



**Capital Football Federation**  
**Football Playing Regulations**  
**Season 2020**

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## 1 DEFINITIONS

Administrator	The person appointed by the Competition Manager to perform administrative functions on behalf of Capital Football.
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.
Board	The Capital Football Board appointed by clubs to make decisions on football related matters in the Capital Football districts.
Capital Football	The name used for Capital Football Federation.
Capital Football district	Wairarapa, Hutt Valley, Horowhenua/Kapiti, Wellington, and Western zones.
Charge grounds	Football pitches and grounds operated by local bodies and private entities who may charge an additional fee for use of the ground.
Club	An organisation within a local district that administers football for players who belong to that organisation.
Competition Manager	The Chief Executive of Capital Football or associate delegate to oversee the administration of football in the districts.
Development Manager	The Chief Executive of Capital Football or associate delegate to oversee the development of football in the districts.
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.
Intent	Capital Football's interpretation of a regulation ( <i>shown in italics</i> ).
Junior club	A club or adjunct of a club which administers junior players.
Junior Competitions	Capital Football competitions for junior players (under 4 to <b>under 12</b> ).
Laws of the Game	The IFAB (International Football Association Board) Laws of the Game.
Local leagues	Junior competitions in <b>under 9</b> to <b>under 12</b> . These competitions include teams from one (or two in the case of Wellington/Western competitions) Capital Football district.
Match day squad	The squad of players entered on the team card for each playing day.
Misconduct Regulations	Refers to the NZF Disciplinary Code.
NZF	New Zealand Football.
Player	A registered player of any club playing under the Regulations.
Premier Leagues	Junior competitions in <b>under 10</b> to <b>under 15</b> . 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.
Regulations	The Capital Football <b>2020</b> Playing Regulations.
Senior Competitions	Capital Football competitions for senior players.
Technical area	The area inside the crowd barriers for the sole use of team officials, players and substitutes.
Team Card	A team card can consist of either a Match Information Sheet or an Online version through COMET.
TDP	Talent Development Programme.
Wellington Combined	Capital Football competitions in <b>under 13</b> to <b>under 15</b> . These competitions include teams from all Capital Football districts.
Women's leagues	Capital Football's women only leagues.
<b>Youth Competitions</b>	<b>Capital Football competitions for junior players (under 13 to under 18).</b>

## 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/](https://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.

## 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 i.e. 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 i.e. 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 at a later date.
- 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 only' 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 Capital Football will investigate any registration disputes.
  - 7.4.1 Any club involved in a registration dispute is bound by any decisions made by Capital Football.
- 7.5 All player registrations will be terminated (de-registered) on the 31 of October.
  - 7.5.1 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.
- 7.6 Amateur Player agreements must be on an official NZF form and approved by NZF.

## 8 TRANSFERS

- 8.1 Any player movement between clubs must be made in conjunction with the NZF Regulation on the Status and Transfers of Players (RSTP).
- 8.2 No player can play in a senior competition unless they are registered with that club via COMET by August 14 of that year.
- 8.2.1 From August 14, any player movement for Capital 3, Capital 4 and all Tier 2 competitions must be approved by the Competition Manager and must meet 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.
- 8.2.2 No approval will be given to Women's W-League, Women's Capital Premier, Men's Capital Premier, Capital 1, and Capital 2.
- 8.3 Any club or club official offering financial or material 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.
- 8.3.1 Any alleged offences will be investigated by Capital Football following a written statement from the player who was approached:
- a Any club found guilty will be fined a minimum of \$500.00.

## 9 RESULTS

- 9.1 In leagues where online team cards via COMET are used there is no requirement to enter results.
- 9.1.1 All W-League, Capital Premier and Women's Premier League teams that do not use Twitter to record scores must text or ring their results through to the Competition Manager within 30 minutes of the completion of the game.
- 9.2 For all other leagues, the home team is responsible for entering results into COMET within 3 hours of completing the game.
- 9.3 Teams that submit results to Capital Football late will be fined \$50.00 for each offence.

## 10 BEHAVIOUR/ABUSE

- 10.1 Capital Football will not tolerate verbal and physical abuse against match officials, players, clubs or supporters.
- 10.2 Capital Football will not tolerate any social media abuse or abuse on any digital platform as per the NZF [Disciplinary Code](#) or [Code of Conduct](#).
- 10.2.1 Proven abuse reported by a referee, player, or club official will result in the club(s) involved being fined as per [Infringements and Misconducts](#).
- 10.3 Slandorous 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](#).

