



Capital Football Federation
Football Playing Regulations
Season 2023

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1 DEFINITIONS

1.1 The terms given below denote the following:

- 1.1.1 **Administrator:** The person appointed by the Competition Manager to perform administrative functions on behalf of Capital Football.
- 1.1.2 **Board:** The Capital Football Board is appointed by clubs to make decisions on football-related matters in the Capital Football districts.
- 1.1.3 **Capital Football:** The name used for Capital Football Federation.
- 1.1.4 **Capital Football Advisory group:** Groups appointed to advise the Board on local district and club football-related matters.
- 1.1.5 **Capital Football district:** Wairarapa, Hutt Valley, Horowhenua/Kapiti, Wellington, and Western.
- 1.1.6 **CDL:** Capital Development Leagues
- 1.1.7 **Club:** An organisation that administers football for players who are affiliated with a Federation or New Zealand Football.
- 1.1.8 **Competition:** Any League, Cup, Playoff, or other match administered by Capital Football and covered under these regulations.
- 1.1.9 **Competition Manager:** The Chief Executive of Capital Football or associate delegate to oversee the administration of football in the districts.
- 1.1.10 **Composite team:** A team made up of players from different clubs.

- 1.1.11 **Development Manager:** The Chief Executive of Capital Football or associate delegate to oversee the development of football in the districts.
- 1.1.12 **Dispensation:** A written exemption from the Capital Football Development Manager for a player from an eligibility rule or requirement to take part in another age group or competition type to assist with their continued football development.
- 1.1.13 **Game Facilitator:** Facilitator for Fun Football (under 7 and 8) games in place of a referee. Facilitators should avoid using whistles and stay on the sideline.
- 1.1.14 **Intent:** Capital Football's interpretation of a regulation (*shown in italics*).
- 1.1.15 **Junior club:** A club or adjunct of a club that administers junior players.
- 1.1.16 **Junior competitions:** Capital Football competitions for junior players (under 4 to under 12).
- 1.1.17 **Laws of the Game (LOTG):** The International Football Association Board (IFAB) Laws of the Game.
- 1.1.18 **Local leagues:** These competitions include teams from one (or two in the case of Wellington/Western competitions) Capital Football district.
- 1.1.19 **Match day squad:** The squad of players entered on the team card for each playing day.
- 1.1.20 **Match official:** The referee, assistant referees, fourth official, match commissioner, referee assessor, the person in charge of safety, and any other persons appointed by Capital Football to assume responsibility in connection with a Match.
- 1.1.21 **MoU:** A Capital Football approved Memorandum of Understanding
- 1.1.22 **National Registration System:** The database used by New Zealand Football for registrations and competition management, currently COMET.
- 1.1.23 **NZF:** New Zealand Football.
- 1.1.24 **Player:** A player registered in the National Registration System of any club playing under the Regulations.
- 1.1.25 **Regional Leagues:** Junior competitions in under 11 to under 15. These competitions include teams from all Capital Football districts and may be subject to higher qualifications for coaches and referees than Local and Wellington Combined competitions.
- 1.1.26 **Regulations:** The Capital Football 2023 Playing Regulations.
- 1.1.27 **Senior competitions:** Capital Football competitions for senior players.
- 1.1.28 **Team:** the team defined in clause 5.1, or other entity, as approved by Capital Football to participate in Capital Football competitions.
- 1.1.29 **Team official:** A coach, team manager or any member of a team who operates a non-playing capacity role.
- 1.1.30 **Team Card:** A team card can consist of either a manual team card (also known as a Match Information Sheet) or an online team card that is loaded through the National Registration System.
- 1.1.31 **TDP:** Talent Development Programme.
- 1.1.32 **Technical area:** The area inside the crowd barriers for the sole use of team officials, players, and substitutes.
- 1.1.33 **Wellington Combined:** Capital Football competitions in under 13 to under 15. These competitions include teams from all Capital Football districts.
- 1.1.34 **Women's leagues:** Capital Football's women-only leagues.
- 1.1.35 **Youth competitions:** Capital Football competitions for junior players (under 13 to under 18).

2 INTRODUCTION

- 2.1 These Playing Regulations supersede all former Playing 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 its Annual General Meeting.
 - 2.3.2 The Annual Report will show:
 - 2.3.3 The date of election of any members.
 - 2.3.4 The club's accounts, including their income, expenditure, assets, and liabilities.
- 2.4 The Competition Manager may appoint an administrator to perform the administrative functions for each local district.
- 2.5 All clubs will be represented on the relevant Capital Football Advisory Group by a nominated individual, who will liaise with clubs and provide feedback as required to Capital Football. The Capital Football Advisory Groups Terms of Reference can be found on the Capital Football website: [Capital Football Federation - Advisory Groups](#)

3 OTHER REGULATIONS

- 3.1 Capital Football Finance Regulations can be found at [Capital Football - Club Info and Resources](#)
- 3.2 Futsal Regulations can be found at [Capital Football - Competition Information](#)
- 3.3 NZF National League Regulations can be found at [NZ Football - Statutes & Regulations](#)
- 3.4 Women's Central League Regulations can be found at [Capital Football - Competition Information](#)

4 GENERAL PROVISIONS

- 4.1 These Regulations apply to all players in all Capital Football Competitions.
 - 4.1.1 For Senior regulations see Appendix One
 - 4.1.2 For Youth regulations see Appendix Two
 - 4.1.3 For Junior regulations see Appendix Three
- 4.2 The Competition Manager is responsible for managing competitions in a manner that is consistent with the objectives of Capital Football and the Board.
- 4.3 Anything not covered by the Regulations will be referred to the Competition Manager for decision and subsequently communicated to the relevant Advisory Group.
- 4.4 It is the responsibility of each club to ensure compliance with all regulations. This includes:
 - 4.4.1 Additional Pandemic Protocols.

- 4.5 Teams, their Players, and Team 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, the NZF Disciplinary Code and the NZF Code of Conduct.
- 4.6 The following shall apply unless the context requires otherwise:
- 4.6.1 Headings are for convenience only and do not affect interpretation.
 - 4.6.2 The singular includes the plural and the converse.
 - 4.6.3 Where any word or phrase is given a defined meaning in these Regulations, any other part or speech or other grammatical forms in respect of such word or phrase has a corresponding meaning.
 - 4.6.4 A reference to legislation includes all regulations under and amendments to that legislation and any legislation passed in substitution for that legislation or incorporating any of its provisions to the extent that they are incorporated.
 - 4.6.5 "Including" and similar words do not imply limitation.
 - 4.6.6 Reference to a party includes their respective permitted assignees, successors, executors, and administrators.
 - 4.6.7 Every right, power and remedy of a party remains unrestricted and may be exercised without prejudice to each other at any time.

5 COMPETITIONS

Teams

- 5.1 Only clubs affiliated to Capital Football may enter Capital Football competitions, except clubs affiliated to NZF, or other Federations provided they have a Memorandum of Understanding (MoU) with Capital Football which has been signed off by the Board.
- 5.2 Composite teams will be accepted into Capital Football competitions on a case-by-case basis. Any composite team must:
- 5.2.1 Be signed off by Capital Football and/or the Board.
 - 5.2.2 Clubs must have an MoU approved by Capital Football.
 - 5.2.3 Be communicated with the relevant Advisory Group.
 - 5.2.4 Players must be registered in the National Registration System for an affiliated club in line with registration regulations.
 - 5.2.5 As per the Senior Playing Regulations, the club with which the player is registered is responsible for any fines incurred by that player.

Leagues

- 5.3 The final composition of leagues is at the discretion of the Competition Manager.
- 5.3.1 Each club will confirm the registration of their teams by entry into the National Registration System.

- 5.3.2 Where applicable, clubs will be notified of relevant starting positions in leagues before confirming registration.
- 5.3.3 The Competition Manager can accept further entries during the season with the support of the relevant advisory group.
- a This is not required for Junior and Youth Competitions
- 5.3.4 During the season, the Competition Manager can amend the number and composition of leagues with the support of the Board and relevant Advisory Group.
- a This is not required for Junior and Youth Competitions
- 5.4 For all league matches, three points are awarded for a win, one point for a draw and zero points for a loss.
- 5.5 For a completed league, a team's accumulated points will determine league position for that competition.
- 5.5.1 In the case of teams being level on accumulated points, the deciding factor for league position for a completed league will be (in order):
- a The highest goal difference.
- b The higher number of goals scored.
- c The goal difference from the matches played between the teams.
- d The team with the superior disciplinary record. **A direct red card equals four points, a red card for two cautions equals three points and cautions equal one point.**
- e A ballot drawn by the Competition Manager.
- 5.6 For an incomplete league where mathematically league positions could change from the games not played, the league positions will be determined on the following:
- 5.6.1 In the case of less than 50% of matches played by any team in the league.
- a Then there are no league positions, and the league is void.
- 5.6.2 In the case of 50% or more matches played by all teams in the league.
- a Then league positions are based on average points (average points are determined by total points divided by the number of games played).
- b If teams are still equal after average points, then positions are determined as an average of the order set out in the completed league regulation above.
- 5.7 In the event of a team being removed or withdrawing 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.

Cup and Playoffs

- 5.8 Cup competitions

- 5.8.1 All Cup or Knockout competitions will take place as per the format determined by the Competition Manager.
- 5.8.2 Players can only play for one team/club in any cup competition in any single season unless otherwise stated in these regulations. If a club is found to be playing a cup-tied player:
- a The offending team will forfeit any points gained from that match.
 - b Goals scored by the offending team will be cancelled and 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.
 - d The offending team will be fined \$150.00 per cup-tied player, for senior competition only.
- 5.8.3 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.

5.9 Playoffs

- 5.9.1 All required playoffs will take place as determined by the Competition Manager.
- 5.9.2 Playoff venues are subject to consultation, but the Competition Manager's decision is final.

Matches

- 5.10 All matches will be played at the Competition Manager's discretion.
- 5.11 Capital Football reserves the right to inspect all grounds and facilities. If they are not up to standard as determined by the Competitions Manager or Match Official, games will be transferred away from the venue.
- 5.12 Any fixture change will be dependent upon the availability of a suitable ground as well as other operational factors.
- 5.13 The Competition Manager must be advised immediately of any defaulted, cancelled or abandoned match.
- 5.14 If a team defaults a match the score will be recorded as a 3-0 win to the opposition.
- 5.15 Any cancelled or abandoned match will be rescheduled at the discretion of Capital Football.
- 5.16 If alcohol, when on the field, where excessively used or in an alcohol-restricted area, or illegal drugs are present at a match, the match official(s) or team official(s) can request the home club to have the offender(s) removed.
- 5.16.1 The match official can stop the match until the offenders are removed.
 - 5.16.2 The match official or team official will report the incident to Capital Football.

6 REGISTRATIONS

- 6.1 All registrations must comply with NZF regulations specifically the Regulation on the Status and Transfers of Players (RSTP).
- 6.2 Players taking part in any Capital Football competition must be registered in the National Registration System for the club for which they are playing at the time of their match.
- 6.3 All registrations will be held in the National Registration System. It is the club's responsibility to ensure that the information held in National Registration System is correct.
- 6.3.1 Every new player will provide the necessary details required in the National Registration System for registration.
- 6.3.2 No player will be deemed to be registered until a National Registration System ID number is allocated.
- a Players should also have a FIFA ID allocated.
- 6.3.3 In the event of any player being registered twice, the second registration, in chronological order, will be deemed to be null and void.
- 6.3.4 Registrations must be retained by the club in the National Registration System for as long as the player is playing for that club.
- 6.3.5 Girls playing in junior, or youth competitions may be registered to a 'mixed' football team but hold an eligibility registration to a 'girls' team. The registered player with an additional eligibility registration will be able to play for both teams in competitions governed by these regulations subject to all other regulations.
- a The eligibility registration is added by Capital Football at the discretion of the Competitions Manager.
- 6.3.6 If a player is 10 years of age or older and comes from overseas to NZ, Capital Football must be notified, and an International Transfer Clearance (ITC) will be required.
- a Information on ITCs can be found at [NZ Football - Registrations & Transfers](#)
- 6.4 No player can play in Tier 1 senior competitions unless they are registered with that club via the National Registration System by June 30 of that year, unless:
- 6.4.1 In Men's Capital 3 and Men's Capital 4 competitions which have been approved by the Competition Manager and meet one of the following conditions:
- a A player is returning to the club they were most recently registered at.
- b A player is moving more than 50km, due to work or other non-football reasons.
- c A player's first registration.
- 6.4.2 For Women's Capital Premier, Men's Capital Premier, Men's Capital 1, and Men's Capital 2, where a Player who is listed as a goalkeeper may be replaced at any time, with another goalkeeper, on a permanent or temporary basis, on account of illness or injury which prevents the relevant goalkeeper from playing, where:
- a A certificate from a medical doctor is provided; and
- b The replacement Player is listed as a Goalkeeper.

- 6.5 Any player movement between clubs must be made in conjunction with the NZF Regulation on the Status and Transfers of Players (RSTP).
- 6.6 Any club or club official offering inducement for a player to move to another club must notify the player's present club and Capital Football in writing before approaching the player.
- a Any club in breach of this regulation will be fined a minimum of \$500.00.
- 6.7 Capital Football will investigate any registration disputes.
- 6.7.1 Any club involved in a registration dispute is bound by any decisions made by Capital Football and the appeals process set out in the NZF Disciplinary Code.
- 6.8 All player registrations will be terminated (de-registered) on 31 December.
- 6.8.1 Any player that owes the club gear and/or monies may be 'Red Flagged' by the club, before this date, to prevent the player from 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.
- 6.9 Amateur Player agreements must be on a form and approved by NZF.
- 6.9.1 These are only required for Men's Central League.
- 6.10 In the event, a club has a Capital Football approved MoU in place with another club(s) that includes the ability for player movement between clubs. A Player registered to the MoU club can also hold an eligibility registration to another club under that MoU. The registered player with an additional eligibility registration will be able to play for both teams in competitions governed by these regulations.
- 6.10.1 The player(s) and club(s) are subject to all other regulations.
- 6.10.2 The MoU does not allow an exemption to the regulations unless stated in the MoU and the regulations.
- 6.11 If a team is found to be in breach of any part of the registration regulation:
- a The offending team will forfeit any points gained from that match.
 - b Goals scored by the offending team will be cancelled and 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.
 - d The offending team will be fined \$150.00 per ineligible player, for Senior Competitions only.
- 6.12 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.

