



The FA Walking Football Cup Competition Regulations

COMPETITION ORGANISERS

Organising Association: The Football Association

Chair: Mrs Debbie Hewitt

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FA Walking Football Cup Technical Committee

The officers of this committee shall comprise a Chairperson and at least two other appointed members, of whom a quorum of two shall be present at each meeting.

Members: Chairperson, FA Executives, Tournament Director

FA Walking Football Cup Local Organising Committee(s)

The Local Organising Committee (LOC) email address for Local Qualifying Competitions (LQC) shall be as advertised by the respective County FA or approved organiser.

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Rules of The FA Walking Football Cup 2026

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PREAMBLE

1. The Competition pathway for The FA Walking Football Cup comprises;

- County FA Local Qualifying Competitions,
- Regional Finals
- National Finals

This journey, in whole or in part is known as The FA Walking Football Cup 'pathway'.

2. Competition organogram:



This diagram is illustrative. The number of local qualifying competitions is dependent on the involvement of County Football Associations in the hosting of local heats and the age group categories that they cater for. Regional Final events will be dictated by the volume of Local Qualifying Competitions in each region. The winners of Regional Final events will filter into the National Finals where a 'Knock Out or 'Round Robin' Tournament shall be used to identify the National Champion. The Football Association of England (hereinafter referred to as the "The FA") are the overall host of The FA Walking Football Cup 2026 and assume the role of the 'Organising association'. In the event of a surplus of teams in one region and a deficit in another the FA reserves the right to assign a qualifying team to an adjacent Regional Final should it be necessary for the integrity and smooth operation of the Tournament.

3. Local Qualifying Competitions (LQC) will be operated by County FA's or by organisations acting under the direction of a CFA, hereinafter known as the Local Organising Committee (LOC). Responsibility for ensuring appropriate health and safety requirements are in place sits with LOC; for more information refer to Article 2.

4. For all stages beyond the LQC these rounds shall be run under the auspices of The FA who shall assume the role of the LOC and as such take responsibility at this level to ensure appropriate health and safety requirements are in place.
5. An FA Walking Football Cup Finals event will be held as a standalone 'finals' weekend (event) where all final matches of each FA Walking Football Cup strand will take place. Hereinafter referred to as the 'National Finals'
6. Any rights that are not ceded by these rules to the LOC or any participating club shall belong to The FA.
7. Where these rules make reference to a gender they shall be deemed as gender neutral e.g; 'his' or 'he' shall equally be considered as 'her' or 'she' for the specificity of applying these rules to male and female competition strands.

Article 1

TITLE – THE FA WALKING FOOTBALL CUP 2026

1. The FA Walking Football Cup competition framework comprises several strands for different age bands and genders.
 - a) Competition strands across The FA Walking Football Cup are for mixed teams at 50+ and 60+ age bandings and for female only teams at 40+ and 50+. There are no restrictions on the number of players from any gender that must play in a mixed competition.
 - b) Players may play in the age banding below but not in more than one age banded competition. For example a male player aged 62 must choose to play in either the 50+ or 60+ competition but may not play in both. A player aged 52 may not play in the 60+ competition. Similarly, a female player aged 55 must choose to play in either the 40+, 50+ female competition or the mixed 50+ but may not play in more than one.
2. This competition shall be known as The FA Walking Football Cup.
3. The ultimate winning mixed and female teams will be presented with a trophy and be known as The FA Walking Football Cup Champions (age and gender specific) for 2026.
4. 14 medals will each be presented to the winners and runners up of each of the mixed and female competitions, of which a maximum of 11 will be allocated to players and a maximum of 3 to team staff. The medal recipients will be those named on the team sheet for The National Finals only.
5. One medal will be presented to each of the match officials in the National Finals of each competition.

Article 2

ENTRIES FOR THE COMPETITION

1. All teams must enter the competition through The FA Walking Football Cup pathway starting at the LQC level, unless the Tournament Organisers permit, in exceptional cases, for a direct nomination to a Regional heat in the event of a County heat having insufficient teams to identify a qualifier.
2. All competing teams shall be affiliated to their local County Football Association at the first point of registration.
 - i. Where a club enters more than one team in the same competition strand then the second or further teams shall be deemed affiliated to the County FA by their main club affiliation. Each competing team must register players uniquely and registered players may only play for the club team they are registered for and not more than one of the club teams entered.
3. A LQC must be registered with The FA under The FA Walking Football Cup strand applicable not later than 25th March 2026, and the competition completed by the 16th August 2026.
4. Each LOC responsible for a competition pathway phase must ensure they adhere to The FA Walking Football Cup Health & Safety requirements and ensure that appropriate procedures are in place.
 - i. A LQC Designated Delivery Lead shall be appointed and submitted to The FA as part of the competition registration. They shall be accountable to the Competition Director.
5. Charging for entry into a LQC is at the discretion of the hosting CFA or designated partner. Once a team is accepted as entered by the LOC, there are no further entry charges for subsequent competition stages as a consequence of progression.
6. Teams shall expect to incur travel and other costs associated with competing in the latter stages of the Competition which shall all be their own responsibility. Neither the LOC nor The FA shall entertain claims for any associated costs, howsoever arising
7. The LOC shall be responsible for determining the winner of their competition(s) pathway stage and to nominate the winning team to The FA for inclusion in the next phase of the specific competition, and within 7 days of the LQC concluding fixture. At each competition phase it will be necessary for the LOC to nominate their runner-up, in the unlikely event that the stage winner is unable to fulfil their qualification to the next stage of the competition. The FA shall provide a system whereby the identity of the winning team, runner up and the other participating clubs in the LQC can be submitted. It is imperative that CFAs provide this information.
8. CFAs will not be reimbursed for the staging costs of LQC.

Article 3

LOCAL QUALIFYING COMPETITIONS, REGIONAL FINALS & FINAL

1. Teams entering the Competition via a LQC must confirm their entry application by registering through the tournament portal by the deadline set.
2. All teams must enter via the respective LQC operated by the County FA they are affiliated to or, if a LQC is not operated then the nearest available LQC. It is at the discretion of a LOC if they permit an out of County team to enter their LQC.
3. Teams may only enter one LQC
4. Where a club wishes to enter more than one team in the same competition strand i.e. two teams in the 50+ category they must be entered in the same LQC. Each separate team must be appropriately named to identify them with their affiliated club name, i.e. XX Reds and XX Blues
 - i. Such an additionally entered team must have its own register of players and those named players may not participate for any other team in the competition, even if the same club.
5. Players may not play for more than one team in the competition.
6. A player who has been registered with one team but who has not formed part of a match bench e.g; recorded on the competition stage official team sheet in the competition may be transferred with special permission from The FA.
7. If a player has been a named substitute in a qualifying match but has not played they shall be treated as if they had of played.
8. No player under the age of 60 for mixed 60+ category, 50 for mixed and women's 50+ category and 40 for women's 40+ category as of 1st May 2026 may participate in this competition.
9. Upon acceptance by the LOC administrator of a teams entry application the team administrator (as defined on the entry application form) shall be responsible for uploading player registrations by the deadline date set for the competition by the LQC.
10. Teams qualifying from a LQC to a Regional Heat of the competition shall confirm their participation to the respective LOC within 7 days of qualifying. All participating teams will be required by the LOC to submit a squad list at least 24 hours prior to the staging of the Regional Heat. A registered and eligible player from the club is permitted to be added to the squad on the day of competition. Failure to upload a minimum of 5 players by 23:59hrs on the day before the first fixture will automatically eliminate the applicant team from the competition. Qualifying teams will be contacted by the LOC of the Regional Finals seven days prior to the event and asked to formally confirm their participation.
11. It is a condition of entering the competition, that participating teams shall automatically

undertake:

- i. to observe these rules and to ensure that the members of its delegation and its players also observe these rules and the principles of fair play;
- ii. to accept the decisions passed by the bodies and officials of the LOC under the terms of these rules;
- iii. to accept the use and/or sublicense by the LOC, recordings and broadcast of the images, names and records of players and officials and those of participating associations that may appear in connection with the competition as a whole.
- iv. to accept all the arrangements made by The FA.

Article 4

ORGANISATION OF REGIONAL HEATS AND NATIONAL FINALS

1. The FA is responsible for organising, hosting and staging all competition pathway stages beyond the LQC's, namely Regional Heats and The National Finals of the Competition. The FA will set up a LOC as an internal operating division of the competition for each stage.
2. All qualified teams must register with the Competition Director or appointed competition organiser at the venue by the date and time specified by the LOC.
3. Teams are to make their own way to and from the designated venue and they must ensure that:
 - i. The team manager attends the team managers meeting as required and advised;
 - ii. All members of the playing squad named on the squad list must arrive at the venue by the registration time advised in the event instructions. Teams failing to meet this criteria may be expelled from the competition stage at the discretion of the Competition Director.
 - iii. It is the responsibility of each team and the team's management to ensure that all players are at the Venue Call Point (VCP) **5 minutes** prior to the designated kick-off time for each of their scheduled fixtures advised in the event schedule and/or the team managers meeting.
 - iv. The VCP will be notified to team managers at the designated team managers meeting prior to each event.
4. Any team that is not at the VCP **5 minutes** prior to the designated kick-off time for each of their scheduled fixtures advised in the event schedule and/or at the team managers and/or does not adhere to the official match countdown protocols may forfeit that game and the opponents

awarded the points. The referee's decision will be final.

5. The LOC will not be held responsible or be obliged to accommodate any delays howsoever arising from a teams' travel issues on the day.

Article 5

VENUES, DATES AND KICK-OFF TIMES

1. The venues, dates and kick-off times of each competition pathway stage shall be notified by the LOC not less than 7 days in advance.
2. Fixtures will be provided to teams following the registration of all teams on the day of the Event .
3. All Competition pitches will comply with the FA Laws of Walking Football.
4. All fixtures within the Competition shall be conducted in a 6-a-side format.
5. The following pitch dimensions shall be observed for the various competition stages:
 - i. Length: minimum 25m, maximum 50m
Width: minimum 16m, maximum 35m
6. Each competition pathway phase LOC in collaboration with the facility provider shall be responsible for conducting and recording a facility health & safety risk assessment prior to the start of competition. This shall be recorded in a Competition Log and agreed with the Competition Director.
7. All matches should be played on a 3G surface with marked touchlines (no pitch surrounds or barricades).
8. The ball used shall be a Size 5 football in accordance with the provisions of the FA Laws of the Walking Football and the referee's decision shall be final. A ball of identical specification, manufacture and branding shall be used in each game of the same competition phase.
 - i. At the Regional Final stage onwards an official FA Walking Football Cup competition match ball shall be provided to the LOC by The FA in sufficient number. These balls shall remain the property of The FA at all times.
9. All matches shall kick off on the allocated pitch and at the scheduled time as defined by the LOC, other than in exceptional circumstances at the discretion of the Competition Director.
10. The LOC shall be responsible for ensuring a full RiskAssessment of the Venue and Event.
11. The LOC shall be responsible for dressing the venue in accordance with the published guidance

issued by The FA Walking Football Cup Operations Manager.

Article 6

WITHDRAWAL, PENALTY FOR FAILING TO PLAY AND REPLACEMENT

1. The entered teams shall undertake to play all of their matches until eliminated and/or all of their scheduled matches are concluded.
2. If a team refuses to play, it may be disqualified from the competition as a whole and all prior results nullified.
3. Depending on circumstances and the decision of the Event Technical Committee, any team that withdraws, or if through the fault of any participating team, a match cannot take place or be played in its entirety, the Event Technical Committee shall declare that the match be forfeited (*awarding victory and the resultant three points to the named opponent as well as the score of 3-0, or, greater depending on the score in the match at the time of an abandonment*) and may also exclude the team concerned from the competition and if so, nullify all prior results. The FA may take any other action deemed necessary.
4. The Event Technical Committee may take whatever action is deemed necessary in the case of force majeure.

Article 7

TOURNAMENT DIRECTOR

1. The Tournament Director shall be appointed by the LOC and is responsible for organising the Competition phase in accordance with The FA Rules. The Tournament Director shall be overseen by the appointed Competition Director.
2. The TOURNAMENT DIRECTOR may, if necessary, appoint a bureau and/or a sub-committee to deal with emergencies. Any decision taken by the bureau or sub-committee shall come into effect immediately, but shall be subject to confirmation by the Competition Director at the earliest reasonable opportunity.
3. The responsibilities of the TOURNAMENT DIRECTOR includes, but is not limited to:
 - i. Supervising general preparations, deciding on the match system, determining the duration of fixtures, the draw and forming groups.
 - ii. The process to determine a winner and runner-up
 - iii. Fixing the dates and venues and choosing pitch allocations
 - iv. Determining kick-off times
 - v. Choosing the competition ball (as applicable) and the stipulated technical material;

- vi. Stipulating team colours
 - vii. Match official's appointments
 - viii. Settling cases of force majeure
 - ix. Disciplinary actions, in accordance with the rules
 - x. Judging protests and taking appropriate steps to verify their admissibility
 - xi. Dealing with every other aspect of the LQC that is not the responsibility of any other body under the terms of these rules.
5. The decisions taken by the TOURNAMENT DIRECTOR are final and binding.

Article 8

DISCIPLINARY MATTERS

1. The participating teams undertake to comply with The FA Disciplinary Code in force and the relevant circular(s) issued. In addition, the teams agree notably to:
 - i. Respect the spirit of fair play and non-violence;
 - ii. Behave accordingly;

Article 9

PROTESTS

1. All protests must be lodged in the time frame indicated herein and accompanied with a Protest Bond of £50.00 in cash which shall only be returned in the event of a successful protest. A receipt shall be immediately issued by the Competition Director upon receipt of the payment. A payment must be accompanied by a written protest.
2. Unless otherwise stipulated in this Article, protests shall be submitted in writing to the Competition Director or appointed competition manager as advised in the team managers meeting within 10 minutes of the end of a match.
 - i. Protests submitted outside the specified deadline shall be disregarded and the Protest Bond forfeited.
3. Protests regarding a specific match may only be lodged by the competing teams.
4. Protests regarding the eligibility of players for any match shall be submitted in writing to the Competition Director no later than 30 minutes prior to the commencement of the respective teams 1st game in the LQC or any round thereafter.

5. Protests regarding the state of the pitch and its surroundings, markings, goals or balls shall be made in writing to the Competition Director or appointed competition manager before the commencement of the first game and only by the named manager of the team lodging the protest.
6. No protests may be made against the referee's decisions connected with play, such decisions being final.
7. If a frivolous or irresponsible protest or appeal is lodged, the TOURNAMENT DIRECTOR may impose a fine or take any other action deemed appropriate.
8. Teams may not take disputes to a civil court. If a protest outcome decision is subject to Appeal, the appellant shall undertake to submit any such disputes to the jurisdiction of The FA-
9. Once the Competition has finished, any protests regarding the sporting procedure during the competition shall be disregarded.

Article 10

APPEALS

1. A team which has lodged a protest and who is not satisfied with the outcome as advised by the Tournament Director may lodge an Appeal.
2. A team which is impacted by the outcome of a decision following a protest by another team may lodge an Appeal.
3. An Appeal may be lodged on one of the following grounds only; An Appeal 'on the day' by a team against a decision of the Tournament Director.
 - i. An Appeal made against a decision of the LOC.
4. For the avoidance of doubt, an Appeal cannot be made against a referee's decision on the field of play.

Appeal A

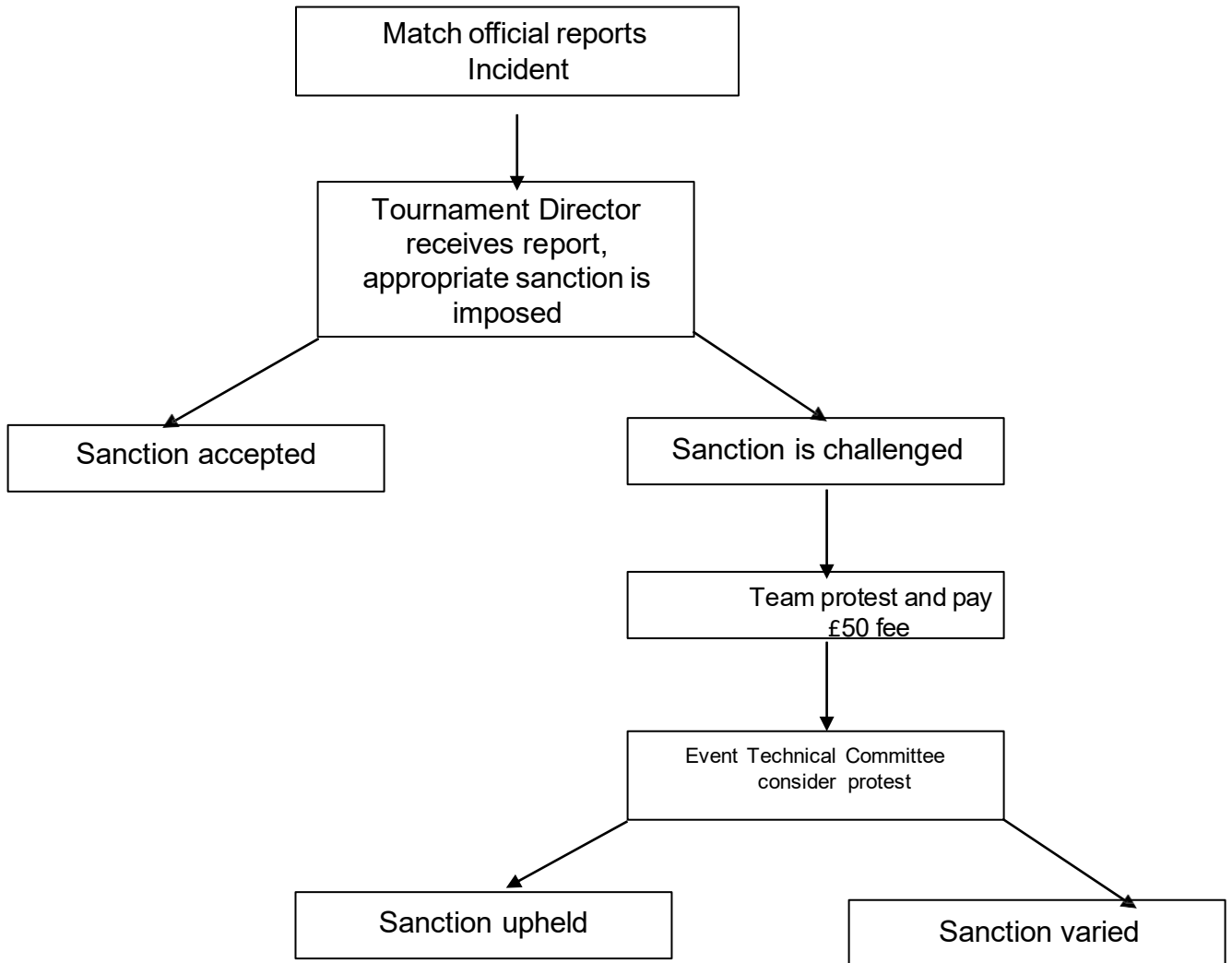
1. An 'on the day' Appeal against a decision made by the Tournament Director:
 - i. A participating team (the appellant) can Appeal against a decision of the Tournament Director by completing 'FORM A' within 30 minutes of the decision being notified to the team accompanied by a £50.00 cash Appeal Bond. The appellant may obtain 'FORM A'

from the LOC control and must immediately notify the Tournament Director or Event Technical Committee of their intention to Appeal against the decision as soon as the notification is received. The Appeal must be lodged with the Event Technical Committee.

Appeal B

2. A participating team can Appeal against a decision of the LOC by lodging an Appeal to the Disciplinary Department at The Football Association and this must be lodged not more than 7 days after the original decision was made by the LOC. The Appeal must be written in English and be accompanied by a non-returnable fee of £50.00 sterling. Cash will not be accepted. The Appeals Panel will be made up of representatives of The Football Association who are not members of the LOC and in accordance with FA Rules.
3. An appeal must set out the grounds under which the team believes the decision to be unfair based only on one of the following grounds:
 - i. That the decision making body has come to a decision on the facts of the case which no reasonable body could have reached; or,
 - ii. That the decision making body imposed a punishment, without reasons, not conforming with the Schedule Guide to recommended punishment; or,
 - iii. That the decision making body imposed an award, order or any other sanction which is excessive.

Discipline process flow chart



Article 10 a

DISCIPLINE SANCTIONS

1. A player who is sent from the field of play is suspended for the next match in the competition pathway. The TOURNAMENT DIRECTOR is entitled to augment this sanction in accordance with the standard match suspension tariff outlined below:
 - Receiving a second 'blue card' in the same match – 1 Match suspension
 - Use of offensive, insulting or abusive gestures – 2 Match suspension

2. Any action deemed to be serious foul play (as highlighted below) will incur a tariff equivalent to permanent exclusion from that stage of the competition and will also be considered by The FA for further disciplinary charges and sanctions in line with FA Rules and Regulations in force at the time of the event:
 - Kicking or striking (or attempting to) another player
 - Use of offensive or insulting or abusive language or gestures directed at match officials
 - Spitting
 - Head butting
 - Assault
 - Refusing to leave the field of play when ordered
 - Causing a match to be abandoned
 - Any offences where the offender has also acted in a discriminatory manner for reasons of ethnic origin, colour, race, religion, sex, sexual orientation, disability.

3. Throughout each individual stage of the competition (e.g. LQC, Regional Heats, and National Finals) a player who receives three (3) cautions (blue cards) shall automatically be suspended for the next match within the competition. Once a team progresses into each new phase of the competition the blue card count will be reset to zero and will start again for each player; blue cards will not be carried forward into the next stage of the competition. For the purpose of clarity, red cards and their accompanying disciplinary sanction will carry forward into following stages of the competition.

4. If a player receives further cautions after their suspension this will be considered by the TOURNAMENT DIRECTOR and could result in a further suspension.

5. All suspensions incurred in the competition will only be served in The FA Walking Football Cup strands.

Article 11

MATCHES TO PLAYED IN ACCORDANCE WITH THE FA LAWS OF WALKING FOOTBALL

1. All matches shall be played in accordance with the FA Laws of Walking Football save for local competition amendments defined within Article 12 herein only.

Article 12

DURATION OF MATCHES, EXTRA TIME, DETERMINING THE WINNER

1. LQC and Regional Heat matches with multiple group fixtures shall consist games of not less than 12 minutes but not more than 20 minutes in duration. All Games will not have an interval. If for any reason a competition round is comprised of a one-off fixture, two periods of no more than 25 minutes will be the default fixture.
 - i. The competition must be consistent across all matches and must take into consideration the number of games to be played by each team in quick succession as applicable.
2. The National Finals shall be played fully in accordance with the FA Laws of Walking Football.
 - i. If, in accordance with the provisions of these rules, the final match is still level at the end of the duration of the match, it shall be decided by kicks taken from the penalty mark in accordance with the FA Laws of Walking Football. Should the scores still be level after the initial **three** penalty kicks per team have been taken the penalties shall continue in rotation under the 'sudden death' principle.
3. If mini-league formats are applied to competition stages, the winners will be decided by:
 - i. **Points attained**, if teams are equal on points then by;
 - ii. **Goal difference**, if teams are still equal then by;
 - iii. **Goals scored**, if teams are still equal then by the;
 - iv. **Head to head** results, and if that result was a draw then by the;
 - v. **Drawing of lots**, under the control of the LQC Competition Director
4. Where in a competition pathway stage prior the National Finals, the score of a final game is level at full-time and both participating teams cannot be separated under the application of Regulation 3 (i to iv inclusive) above, the specific match shall be decided by kicks taken from the penalty mark in accordance with FA Laws of Walking Football, to avoid the drawing of lots.
 - i. Should the scores still be level after the initial three penalty kicks per team have been taken the penalties shall continue under the 'sudden death' principle.

Article 13

RESPONSIBILITIES OF THE ORGANISING ASSOCIATION AND THE PARTICIPATING TEAMS

1. All participants in the competition, regardless of their function, are required to hold adequate public liability insurance cover (£10,000,000) which is provided through their County FA affiliation.
2. The LOC are required to hold adequate insurance cover (£10,000,000).

Article 14

CONDUCT – Participating Teams

1. Each participating team shall be responsible for:
 - i. The conduct of the members of its delegation (officials and players), and of any person carrying out duties on its behalf throughout the Competition.
 - ii. Completing the registration of players by the date stipulated and confirming team staff details at the team managers meetings.
 - iii. Fulfilling the accreditation requirements for players and staff as outlined by the LOC.
 - iv. Attending the team managers meeting at each appropriate stage of the qualification pathway.
 - v. Submission of a team bond if required as outlined by the LOC for the Final match.
 - vi. Ensuring all players submitted on the team sheet for the fixture(s) arrive at the venue before the LOC designated player registration time. *Players arriving after the LOC deadline may not be registered to play. Teams who do not present with a minimum of three players by the advised player registration time will be struck from the respective stage of the competition.*
 - vii. The medical and hospital requirements for their own players.
 - viii. Concluding compulsory health, accident and travel insurance cover for all the members of its delegation.
 - ix. Ensuring teams are at the VCP 5 minutes prior to the start of their matches.

Article 15

ELIGIBILITY OF PLAYERS

1. Teams

- i. Players must be registered through Club Portal to the respective FA affiliated team participating in the competition prior to playing in the competition.
- ii. Players cannot register or play for more than one team in The FA Walking Football Cup.
- iii. Any player currently serving a suspension issued by The FA or a County FA will not be eligible to play in the event / respective game (s) until that suspension is expired.
- iv. Player registrations are collated and recorded by the LOC which requires club officials to collect and verify player ID. These ID documents may be requested for inspection

during the play phase of the competition so copies should be brought to each venue by the team official.

- v. Any team found guilty of fielding an ineligible player shall forfeit the match(es) in which the player(s) has/have participated and the team may be excluded from the competition. Where the opposing team has won, the result shall stand. Where the team found guilty of fielding ineligible player(s) was the match winner the result shall be overturned and a 3-0 victory and associated points awarded to the opponent. Where ineligible player(s) have played in all games of a competition, all results of the guilty team shall be cancelled

Article 16

PLAYERS' LISTS

1. Each participating team shall register not more than 20 players before the date set by the LOC for the teams entry point of the competition.
2. A team list of not more than 11 players shall be submitted from the teams registered player pool on the tournament portal for each phase of the competition and be submitted at team registration of each phase of the competition.
3. According to the FA Laws of Walking Football, and the development principles of this competition, the maximum number of substitutes permitted is five. The number and method of substitutions shall be in accordance with the FA Laws of Walking Football.
4. Not more than eight people (three officials (of which one must be the holder of a valid FA First Aid certificate to be recorded at each team managers meeting of the respective competition pathway stage) and five players) shall be allowed to sit on the substitutes' bench. A suspended player will not be allowed to sit on the substitutes' bench.
5. All players will need proof of ID at the event. Once this registration has been completed players may be asked for proof of identification through spot checks at the event. Failure to produce this documentation may result in a team and/or a player being removed from the competition.
6. A listed player may only be replaced on the official team list in the event of serious injury up until the point of team registration at each competition pathway stage. This must be agreed with the tournament director prior to the tournament day at each pathway stage.
7. For the avoidance of doubt, for a player to involved in the squad for the National Finals they must have been listed on the original squad list or added prior to the Regional Finals. Players cannot be added to the squad for the National Finals except in the exceptional case of an injury to a goal keeper and no substitute being available on the original squad list. This addition can only be done with the expressed approval of the Tournament Director.

Article 17

REGULATIONS GOVERNING EQUIPMENT & KIT AT FA COMPETITIONS

1. The participating teams shall undertake to comply with The FA Equipment Regulations in force.
2. Players and officials are not allowed to display political, religious, commercial or personal messages in any language or form on their playing or team kit, equipment (including kit bags, beverage containers, medical bags, etc.) or body for the duration of their time in the stadia or any other areas where accreditation is required to enable access.
3. Each team should wear the official team colours, as recorded in its official application form to participate. No player including the goalkeeper shall be permitted to wear black or very dark shirts (solid colours).
4. Teams participating in the Competition must submit to the LOC at the team managers meeting the uniforms their teams are scheduled to wear during the Competition including the goalkeeper clothing alternatives.
5. In the event of a clash of kit colours during the competition pathways and no alternative kits are available, teams will be supplied a contrasting, coloured bib to that of the opposition. These will be supplied by the LOC. The away team (named second on the draw) will wear their reserve uniform or bibs.
6. Whenever, in the opinion of the LOC, the colours of the uniforms of the two opposing teams or match officials are considered likely to cause confusion the away team (named second on the draw) will wear their reserve uniform or bibs.
7. The uniforms of the two goalkeepers should be of colours which contrast clearly with the uniforms of the two teams and the match officials.
8. Players will not be permitted to participate in a game, although listed on an official team sheet where the player is not in an identical kit to that listed on the registration portal.
9. Throughout the Competition phase each player must wear a number which has been allocated to that player on the official team list. The numbering must be in a contrasting colour to the shirt and players may not wear a number allocated to another player on the official team sheet.
10. Team Managers and those officials sitting on the team bench should be dressed in appropriate attire and should be in a contrasting colour to either team. Jeans/denims may not be worn by those on the bench.
11. Clubs are reminded of The FA kit regulations prohibiting sponsor advertising on replica kit associated with certain sponsors e.g. gambling or alcohol.

Article 18

REFEREES & MATCH OFFICIALS

1. The referees officiating at the matches in the competition shall be appointed by the relevant coordinator / Competition Director of the competition pathway.
2. The decisions of the coordinator / LOC Referees Coordinator are final and are not subject to appeal.
3. Prior to the start of each match both teams shall declare the 6 starting players on the match form (Form 1) and return it to the match officials not less than 10 minutes prior to kick off.
4. After each match, the referee shall complete and sign the official match sheet. The referee shall ensure both team managers sign the match report prior to handing it over to the Tournament Director. Match Details will be available to Team Managers online following the conclusion of a fixture.
5. On the report form, the referee shall note all incidents before, during, and after the match in as much detail as possible, such as:
 - i. Misconduct of players, leading to caution or expulsion
 - ii. Unsporting behaviour of officials, supporters and of any person acting on behalf of an organisation at a match
 - iii. Any other incidents

Article 19

TECHNICAL RULES FOR THE COMPETITION

1. Designated mixed and female competitions will be held in line with FA Regulations; Mixed Gender participation is permitted in the mixed competitions.
2. A LQC shall be run in a format defined by the LOC to determine a County winner in the respective competition. The LQC shall satisfy the stipulated requirements of these rules.
3. Each Regional Final will be structured by the LOC to achieve a fair competition and subject to the number of sub-regional (LQC) qualifying teams, to determine an outright winner to progress to the National Finals.

Appendix 1

Health & Safety Requirements

The LOC and LQC

All LQC will have a named Designated Delivery Lead on site for the duration of each event. The named Lead will have completed the [Safeguarding Adults Course](#) and the [Player Welfare in Open Age Football Course](#) (TBC).

Welfare of players will be the responsibility of all team officials, event delivery staff, and event directors.

All LQC will have at least a named First Aider who has completed the [Introduction to First Aid in Football](#). If alternative medical provision is arranged, detail should be provided on the competition registration form.

An AED (Automated External Defibrillator) should be available on site for the duration of any competitions, whether portable, fixed on site, or provided through alternative medical provision.

A risk assessment is to be undertaken by the LOC prior to the commencement of the event, with access to nearest Emergency Departments clearly stated.

Competing Teams

Competing teams will:

- Hold all medical and hospital requirements for their own players.
- Ensure they have compulsory health, accident, and travel insurance cover for all the members of its delegation in line with affiliation requirements of the associated County FA.