## 11 PROTESTS AND COMPLAINTS

- 11.1 Refer to the NZF [Disciplinary Code](#) and [Code of Conduct](#).
- 11.2 Any club may bring a protest or complaint to Capital Football through the Competition Manager.
- 11.3 A protest or complaint must be made within three days of the alleged breach, by forwarding a written statement, on the club's letterhead, detailing the:
- 11.3.1 Name of the club, player or person(s) complained against.
  - 11.3.2 Alleged breach.
- 11.4 Capital Football will forward a copy of the protest or complaint to the club complained about for a response.
- 11.4.1 After ascertaining all details of the alleged complaint, Capital Football will advise both parties of their decision.
  - 11.4.2 A fee of \$100.00 will be charged for trivial protests or complaints.
- 11.5 Any club has the right to appeal against the application of one or more of the Regulations.
- 11.5.1 Appeals will be decided by an independent local judicial panel.
  - 11.5.2 Further appeals can be made to NZF.

## 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% of the game has been played the score will stand.
  - 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](http://capitalfootball.org.nz) for individual fixtures from Friday afternoon.
  - 13.3.2 [facebook.com/CapitalFootball](https://facebook.com/CapitalFootball) and [Capitalfootball.org.nz](http://capitalfootball.org.nz) for mass cancellations before 7am Saturday or Sunday morning.
  - 13.3.3 For more information see [capitalfootball.org.nz/cancellations/](http://capitalfootball.org.nz/cancellations/).

## 14 REFERENCES

- 14.1 IFAB Laws of the game: <http://theifab.com/document/laws-of-the-game>.

- 14.2 NZF Disciplinary Code: [nzfootball.co.nz/ABOUT-US/Statutes-Regulations](https://nzfootball.co.nz/ABOUT-US/Statutes-Regulations).
- 14.3 NZF Code of Conduct: [nzfootball.co.nz/ABOUT-US/Statutes-Regulations](https://nzfootball.co.nz/ABOUT-US/Statutes-Regulations).
- 14.4 NZF Regulation on the Status and Transfer of Players (RSTP): [nzfootball.co.nz/ABOUT-US/Statutes-Regulations](https://nzfootball.co.nz/ABOUT-US/Statutes-Regulations).
- 14.5 NZF Club Licensing Regulations: <https://www.nzfootball.co.nz/ABOUT-US/Statutes-Regulations>
- 14.6 Talent Development Programme manual:  
<https://www.sporty.co.nz/asset/downloadasset?id=42bbc979-fd11-42d5-bb80-e40e6d5e7386>
- 14.7 FIFA Statutes and regulations: <https://www.fifa.com/about-fifa/who-we-are/official-documents/#fifa-sustainability>
- 14.8 FIFA Disciplinary Code: <https://www.fifa.com/about-fifa/who-we-are/official-documents/#fifa-sustainability>
- 14.9 FIFA anti-Doping Regulations: <https://www.fifa.com/about-fifa/who-we-are/official-documents/#fifa-sustainability>
- 14.10 FIFA Code of Ethics: <https://www.fifa.com/about-fifa/who-we-are/official-documents/#fifa-sustainability>
- 14.11 FIFA Code of Conduct: <https://www.fifa.com/about-fifa/who-we-are/official-documents/#fifa-sustainability>

## 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) for leagues starting in April. 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 (see [Player Regrading](#)).
- b Promotion/relegation after two rounds.
- c Electronic team cards required for Capital Premier through to Capital 2. Written team cards 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 Maximum use of five of the five named non-rolling substitutes per match. Each team will have a maximum of three opportunities to make substitutions during the game; substitutions may also be made at half-time.
- f 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, unless:
  - The head coach submitted their required coaching qualification assessment to NZF prior to 25 March and failed the assessment. In this case competition points will be deferred provided they resubmit their assessment by 15 June and subsequently pass. Should the head coach not resubmit the assessment by 15 June or not pass the resubmission the team will lose any competition points during this deferred period.
- g 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 to Wellington 8:

- a Minimum player age of 16 years old at the time of the match.
- b Promotion/relegation after two rounds. No mid-season promotion/relegation.
- c No team cards required.
- d Matches to be officiated by the home team.
- e 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 to 5:

- a Minimum player age of 35 years old at the time of the match.
- b Promotion/relegation after two rounds.
- c 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 44 League:

- a Minimum player age of 44 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 All home teams must operate a Twitter account for their games, a minimum requirement is half and full-time score updates.
- ~~g A minimum of four ball persons are to be provided by the home team.~~
- h **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, unless:**
  - **The head coach submitted their required coaching qualification assessment to NZF prior to 25 March and failed the assessment. In this case competition points will be deferred provided they resubmit their assessment by 15 June and subsequently pass. Should the head coach not resubmit the assessment by 15 June or not pass the resubmission the team will lose any competition points during this deferred period.**
  - i **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.

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 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 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 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 hard copy Match Information Sheet and send into Capital Football as per the [Team Cards](#) regulations.

### 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 match 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 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 followed.
- 17.2 A player will be automatically graded to the team they play their first **League** game of a new season for.
- 17.3 Named substitutes who do not take the field, are not graded to the higher team.

*The intent of the above regulation is to allow players to be named as a higher-grade substitute, but still play lower in the grades without being considered a re-grade.*

- 17.4 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)**
- 17.5 Up to three players in total can be re-graded down from any one team per match:
  - 17.5.1 Up to three players can be re-graded one league down from where their usual team plays.

*For the purpose of this regulation, a league is considered as where the club's next adjacent team plays.*

- 17.5.2 Any one team can only receive three re-graded players per game.
- 17.6 A player is not classed as a re-grade when returning to the team they played in for the previous match. However:
  - 17.6.1 If the player re-grades to another team, in a lower league than their original team, for a second consecutive match they are still deemed to be a re-graded player.
  - 17.6.2 The player will be classified as a player of the higher graded team.
- 17.7 Once a player has played two consecutive matches for a club's lower graded team, they are deemed to be a player of that team.

- 17.8 Any player who reaches 66% of league matches for any one team cannot re-grade down again to a team in a lower division for the remainder of that season. This includes players who have played 66% of Central League 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.*

- 17.9 If a player registers for a new club during the season, they revert to having played zero games.

- 17.10 Any National League player playing in the Capital Football competitions will be graded initially into their clubs' top side.

17.10.1 No 2019/2020 Men's National League player may be regraded for the first round of competition (6/7 June 2020)

- 17.11 An injured player who has not played for four consecutive weeks and has not played 66% of games, is not classed as a regrade and can play for the clubs next adjacent team. Proof of injury may be required

- 17.12 Player regrade rules do not apply between different competition types (Men's Leagues, Women's Leagues, Masters League or Youth Competitions)

- 17.13 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.

- 17.14 No player can be re-graded within their club following conclusion of their current team's matches. This regulation applies if the league they are entered in is unfinished.

*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.*

- 17.15 A player can only be re-graded once during any one week, including Easter and Queen's Birthday weeks.

- 17.16 No player under the age of 16 years can compete in any men's league:

17.16.1 Below Capital 4.

17.16.2 In a Capital Premier to Capital 4 team (inclusive) unless they have received a written dispensation from Capital Football.

- 17.17 No female player can compete in any men's league unless they have received a written dispensation from Capital Football.

- 17.18 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.

- 17.19 The Chatham Cup and the Kate Shepherd Cup are New Zealand Football competitions, so 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 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.

- 18.1.1 Up to five substitutes may be named on the team card, and **five** non-rolling substitutes may be used during the match.
- 18.1.2 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 Match Information Sheet to the referee before kick-off.
  - 18.2.1 Up to five substitutes may be named on the team card, and **five** non-rolling substitutes may be used during the match.
- 18.3 All W-League and Women's Premier 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.
  - 18.3.1 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.**
  - 18.3.2 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.
- 18.4 All Women's 1 and below teams must provide a Match Information Sheet to the referee before kick-off.
  - 18.4.1 Up to five substitutes may be named on the team card, rolling substitutes may be used during the match.
- 18.5 All Match Information Sheets must:
  - 18.5.1 Be a **printed 'Manual Teamsheet' from COMET** or printed/written legibly on a 2020 Capital Football Match Information Sheet.
  - 18.5.2 Contain the first name, surname and shirt number of each player and substitute (even in games with rolling substitutes).
  - 18.5.3 List the final score.
  - 18.5.4 List goal scorers and their corresponding shirt number.
  - 18.5.5 List misconducts and their corresponding shirt number.**
  - 18.5.6 Be signed by each team's coach or manager **and the referee (if appointed)** after the match to confirm the match details.
- 18.6 Match Information Sheets must be emailed to Capital Football ([results@capitalfootball.org.nz](mailto:results@capitalfootball.org.nz)) within 24 hours of the match being completed.
- 18.7 Teams that fail to meet the requirements of Match Information Sheet regulations will be fined in accordance with the [Infringements and Misconducts](#) regulations.
- 18.8 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 (i.e. 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 Any Capital Football team relegated from the Central League is eligible to play in Capital Premier the following season.
- 20.2 At the end of each season, promotions are always completed first before relegations are made as required.
- 20.3 Men's leagues
  - 20.3.1 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.
  - 20.3.2 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 League.
      - 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 League, 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 League.
      - The necessary number of relegations (if any) will take place.
  - 20.3.3 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.

#### 20.3.4 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.

#### 20.3.5 **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:
  - The top team from **Wellington 1** will enter a promotion playoff with the top team from Horowhenua-Kapiti division 1 and the top team from Wairarapa division 1 for promotion into Capital 4.
  - Entry to the promotion playoff is not compulsory and a playoff will not be required if only one team wants promotion. If the top team in each competition does not want promotion, the playoff spot is not offered to the second placed team.
  - **From Wellington 2 down** the top two teams in each league will be promoted.
  - The necessary number of relegations (if any) will take place.
  - Teams will be ranked and split in groups of 10 to make divisions for 2021 season.

#### 20.3.6 **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 Qualifier** down will be promoted. However, promotion to **Masters 1** is not compulsory.
  - The necessary number of relegations (if any) will take place.
  - Teams will be ranked and split in groups of 10 to make divisions for 2021 season.

The intent of the above regulation is to provide an immediate solution for the current season. A Masters forum will be held in 2020 which may result in further regulations changes for the 2021 season.

### 20.3.7 Masters Over 44 (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.

## 20.4 Women's leagues

### 20.4.1 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.

### 20.4.2 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.

### 20.4.3 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.

- 20.5 If the teams finishing first and second in each league are ineligible for promotion, the third placed team in each league will be promoted.
- 20.6 No team finishing fourth or lower in any league is eligible for promotion unless there is a position in the league above them.
- 20.7 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).
- 20.7.1 The playoff game(s) will be held at a neutral ground decided by the Competition Manager.
- 20.7.2 **Entry to the promotion playoff is not compulsory and a playoff will not be required if only one team wants promotion.**
- 20.7.3 If **two teams** decline to participate in a playoff, the other team will be granted automatic promotion into Capital Tier 1.
- 20.7.4 If **all three** teams decline the playoff, the Capital Football leagues will retain the status quo.
- 20.7.5 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.
- 20.7.6 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.
- 20.8 From 25 March any team who withdraws from Capital Football competitions due to COVID-19 can apply to the Competition Manager for a COVID-19 dispensation.
- 20.9 Promotion or relegation will only occur if the league and adjacent league(s) have:
- 20.9.1 Completed seasons
- 20.9.2 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 **14 August** 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.

## **23 DRUG TESTING**

- 23.1 Capital Football competitions shall be subject to drug testing by Drug Free Sport NZ. For the sake of clarity, this shall comprise in-competition and out of competition testing for all players.
- 23.2 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.
- 23.3 Any participant breaching this regulation shall be liable for a fine of up to \$1,000.00 and an education seminar arranged within agreed timeframes between the participant and NZF.

## **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 teamsheets must load a squad list into COMET including shirt numbers by 12:00pm on the Friday prior to the game. Failure to comply will result in a fine of \$100.00.**
  - 25.9.2 Any team that does not submit a **completed** Match Information Sheet, 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 Match Information Sheet 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 Abuse
  - 25.10.1 For further information on abuse refer to the NZF Disciplinary Code.
  - 25.10.2 Verbal and physical abuse against match officials, players, clubs or supporters will not be tolerated by Capital Football.
  - 25.10.3 Proven abuse reported by a referee, player, or club official 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.

25.10.4 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.

#### 25.11 Cup competitions

25.11.1 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.

25.11.2 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.

#### 25.12 Playing pitches, equipment and kit

25.12.1 Any home team that fails to provide the appropriate equipment, outlined in the [Playing Pitches, Equipment and Kit](#) regulations, will be fined \$100.00.

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

#### 25.13 Coaching requirements

25.13.1 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, unless:

- The head coach submitted their required coaching qualification assessment to NZF prior to 25 March and failed the assessment. In this case competition points will be deferred provided they resubmit their assessment by 15 June and subsequently pass. Should the head coach not resubmit the assessment by 15 June or not pass the resubmission the team will lose any competition points during this deferred period.

- 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 substitutes can be named on the team card,
- a Five non-rolling may be used in Division 1
  - b Five rolling substitutes may be used from Division 2 and Division 3.
- 26.1.3 ~~More than three rolling substitutes can be played if both captains agree and inform the referee before the match.~~
- 26.1.4 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.
- 26.1.5 At the end of the season, the top team from Wairarapa division 1 can enter a promotion playoff with the top team from Horowhenua-Kapiti division 1 and the top team from Wellington division 1 for promotion into Capital 4. Entry to the promotion playoff is not compulsory and a playoff will not be required if only one team wants promotion. If the top team in each competition does not want promotion, the playoff spot is not offered to the second placed team.

### 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 substitutes can be named on the team card and any five of those may be used as non-rolling substitutes.
  - 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 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.

27.1.5 At the end of the season, the top team from Horowhenua-Kapiti division 1 can enter a promotion playoff with the top team from Wairarapa division 1 and the top team from Wellington division 1 for promotion into Capital 4. Entry to the promotion playoff is not compulsory and a playoff will not be required if only one team wants promotion. If the top team in each competition does not want promotion, the playoff spot is not offered to the second placed team.

## 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.

## 27.4 Any teams found in breach this supplementary regulation will:

- 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.

## 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 ( <u>Under 13 or U13</u> ) Mixed	11 v 11	11+ warm-up 2 x 30 minute halves <u>10 minute halftime</u>	Minimum player age of 12 years old at 1 January of the current year.  Maximum player age of 13 years old at 31 December of the current year.
Youth Football ( <u>Under 14 or U14</u> ) Girls Only	11 v 11	11+ warm-up 2 x 30 minute halves <u>10 minute halftime</u>	Minimum player age of 12 years old at 1 January of the current year.  Maximum player age of 14 years old at 31 December of the current year.
Youth Football ( <u>Under 15 or U15</u> ) Mixed	11 v 11	11+ warm-up 2 x 35 minutes halves <u>10 minute halftime</u>	Minimum player age of 13 years old at 1 January of the current year.  Maximum player age of 15 years old at 31 December of the current year.
Youth Football ( <u>Under 17 or U17</u> ) Men's	11 v 11	11+ warm-up 2 x 45 minutes halves <u>10 minute halftime</u>	Minimum player age of 14 years old at 1 January of the current year.  Maximum player age of 17 years old at 31 December of the current year.

Youth Football (Under 18 or U18) Women's	9 v 9	11+ warm-up 2 x 35 minutes halves 10 minute halftime	Minimum player age of 14 years old at 1 January of the current year.  Maximum player age of 18 years old at 31 December of the current year.
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### 31 COMPETITION TYPES

#### 31.1 Capital Development Leagues:

31.1.1 All Talent Development Programme 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 Only 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 game 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 Only)	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.

33.2 **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 e.g. a 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 Talent Development Programme club for the previous one season 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.
- 33.5.2 Up to four players can play a maximum of six games in the age group above with prior consent of the Development Manager.
- a Dispensation is required for a player to play more than six games.
- 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 A registered player can play in any team entered by their club, in any league, of any competition at the discretion of their club, if the re-grade **and eligibility** rules are followed.
- 34.2 A player will be automatically graded to the team they play their first competition game of a new season for.
- 34.3 Named substitutes who do not take the field, are not graded to the higher team.
- The intent of the above regulation is to allow players to be named as a higher-grade substitute, but still play lower in the grades without being considered a re-grade.*
- 34.4 Player regrade rules do not apply between different competition types (Men's Leagues, Women's Leagues, Masters League, Junior Leagues etc.)
- 34.4.1 Dispensation and Player Eligibility criteria still apply.
- 34.5 A player can only be re-graded once during any one week, 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.
  - 34.7.2 Any player who reaches 66% of league matches for any one team cannot re-grade down again to a team in a lower division for the remainder of that season.
  - 34.7.3 No player can be re-graded within their club following conclusion of their current team's matches. This regulation applies if the league they are entered in is unfinished.

#### 34.8 Premier Leagues:

- 34.8.1 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.

*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 From 31 July, 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 FIFA 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 FIFA 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 FIFA 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 (i.e. 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.
- 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 PITCHES, 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 Only 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 Abuse

- 39.8.1 For further information on abuse refer to the NZF Disciplinary Code.
- 39.8.2 Verbal and physical abuse against match officials, players, clubs or supporters will not be tolerated by Capital Football.

### 39.9 Coaching requirements

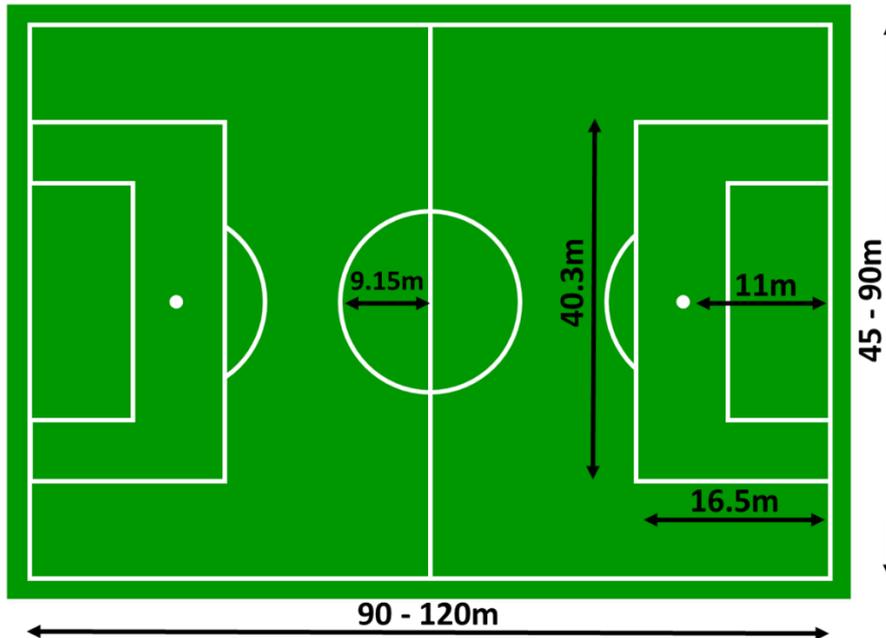
- 39.9.1 Any team where the head coach does not meet qualification requirements will not be eligible for competitions points.

## 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 teams entered into the U13 to U15 Premier Leagues, Girls only leagues and Wellington Combined. 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 [Talent Development Programme](#) manual, unless otherwise stated in these regulations.
- 41.2 Youth Football U13 to U15:



## APPENDIX THREE | JUNIOR REGULATIONS

### 42 MATCHES

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

42.1.1 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.

42.1.2 Girls can play in the age group below their chronological age, in mixed football competitions, as per the above regulation e.g. an **under 11** girl may play in an **under 10** mixed team.

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

42.2 Local league and Wellington combined competition structure.

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

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

42.2.3 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.

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

42.2.5 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.

42.3 Premier League competition structure may differ – see [Premier Leagues - Structure](#).

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

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

Grade	Playing numbers	Match duration
First Kicks ( <u>Under 4 or U4 to under 6 or U6</u> )	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 ( <u>Under 7 or U7 / under 8 or U8</u> ) Festivals	5 v 5	11+ Kids warm-up 4 x 12 minute small sided matches
Fun Football ( <u>Under 7 or U7 / under 8 or U8</u> ) 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 ( <u>Under 9 or U9 / under 10 or U10</u> )	7 v 7	11+ Kids warm-up 2 matches of 2 x 12 minute halves (60 second turnaround between games)
Mini Football ( <u>Under 11 or U11 / under 12 or U12</u> )	9 v 9	11+ Kids warm-up 2 x 25 minute halves

42.6 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.

42.7 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)	30 x 20	n/a	2 x 1	No	Size 3
Mini Football (U9/U10)	50 x 30	8 x 16	4 x 2	Yes	Size 4
Mini Football (U11/U12)	60 x 40-45	8 x 16	4 (or 5) x 2	Yes	Size 4

### 43 PUBLISHING RESULTS

43.1 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.

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

### 44 TEAM COLOURS

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

### 45 SUBSTITUTES

45.1 First Kicks to Mini Football U4 to U12:

45.1.1 An unlimited number of substitutes and rolling substitutes may be used. Except [Premier League Substitutions](#).

45.1.2 All players should get an even amount of playing time.

### 46 REFEREES

46.1 First Kicks to Fun Football U4 to U8:

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

46.2 Mini Football U9 to U10:

46.2.1 All teams must have an Introduction to Refereeing qualified referee.

46.2.2 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.

46.3 Mini Football U11 to U12:

46.3.1 All teams must have an Introduction to Refereeing qualified referee.

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

46.3.3 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.

46.3.4 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.

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

46.5 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.

46.6 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.

## 47 MATCH SCHEDULING

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

47.2 Teams may be required to:

- 47.2.1 Play more than one match per weekend in exceptional circumstances
- 47.2.2 Extend the season into the first weekends of September
- 47.2.3 Play Friday evening, and Sunday matches
- 47.2.4 Play on an artificial surface.

## 48 DISCIPLINE

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

## 49 RETREATING LINE

- 49.1 Mini Football U9 to U12:

49.1.1 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.

49.1.2 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.

49.1.3 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.

## 50 GOAL ADVANTAGE

- 50.1 Mini Football U9 to U12:

50.1.1 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.

## 51 GOAL SCORING

- 51.1 First Kicks to Fun Football U4 to U8:

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

## 51.2 Mini Football U9 to U12:

51.2.1 IFAB Laws of the Game apply to scoring goals.

## 52 KICK-OFF

### 52.1 First Kicks to Mini Football U4 to U12:

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

## 53 GOAL KICKS

### 53.1 First Kicks to Fun Football U4 to U8:

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

53.1.2 The opposing team must return to halfway.

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

### 53.2 Mini Football U9 to U12:

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

53.2.2 The opposing team must return to the retreating line.

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

## 54 GOALKEEPER DISTRIBUTION

### 54.1 Mini Football U9 to U12:

54.1.1 Goalkeepers can distribute the ball as a throw, roll or kick from the ground.

54.1.2 Goalkeepers may not kick out of their hands or drop-kick the ball.

54.1.3 The opposing team must retire behind the retreating line.

## 55 CORNER KICKS

### 55.1 First Kicks to Fun Football U4 to U8:

55.1.1 No corner kicks.

55.1.2 Defenders deliberate kicking the ball over the goal line will be discouraged.

### 55.2 Mini Football U9 to U12:

55.2.1 Corner kicks to be taken from the smaller size pitch's corner arc.

55.2.2 Opponents must remain at least 5 metres back from the corner arc until the ball is in play.

## 56 FREE KICKS AND PENALTIES

### 56.1 First Kicks to Fun Football U4 to U8:

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

56.2 Mini Football **U9** to **U12**:

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

## 57 OFFSIDE

57.1 First Kicks to Fun Football **U4** to **U8**:

- 57.1.1 There are no offsides.
- 57.1.2 Deliberate offside play should be discouraged.

57.2 Mini Football **U9** to **U10**:

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

57.3 Mini Football **U11** to **U12**:

- 57.3.1 IFAB Laws of the Game apply to offsides.

## 58 THROW-INS

58.1 First Kicks to Fun Football **U4** to **U8**:

- 58.1.1 No throw-ins.
- 58.1.2 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.
- 58.1.3 A goal cannot be scored directly from a kick-in.
- 58.1.4 Opponents must be at least 5 metres from the ball until the ball is in play.

58.2 Mini Football **U9** to **U10**:

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

58.3 Mini Football **U11** to **U12**:

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

## 59 PREMIER LEAGUE - STRUCTURE

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

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

- 59.2.1 **U10**: One grading round, then one full round of competition before promotion/relegation.
- 59.2.2 **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.

- 59.3 Premier Leagues will be made up of three divisions of eight teams where possible.
- 59.4 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.
- 59.5 After round one:
- 59.5.1 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.
  - 59.5.2 Points return to zero.
  - 59.5.3 A second round of matches is played.
- 59.6 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.
- 59.7 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.
- 59.8 Both teams are responsible for entering and checking the result of their match in COMET by 4.00pm on the day of the match.

## **60 PREMIER LEAGUE - COACHING**

- 60.1 Each team's coach must at least have a current NZF junior level 2 certificate.
- 60.2 All Premier League teams must have an assigned coach in COMET.

## **61 PREMIER LEAGUE - REFEREEING**

- 61.1 Each team's referee must have completed an NZF Introduction to refereeing certificate.
- 61.2 All Premier League teams must have an assigned referee in COMET.

## **62 PREMIER LEAGUE - EQUIPMENT**

- 62.1 Mini Football U11 to U12:
  - 62.1.1 The home team will provide the following equipment for all league matches:
    - a Nets, corner flags, and match ball.

## **63 PREMIER LEAGUE - SUBSTITUTIONS**

- 63.1 A maximum of:
  - 63.1.1 U10: 7 players and 3 substitutes.
  - 63.1.2 U11 to U12: 9 players and 3 substitutes.
- 63.2 Players and substitutes may be rolled on and off as required throughout the match with the referee's permission.

**64 PREMIER LEAGUE - RE-GRADING OF PLAYERS**

64.1 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

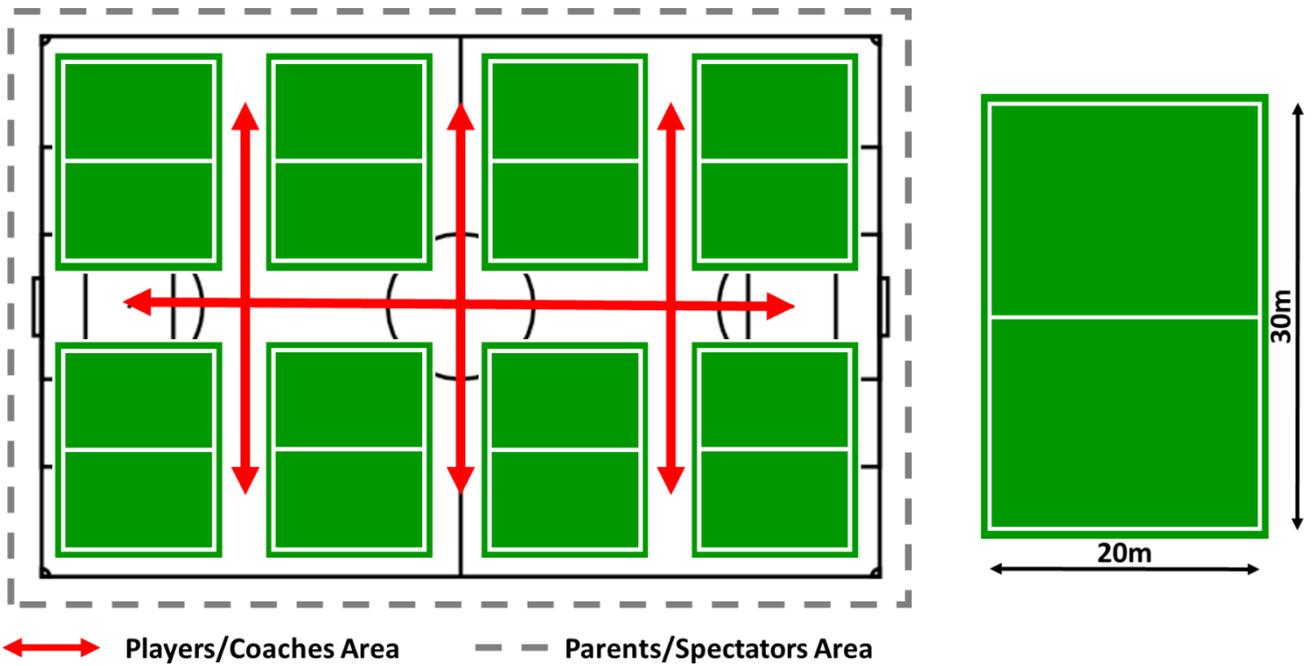
64.1.1 This must be the clubs next adjacent team.

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

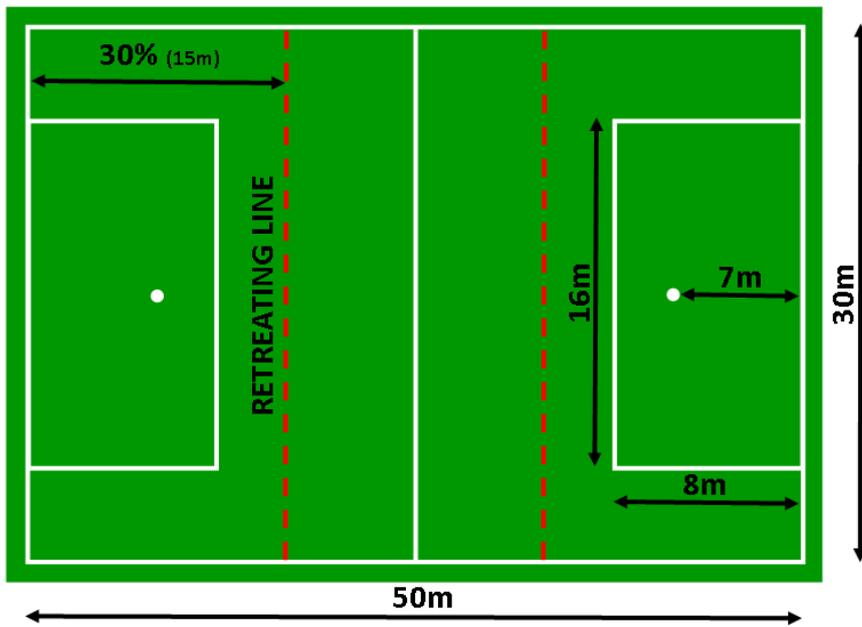
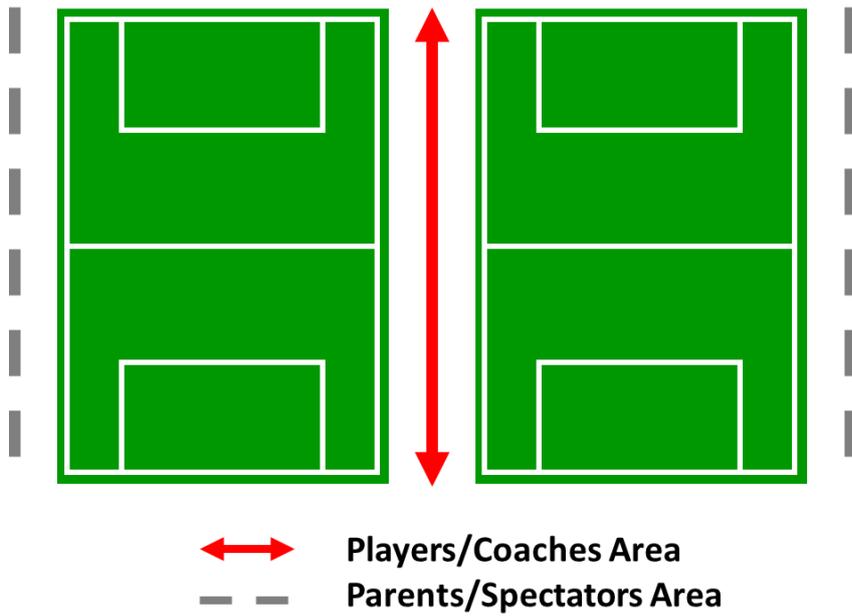
64.2 Failure to comply with these regulations will result in a 3 – 0 win to the opposing team.

**65 RECOMMENDED PITCH LAYOUTS**

65.1 Fun Football U7 to U8:



65.2 Mini Football U9 to U10:



65.3 Mini Football U11 to U12:

