be cancelled, goals against shall stand.
 - c The opposing team will be awarded a minimum 3-0 win. Goals scored over and above 3-0 by that team will stand and goals against cancelled.
 - 39.5.2 If both teams are found to be in breach, the match will be deemed null and void.
 - a Capital Football will decide whether the match is replayed.
- 39.6 Matches
 - 39.6.1 A home team may not move any match from the designated venue and pitch as listed in the Capital Football draw, unless they receive permission from the Competition Manager:
 - a The offending team will forfeit any points gained from that match.
 - b Goals scored by the offending team will be cancelled, goals against shall stand.
 - c The opposing team will be awarded a minimum 3-0 win. Goals scored over and above 3-0 by that team will stand and goals against cancelled.
 - 39.6.2 Any team official sent from the field by a referee will:

a Receive a suspension in accordance with the NZF Disciplinary Code.

39.6.3 Any match abandoned due to the consumption of excess alcohol by players, team officials or spectators will be reported to Capital Football and the Competition Manager will issue a suspension in accordance with the NZF Disciplinary Code.

39.7 Player eligibility

39.7.1 If a team is found to be in breach of any part of the player eligibility regulation:

- a The offending team will forfeit any points gained from that match.
- b Goals scored by the offending team will be cancelled, goals against shall stand.
- c The opposing team will be awarded a minimum 3-0 win. Goals scored over and above 3-0 by that team will stand and goals against cancelled.

39.7.2 If both teams are found to be in breach, the match will be deemed null and void:

- a Capital Football will decide whether the match is replayed.

39.8 Behaviour/Abuse

39.8.1 Capital Football will not tolerate verbal and physical abuse against match officials, players, clubs or supporters. For further information on abuse refer to the NZF Disciplinary Code.

39.8.2 Capital Football will not tolerate any **public statements (including social media) that breach** the NZF Disciplinary Code or Code of Conduct.

39.9 Coaching requirements

39.9.1 Any team where the head coach does not meet qualification requirements will not be eligible for competitions points.

40 END OF SEASON TOURNAMENT DAY

40.1 At the end of the final full round, the Competition Manager will organise a finals day for all U13 to U15 Premier Leagues, Girls leagues and Wellington Combined teams. The tournament will only take place if there is time, with the league the priority to finish.

