



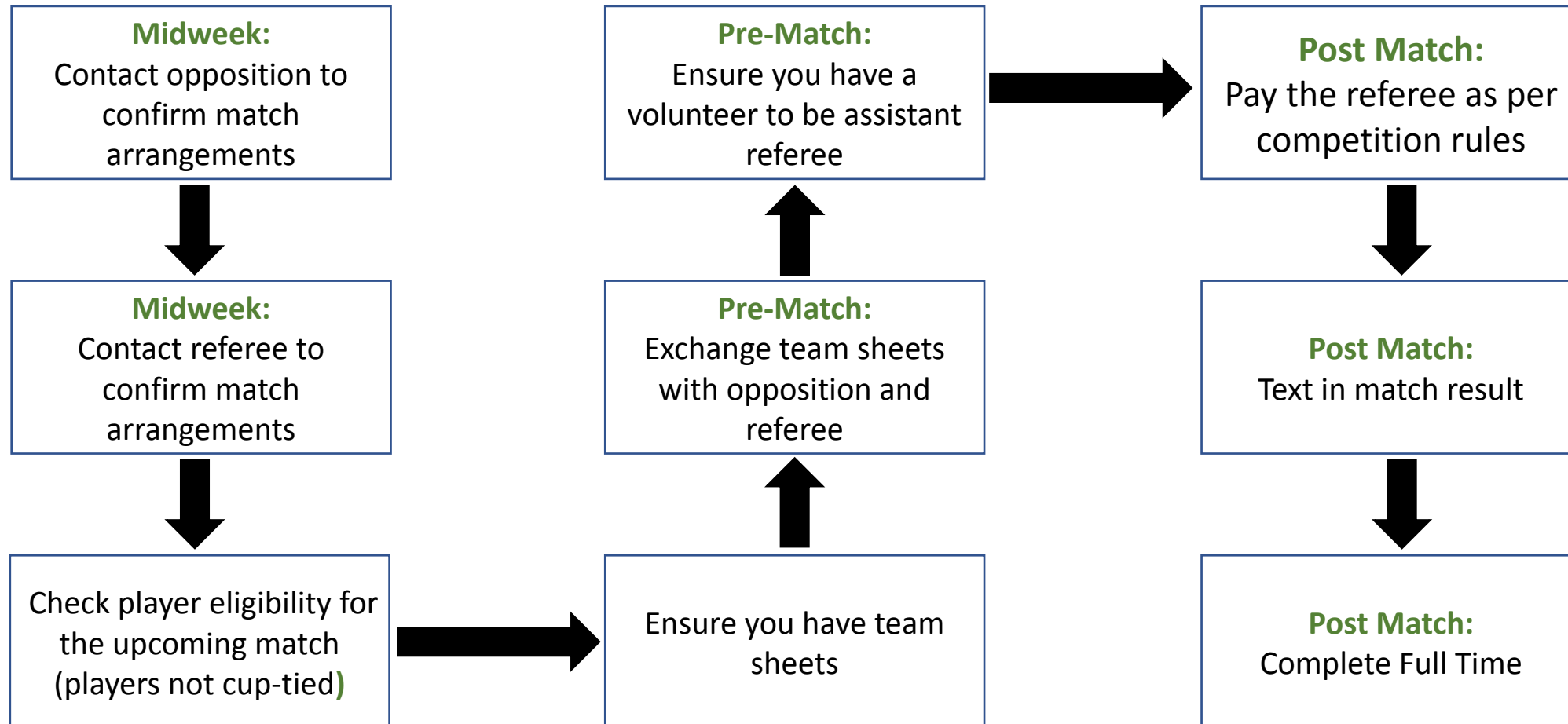
# Norfolk Sunday Football League

## League Cup Guide

Season 2025-26

# Norfolk Sunday Football League

League Cup - Match Process - 2025-26



# Norfolk Sunday Football League

League Cup - Rules - 2025-26



## THE COMPETITION

There will be 2 league cup competitions which will be known as -

THE H2 SECURITY LEAGUE CUP

THE BERNIE HARDIMAN LEAGUE CUP SPONSORED BY CONBANO

## MATCH BALLS

The home club must provide 2 match balls.

## SUBSTITUTES

5 substitutes may be used from 5 players named. Return substitutions are permitted.

Clubs must advise the opposition and referee of the names of substitutes not later than 5 minutes prior to kick off (Team sheet)

# Norfolk Sunday Football League

League Cup - Rules - 2025-26



## **REFEREE MATCH FEES**

THE H2 SECURITY LEAGUE CUP - Basic Fee - £37

THE BERNIE HARDIMAN LEAGUE CUP SPONSORED BY CONBANO - Basic Fee - £32

Mileage - 35p a mile, maximum of £25

For games before the Semi Final stage, fees are to be paid by the AWAY TEAM

For Semi Final games, referee fees and 1 assistant referee fee are to be paid by the AWAY TEAM. The second assistant referee fee is to be paid by the HOME TEAM

Call off over which neither Club has control: Expenses only

Call off due to one Club being in default: Expenses only to be paid by defaulting Club

Game Duration - 45 Mins Each Way

Extra Time - No

Penalties - Yes

# Norfolk Sunday Football League

League Cup - Rules - 2025-26



## PLAYER AVAILABILITY

Players must be registered with the club using The Whole Game System as per league games

If a player has played in a previous round for a team, that player is therefore cup tied and cannot play for another team (teams are defined as individual teams, so a first team and reserve team are 2 teams, the club is over arching name). This applies even if the players' previous club has withdrawn from the league

A player must have played in at least 2 competitive (any FA Affiliated Sunday competition) games to be eligible for selection for the Semi Final and Final. These appearances must be showing on Full Time

## TRANSFERRED PLAYERS

If a player transfers from a team playing in the Junior Cup to a team in the senior cup they are **NOT** cup tied, however if a player transfers from a team playing in the Senior Cup to a team in the Junior cup they **ARE** cup tied

## NON FULFILMENTS

If a club cannot field a team and non fulfils the fixture, the game will be awarded to the opposition (0-0 win). **Fine up to £50**

# Norfolk Sunday Football League

League Cup - Rules - 2025-26



## PLAYING AN INELIGIBLE PLAYER

In the event of a club playing an ineligible player (reasons including, but not limited to, not registered correctly, cup tied) in a game that they win or draw the result will be null and void and awarded to the opposition (0-0 win). If the offending team loses, the result will stand. **Fine up to £50**

## SEMI-FINAL

In all Semi Final fixtures the home club must ensure there is a barrier (rope and stakes at a minimum) to prohibit spectators', substitutes' and club officials' encroachment at least 1 metre (preferably 2 metres) out from the touchline on at least both sides of the pitch. Failure to comply may result in a **fine up to £100**

At least one Norfolk Sunday League committee member will be in attendance at all League Cup Semi Finals

# Norfolk Sunday Football League

League Cup - The Drawing - 2025-26



- 2 teams from same club cannot be in the same League Cup competition
- The draw for the next round will take place at the first league committee meetings after the round just played and will not be shown on Full Time until such draw has taken place
- After each respective draw the Norfolk Sunday Football League shall intimate the cup draw result to the competing Clubs along with the date on which the ties must be played. The date for all the rounds shall be decided by the league committee
- There will be 5 rounds with the first round consisting of 4 games and 12 teams receiving a bye

# Norfolk Sunday Football League

League Cup - The Drawing - 2025-26



- Clubs participating in the H2 SECURITY LEAGUE CUP will be -

Acle Rangers

Bungay Town

F.C. Steamers

FC Viking

Horsford

Jubilee

Maids Head

Marlborough

Newsman Celtic

Newton Flotman

Old Catton

Reepham Town

Sprowston Rangers

Swanton Morley

The Middle Green

Thorpe St Andrew

Upper Cross

Wensum Wanderers

West Norwich Wanderers

Young Boys

# Norfolk Sunday Football League

League Cup - The Drawing - 2025-26



- Clubs participating in the BERNIE HARDIMAN LEAGUE CUP SPONSORED BY CONBANO will be -

Acle Rangers Reserves

Attleborough Town

Aylsham

Bawburgh

Beetley

Brundall Bullfinches

Cawston

Colney Athletic

County Rovers

Costessey Sports

Dickleburgh

FC Viking Reserves

Freethorpe

Frettenham

Hasbeens

Michu

Nomadic

Packet of Pins

Sprowston

Sprowston U21s

Wensum Helles

# Norfolk Sunday Football League

League Cup - The Drawing - 2025-26



- Each home Club shall, at least three days before its respective cup tie, confirm with its opponents and where they have been appointed, the Match Official(s) the match arrangements including the venue, colours and kick off time
- Any Club in default may be fined the sum of up to £30
- The venue of each match (apart from the Final) will be that of the first drawn Club unless an alternative arrangement is made

# Norfolk Sunday Football League

League Cup - Referees - 2025-26



- No Norfolk County FA appointed referee shall be a member of either of the competing clubs
- The responsibility for appointing all match officials for league cup fixtures will be that of the Norfolk County FA Referees Appointments Officer
- In all fixtures each club shall supply an assistant referee. Any club failing to comply with this rule may be fined up to £30
- Fees to be paid by the AWAY Team for rounds before the Semi Final and will be:
  - THE H2 SECURITY LEAGUE CUP - Basic Fee - £37
  - THE BERNIE HARDIMAN LEAGUE CUP SPONSORED BY CONBANO - Basic Fee - £32
  - Mileage - 35p a mile, maximum of £25
- At the Semi Final stage the home team will pay for the pitch and one assistant referee, the away team will pay for the referee and the second assistant referee

# Norfolk Sunday Football League

League Cup - Referees - 2025-26



- In the event of no referee being appointed or the appointed referee failing to arrive, a referee shall be chosen by the home club and must be mutually agreed by both teams. This individual will be considered as an official appointment by the Association for the duration of the match. The absence of the appointed referee shall not be deemed sufficient cause for the match not being played
- In all unplayed matches, where the referees or any appointed assistant referees attend they shall be entitled, if no club is at fault, to expenses only. If the delegated Committee deem any Club is at fault for the non-playing of a fixture it may be required to pay the appointed official(s) their full fees and expenses

# Norfolk Sunday Football League

League Cup - The Final - 2025-26



- The final of the League Cup shall be played on a ground to be determined by the League Committee
- In the event a final match is level after normal time, it shall be decided by the taking of kicks from the penalty mark in accordance with regulations laid down by the International Board
- The League Committee shall have direct control of all arrangements for the Cup Final
- The only persons allowed in the technical areas, for the final, will be the named substitutes and club officials as named on the official team sheet on the day of the match. All named persons shall act in a responsible manner. The names of all individuals eligible to enter the technical areas must be submitted to the match referee and opponents prior to kick off when submitting the Club's completed team sheet
- The 2025-26 League Cup finals will be held in May 2026

# Norfolk Sunday Football League

League Cup - Responsibility for the Cup - 2025-26



- The cup shall be presented to the captain of the winning Club immediately after the completion of the Final. An officer from the winning Club will be required to sign the 'Custody of League Cups' form, confirming the Club knows and accepts its personal responsibility for the cup and its value along with the undertaking that the Club will be financially liable for any damage caused
- The League Cup shall be returned to a Norfolk Sunday Football League Committee member no later than 1 March in the following year or earlier if so requested

# Norfolk Sunday Football League

League Cup – Sponsors - 2025-26



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