7 RESULTS

- 7.1 For all Senior leagues using online team cards via the National Registration System are used there is no requirement to enter results.
 - 7.1.1 Referees must enter the result within 30 minutes of completing the game.
- 7.2 For all Senior leagues not using online team cards, the home team is responsible for entering results into the National Registration System within 60 minutes of completing the game.
- 7.3 Teams that submit late results will be fined \$50.00 for each offence.
- 7.4 For all other leagues, the home team is responsible for entering results into the National Registration System within 60 minutes of completing the game.

8 COMPLAINTS AND INCIDENTS

- 8.1 Capital Football will not tolerate verbal and physical abuse against match officials, players, clubs, or supporters.
- 8.2 In the case of critical and/or continuing discriminatory incidents occurring from spectators during a match, the Match Officials can apply the FIFA-directed three-step procedure based on Law 5 of the LOTG as set out below.
 - 8.2.1 In the first instance, the referee shall decide whether to stop the match to inform the nominated home team's representative so that an announcement may be made to the spectators by the Home Team, urging the spectators to cease the discriminatory behaviour. Any announcement or address to the spectators shall include a warning that any further discriminatory behaviour would see the game suspended.
 - 8.2.2 In the second instance, if the discriminatory behaviour continues once the match has resumed, the referee may instruct the Home Team and Away Team to return to their dressing rooms while the match is suspended and until the behaviour stops. The Home Team shall, again, make an announcement or directly address the spectators, that the discriminatory behaviour is to stop before play can resume.
 - 8.2.3 In the third instance, should the discriminatory behaviour continue, after the suspended match has resumed play and following consultation with all relevant parties, including Away Team and Home Team, the referee and the representative, the referee shall abandon the match in line with regulations four and nine of the NZF Disciplinary Code. Following the abandonment of the match, the Home Team will be required to make an announcement stating that the match has been abandoned due to ongoing discriminatory behaviour.
 - 8.2.4 Should the referee have to enact any of the steps outlined above then they shall submit an Incident Report (as defined in the NZF Disciplinary Code) to the Competition Manager.
- 8.3 Capital Football will not tolerate any public statements (including social media) that breach the NZF Disciplinary Code or Code of Conduct.
 - 8.3.1 Incidents reported by a referee, player, or club official, if proven, will result in the club(s) involved being fined \$200.00.

- a Any further incident during the season involving the same club(s) will result in the fine per incident being doubled.
- 8.4 Defamatory comments against a match official 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.
- 8.5 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.
- 8.6 Any other complaints or incidents can be reported to the Competitions Manager or through the Incident Register on the Capital Football website [Capital Football Federation - Incident Register \(sporty.co.nz\)](https://sporty.co.nz).
- 8.7 For more information on the Complaints and Incidents Process please see [Capital Football Federation - Incident Register \(sporty.co.nz\)](https://sporty.co.nz)

9 BREACHES, PROTESTS AND APPEALS

- 9.1 The process for Breaches, Match Related Protests and Appeals is outlined in the NZF Disciplinary Code.
- 9.2 Any club may notify any breaches of the regulations or bring a match-related protest to Capital Football through the Competition Manager.
 - 9.2.1 Notification of a breach or match-related protest must be made within 72 hours of the alleged breach.
 - 9.2.2 For disciplinary matters, 72 hours from the time the report is received by the club.
 - a For player eligibility, including player regrading, the 72 hours run from the time the club is aware of the breach. **Proof of when and how the club became aware of the breach may be required.**
 - b Notwithstanding anything in the above clause, protests regarding the eligibility of Players cannot be submitted after the date which is seven days following a team's final match in a competition.
 - c For all other disciplinary matters, 72 hours from the end of the match.
- 9.3 No protests may be made about the referee's decisions regarding facts connected with play, such decisions being final.
- 9.4 Protests must be a written statement, on the club's letterhead, detailing the:
 - 9.4.1 Name of the club, player, or person(s) protested.
 - 9.4.2 Alleged regulation that has been breached.
- 9.5 Capital Football will forward a copy of the protest to any club which is the subject of the protest or inform the club if there has been a notification of a breach.
 - 9.5.1 After ascertaining all details of the protest or breach, Capital Football will advise all parties of their decision.

- a A fee of \$100.00 will be charged for trivial protests.
- 9.6 Any club has the right to appeal against the application of one or more of the Regulations made by the Competitions Manager.
 - 9.6.1 Appeals will be made in line with the NZF Disciplinary Code and decided by the Regional Association Disciplinary Committee.
- 9.7 For more information on the Disciplinary Process please see [Capital Football Federation - Incident Register](#)

10 FILMING

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

11 CANCELLATIONS AND ABANDONED MATCHES

- 11.1 The appointed Match Official may cancel or abandon a match, following consultation and agreement with the Competition Manager for:
 - 11.1.1 Adverse weather.
 - 11.1.2 The safety of players.
 - 11.1.3 Where there is not an appointed Match Official Present there must be an agreement between teams to cancel or abandon the match.
- 11.2 Abandoned games result:

11.2.1 If 66%, or more, of the normal playing time, has been played the score will stand. For example, 60 minutes, or more, in the 90-minute game, excluding additional time.

11.2.2 If less than 66% of the game is played, the score will be recorded as 0-0, unless the current score is agreed upon by the coaches, or the match can be replayed.

11.3 Cancellations, ground transfers and defaults are published on:

11.3.1 Capitalfootball.org.nz for individual fixtures from Friday afternoon.

11.3.2 facebook.com/CapitalFootball and Capitalfootball.org.nz for mass cancellations before 7am Saturday or Sunday morning.

11.3.3 For the Cancellation Process please see capitalfootball.org.nz/cancellations/.

12 DRUG TESTING

12.1 Capital Football competitions are subject to NZ Football Anti-Doping Regulations.

12.1.1 Refer also:

a Drug-Free Sport New Zealand Anti-Doping Rules

b NZF Disciplinary Code Regulation 19.

12.2 It is the responsibility of each team and player to ensure they are conversant with the anti-doping rules and regulations.

13 MISCELLANEOUS

13.1 Anything not covered by the Regulations will be referred to the Competition Manager for decision and subsequently communicated to the relevant Advisory Group and/or Capital Football Board.

13.2 It is the responsibility of each club to ensure compliance with any new and existing regulations.

14 REFERENCES

14.1 IFAB Laws of the game: [International Football Association Board | Laws of the Game | IFAB \(theifab.com\)](http://InternationalFootballAssociationBoard.com/LawsOfTheGame)

14.2 NZF Disciplinary Code: [NZ Football - Statutes & Regulations](http://NZFootball.com/Statutes&Regulations)

14.3 NZF Code of Conduct: [NZ Football - Statutes & Regulations](http://NZFootball.com/Statutes&Regulations)

14.4 NZF Regulation on the Status and Transfer of Players (RSTP): [NZ Football - Registrations & Transfers](http://NZFootball.com/Registrations&Transfers)

14.5 NZF Club Licensing Regulations: [NZ Football - Statutes & Regulations](http://NZFootball.com/Statutes&Regulations)

14.6 NZF Anti-Doping Regulations: [NZ Football - Statutes & Regulations](http://NZFootball.com/Statutes&Regulations)

14.7 NZF Talent Development Programme manual: [NZ Football - Resources](http://NZFootball.com/Resources)

14.8 NZF International Transfer Clearance: [NZ Football - Registrations & Transfers](http://NZFootball.com/Registrations&Transfers)

- 14.9 FIFA Statutes and regulations: [Who We Are - FIFA.com](#)
- 14.10 FIFA Disciplinary Code: [Who We Are - FIFA.com](#)
- 14.11 FIFA anti-Doping Regulations: [Who We Are - FIFA.com](#)
- 14.12 FIFA Code of Ethics: [Who We Are - FIFA.com](#)
- 14.13 FIFA Code of Conduct: [Who We Are - FIFA.com](#)
- 14.14 Capital Football Match Information Sheet: [Capital Football Federation - Competition Information](#)
- 14.15 Drug-Free Sports Anti-Doping Rules: [Drugfree Sport NZ](#)

APPENDIX ONE | SENIOR REGULATIONS

15 COMPETITION TYPES

15.1 Senior Competitions covered by these regulations:

Competition Type	Competition Subtype	Competition Name	Tier
Women's Leagues	Women's Capital Leagues	Women's Capital Premier	1
		Women's Capital Premier Cup	1
		Kelly Cup	1
		Women's 1+	2
Men's Leagues	Men's Capital Leagues	Men's Capital Premier	1
		Men's Capital 1-4	1
		Central League Play-off	1
		Capital 4 Play-off	1
	Wellington Local Leagues	Wellington 1+	2
		Wellington Cup	2
	Wairarapa Local Leagues	Wairarapa 1+	2
		Wairarapa Cup	2
		Wairarapa Women's League	2
	Horowhenua/Kapiti Local Leagues	Horowhenua/Kapiti 1+	2
		Horowhenua/Kapiti Cup	2
	Masters Leagues	Masters Leagues	Masters 1+
Masters Over 45's			2

15.2 Senior Competitions which are not covered by these regulations:

15.2.1 Women's Central League

15.2.2 NZF National Leagues (including [Men's] Central League, National League Championship, and women's National League)

15.2.3 NZF Chatham Cup

15.2.4 NZF Kate Sheppard Cup

15.2.5 NZF Youth Development Leagues

16 WOMEN'S CAPITAL LEAGUES

16.1 Women's Central League

16.1.1 Relegation from the Women's Central League:

- a The last-placed team from the Women's Central League will be relegated to the club's relevant Federation competition.
- b Any Capital Football team relegated from the Women's Central League is eligible to play in Women's Capital Premier the following season.

16.2 Women's Capital Premier:

16.2.1 Minimum player age of 15 years old at the time of the match, unless they have dispensation from Capital Football.

16.2.2 A maximum of one team per club can participate in the Women's Capital Premier.

16.2.3 Promotion from Women's Capital Premier:

- a At the completion of the league the first-placed team will enter a playoff against the Central Federation nominated team with the winners of the playoff promoted to the **Women's Central League**.
- b If the first-place team is ineligible or does not want a promotion to the **Women's Central League**, the second-placed team may enter the playoff.
- c If the first or second-placed team is ineligible or does not want a promotion to the **Women's Central League**, the third-placed team in may enter the playoff, and so on.
- d If only one team is eligible or wants promotion from either Federation, they will be automatically promoted to the **Women's Central League**.
- e If there are no eligible teams or no teams want promotion from either Federation, there will be no relegations from the **Women's Central League**.

16.2.4 Promotion or relegation will only occur if the league and adjacent league(s) have:

- a Completed seasons.
- b Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining un-played games.

16.2.5 The necessary number of relegations (if any) will take place.

16.2.6 Online Team cards are required.

- a Teams must load a squad list into the National Registration System including shirt numbers and team kit colours by 12:00pm on Friday before the weekend game or the day before a mid-week game.
- b The team kit colour must also include a goalkeeper's kit.
- c The squad list must accurately reflect the squad for that match only.
- d Changes can be made through the National Registration System after this point, to reflect the accurate line-up up to 60 minutes before kick-off.
- e The team card may be altered by a team before kick-off by notification of the change to the Match Official.
- f Failure to comply with regulations will result in a fine of \$100.00.

- g If a team is found guilty of playing a player who is not listed on the team card the offending team will forfeit any points gained from that match and be fined \$150.00 per unlisted player.
- Goals scored by the offending team will be cancelled, and goals-against shall stand.
- 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.
- If both teams are found guilty of playing players not listed on the team card, the match will be cancelled.

16.3 Capital Football will appoint a referee for all matches.

- 16.3.1 Where requested by the referee, each team will provide an assistant referee.
- 16.3.2 For each match where a referee has been appointed, a fee agreed upon at the Capital Football Annual General Meeting will be charged to the home team.
- 16.3.3 If a referee is not appointed, the home team will referee the match **unless both teams agree to referee a half each before kick-off.**
- 16.3.4 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:
 - a The home team will contact Capital Football.
 - b Capital Football will attempt to source another qualified referee.
 - c Any other available qualified referee will officiate.
 - d If no qualified referee is available, the home team will officiate the match.
- 16.3.5 A maximum of 11 persons from each team are permitted to occupy the Technical Area, during any fixture. This includes a maximum of five named substitutes and six Team Officials.
 - a Only one person is permitted to stand at any time and is authorised to convey tactical instructions from the technical area and that person must return to their position immediately after giving any instructions.
- 16.3.6 Players may be replaced with any of the five named substitutes multiple times (rolling) per match.
- 16.3.7 Equipment and kit
 - a The home team will provide regulation-sized goals, nets, corner flags, and match ball(s) for all league matches:
 - Teams must use the match ball determined by the Competition Manager for that season.
 - Any home team that fails to provide the appropriate equipment will be fined \$100.00.
 - b Where team colours clash, the away team are to wear alternative-coloured shirts and socks.
 - c All leagues must have official-sized numbers on the backs of their shirts.

- Any team that fails to wear the appropriate kit where necessary will be fined \$100.00.

16.4 Women's 1 down

16.4.1 Minimum player age of 15 years old at the time of the match, unless they have dispensation from Capital Football.

16.4.2 Promotion will be after two rounds with relegation after rounds 1 and 2. For Women's 2 down, Promotion/relegation after rounds 1 and 2.

16.4.3 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.

16.4.4 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.

16.4.5 Promotion or relegation will only occur if the league and adjacent league(s) have:

- a Completed seasons.
- b Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining un-played games.

16.4.6 At Capital Football's discretion, the entry point for new teams is Women's 2, including promoted teams from the Wairarapa Women's League and Horowhenua Kapiti Women's League (if desired). Women's teams may request to start in Women's 3.

16.4.7 Manual team cards or Match Information Sheets are required for Women's 1 only.

16.4.8 All Manual team cards or Match Information Sheets must be printed 'Manual Teamsheet' from the National Registration System or printed/written legibly on a **2023** Capital Football Match Information Sheet.

a Manual team cards must be emailed to Capital Football (results@capitalfootball.org.nz) within 24 hours of the match being completed.

16.4.9 Teams that fail to meet the requirements of manual team card regulations will incur a \$50.00 fine. If an official referee is not supplied, matches are to be officiated by both teams.

16.4.10 If an official referee is not supplied, the home team will referee the match.

a **Both teams may agree to referee a half each.**

16.4.11 Equipment and kit

a The home team will provide Regulation sized goals, nets, corner flags, and match ball(s) for all league matches:

– Any home team that fails to provide the appropriate equipment will be fined \$100.00.

b All teams must provide the Competitions Manager with the colours of their home kit and any other available kit.

c For Women's 1 where team colours clash, the away team are to wear alternative-coloured shirts and socks.

d From Women's 2 down where team colours clash, the away team are to wear alternative-coloured shirts.

e All teams must have official-sized numbers on the backs of their shirts.

– Any team that fails to wear the appropriate kit where necessary will be fined \$100.00.

16.4.12 Players may be replaced with any of the five named substitutes multiple times (rolling) per match.

16.5 Women's Premier Cup and Kelly cup

16.6 Matches

16.6.1 Players may be replaced with any of the five named substitutes multiple times (rolling) per match Kelly Cup Round of 16 and Quarterfinals matches.

16.6.2 A maximum of five players may be replaced with any of the five named substitutes per match, from three opportunities, for Kelly Cup Semi-Final and Finals matches.

16.6.3 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.

16.6.4 All other criteria will be as per the Playing Regulations.

16.7 Eligibility

- 16.7.1 Players can play a maximum of two Kelly Cup games for any team before the player is cup-tied to that team. This includes eligibility to play Women's Capital Premier Cup.

17 MEN'S CAPITAL LEAGUES (MEN'S CAPITAL PREMIER, MEN'S CAPITAL 1 TO MEN'S CAPITAL 4)

- 17.1 All leagues will consist of 10 teams playing two rounds (where possible)
- 17.1.1 Leagues starting after April may consist of eight teams playing two rounds (where possible)
- 17.2 Minimum player age of 16 years old at the time of the match, unless they have written dispensation from Capital Football.
- 17.3 A maximum of one team per club can participate in Men's Capital Premier and Men's Capital 1.
- 17.3.1 There is no maximum number of teams per club in Men's Capital 2 and below.
- 17.4 At the end of each season, teams are promoted before relegations, if required, are made.
- 17.4.1 If a team withdraws from Central League before a new season and the club team is unable to fill the spot, the position will be offered to the loser of the Central League playoff and then the relegated team from the previous season before any additional promotions are made.
- a Promotion to the Central League is also dependent on NZF Club Licensing.
- 17.4.2 If a team withdraws from Men's Capital Premier to Men's Capital 4 before a new season and the club team is unable to fill the spot, the position will be offered to the relegated team from the previous season before additional promotions are made.
- 17.5 Relegation for Central League:
- 17.5.1 The last-placed team from the Central League will be relegated to the club's relevant Federation competition.
- 17.5.2 Any Capital Football team relegated from the Central League is eligible to play in Men's Capital Premier the following season.
- 17.6 Promotion / Relegation for Men's Capital Premier:
- 17.6.1 At the completion of the league the first-placed team will enter a playoff against the Central Federation nominated team with the winners of the playoff promoted to the Central League. Promotion to the Central League is also dependent on NZF Club Licensing.
- a If the first-place team is ineligible or does not want a promotion to the Central League, the second-placed team may enter the playoff.
- b If the first or second-placed team is ineligible or does not want a promotion to the Central League, the third-placed team in Men's Capital Premier may enter the playoff, and so on.
- c If only one team is eligible or wants promotion from either Federation, they will be automatically promoted to the Central League.
- d If there are no eligible teams or no teams want promotion from either Federation, there will be no relegations from the Central League.

- 17.6.2 The necessary number of relegations (if any) will take place.
- 17.6.3 Promotion or relegation will only occur if the league and adjacent league(s) have:
- a Completed seasons.
 - b Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining un-played games.
- 17.7 The Central League playoffs will be completed per the following regulations.
- 17.7.1 Playoff fixtures shall take place during the first two weekends of September after the conclusion of both leagues. These dates are subject to change at the discretion of the Competition Manager(s).
- 17.7.2 The decision of who plays home and away for each leg will be made on a rotational basis between Federations. For example, in 2023, Central Federation's team will make the decision and in 2024, Capital Federation's team will make the decision.
- 17.7.3 Teams must load a squad list into the National Registration System including shirt numbers and team kit colours by 12:00pm on Friday before the weekend game or the day before a mid-week game.
- a The team kit colour must also include a goalkeeper's kit.
 - b The squad list must accurately reflect the squad for that match only.
 - c Changes can be made through the National Registration System after this point, to reflect the accurate line-up. This can be done up to 60 minutes before kick-off.
 - d The team card may be altered by a team before kick-off by notification of the change to the Match Official.
- 17.7.4 The playoff will be determined by aggregate score across both fixtures.
- a Should the scores be level after the second leg, the team with the highest number of away goals will be the winner.
 - b Should the aggregate score and away goals be level at the end of normal time in the second leg, extra time will be played per the Laws of the Game.
- Please note – the away goals rule does not apply in extra time.*
- c Extra time shall consist of two periods of 15 minutes each, with an interval of five minutes at the end of normal playing time, but not between the two periods of extra time.
 - d Should the score remain a draw at the end of the second period of extra time, the winner will be determined by kicks from the penalty spot per the Laws of the Game.
- 17.7.5 Matches are to be officiated by a qualified referee appointed by the relevant Federation.
- 17.7.6 A maximum of 11 persons from each team are permitted to occupy the Technical Area, during any fixture. This includes a maximum of five named substitutes and six Team Officials. Only one person is permitted to stand at any time and is authorised to convey

tactical instructions from the technical area and that person must return to their position immediately after giving any instructions.

- 17.7.7 A maximum of five players may be listed as substitutes.
- a A maximum of five players may be replaced at any time during the match from a maximum of three opportunities during play as well as an additional opportunity during the half-time break. Any replacement players used must be one of the five listed.
 - b Where both teams make a substitution at the same time, this will count as a used substitution opportunity for each team.
 - c If there is extra time in the second leg, teams may use unused substitutes at their discretion from one additional substitution opportunity during play.
- 17.7.8 There are no restrictions on foreign players.
- 17.7.9 There are no requirements for U20 players.
- 17.7.10 Players must meet all player eligibility requirements as per their Federations playing regulations.
- 17.7.11 The playoffs are an extension of a Club's season. Therefore, cautions and suspensions will carry over into a playoff.
- 17.7.12 All head coaches of teams are required to hold an accredited OFC/NZF C Licence, international equivalent or higher.
- a If the head coach is not available, due to suspension or personal reasons, the club must contact the Competition Manager immediately, before kick-off and a temporary exemption may be made. Any granted exemption will be communicated with the referee.
 - b Any team where the head coach does not meet these requirements **will receive a warning** and repeat offenders will not be eligible for competition points.
- 17.8 Promotion / Relegation for Men's Capital 1 and 2
- 17.8.1 At the completion of the leagues, the top two eligible teams will be automatically promoted.
- a If the first or second-placed team is ineligible or does not want promotion:
 - b The next highest eligible team wanting promotion will enter a playoff with the highest placed team in a relegation position from the league above.
- 17.8.2 The necessary number of relegations (if any) will take place.
- 17.8.3 Promotion or relegation will only occur if the league and adjacent league(s) have:
- a Completed seasons.
 - b Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining un-played games.
- 17.9 Promotion / Relegation for Men's Capital 3 and 4
- 17.9.1 At the completion of the leagues, the top two eligible teams will be promoted.

- 17.9.2 The necessary number of relegations (if any) will take place.
- 17.9.3 Promotion or relegation will only occur if the league and adjacent league(s) have:
- a Completed seasons.
 - b Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining un-played games.

17.10 Online team cards

- 17.10.1 All teams (including Men's Capital 3 and 4) must load a squad list into the National Registration System including shirt numbers and team kit colours by 12:00pm on Friday before the weekend game or the day before a mid-week game.
- 17.10.2 The team kit colour must also include a goalkeeper's kit.
- 17.10.3 The squad list must accurately reflect the squad for that match only.
- 17.10.4 Changes can be made through the National Registration System after this point, to reflect the accurate line-up. This can be done up to 60 minutes before kick-off for Men's Capital Premier and up to 15 minutes before kick-off for Men's Capital 1-4.
- 17.10.5 The team card may be altered by a team before kick-off by notification of the change to the Match Official.
- 17.10.6 Failure to comply with regulations will result in a fine of \$100.00.
- 17.10.7 For Men's Capital Premier to Men's Capital 2, if a team is found guilty of playing a player who is not listed on the team card:
- 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, and 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.
 - d If both teams are found guilty of playing players not listed on the team card, the match will be cancelled.
- 17.10.8 For Men's Capital 3 and 4, if a team is found guilty of playing a player who is not listed on the team card:
- a The team will initially receive a warning.
 - b For every additional breach of these regulations, the offending team will forfeit any points gained from that match and be fined \$150.00 per unlisted player.
 - c Goals scored by the offending team will be cancelled and goals-against shall stand.
 - d 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.
- 17.10.9 For Men's Capital 3 and 4, any team that does not submit a completed team card, where required, to Capital Football within 24 hours after the match will incur a further \$50.00 fine.

- e An additional \$20.00 fine will be charged to any team for every further week (or part of) that the manual team card is not submitted.
- 17.11 Capital Football will appoint a referee and two assistants for all Men's Capital Premier matches and a referee for all Men's Capital 1 to 4 matches where possible.
- 17.12 Where requested by the referee, each team will provide an assistant referee.
- 17.12.1 For each match where a referee has been appointed, a fee agreed upon at the Capital Football Annual General Meeting will be charged to the home team.
- 17.13 If a referee is not appointed, the home team will referee the match **unless both teams agree to referee a half each before kick-off.**
- 17.14 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:
- 17.14.1 The home team will contact Capital Football.
 - 17.14.2 Capital Football will attempt to source another qualified referee or defer the match.
 - 17.14.3 Any other available qualified referee will officiate.
 - 17.14.4 If no qualified referee is available, the home team will officiate the match.
- 17.15 Matches are to be officiated by a qualified referee (where possible).
- 17.15.1 If no referee is supplied the match is to be officiated by the home team, unless agreed before the match for each team's official to referee a half.
- 17.16 A maximum of 11 persons from each team are permitted to occupy the Technical Area, during any fixture. This includes a maximum of five named substitutes and six Team Officials.
- 17.16.1 Only one person is permitted to stand at any time and is authorised to convey tactical instructions from the technical area and that person must return to their position immediately after giving any instructions.
- 17.17 Men's Capital Premier to Men's Capital 3 - A maximum of five players may be replaced with any of the five named substitutes. However, each team will have a maximum of three opportunities to make substitutions during the game. Substitutions may also be made at half-time and not be counted as one of the three opportunities. Additionally, if both teams make a substitution at the same time, this will count as one of the three opportunities for each team.
- 17.18 Men's Capital 4 – Players may be replaced with any of the five named substitutes multiple times (rolling) per match.
- 17.19 All head coaches of Men's Capital Premier teams are required to hold an accredited OFC/NZFC Licence, international equivalent or higher.
- a If the head coach is not available, due to suspension or personal reasons, the club must contact the Competition Manager immediately, before kick-off and a temporary exemption may be made. Any granted exemption will be communicated with the referee.
 - b Any team where the head coach does not meet these requirements **will receive a warning** and repeat offenders will not be eligible for competition points.
- 17.20 Playing pitches, equipment, and kit

Pitches

- 17.20.1 The home team will supply the following for all Men's Capital Premier matches:
- a Crowd barriers one metre high and two metres from the sideline, down the entire length of the pitch.
 - b Any home team that fails to provide the appropriate crowd barriers will be fined \$100.00.

Equipment

- 17.20.2 The home team will provide the following equipment for all league matches:
- a Regulation-sized goals, nets, corner flags, and match ball(s).
 - Men's Capital Premier teams must use the match ball determined by the Competition Manager for that season.
 - b. Any home team that fails to provide the appropriate equipment will be fined \$100.00.

Kit

- 17.20.3 Where team colours clash, the away team are to wear alternative-coloured shirts and socks.
- 17.20.4 All teams must have official-sized numbers on the backs of their shirts.
- 17.20.5 Any team that fails to wear the appropriate kit where necessary will be fined \$100.00.

18 WELLINGTON LOCAL LEAGUES

- 18.1 All Leagues will consist of 10 teams (where possible)
- 18.2 Leagues starting after April may consist of eight teams.
- 18.3 Minimum player age of 16 years old at the time of the match, unless they have written dispensation from Capital Football.
- 18.4 At the end of each season, teams are promoted before relegations, if required, are made.
- 18.4.1 If a team withdraws before a new season and the club team is unable to fill the spot, the position will be offered to the relegated team from the previous season before additional promotions are made.
- 18.5 Wellington 1 down
- 18.5.1 From Wellington 1 down every team in every league will play two rounds.
 - 18.5.2 At the end of round 1:
 - b The top two teams from Wellington 2 down will be promoted.
 - c The necessary number of relegations (if any) will take place.
 - d Points will go back to zero.
 - e Each team will play another round.
 - 18.5.3 At the end of round 2:

- f Up to two teams from the three top Local Leagues (Wellington 1, Horowhenua/Kapiti 1 and Wairarapa 1) will be promoted.
- g If all three Local League winners want a promotion, a playoff is required.
- h If only two Local League winners want a promotion, they will be promoted.
- i If only one Local League winner wants a promotion, the second-placed teams from the remaining two Local Leagues will be offered a promotion. If only one second-placed team wants a promotion, they will be automatically promoted. If both second-place teams want a promotion, a playoff is required. If promotion is not wanted by either of the remaining second-place team(s), this will be offered to the third-place team(s).
- j If none of the Local League winners wants a promotion, the second-placed teams from the three Local Leagues will be offered a promotion. If all three-second place teams want a promotion, a playoff is required. If only one or two second-placed team wants a promotion, they will be automatically promoted. If promotion is not wanted by the second-place team(s), this will be offered to the third-place team(s).
- k The playoff game(s) will be over one leg at a neutral venue decided by the Competition Manager.
 - Should the scores be level at the end of normal time in the second leg, extra time will be played per the Laws of the Game.
 - Extra time shall consist of two periods of 15 minutes each, with an interval of five minutes at the end of normal playing time, but not between the two periods of extra time.
 - Should the score remain a draw at the end of the second period of extra time, the winner will be determined by kicks from the penalty spot per the Laws of the Game.
- l The necessary number of relegations (if any) will take place.

18.5.4 Promotion or relegation will only occur if the league and adjacent league(s) have:

- a Completed seasons.

18.6 Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining un-played games. From Wellington 2 down the top two teams in each league will be promoted.

- a The necessary number of relegations (if any) will take place.

18.6.1 Promotion or relegation will only occur if the league and adjacent league(s) have:

- a Completed seasons.
- b Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining un-played games.

18.7 No team cards are required but players must be registered in line with the Registrations regulations.

18.8 **The home team will referee the first half and the away team will referee the second half.**

18.8.1 Both teams may agree for only the home or away team to referee the match.

18.9 Each team is allowed a maximum of seven substitutes. Players may be replaced with any of the seven substitutes multiple times (rolling) per match.

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

18.10.1 For female players to play in Wellington Leagues, it is recommended to have played experience in Women's Capital Premier or Women's Central League (or equivalent), and players speak to other female players who have previously played in the leagues.

18.11 Equipment and kit

18.11.1 The home team will provide regulation-sized goals, nets, corner flags, and match ball(s) for all league matches

a Any home team that fails to provide the appropriate equipment will be fined \$100.00.

18.11.2 All teams must provide the Competitions Manager with the colours of their home kit and any other available kit.

18.11.3 Where team colours clash, the away team are to wear alternative-coloured shirts.

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

18.11.4 All teams must have official-sized numbers on the backs of their shirts.

18.12 Cup Competitions

18.12.1 Only local league-graded players are eligible to play in the Knockout Competitions.

a Players may be replaced with any of the seven named substitutes multiple times (rolling) per match.

b 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.

18.12.2 All other criteria will be as per the Playing Regulations unless stated by the Competition Manager.

19 WAIRARAPA LOCAL LEAGUE COMPETITION

19.1 Competitions are mixed and open to any sex/gender.

19.2 No player under the age of 16 years can compete in Wairarapa competitions unless they have received a written dispensation from Capital Football.

19.3 League Competition

19.3.1 Player re-grades are to be made per the Player Regrading regulations.

19.3.2 A maximum of five players may be replaced with any of the five named substitutes multiple times (rolling) per match.

19.3.3 Wairarapa 1

- a Up to two teams from the three top Local Leagues (Wellington 1, Horowhenua/Kapiti 1 and Wairarapa 1) will be promoted.
- b If all three Local League winners want a promotion, a playoff is required.
- c If only two Local League winners want a promotion, they will be promoted.
- d If only one Local League winner wants a promotion, the second-placed teams from the remaining two Local Leagues will be offered a promotion. If only one second-placed team wants a promotion, they will be automatically promoted. If both second-place teams want a promotion, a playoff is required. If promotion is not wanted by either of the remaining second-place team(s), this will be offered to the third-place team(s).
- e If none of the Local League winners wants a promotion, the second-placed teams from the three Local Leagues will be offered a promotion. If all three-second place teams want a promotion, a playoff is required. If only one or two second-placed team wants a promotion, they will be automatically promoted. If promotion is not wanted by the second-place team(s), this will be offered to the third-place team(s).
- f The playoff game(s) will be over one leg at a neutral venue decided by the Competition Manager.
 - Should the scores be level at the end of normal time in the second leg, extra time will be played per the Laws of the Game.
 - Extra time shall consist of two periods of 15 minutes each, with an interval of five minutes at the end of normal playing time, but not between the two periods of extra time.
 - Should the score remain a draw at the end of the second period of extra time, the winner will be determined by kicks from the penalty spot per the Laws of the Game.
- g The necessary number of relegations (if any) will take place.

19.3.4 Wairarapa 2 and below

- a The top team from each league will be promoted.
- b The necessary number of relegations (if any) will take place.
- c If the top team does not want to be promoted, they can apply for a dispensation from the Competition Manager.
 - Dispensation will only be provided if another team wishes to take a promotion.

19.3.5 No more than three players with approved dispensations on the field at any one time unless they have received a written dispensation from Capital Football.

19.4 Cup Competitions

19.4.1 Only local league-graded players are eligible to play in the Knockout Competitions.

- a Players may be replaced with any of the five named substitutes multiple times (rolling) per match.

- b 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.

19.5 Women's League

- 19.5.1 Minimum player age of 15 years old at the time of the match unless they have received a written dispensation from Capital Football.
- 19.5.2 Manual team cards or Match Information Sheets are not required.
- 19.5.3 Matches are to be officiated by the home team.
- 19.5.4 Players may be replaced with any of the five named substitutes multiple times (rolling) per match.

19.6 Referees

- 19.6.1 If no official referee is appointed the home team will provide a referee for the match, unless it is agreed before kick-off that teams referee a half each.

19.7 If a team is found to be in breach of these regulations:

- 19.7.1 The offending team will forfeit any points gained from that match and be fined \$150.00 per breach.
- 19.7.2 Goals scored by the offending team will be cancelled and goals-against shall stand.
- 19.7.3 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.

20 HOROWHENUA / KAPITI COMPETITION

20.1 Competitions are mixed and open to any sex/gender.

20.2 No player under the age of 15 years can compete in Horowhenua / Kapiti competitions unless they have received a written dispensation from Capital Football.

20.3 League Competition

- 20.3.1 Player re-grades are to be made per Player Regrading regulations.
- 20.3.2 No more than three players in any one week can drop from a Capital Football league to a Horowhenua / Kapiti League.
- 20.3.3 Players may be replaced with any of the seven named substitutes multiple times (rolling) per match.
- 20.3.4 Horowhenua / Kapiti 1
 - a Up to two teams from the three top Local Leagues (Wellington 1, Horowhenua/Kapiti 1 and Wairarapa 1) will be promoted.
 - b If all three Local League winners want a promotion, a playoff is required.
 - c If only two Local League winners want a promotion, they will be promoted.
 - d If only one Local League winner wants a promotion, the second-placed teams from the remaining two Local Leagues will be offered a promotion. If only one second-placed team wants a promotion, they will be automatically promoted. If both second-place teams want a promotion, a playoff is required. If

promotion is not wanted by either of the remaining second-place team(s), this will be offered to the third-place team(s).

- e If none of the Local League winners wants a promotion, the second-placed teams from the three Local Leagues will be offered a promotion. If all three-second place teams want a promotion, a playoff is required. If only one or two second-placed team wants a promotion, they will be automatically promoted. If promotion is not wanted by the second-place team(s), this will be offered to the third-place team(s).
- f The playoff game(s) will be over one leg at a neutral venue decided by the Competition Manager.
 - Should the scores be level at the end of normal time in the second leg, extra time will be played per the Laws of the Game.
 - Extra time shall consist of two periods of 15 minutes each, with an interval of five minutes at the end of normal playing time, but not between the two periods of extra time.
 - Should the score remain a draw at the end of the second period of extra time, the winner will be determined by kicks from the penalty spot per the Laws of the Game.
- g The necessary number of relegations (if any) will take place.

20.3.5 Horowhenua / Kapiti 2 and below

20.3.6 Promotion and Relegation may vary at the Competition Manager's discretion depending on league sizes. This will be discussed at the pre-season meeting and confirmed in writing before the start of the season.

20.4 Cup Competition

20.4.1 Only local league-graded players are eligible for the cup competitions and must have played at least eight matches for that team before the first post-season match.

20.4.2 Players may be replaced with any of the seven named substitutes multiple times (rolling) per match.

20.5 Referees

20.5.1 If no official referee is appointed the home team will provide a referee for the match, unless it is agreed before kick-off that teams referee a half each.

21 MASTERS LEAGUES

21.1 All Leagues will consist of 10 teams (where possible)

21.2 Leagues starting after April may consist of eight teams.

21.3 At the end of each season, teams are promoted before relegations, if required, are made.

21.3.1 If a team withdraws before a new season and the club team is unable to fill the spot, the position will be offered to the relegated team from the previous season before additional promotions are made.

21.4 Masters 1 down:

- 21.4.1 Minimum player age of 35 years old at the time of the match.
- 21.4.2 Promotion/relegation after two rounds.
- 21.4.3 At the end of round 2:
- a The top two teams from Masters 2 will be promoted.
 - b Promotion to Masters 1 is not compulsory.
 - c The necessary number of relegations (if any) will take place.
- 21.4.4 Promotion or relegation will only occur if the league and adjacent league(s) have:
- b Completed seasons.
 - c Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining un-played games.
- 21.4.5 Online team cards are required for Masters 1 only.
- d Teams must load a squad list into the National Registration System including shirt numbers and team kit colours by 12:00pm on Friday before the weekend game or the day before a mid-week game.
 - e The team kit colour must also include a goalkeeper's kit.
 - f The squad list must accurately reflect the squad for that match only.
 - g Changes can be made through the National Registration System after this point, to reflect the accurate line-up. This can be done up to 15 minutes before kick-off.
 - h The team card may be altered by a team before kick-off by notification of the change to the Match Official.
 - i If a team is found guilty of playing a player who is not listed on the team card, the team will initially receive a warning.
 - j For every additional breach of these regulations, the offending team will forfeit any points gained from that match and be fined \$150.00 per unlisted player.
 - Goals scored by the offending team will be cancelled, and goals-against shall stand.
 - 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.
 - f Any team that does not submit a completed team card, where required, to Capital Football within 24 hours after the match will incur a further \$50.00 fine.
 - g An additional \$20.00 fine will be charged to any team for every further week (or part of) that the team card is not submitted.
- 21.4.6 Capital Football will appoint a referee where possible.
- 21.4.7 If an official referee is not supplied, the home team will referee the first half and the away team will referee the second half.

- a Both teams may agree for only the home or away team to referee.
- 21.4.8 Each team is allowed a maximum of **seven** substitutes unless more are agreed upon. Players may be replaced with any of the substitutes multiple times (rolling) per match.
- 21.5 Masters Over 45 League:
 - 21.5.1 Minimum player age of 45 years old at the time of the match.
 - 21.5.2 Promotion/relegation after two rounds (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.
 - 21.5.3 Promotion or relegation will only occur if the league and adjacent league(s) have:
 - k Completed seasons.
 - l Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining un-played games.
 - 21.5.4 No team cards are required.
 - 21.5.5 The home team will referee the first half and the away team will referee the second half.**
 - a Both teams may agree for only the home or away team to referee.
 - 21.5.6 Each team is allowed a maximum of **seven** substitutes unless more are agreed upon. Players may be replaced with any of the substitutes multiple times (rolling) per match.
- 21.6 Equipment and kit
 - 21.6.1 The home team will provide regulation-sized goals, nets, corner flags, and match ball(s) for all league matches.
 - a Any home team that fails to provide the appropriate equipment will be fined \$100.00.
 - 21.6.2 All teams must provide the Competitions Manager with the colours of their home kit and any other available kit.
 - 21.6.3 Where team colours clash, the away team are to wear alternative-coloured shirts.
 - a Any away team that fails to wear an alternative-coloured kit where necessary will be fined \$100.00.
 - 21.6.4 All teams must have official-sized numbers on the backs of their shirts.

22 GENERAL PROVISIONS

- 22.1 If any team wishes to change any match date or kick-off time, they must request the Competition Manager in writing at least 10 days before the scheduled game, setting out in full their reasons for requiring the change. The Competition Manager will check the request with the other team but holds the right to make the final decision. Any additional cost incurred in

- changing a previously agreed match date or kick-off time shall be borne by the club making the request.
- 22.2 In the event of a team wishing to play at a match venue other than its nominated match venue, the team must request the Competition Manager at least 10 days before the match, setting out the reasons for the change of match venue, with full particulars of the new match venue and facilities available for Players, spectators, and officials. The decision of the Competition Manager as to the acceptability of the proposed match venue change will be final.
- 22.3 The Competitions Manager reserves a right to determine the match venue, date and kick-off time for all matches and has full discretion to adjust or make changes to the draw, matches, venues or kick-off times.
- 22.4 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:
- 22.4.1 The offending team will forfeit any points gained from that match and be fined \$100.00.
- 22.4.2 Goals scored by the offending team will be cancelled and goals-against shall stand.
- 22.4.3 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.
- 22.5 A team defaults the match if they:
- 22.5.1 Do not take the field within 15 minutes of the scheduled kick-off time.
- 22.5.2 Turn up with less than the minimum number of players (seven) or have less than the minimum number of players (seven) on the field at one time.
- 22.5.3 Do not wear an alternative-coloured kit as the away match (where necessary).
- 22.5.4 Any Men's Capital Premier or Women's Capital Premier team that defaults a match will be fined \$2,000.00 regardless of the notice period given by the team.
- 22.5.5 Any team in Men's Capital 1 to Men's Capital 4 or Women's 1 that defaults a match will be fined \$500.00 regardless of the notice period given by the team.
- 22.5.6 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.
- 22.5.7 A further default fee will be charged by Capital Football to cover the hiring of artificial turf.
- 22.6 Any team that defaults three matches during any season, may be removed from their league by the Competition Manager.
- 22.7 The half-time break will be 15 minutes from whistle-to-whistle unless there is agreement from both teams and the referee to be shorter.
- 22.8 No more than three players with approved dispensations on the field at any one time unless they have received a written dispensation from Capital Football.

23 PLAYER REGRADING

23.1 In this Regulation:

23.1.1 A Player is 'graded' to a league when they have, according to this regulation, become established in that league.

23.1.2 'Regrading' or 're-grade' is a player playing a match in a league below that in which the player is currently graded.

23.1.3 "Play" or "playing" in a match includes starting the match or taking the field as a substitute, but NOT being an unused substitute.

23.1.4 Unless otherwise specified 're-grades' or 're-grading' only applies to the movement of players down leagues/teams in each competition type (Men's Leagues, Women's Leagues, Masters League, Youth Competitions).

23.1.5 Re-grade rules apply to NZF Central League and Women's Central League teams and players. Central League teams are considered the club's highest team.

23.1.6 Re-grade rules do not apply for the NZF Chatham Cup and the Kate Shepherd Cup unless stated.

23.2 A registered player can play in any team entered by their club, in any league, or any competition at the discretion of their club, if the eligibility regulations (including re-grading regulations) are complied with.

23.3 A player is automatically graded to the team for which they play their first League game of a new season.

23.4 A player for whom two consecutive league matches are played in a team other than that in which the player is currently graded becomes graded to that other team in place of the existing grading. For clarity, consecutive league matches are two (or more) league matches, played for the same team, after one another in date order without playing for another team.

23.5 A maximum of three players in total can be re-graded down from any one team per match:

23.5.1 Players must be re-graded down to the next adjacent team from the league/team in which they are currently graded.

23.5.2 Any one team can only play three re-graded players in any match.

23.6 Any player who has played for any one team in 75% of the team's scheduled league matches for the season cannot re-grade to a team in a lower division for the remainder of that season.

23.6.1 This includes players who have played 75% of Central League matches playing in Capital Football Competitions.

The above regulation intends to prevent higher-graded players from unfairly assisting lower-league teams at the end of the season when promotions/relegations are being decided.

23.7 If a player registers for a new club during the season, they retain their number of games played in the league for the purposes of regrading. For clarity, if they register to a club with the first team in a lower league, they retain the number of games from the higher league.

- 23.8 Any graded National League, including Central League players from the current or previous season, playing in the Capital Football competitions will be graded initially into their club's top side.
- 23.9 A Player who has not played for three consecutive matches or 20 days due to injury, may play for the club's next adjacent team without being classified as a regraded player. Provided the player has not played 75% of the scheduled league matches for the team to which the player is graded and/or the team the player is graded to hasn't concluded their season. Proof of injury may be required. For clarity, consecutive matches are two (or more) matches, played for one team, after one another in date order without playing for another team. Matches also include NZF and Capital Football competitions.
- 23.10 If a club has two or more teams playing in the same league, the club will, before the season, rank the teams for re-grading purposes.
- 23.11 No player can be re-graded within their club in the match week following the competition of the team's scheduled league matches in which the Player is graded. For clarity, this applies if the league in which the Player is graded was not completed for all teams.
- The above regulation intends to prevent higher-graded players from unfairly assisting lower-league teams after the higher-graded team's matches have been concluded.*
- 23.12 A player can only be re-graded once during any one match week (Tuesday to Monday), including Easter and King's Birthday weeks.
- 23.13 A player graded to a Central League to Men's Capital 4 team who is playing in Masters Leagues will automatically grade to the club's highest Masters team.
- 23.14 If a team is found to be in breach of any part of the player regrading regulation:
- a The offending team will forfeit any points gained from that match.
 - b Goals scored by the offending team will be cancelled and 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.
 - d Be fined \$150.00 per ineligible player.
- 23.15 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.

24 MISCONDUCTS AND SUSPENSIONS

- 24.1 Disciplinary incidents will be dealt with per the NZF and FIFA Disciplinary Code.
- 24.2 Teams, their Players, and Team Officials agree to comply with the IFAB Laws of the Game
- 24.3 The Schedule of Suspensions and Fines in respect of misconduct by a player or Team Official in the competition shall be:
- 24.3.1 Yellow card offences shall incur a fine of \$25.00 per offence.
 - 24.3.2 Red card offences shall incur a fine of \$75.00 per offence.

- 24.3.3 Any red card offence shall receive a suspension per the NZF Disciplinary Code.
- 24.3.4 Accumulated cautions by a player could cause a suspension as per the NZF Disciplinary Code.
- 24.4 Any fines shall be paid by the due date indicated on the invoice from Capital Football.

APPENDIX TWO | YOUTH REGULATIONS

25 MATCH REQUIREMENTS

25.1 Match requirements apply to the following competitions:

Grade	Playing numbers	Match duration
Youth Football (Under 13 or U13) Mixed	11 v 11	11+ warm-up 2 x 30-minute halves (10-minute halftime)
Youth Football (Under 14 or U14) Girls	11 v 11	11+ warm-up 2 x 30-minute halves (10-minute halftime)
Youth Football (Under 15 or U15) Mixed	11 v 11	11+ warm-up 2 x 35 minutes halves (10-minute halftime)
Youth Football (Under 17 or U17) Mixed	11 v 11	11+ warm-up 2 x 45 minutes halves (10-minute halftime)
Youth Football (Under 18 or U18) Women's	11 v 11	11+ warm-up 2 x 35 minutes halves (10-minute halftime)

25.2 Match Formats apply to the following competitions:

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

26 PLAYER ELIGIBILITY

Grade	Birth Year (Boys/Male)	Birth Year (Girls/Female)
Youth Football (Under 13 or U13) Mixed	2010	2009-2010
Youth Football (Under 14 or U14) Girls	n/a	2009-2010
Youth Football (Under 15 or U15) Mixed	2008-2009	2006-2009

Youth Football (Under 17 or U17) Mixed	2006-2007	2005-2007
Youth Football (Under 18 or U18) Women's	n/a	2005-2008

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

26.1.1 U15 players who previously were eligible for the U17 age band will now need a dispensation unless they are eligible in line with player re-grading regulations.

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

26.3 Girls can play in the age group below their chronological age, in mixed football competitions, as per the above regulation U14 girls may play in a U13 team. Girls U13 players require dispensation to play in U12 Girls competitions but can play U12 Mixed.

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

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

27 CAPITAL DEVELOPMENT LEAGUES

27.1.1 All Talent Development Programme (TDP) accredited (or provisionally approved) clubs must enter one team in each Capital Development League age grade unless dispensation has been approved.

27.1.2 Any non-TDP clubs may grade into (that is qualify via the qualification process set by the Competition Manager) a Capital Development League age grade should there be:

- a places available
- b have a minimum OFC/NZF C Licence qualified head coach on match days **for the mixed leagues and a minimum Youth Level 2 for the Girls League.**
- c meet the homegrown playing regulation unless a dispensation has been approved.

27.1.3 There will be no more than 10 teams per age group and the number of teams in each division will depend on the number of entries and will be communicated with clubs before the start of the season.

27.1.4 Clubs can enter no more than one team per age group into a Capital Development League unless dispensation has been approved.

- a Dispensation may only be provided if a club has a Girls TDP team.

27.1.5 The grading format will be decided by the Competition Manager based on the number of entries from TDP clubs and further entries from non-TDP clubs.

27.1.6 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 fewer) 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.

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.

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

27.2 Results:

27.2.1 In leagues where team cards via the National Registration System are used, there is no requirement to enter results.

27.3 Equipment, kits, and filming:

27.3.1 The home team must provide a match coordinator.

27.3.2 The home team must provide a qualified first aider.

27.3.3 The home team will provide, nets, corner flags, and a match ball for all league matches.

27.3.4 The home team must provide seating for at least seven people in the technical area.

27.3.5 Where team colours clash, the away team are to wear alternative-coloured shirts and socks.

27.3.6 Players must have numbers on the backs of their shirts.

27.3.7 For Mixed U15 and U17 CDL matches a home team must film the game.

27.4 Team Cards:

27.4.1 Teams must enter a team card through the National Registration System by 12:00pm Friday before the match unless specified by Capital Football. Changes can be made through the National Registration System after this point, to reflect the accurate line-up up to 15 minutes before kick-off.

27.4.2 Team cards must include playing numbers and kit colours.

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

27.4.4 The team card may be altered by a team official 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 upon by the opposition team.

- 27.4.5 If a team plays a player who is not listed on the team card or plays a player under an assumed or false name:
- a A warning will be issued from the Competition Manager.
 - b Repeated offence may result in the offending team forfeiting any points gained from that match.
 - Goals scored by the offending team will be cancelled, and goals-against shall stand.
 - 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.
 - c 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.
- 27.5 Player eligibility:
- 27.5.1 At least 66% of a team's named 22-player squad must be homegrown players.
- a **There is no homegrown players requirement for the Girls League.**
- 27.5.2 Homegrown players are players that have been previously registered with the club for two seasons or more, or:
- a Players whose last registered club is from outside of the Capital Region.
 - b Players who were not registered to a club for the previous season.
 - c Players who have played more than 66% of their club football at the Capital Development League club.
- 27.5.3 Up to four players can play a maximum of six games in the Capital Development League age group above.
- a Dispensation is required for a player to play more than six games.
- 27.5.4 Goalkeepers are eligible to play across two age groups, their designated age group and up an age group.
- a Dispensation is required for a goalkeeper to play down an age band.
- 27.6 Coaching:
- 27.6.1 Team head coaches are required to hold an accredited OFC/NZF C Licence, international equivalent or higher **for the mixed leagues and a minimum Youth Level 2 for the Girls League.**
- a If the head coach is not available, due to suspension or personal reasons, the club must contact the Competition Manager immediately before kick-off and a temporary exemption may be made. Any granted exemption will be communicated with the referee.
 - b Any team where the head coach does not meet these requirements **will receive a warning** and repeat offenders will not be eligible for competition points.

The above regulation intends to allow clubs a reasonable timeframe to enable them to have a qualified replacement coach.

27.6.2 It is recommended that coaches have also completed the 11+ injury prevention course.

27.7 Refereeing:

27.7.1 Capital Football will appoint a referee for all Capital Development League games, subject to referee availability.

27.7.2 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 unless both teams agree to referee a half each before kick-off.

27.7.3 All Capital Development League teams must have an assigned referee in the National Registration System.

27.7.4 For each match where a referee has been appointed, a fee agreed upon at the Capital Football Annual General Meeting will be charged to the home team.

28 WOMEN'S UNDER 18 LEAGUES

28.1.1 The number of divisions and the number of teams in each division will depend on the number of entries and will be communicated with clubs before the start of the season.

28.1.2 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 fewer) teams, only one team will be promoted. The necessary number of relegations (if any) will take place.
 - Points return to zero.
 - The 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.

28.1.3 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.

28.1.4 The competition structure will be communicated with clubs before the start of the season.

28.2 Results:

28.2.1 The Home team is responsible for entering the result of their match in the National Registration System by 4.00pm on the day of the match.

28.2.2 The Away team should check the result and contact the Competition Manager for any discrepancies.

28.3 Team Cards:

28.3.1 Team cards are not required.

28.4 Coaching:

28.4.1 Each team's coach is recommended to have a current NZF Youth Level 1 certificate. It is recommended that coaches have also completed the 11+ injury prevention course.

28.5 Refereeing:

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

28.5.2 The referee must not be a team's main coach.

28.5.3 If a home team's qualified referee is not available, the away team's qualified referee may officiate the match.

28.5.4 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 be the referee of the first half and an away team representative will be the referee of the second half.

28.6 Playing Equipment and Kit

28.6.1 The home team will provide nets and a match ball for all league matches.

28.6.2 Where team colours clash, the away team are to wear alternative-coloured shirts or bibs.

29 GIRLS UNDER 14 LEAGUES

29.1.1 Leagues will be graded by colour: yellow, black, red, green, blue, orange, purple etc, depending on the number of divisions required. **The naming of the leagues may change from time to time to promote certain events. For example, the FIFA Women's World Cup.**

29.1.2 Divisions will be made up of eight teams where possible.

29.1.3 After each round:

- a The top two teams from division black (and below) will be promoted. Where a division has six (or fewer) 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.

29.1.4 The Competition Manager may identify teams that could need re-grading up or down, but sit outside the regrading criteria, and offer a place into a different division, where the structure of the competition allows.

- 29.1.5 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.
- 29.1.6 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.
- 29.2 Results:
- 29.2.1 The Home team is responsible for entering the result of their match in the National Registration System by 4.00pm on the day of the match.
- 29.2.2 The Away team should check the result and contact the Competition Manager for any discrepancies.
- 29.3 Team Cards:
- 29.3.1 Team cards are not required.
- 29.4 Coaching:
- 29.4.1 Each team's coach is recommended to have a current NZF Youth Level 1 certificate. It is recommended that coaches have also completed the 11+ injury prevention course.
- 29.5 Refereeing:
- 29.5.1 All teams must have an Introduction to Refereeing qualified referee.
- 29.5.2 The referee must not be a team's main coach.
- 29.5.3 If a home team's qualified referee is not available, the away team's qualified referee may officiate the match.
- 29.5.4 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 be the referee of the first half and an away team representative will be the referee of the second half.
- 29.6 Playing Equipment and Kit
- 29.6.1 The home team will provide nets and a match ball for all league matches.
- 29.6.2 Where team colours clash, the away team are to wear alternative-coloured shirts or bibs.
- 30 MIXED UNDER 17 REGIONAL LEAGUES**
- 30.1.1 The number of divisions and the number of teams in each division will depend on the number of entries and will be communicated with clubs before the start of the season.
- 30.1.2 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 fewer) teams, only one team will be promoted. The necessary number of relegations (if any) will take place.

- Points return to zero.
 - The second round of matches is played.
 - b The Competition Manager can identify teams that could be relegated but sit outside the regrading criteria.
- 30.1.3 If the teams finishing first and second in each league are ineligible for promotion, the third-placed team in each league will be promoted.
- 30.1.4 No team finishing fourth or lower in any league is eligible for promotion unless there is a position in the league above them.
- 30.1.5 A maximum of seven 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.
- 30.1.6 The competition season will consist of two full rounds.
- 30.2 Results:
- 30.2.1 The Home team is responsible for entering the result of their match in the National Registration System by 4.00pm on the day of the match.
- 30.2.2 The Away team should check the result and contact the Competition Manager for any discrepancies.
- 30.3 Team Cards:
- 30.3.1 Team cards are not required.
- 30.4 Coaching:
- 30.4.1 Each team's coach is recommended to have a current NZF Youth Level 2 certificate. It is recommended that coaches have also completed the 11+ injury prevention course.
- 30.4.2 All Regional League teams must have an assigned coach in the National Registration System.
- 30.5 Refereeing:
- 30.5.1 All teams must have a Level 1 qualified referee.
- 30.5.2 The referee must not be a team's main coach.
- 30.5.3 If a home team's qualified referee is not available, the away team's qualified referee may officiate the match.
- 30.5.4 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 be the referee of the first half and an away team representative will be the referee of the second half.
- 30.5.5 All Regional League teams must have an assigned referee in the National Registration System.
- 30.6 Playing Equipment and Kit
- 30.6.1 Regional Leagues:

- 30.6.2 The home team will provide, nets, corner flags, and a match ball for all league matches.
- 30.6.3 Where team colours clash, the away team are to wear alternative-coloured shirts or bibs.

31 MIXED UNDER 13 AND 15 REGIONAL LEAGUES

- 31.1.1 All clubs have the right to enter and start with a maximum of two Regional League teams in any age grade.
 - 31.1.2 A team's position in the Regional 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.
 - 31.1.3 Leagues will be made up of three divisions of eight teams where possible.
 - 31.1.4 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.
 - 31.1.5 After each round:
 - a The top two teams from Division B (and C) will be promoted. Where a division has six (or fewer) 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.
 - 31.1.6 The Competition Manager may identify teams that could need re-grading up or down, but sit outside the regrading criteria, and offer a place into a different division, where the structure of the competition allows.
 - 31.1.7 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.
 - 31.1.8 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.
 - 31.1.9 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.
- 31.2 Results:
- 31.2.1 The Home team is responsible for entering the result of their match in the National Registration System by 4.00pm on the day of the match.
- The Away team should check the result and contact the Competition Manager for any discrepancies.
- 31.3 Team Cards:
- 31.3.1 Team cards are not required.

31.4 Coaching:

- 31.4.1 Each team's coach is recommended to have a current NZF Youth Level 2 certificate. It is recommended that coaches have also completed the 11+ injury prevention course.
- 31.4.2 All Regional League teams must have an assigned coach in the National Registration System.

31.5 Refereeing:

- 31.5.1 All teams must have a Level 1 qualified referee.
- 31.5.2 The referee must not be a team's main coach.
- 31.5.3 If a home team's qualified referee is not available, the away team's qualified referee may officiate the match.
- 31.5.4 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 be the referee of the first half and an away team representative will be the referee of the second half.
- 31.5.5 All Regional League teams must have an assigned referee in the National Registration System.

31.6 Playing Equipment and Kit

- 31.6.1 Regional Leagues:
- 31.6.2 The home team will provide, nets, corner flags, and a match ball for all league matches.
- 31.6.3 Where team colours clash, the away team are to wear alternative-coloured shirts or bibs.

32 MIXED WELLINGTON COMBINED LEAGUES

- 32.1.1 Leagues will be graded by colour: yellow, black, red, green, blue, orange, purple etc, depending on the number of divisions required. **The naming of the leagues may change from time to time to promote certain events. For example, the FIFA Women's World Cup.**
- 32.1.2 Divisions will be made up of eight teams where possible.
- 32.1.3 After each round:
 - a The top two teams from division black (and below) will be promoted. Where a division has six (or fewer) 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.

- 32.1.4 The Competition Manager may identify teams that could need re-grading up or down, but sit outside the regrading criteria, and offer a place into a different division, where the structure of the competition allows.
 - 32.1.5 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.
 - 32.1.6 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.
- 32.2 Results:
- 32.2.1 The Home team is responsible for entering the result of their match in the National Registration System by 4.00pm on the day of the match.
 - 32.2.2 The Away team should check the result and contact the Competition Manager for any discrepancies.
- 32.3 Team Cards:
- 32.3.1 Team cards are not required.
- 32.4 Coaching:
- 32.4.1 Each team's coach is recommended to have a current NZF Youth Level 1 certificate. It is recommended that coaches have also completed the 11+ injury prevention course.
- 32.5 Refereeing:
- 32.5.1 All teams must have an Introduction to Refereeing qualified referee.
 - 32.5.2 The referee must not be a team's main coach.
 - 32.5.3 If a home team's qualified referee is not available, the away team's qualified referee may officiate the match.
 - 32.5.4 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 be the referee of the first half and an away team representative will be the referee of the second half.
- 32.6 Playing Equipment and Kit
- 32.6.1 The home team will provide nets and a match ball for all league matches.
 - 32.6.2 Where team colours clash, the away team are to wear alternative-coloured shirts or bibs.

33 GENERAL PROVISIONS

- 33.1 Scheduling of Fixtures:
- 33.1.1 The Competition Manager will schedule all matches to ensure the completion of each league by the end of each season.
 - 33.1.2 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 at the end-of-season tournaments.

33.2 Fixture Changes:

- 33.2.1 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 must gain the agreement of both the opposition and the Competition Manager.

33.3 Defaults:

- 33.3.1 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.
- 33.3.2 Any team that defaults three matches during any season, may be removed from their league by the Competition Manager.

33.4 Abandoned matches:

- 33.4.1 The reason for any abandoned match must be reported immediately to the Competition Manager by the referee, if present, or the home team.
- a The Competition Manager will inform the teams whether:
 - The score at the time of the abandonment will stand (providing a minimum of 66% of the normal playing time has been played)
 - The match will be replayed.
 - The match will not be replayed.

33.5 Laws of the Game:

- 33.5.1 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 are to be taken five metres from the point where the goal line meets the penalty area (approximately 21 metres).

34 PLAYER REGRADING

34.1 In this Regulation:

- 34.1.1 A Player is 'graded' to a league when they have, according to this regulation, become established in that league.
- 34.1.2 'Regrading' or 're-grade' is a player playing a match in a league below that in which the player is currently graded.
- 34.1.3 "Play" or "playing" in a match includes starting the match or taking the field as a substitute, but NOT being an unused substitute.
- 34.1.4 Unless otherwise specified 're-grades' or 're-grading' only applies to the movement of players down leagues/teams in each competition type (Men's Leagues, Women's Leagues, Masters League, Youth Competitions).
 - a Dispensation and Player Eligibility criteria still apply.

34.2 A registered player can play in any team entered by their club, in any league, or any competition at the discretion of their club's selection committee, if the re-grade and eligibility rules are complied with.

34.3 A player is automatically graded to the team for which they play their first League game of a new season.

34.4 A player for whom two consecutive matches are played in a team other than that in which the player is currently graded becomes graded to that other team in place of the existing grading. For clarity, consecutive league matches are two (or more) league matches, played for one team, after one another in date order without playing for another team.

34.5 A player can only be re-graded once during any one week (**Tuesday to Monday**), including Easter and King's Birthday weeks.

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

34.7 Any player who has played for any one team in **75%** of the team's scheduled league matches for the season cannot re-grade to a team in a lower division for the remainder of that season.

34.8 No player can be re-graded within their club following the conclusion of the season for the team in which the Player is graded. For clarity, this applies if the competition in which the Player is graded was not completed.

34.9 Capital Development Leagues:

- 34.9.1 Up to four graded players in total can be re-graded down from a Capital Development League team per matchday:
 - a This must be to the club's next adjacent team in the same age band.
 - b If a club has two or more teams playing in the same league, the club will rank the teams in order, before the season, for re-grading purposes.

34.10 Regional Leagues:

- 34.10.1 Up to three players in total can be re-graded down from a Regional League team per matchday:

The intent of the above regulation is for these players to re-grade to the next adjacent team and only where a team would otherwise have to default.

34.11 Women's U18 League:

- 34.11.1 Up to three players in total can be re-graded from Senior Women's League teams per matchday:

35 INFRINGEMENTS AND MISCONDUCTS

35.1 Disciplinary incidents will be dealt with per the NZF and FIFA Disciplinary Code.

35.2 Teams, their Players, and Team 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, the NZF Disciplinary Code and the NZF Code of Conduct.

35.3 Accumulated cautions by a player could cause a suspension as per the NZF Disciplinary Code.

35.4 There are no monetary fines for youth competitions.

35.5 Registration and transfers

35.5.1 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, and 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.

35.5.2 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.

35.6 Matches

35.6.1 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, and 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.

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

- a Receive a suspension per the NZF Disciplinary Code.

35.6.3 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 per the NZF Disciplinary Code.

35.7 Player Eligibility

35.7.1 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, and 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.

35.7.2 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.

35.8 Behaviour/Abuse

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

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

35.9 Coaching requirements

35.9.1 Any team where the head coach does not meet these requirements **will receive a warning** and repeat offenders will not be eligible for competition points.

36 END-OF-SEASON TOURNAMENTS

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

36.1.1 Regional A / Yellow teams will compete for the Cup.

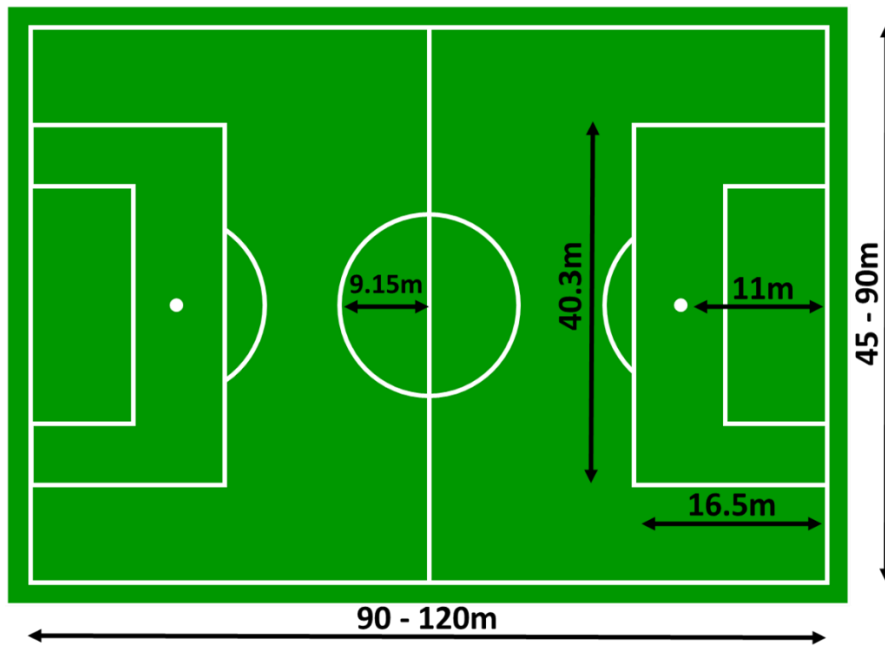
36.1.2 Regional B / Black teams will compete for the Plate.

36.1.3 Regional C / Red teams will compete in the Bowl.

36.2 If a tournament final score is equal:

36.2.1 Two halves of five minutes will be played.

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

37 RECOMMENDED PITCH LAYOUTS**37.1 Youth Football U13 to U15:**

APPENDIX THREE | JUNIOR REGULATIONS

38 PLAYER ELIGIBILITY

- 38.1 Player eligibility is based on age grades which are calculated on the age the player turns in that year.
- 38.2 All players are expected to play in their appropriate age group unless their club determines for one or more of the following reasons that it is appropriate for the player to play up or down half an age grade (see Group-Age Flexibility Table):
- 38.2.1 Socially, to play with school friends.
 - 38.2.2 Physically, too big, or too small.
 - 38.2.3 Practically, small clubs with only two teams per age group, ensure the team has enough players.
- 38.3 Teams with players outside the standard age range of players must enter the age group where most players would normally play.
- 38.4 Any player playing half a year up, or half a year down must remain in this age group for the season.
- 38.5 Girls may play down one age group in mixed football (normal age-grade rules apply to Girl's football).
- 38.6 Dispensation comes into effect from U13 football. Therefore, a player who turns 12, cannot play in U13 competitions, unless an application for age dispensation has been approved by Capital Football. A U13 player can also not play down into U12 without dispensation.
- 38.7 In the event of a dispute over a player's age, birth certificates may be required.

****The use of this rule is at the discretion of each club. Clubs that wish to form teams solely in the standard age bands are allowed, and encouraged, to do so.***

Group-Age Flexibility Table					
Age Group	Automatic Exemption	Standard	Standard	Automatic Exemption	Dispensation Required
	Oldest	Oldest	Youngest	Youngest	
U7	1/07/2015	1/01/2016	31/12/2016	30/06/2017	No
U8	1/07/2014	1/01/2015	31/12/2015	30/06/2016	No
U9	1/07/2013	1/01/2014	31/12/2014	30/06/2015	No
U10	1/07/2012	1/01/2013	31/12/2013	30/06/2014	No
U11	1/07/2011	1/01/2012	31/12/2012	30/06/2013	No
U12	1/07/2010	1/01/2011	31/12/2011	30/06/2012	Yes, to play down

39 MATCH REQUIREMENTS

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

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

Grade	Playing numbers	Match duration
First Kicks (Under 4 or U4 to under 6 or U6)	3 v 3 or 4 v 4	11+ Kids warm-up 1-3 x 8-to-10-minute station rotation activities 1-3 x 10-minute small-sided matches <i>Recommended duration 45-60 minutes</i>
Fun Football (Under 7 or U7 / under 8 or U8) Festivals	5 v 5	11+ Kids warm-up 4 x 12-minute small-sided matches
Fun Football (Under 7 or U7 / under 8 or U8) In-house competition recommendations	5 v 5	11+ Kids warm-up 1-3 x 8-to-10-minute station rotation activities 1-3 x 12-15 minute small-sided matches <i>Recommended duration 60-75 minutes</i>
Mini Football (Under 9 or U9 / under 10 or U10)	7 v 7	11+ Kids warm-up 2 matches of 2 x 12-minute halves (60-second turnaround between games)
Mini Football (Under 11 or U11 / under 12 or U12)	9 v 9	11+ Kids warm-up 2 x 25-minute halves

39.3 U9 to U12 teams need a minimum of two players fewer than the playing numbers given in the above regulation. If there are fewer than the minimum player's team is encouraged to play an adapted game.

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

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

Mini Football (U11/U12)	Min. 60 x 40 Max. 70 x 50	10 x 24	4 (or 5) x 2	Yes	Size 4
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40 FIRST KICKS AND FUN FOOTBALL

40.1 Matchday formats vary depending on the region/district, but all are festival formats with three (3) to four (4) different 10-to-15-minute games against different opposition. Some festivals are run weekly, and some are run every three (3) to four (4) weeks.

40.2 Substitutes

40.2.1 An unlimited number of substitutes and rolling substitutes may be used.

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

40.3 Referees

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

40.4 Goal Scoring

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

40.5 Kick-off

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

40.6 Goal Kicks

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

40.6.2 The opposition team must return to the halfway line.

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

40.7 Corner Kicks

40.7.1 No corner kicks.

40.7.2 Defenders deliberately kicking the ball over the goal line will be discouraged.

40.8 Free Kicks and Penalties

40.8.1 All free kicks are indirect and there will be no penalty kicks.

40.8.2 Opponents must be at least five metres from the ball until the ball is in play.

40.9 Offside

40.9.1 There are no offsides.

40.9.2 Deliberate offside play should be discouraged.

40.10 Throw-ins

40.10.1 No throw-ins.

- 40.10.2 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.
- 40.10.3 A goal cannot be scored directly from a kick-in.
- 40.10.4 Opponents must be at least five metres from the ball until the ball is in play.
- 40.10.5 The ball must touch someone else on the field before a goal can be scored.

40.11 Coaching

40.12 **Each team's coach must at least have a current NZF Introduction to Junior Coaching Award.**

40.13 All teams must have an assigned coach in the National Registration System.

40.13.1 The away team is responsible for checking the result.

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

The above regulation intends to ensure all teams have a qualified coach.

41 MINI FOOTBALL – MIXED AND GIRLS - UNDER 9 AND 10

41.1 Competition structures

41.1.1 Local leagues will be graded by colour: yellow, black, red, green, blue, orange, purple etc, depending on the number of divisions required. **The naming of the leagues may change from time to time to promote certain events. For example, the FIFA Women's World Cup.**

41.1.2 Local league divisions will be made up of eight teams where possible.

41.1.3 After each round the division will be re-graded as follows:

- a For the opening two rounds, the bottom two teams from each division (excluding the bottom division) will be relegated and the top two teams (excluding the top division) promoted.
- b For uneven-team divisions, the 'bye' may be promoted or relegated so that it is shared evenly across all divisions.
- c For the remaining rounds, the Competition Manager will decide on a case-by-case basis how many teams should move up and down based on results.
- d 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 in a different league for such teams, where the competition structure allows.

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

41.1.5 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.

41.2 Substitutes

41.2.1 An unlimited number of substitutes and rolling substitutes may be used. *Regional League substitutions differ – see Regional Leagues - Substitutions.*

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

41.3 Referees

41.3.1 *All teams must have an Introduction to Refereeing qualified referee. These must be assigned in the National Registration System for Regional League teams.*

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

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

41.3.4 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 five metres of the goal while the match is in progress.
- d All coaching shall be from the sideline only.

41.3.5 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.

41.4 Retreating Line

41.4.1 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 painted on the pitches.

41.4.2 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 teammate to touch the ball within six 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.

41.4.3 Offsides and the retreating line:

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

41.5 Goal Advantage

- 41.5.1 If a team goes ahead by eight goals:
- a The match is paused.
 - b The score is recorded for grading purposes.
 - c The teams are encouraged to continue the match by:
 - Choosing to mix the teams into two teams of similar ability.
 - Choosing to utilise the Capital Football Game Day Challenge cards.
 - b The match is continued, but the score entered in the National Registration System is the score at which point the match was paused.

41.6 Goal Scoring

- 41.6.1 IFAB Laws of the Game apply to goal scoring.

41.7 Kick-off

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

41.8 Goal Kicks

- 41.8.1 A goal kick is taken when the ball goes out of play over the goal line and was last touched by the attacking team.
- 41.8.2 The opposing team must return to the retreating line.
- 41.8.3 Goal kicks are to be taken from five metres out from the goal line where the pitch has no markings.

41.9 Goalkeeper distribution

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

41.10 Corner Kicks

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

41.11 Free Kicks and Penalties

- 41.11.1 All free kicks are indirect except for penalty kicks.
- 41.11.2 Opponents must be at least five metres from the ball until the ball is in play.
- 41.11.3 Penalties may be awarded and taken from 7m out if the spot is unmarked.

41.12 Offside

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

41.13 Throw-ins

41.13.1 Foul throws are to be retaken.

41.13.2 The referee can instruct the player on the correct way to throw in.

41.14 Coaching

41.14.1 Each team's coach must at least have a current NZF Introduction to Junior Coaching Award.

41.14.2 All teams must have an assigned coach in the National Registration System.

41.14.3 The away team is responsible for checking the result.

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

The above regulation intends to ensure all teams have a qualified coach.

42 MINI FOOTBALL – MIXED UNDER 11 AND 12 – LOCAL LEAGUES AND GIRLS UNDER 12

42.1 Competition structure

42.1.1 Local leagues will be graded by colour: yellow, black, red, green, blue, orange, purple etc, depending on the number of divisions required. **The naming of the leagues may change from time to time to promote certain events. For example, the FIFA Women's World Cup.**

42.1.2 Local league divisions will be made up of six teams, where possible.

42.1.3 After each round the division will be re-graded as follows:

- a For the opening two rounds, the bottom two teams from each division (excluding the bottom division) will be relegated and the top two teams (excluding the top division) promoted.
- b For uneven-team divisions, the 'bye' may be promoted or relegated so that it is shared evenly across all divisions.
- c For the remaining rounds, the Competition Manager will decide on a case-by-case basis how many teams should move up and down based on results.
- d 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 in a different league for such teams, where the competition structure allows.
- e Promotion into Regional Leagues may be possible, but only where the competition structure allows.

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

42.1.5 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.

42.2 Substitutes

42.2.1 An unlimited number of substitutes and rolling substitutes may be used.

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

42.3 Referees

- 42.3.1 *All teams must have an Introduction to Refereeing qualified referee. These must be assigned in the National Registration System for Regional League teams.*
- 42.3.2 No team has the right to refuse a match official appointed by Capital Football.
- 42.3.3 The home team (the team listed first in the draw) will supply a qualified referee for each match:
- a The referee should not be the 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.
- 42.3.4 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 be the referee of the first half and an away team representative will be the referee of the second half unless otherwise agreed.
 - c Repeated failure to provide a referee for home matches will result in teams not being scheduled at their 'home' ground.
- 42.3.5 Only the referee and the players are allowed on the field during the match.
- 42.3.6 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 five metres of the goal while the match is in progress.
 - d All coaching shall be from the sideline only.
- 42.3.7 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.
- 42.4 Retreating Line
- 42.4.1 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 painted on the pitches.
- 42.4.2 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 teammate to touch the ball within six 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.

42.4.3 Offsides and the retreating line:

- a For U11 and U12, the halfway line becomes the offside line – as per IFAB laws.

42.5 Goal Advantage

42.5.1 If a team goes ahead by eight goals:

- a The match is paused.
- b The score is recorded for grading purposes.
- c The teams are encouraged to continue the match by:
 - Choosing to mix the teams into two teams of similar ability.
 - Choosing to utilise the Capital Football Game Day Challenge cards.
- c The match is continued, but the score entered in the National Registration System is the score at which point the match was paused.

42.6 Kick-off

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

42.7 Goal Kicks

- 42.7.1 A goal kick is taken when the ball goes out of play over the goal line and was last touched by the attacking team.
- 42.7.2 The opposing team must return to the retreating line.
- 42.7.3 Goal kicks are to be taken from five metres out from the goal line where the pitch has no markings.

42.8 Goalkeeper distribution

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

42.9 Corner Kicks

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

42.10 Free Kicks and Penalties

- 42.10.1 All free kicks are indirect except for penalty kicks.
- 42.10.2 Opponents must be at least five metres from the ball until the ball is in play.
- 42.10.3 Penalties may be awarded and taken from 8m out if the spot is not marked.

42.11 Offside

42.11.1 IFAB Laws of the Game apply to offsides.

42.12 Throw-ins

42.12.1 Foul throws can be retaken at the referee's discretion.

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

42.13 Coaching

42.14 **Each team's coach must at least have a current NZF Introduction to Junior Coaching Award.**

42.15 All teams must have an assigned coach in the National Registration System.

42.15.1 The away team is responsible for checking the result.

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

The above regulation intends to ensure all teams have a qualified coach.

42.16 Wairarapa Junior Leagues

42.16.1 The listed home team will provide nets for their matches.

42.16.2 If the Competition Manager is informed that a team has failed to provide nets for two consecutive home matches that team will no longer be scheduled at their 'home' ground until such time they can give an assurance that they will provide nets.

43 MINI FOOTBALL – MIXED UNDER 11 AND 12– REGIONAL LEAGUES

43.1 Competition structure

43.1.1 Regional leagues are only available for U11 and U12 age groups.

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

43.1.3 A team's position in the regional league divisions will be determined by:

a One grading round, then one full round of competition before promotion/relegation.

43.1.4 Regional Leagues will be made up of six teams where possible.

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

43.1.6 After round one:

43.1.7 The bottom two teams from division Yellow, Black and Red will be relegated. The top two teams from divisions Black, Red and Green will be promoted. **The naming of the leagues may change from time to time to promote certain events. For example, the FIFA Women's World Cup.**

a Points return to zero.

b The second round of matches is played.

- 43.1.8 The Competition Manager may identify teams that could need re-grading up or down, but sit outside the regrading criteria, and offer a place into a different division, where the structure of the competition allows.
- 43.1.9 If a team sits at the bottom or second to bottom of the lowest regional division the Competition Manager will offer a spot in local league competition and look to offer their respective place to a local league team, where applicable.
- 43.1.10 The rounds will continue until the final day of the season which will be communicated by the Competition Manager at the start of the season.
- 43.2 Equipment
- 43.3 The home team will provide the following equipment for all league matches:
- a Nets, corner flags, and match ball.
 - b Repeated infringements will result in teams not being scheduled at their 'home' ground.
- 43.4 Substitutes
- 43.4.1 A maximum of five substitutes' may be rolled on and off as required throughout the match with the referee's permission.
- 43.4.2 All players should get an even amount of playing time.
- 43.5 Referees
- 43.5.1 All teams must have an Introduction to Refereeing qualified referee. These must be assigned in the National Registration System for Regional League teams.
- 43.5.2 No team has the right to refuse a match official if appointed by Capital Football.
- 43.5.3 The home team (the team listed first in the draw) will supply a qualified referee for each match:
- a The referee should not be the 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.
- 43.5.4 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 be the referee of the first half and an away team representative will be the referee of the second half unless otherwise agreed.
 - c Repeated failure to provide a referee for home matches will result in teams not being scheduled at their 'home' ground.
- 43.5.5 Only the referee and the players are allowed on the field during the match.
- 43.5.6 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 five metres of the goal while the match is in progress.
- d All coaching shall be from the sideline only.

43.5.7 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.

43.6 Retreating Line

43.6.1 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 painted on the pitches.

43.6.2 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 teammate to touch the ball within six 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.

43.6.3 Offsides and the retreating line:

- a The halfway line becomes the offside line – as per IFAB laws.

43.7 Goal Advantage

43.7.1 If a team goes ahead by eight goals:

- a The match is paused.
- b The score is recorded for grading purposes.
- c The teams are encouraged to continue the match by:
 - Choosing to mix the teams into two teams of similar ability.
 - Choosing to utilise the Capital Football Game Day Challenge cards.
- d The match is continued, but the score entered in the National Registration System is the score at which point the match was paused.

43.8 Kick-off

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

43.9 Goal Kicks

- 43.9.1 A goal kick is taken when the ball goes out of play over the goal line and was last touched by the attacking team.
- 43.9.2 The opposing team must return to the retreating line.
- 43.9.3 Goal kicks are to be taken from five metres out from the goal line where the pitch has no markings.

43.10 Goalkeeper distribution

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

43.11 Corner Kicks

- 43.11.1 Corner kicks are to be taken from the pitch's corner arc.
- 43.11.2 Opponents must remain at least five metres back from the corner arc until the ball is in play.

43.12 Free Kicks and Penalties

- 43.12.1 All free kicks are indirect except for penalty kicks.
- 43.12.2 Opponents must be at least five metres from the ball until the ball is in play.
- 43.12.3 Penalties may be awarded and taken from 8m out if the spot is not marked.

43.13 Offside

- 43.13.1 IFAB Laws of the Game apply to offsides.

43.14 Throw-ins

- 43.14.1 Foul throws can be retaken at the referee's discretion.
- 43.14.2 IFAB Laws of the Game apply to throw-ins.

43.15 Coaching

43.16 **Each team's coach must at least have a current NZF Introduction to Junior Coaching Award.**

43.17 All teams must have an assigned coach in the National Registration System.

- 43.17.1 The away team is responsible for checking the result.
- 43.17.2 Either team can report any issues to the Competitions Manager.

The above regulation intends to ensure all teams have a qualified coach.

43.18 Player Regrading

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

The intent of the above regulation is for these players to re-grade to the next adjacent team and only where a team would otherwise have to default.

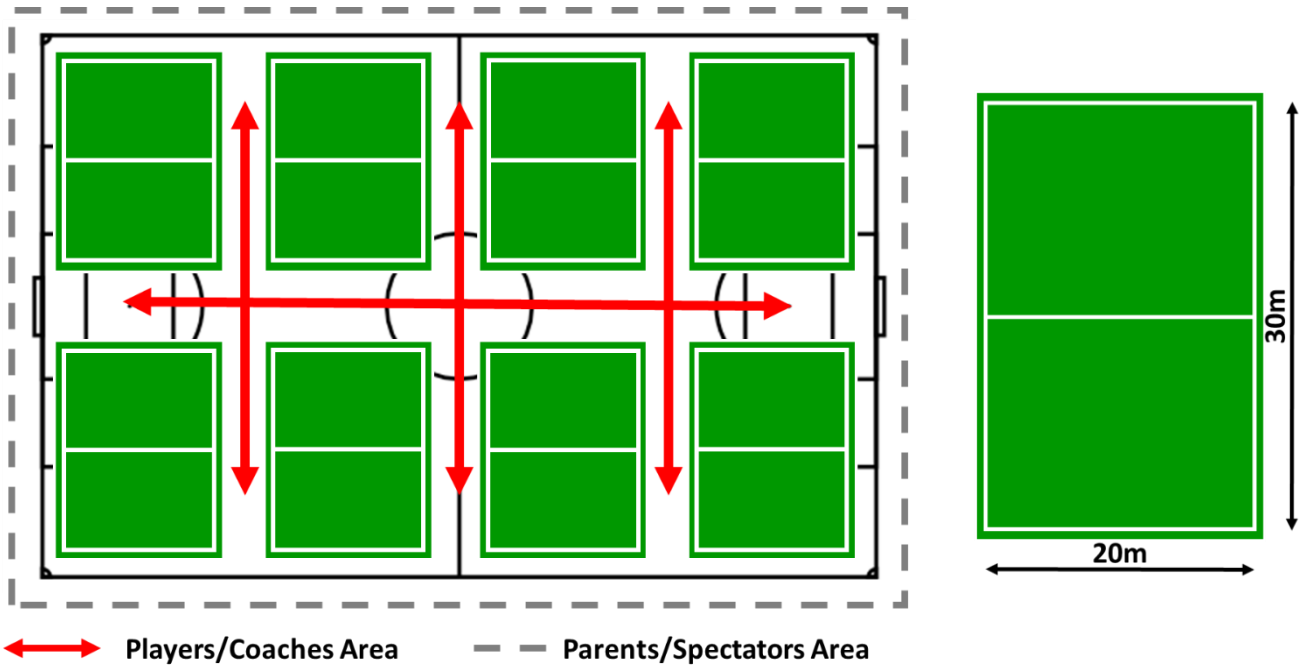
43.20 Failure to comply with these regulations will result in a 3 – 0 win for the opposing team.

44 GENERAL PROVISIONS

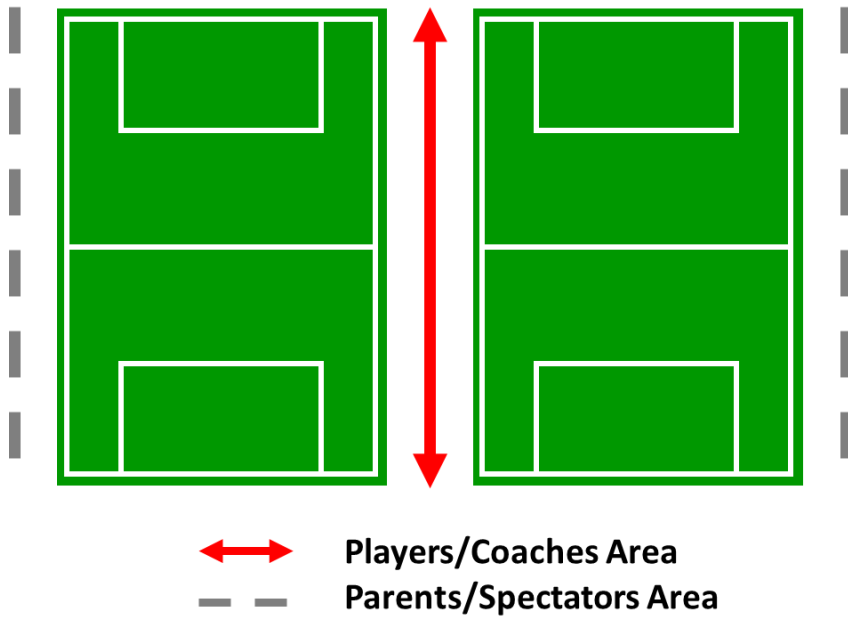
- 44.1 Published match results, ladders and tables are not allowed at Fun Football to Mini Football U4 to U12. Under no circumstances will match results be published publicly by Capital Football, local associations, or clubs.
- 44.2 The recording of match results can be conducted to assign teams appropriate levels of competitive games.
- Playing Kit
- 44.3 Where there is a clash of shirt colours, the away team must wear alternative-coloured shirts or bibs.
- 44.4 Match Scheduling
- 44.5 The Competition Manager will schedule all matches to ensure the completion of each league by the end of each season.
- 44.6 Teams may be required to:
- 44.6.1 Play more than one match per weekend in exceptional circumstances.
 - 44.6.2 Extend the season into the first weekends of September.
 - 44.6.3 Play Friday evening, and Sunday matches.
 - 44.6.4 Play on an artificial surface.
- 44.7 Capital Football will investigate any junior disciplinary matters regarding the NZF disciplinary code and Code of Conduct.

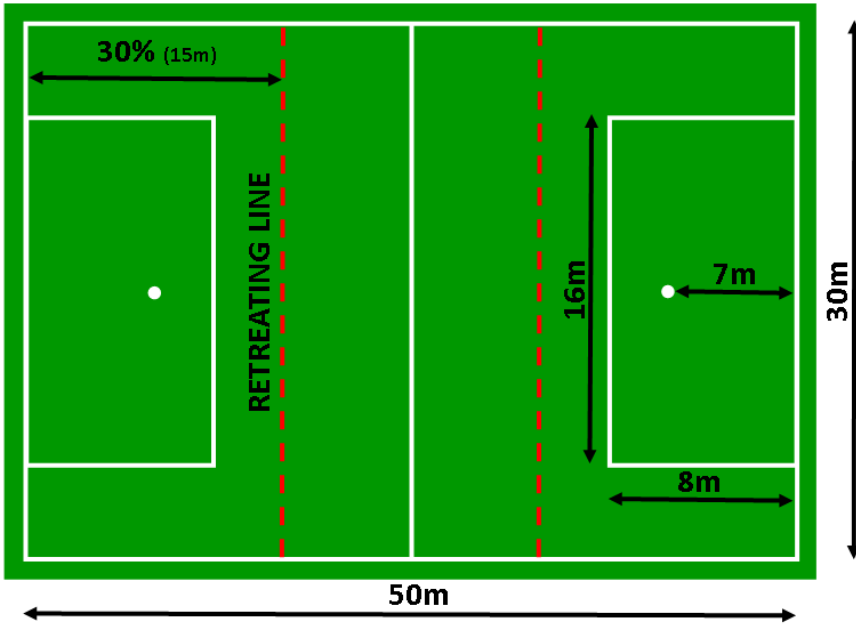
45 RECOMMENDED PITCH LAYOUTS

45.1 Fun Football U7 to U8:

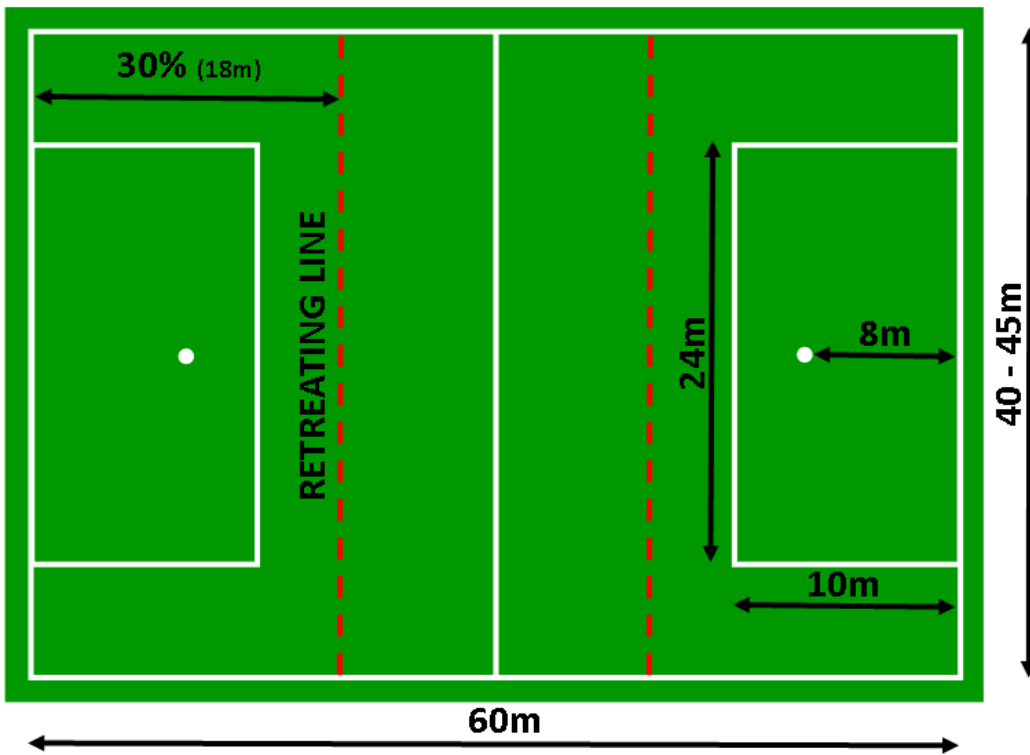


45.2 Mini Football U9 to U10:





45.3 Mini Football U11 to U12:



APPENDIX FOUR | LIST OF AFFILIATED CAPITAL FOOTBALL CLUBS**46 LIST OF AFFILIATED CAPITAL FOOTBALL CLUBS**

- 46.1 Brooklyn Northern United AFC
- 46.2 Brooklyn Northern Junior FC
- 46.3 Carterton AFC
- 46.4 Carterton Junior AFC
- 46.5 Douglas Villa AFC
- 46.6 Eastbourne FC
- 46.7 Eketahuna Junior Club
- 46.8 Featherston AFC
- 46.9 Featherston Junior FC
- 46.10 Greytown FC
- 46.11 Greytown Junior FC
- 46.12 Island Bay United AFC
- 46.13 Kapiti Coast United AFC
- 46.14 Levin FC
- 46.15 Lower Hutt City AFC
- 46.16 Manakau FC
- 46.17 Martinborough Soccer
- 46.18 Marist AFC
- 46.19 Masterton AFC
- 46.20 Masterton Intermediate School
- 46.21 Miramar Rangers AFC
- 46.22 Naenae SC
- 46.23 North Wellington FC
- 46.24 Onslow Junior FC
- 46.25 Opaki School
- 46.26 Otaki FC
- 46.27 Paekakariki Soccer
- 46.28 Petone FC
- 46.29 Porirua Leste FC
- 46.30 Porirua City FC
- 46.31 Pukerua Bay Juniors
- 46.32 Seatoun AFC
- 46.33 Stokes Valley FC
- 46.34 Stop Out Sports Club
- 46.35 Tawa AFC
- 46.36 Upper Hutt FC
- 46.37 Victoria University Football Club
- 46.38 Waikanae FC
- 46.39 Wainuiomata AFC
- 46.40 Wairarapa Evergreens
- 46.41 Wairarapa United FC
- 46.42 Waterside Karori AFC
- 46.43 Wellington Olympic AFC
- 46.44 Wellington United AFC
- 46.45 Western Suburbs Football Club