40.1.1 Premier A / Yellow teams will compete for the Cup.

40.1.2 Premier B / Black teams will compete for the Plate.

40.1.3 Premier C / Red teams will compete for the Bowl.

40.2 If a tournament final score is equal:

40.2.1 Two halves of 5 minute will be played.

40.2.2 If scores are still equal, a penalty shoot-out will decide the result.

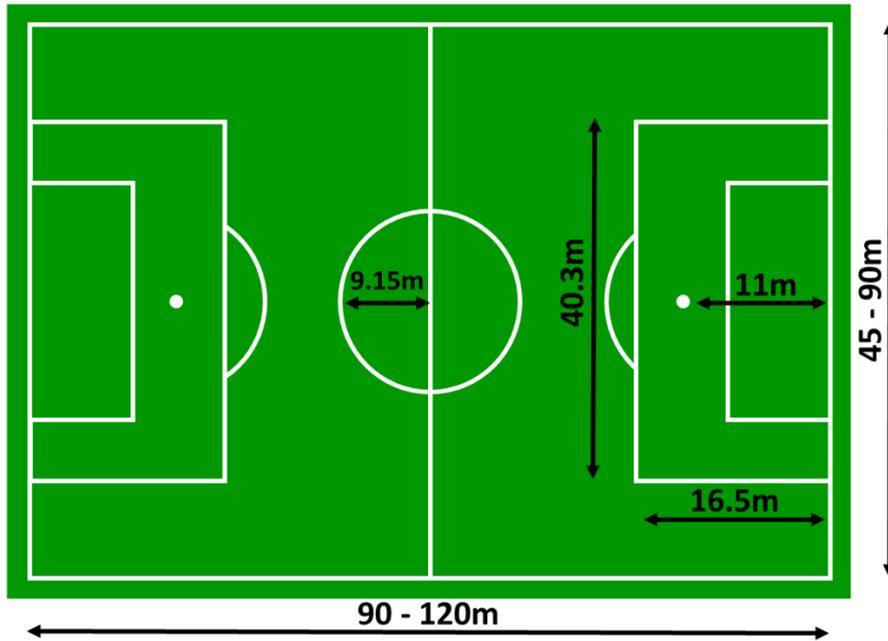
41 CLUB LICENCING

41.1 Capital Development Leagues:

41.1.1 Teams must comply with the NZF TDP manual, unless otherwise stated in these regulations.

42 RECOMMENDED PITCH LAYOUTS

42.1 Youth Football U13 to U15:



APPENDIX THREE | JUNIOR REGULATIONS

43 MATCHES

43.1 Age grades are calculated on the age the player turns in that year.

43.1.1 For example, a player who turns 11 during the year (1 January to 31 December) must play in under 11, unless an application for age dispensation has been approved by Capital Football.

43.1.2 Girls can play in the age group below their chronological age, in mixed football competitions, as per the above regulation. For example, a girl who is under 11, may play in an under 10 mixed team.

43.1.3 In the event of a dispute over a player's age, birth certificates may be required.

43.2 Local league and Wellington combined competition structure.

43.2.1 Local leagues will be graded by colour: yellow, black, red, green, blue, orange, purple etc, depending on the number of divisions required.

43.2.2 Local leagues divisions will be made up of eight teams where possible.

43.2.3 At the completion of each round the division will be re-graded as follows:

a Where a division has seven or eight teams, the bottom two teams from each division (excluding the bottom division) will be relegated and the top two teams (excluding the top division) promoted. For seven team divisions, the 'bye' may be promoted or relegated so that it is shared evenly across all divisions.

b Where a division has six (or fewer) teams, only one team will be promoted or relegated.

c The Competition Manager may identify teams that could be promoted or relegated but sit outside the regrading criteria. The Competition Manager may offer a place into a different league for such teams, where the competition structure allows.

d Promotion into Premier Leagues may be possible, but only where the competition structure allows.

43.2.4 Points from a previous round will not be carried over into a new round.

43.2.5 The rounds will continue until the final day of the season which will be communicated by the Competition Manager at the start of the season.

43.3 Premier League competition structure may differ – see Premier Leagues - Structure.

43.4 Junior leagues are mixed grades or girls-only unless stated otherwise.

43.5 The following recommendations should be used for all junior league matches:

Grade	Playing numbers	Match duration
First Kicks (Under 4 or U4 to under 6 or U6)	3 v 3 or 4 v 4	11+ Kids warm-up 1-3 x 8 to 10 minute station rotation activities 1-3 x 10 minute small-sided matches

		<i>Recommended duration 45-60 minutes</i>
Fun Football (Under 7 or U7 / under 8 or U8) Festivals	5 v 5	11+ Kids warm-up 4 x 12 minute small-sided matches
Fun Football (Under 7 or U7 / under 8 or U8) In-house competition recommendations	5 v 5	11+ Kids warm-up 1-3 x 8 to 10 minute station rotation activities 1-3 x 12-15 minute small-sided matches <i>Recommended duration 60-75 minutes</i>
Mini Football (Under 9 or U9 / under 10 or U10)	7 v 7	11+ Kids warm-up 2 matches of 2 x 12 minute halves (60 second turnaround between games)
Mini Football (Under 11 or U11 / under 12 or U12)	9 v 9	11+ Kids warm-up 2 x 25 minute halves

43.6 U9 to U12 teams need a minimum of two players fewer than the playing numbers given in the above regulation otherwise they default the match.

43.7 The following format should be used for all junior league matches:

Grade	Pitch size (metres)	Penalty Area (metres)	Goal size (metres)	Goalkeepers	Match ball
First Kicks (U4 to U6)	30 x 20	n/a	2 x 1	No	Size 3
Fun Football (U7/U8)	Min. 30 x 20 Max. 40 x 30	n/a	2 x 1	No	Size 3
Mini Football (U9/U10)	Min. 45 x 30 Max. 55 x 35	8 x 16	4 x 2	Yes	Size 4
Mini Football (U11/U12)	Min. 60 x 40 Max. 70 x 50	10 x 24	4 (or 5) x 2	Yes	Size 4

44 PUBLISHING RESULTS

44.1 Published match results, ladders and tables are not applicable at Fun Football to Mini Football U4 to U12. Under no circumstances will match results be published publicly by Capital Football, local associations, or clubs.

44.2 The recording of match results can be conducted for the purpose of assigning teams' appropriate levels of competitive games.

45 TEAM COLOURS

- 45.1 Where there is a clash of shirt colours, the away team must wear alternative coloured shirts or bibs.

46 SUBSTITUTES

- 46.1 First Kicks to Mini Football U4 to U12:

- 46.1.1 An unlimited number of substitutes and rolling substitutes may be used. *Premier League substitutions differ – see Premier Leagues - Substitutions.*
- 46.1.2 All players should get an even amount of playing time.

47 REFEREES

- 47.1 First Kicks to Fun Football U4 to U8:

- 47.1.1 Facilitators should be used for Fun Football in place of referees. Facilitators should avoid using whistles and stay on the sideline.

- 47.2 Mini Football U9 to U10:

- 47.2.1 All teams must have an Introduction to Refereeing qualified referee. *These must be assigned in COMET for Premier League teams.*

- 47.2.2 The home team's qualified referee will officiate for the first half and the away team's qualified referee for the second half:

- a The referee should not be a team's main coach.
- b If a team's qualified referee is not available, the other team's qualified referee may officiate the match.

- 47.3 Mini Football U11 to U12:

- 47.3.1 All teams must have an Introduction to Refereeing qualified referee. *These must be assigned in COMET for Premier League teams.*

- 47.3.2 No team has the right to refuse a match official appointed by Capital Football.

- 47.3.3 The home team (team listed first in the draw) will supply a qualified referee for each match:

- a The referee should not be a team's main coach.
- b If a home team's qualified referee is not available, the away team's qualified referee may officiate the match.

- 47.3.4 If neither side has a qualified referee available:

- a A neutral referee may be used, if available and both teams agree; or
- b A home team representative will the referee the first half and an away team representative will the referee the second half.
- c **Repeated failure to provide a referee for home matches will result in teams not being scheduled at their 'home' ground.**

- 47.4 Only the referee and the players are allowed on the field during the match.

- 47.5 Before kick-off, the referee must ensure:

- a All players are wearing shin guards.
- b No player is wearing or carrying dangerous items.
- c No spectators or coaches are within 5 metres of the goal while the match is in progress.
- d All coaching shall be from the sideline only.

47.6 The referee will toss a coin at the start of the match:

- a The team that wins the toss decides which way they want to play.
- b The opposing team takes the kick-off to start the match.

48 MATCH SCHEDULING

48.1 The Competition Manager will schedule all matches to ensure completion of each league by the end of each season.

48.2 Teams may be required to:

- 48.2.1 Play more than one match per weekend in exceptional circumstances
- 48.2.2 Extend the season into the first weekends of September
- 48.2.3 Play Friday evening, and Sunday matches
- 48.2.4 Play on an artificial surface.

49 DISCIPLINE

49.1 Capital Football will investigate any junior disciplinary matters with reference to the NZF disciplinary code and Code of Conduct.

50 RETREATING LINE

50.1 Mini Football U9 to U12:

50.1.1 Setting up the retreating line:

- a The retreating line is set up at 30% of the pitch length from each goal line.
- b The retreating line may be marked out with flat cones or be painted on the pitches.

50.1.2 How the retreating line is used:

- a When the goalkeeper has the ball in their hands and for a goal kick or free kick in the defensive third, the opposition team must drop back behind the retreating line.
- b Only after the goalkeeper/player plays the ball out and a team-mate touches the ball, can the opposition players advance over the retreating line.
Coaches should encourage a team-mate to touch the ball with-in 6 seconds.
- c If the ball is played over the retreating line, the game continues as normal.
- d Infringement from a defending player will result in an indirect free kick on the retreating line.

50.1.3 Offsides and the retreating line:

- a For U9 and U10, the retreating line is used for offside, rather than the halfway line.
- b For U11 and U12, the halfway line becomes the offside line – as per IFAB laws.

51 GOAL ADVANTAGE

51.1 Mini Football U9 to U12:

51.1.1 If a team goes ahead by eight goals:

- a The match is paused.
- b The score is recorded for grading purposes.
- c The coach of the losing team has the option of continuing the match (but not recording the final score) by:
 - Choosing to mix the teams into 2 teams of similar ability.
 - The match is continued, but the score entered in COMET is the score at which point the match was paused.

52 GOAL SCORING

52.1 First Kicks to Fun Football U4 to U8:

52.1.1 Goals can only be scored from the opposition's half.

52.2 Mini Football U9 to U12:

52.2.1 IFAB Laws of the Game apply to scoring goals.

53 KICK-OFF

53.1 First Kicks to Mini Football U4 to U12:

53.1.1 The opponents of the team taking the kick-off must be at least 5 metres from the ball until it is in play.

54 GOAL KICKS

54.1 First Kicks to Fun Football U4 to U8:

54.1.1 A goal kick is taken when the ball goes out of play over the goal line.

54.1.2 The opposing team must return to halfway.

54.1.3 Goal kicks are to be taken from the goal line as a pass in or dribble in.

54.2 Mini Football U9 to U12:

54.2.1 A goal kick is taken when the ball goes out of play over the goal line and was last touched by the attacking team.

54.2.2 The opposing team must return to the retreating line.

54.2.3 Goal kicks are to be taken from 5 metres out from the goal line for where the pitch has no markings.

55 GOALKEEPER DISTRIBUTION

55.1 Mini Football U9 to U12:

- 55.1.1 Goalkeepers can distribute the ball as a throw, roll or kick from the ground.
- 55.1.2 Goalkeepers may not kick out of their hands or drop-kick the ball.
- 55.1.3 The opposing team must retire behind the retreating line.

56 CORNER KICKS

56.1 First Kicks to Fun Football U4 to U8:

- 56.1.1 No corner kicks.
- 56.1.2 Defenders deliberate kicking the ball over the goal line will be discouraged.

56.2 Mini Football U9 to U12:

- 56.2.1 Corner kicks to be taken from the smaller size pitch's corner arc.
- 56.2.2 Opponents must remain at least 5 metres back from the corner arc until the ball is in play.

57 FREE KICKS AND PENALTIES

57.1 First Kicks to Fun Football U4 to U8:

- 57.1.1 All free kicks are indirect and there will be no penalty kicks.
- 57.1.2 Opponents must be at least 5 metres from the ball until the ball is in play.

57.2 Mini Football U9 to U12:

- 57.2.1 All free kicks are indirect except for penalty kicks.
- 57.2.2 Opponents must be at least 5 metres from the ball until the ball is in play.
- 57.2.3 Penalties may be awarded and taken from 7m out in U9 or U10 and 8m out in U11 or U12 if spot not marked.

58 OFFSIDE

58.1 First Kicks to Fun Football U4 to U8:

- 58.1.1 There are no offsides.
- 58.1.2 Deliberate offside play should be discouraged.

58.2 Mini Football U9 to U10:

- 58.2.1 The retreating line is used for offside, rather than the halfway line.

58.3 Mini Football U11 to U12:

- 58.3.1 IFAB Laws of the Game apply to offsides.

59 THROW-INS

59.1 First Kicks to Fun Football U4 to U8:

- 59.1.1 No throw-ins.
- 59.1.2 A kick in or dribble-in from where the ball went out will replace the throw-in. The ball needs to be placed stationary on the line before the kick-in or dribble-in.
- 59.1.3 A goal cannot be scored directly from a kick-in.
- 59.1.4 Opponents must be at least 5 metres from the ball until the ball is in play.

59.2 Mini Football U9 to U10:

- 59.2.1 Foul throws are to be retaken.
- 59.2.2 The referee can instruct the player on the correct way to throw-in.

59.3 Mini Football U11 to U12:

- 59.3.1 IFAB Laws of the Game apply to throw-ins.

60 PREMIER LEAGUE - STRUCTURE

60.1 All clubs have the right to enter and start with a maximum of two Premier League teams in any age grade.

60.2 A team's position in the premier league divisions will be determined by:

- 60.2.1 U10: One grading round, then one full round of competition before promotion/relegation.
- 60.2.2 U11 to U12: League entries are based on where a team finished in the league the previous season.
 - a Some discretion may be used by the Competition Manager at the teams' request.

60.3 Premier Leagues will be made up of three divisions of eight teams where possible.

60.4 If any Premier League division has fewer than eight teams or an uneven number of teams, the Competition Manager may invite clubs to enter an additional team.

60.5 After round one:

- 60.5.1 The bottom two teams from division A and B will be relegated. The top two teams from division B and C will be promoted. Where a division has six (or less) teams, only one team will be promoted or relegated.
- 60.5.2 Points return to zero.
- 60.5.3 A second round of matches is played.

60.6 The Competition Manager may identify teams that could need regrading up or down, but sit outside the regrading criteria, and offer a place into a different division, where the competitions structure allows.

60.7 If a team sits at the bottom or second to bottom of a 'Premier C' division the Competition Manager will offer a spot in a local league competition and look to offer their respective place to a local league team, where applicable.

60.8 Both teams are responsible for entering and checking the result of their match in COMET by 4.00pm on the day of the match.

61 PREMIER LEAGUE - COACHING

61.1 Each team's coach must at least have a current NZF junior level 2 certificate.

61.2 All Premier League teams must have an assigned coach in COMET.

61.2.1 The away team is responsible for checking the result.

61.2.2 Either team can report any issues to the Competitions Manager.

62 PREMIER LEAGUE - REFEREEING

62.1 Each team's referee must have completed an NZF Introduction to refereeing certificate.

62.2 All Premier League teams must have an assigned referee in COMET.

63 PREMIER LEAGUE - EQUIPMENT

63.1 Mini Football U11 to U12:

63.1.1 The home team will provide the following equipment for all league matches:

a Nets, corner flags, and match ball.

b Repeated infringements will result in teams not being scheduled at their 'home' ground.

64 PREMIER LEAGUE - SUBSTITUTIONS

64.1 A maximum of:

64.1.1 U10: 7 players and 3 substitutes.

64.1.2 U11 to U12: 9 players and 3 substitutes.

64.2 Players and substitutes may be rolled on and off as required throughout the match with the referee's permission.

65 PREMIER LEAGUE - RE-GRADING OF PLAYERS

65.1 A maximum of two players may be re-graded to a lower division team, or local division team, from any Premier League team on any match day

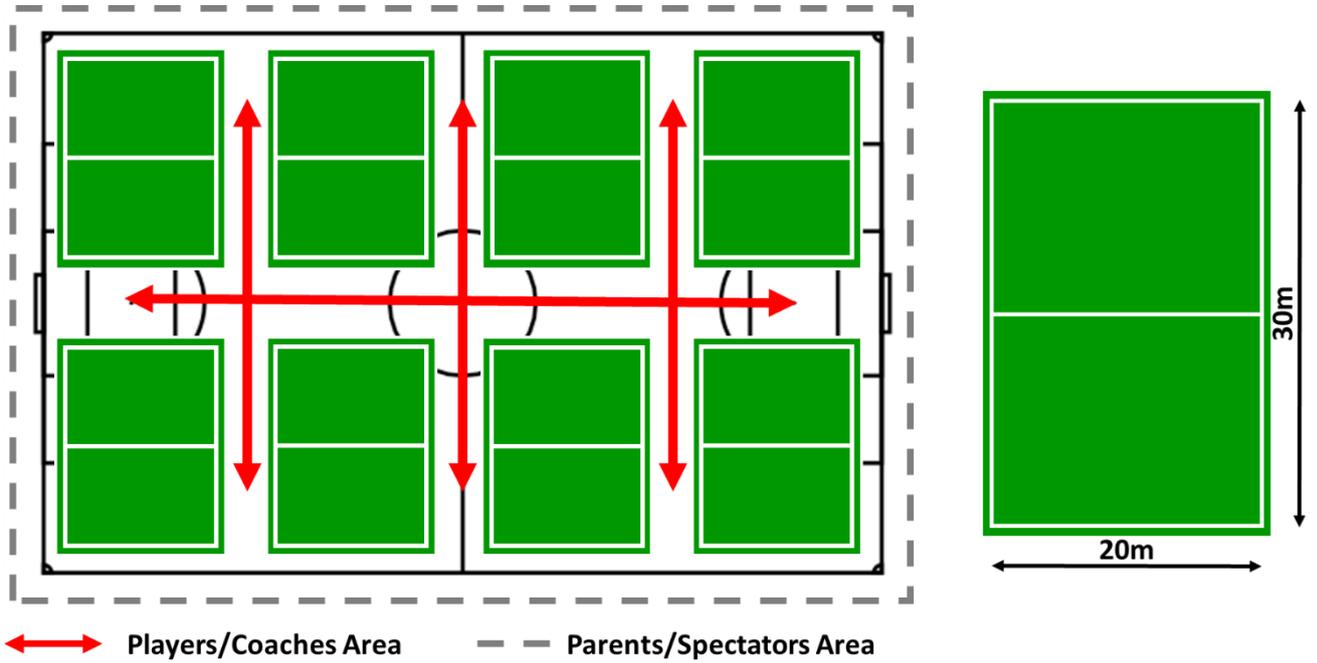
65.1.1 This must be the clubs next adjacent team.

The intent of the above regulation is for these re-grades only to occur where team would otherwise have to default.

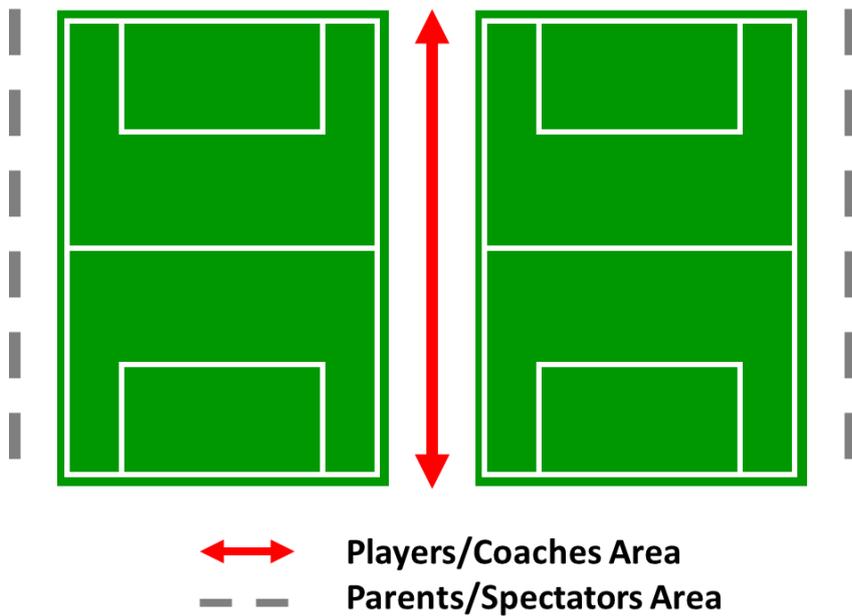
65.2 Failure to comply with these regulations will result in a 3 – 0 win to the opposing team.

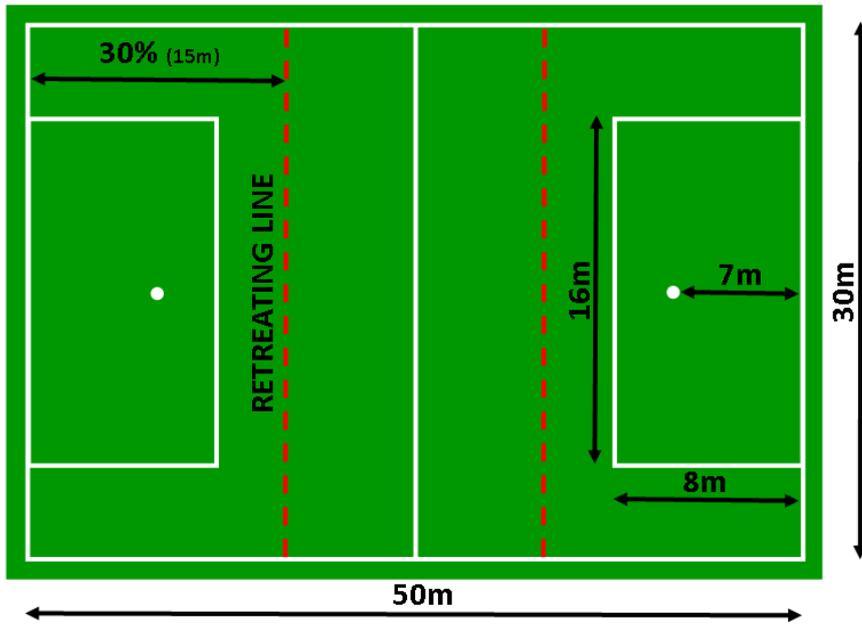
66 RECOMMENDED PITCH LAYOUTS

66.1 Fun Football U7 to U8:



66.2 Mini Football U9 to U10:





66.3 Mini Football U11 to U12:

