



Capital Football Federation
Football Playing Regulations
Season 2024

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1 DEFINITIONS

1.1 The terms given below denote the following:

- 1.1.1 **Abandoned Match:** A match that has started but cannot be finished for whatever reason. For example, safety, discrimination, adverse weather or conditions.
- 1.1.2 **Administrator:** The person appointed by the Competition Manager to perform administrative functions on behalf of Capital Football.
- 1.1.3 **Appearance:** See “Play or Playing”
- 1.1.4 **Board:** The Capital Football Board is appointed by clubs to make decisions on football-related matters in the Capital Football districts.
- 1.1.5 **Capital Football:** The name used for Capital Football Federation.
- 1.1.6 **Capital Football Advisory group:** Groups appointed to advise the Board on local district and club football-related matters.
- 1.1.7 **Capital Football District:** Wairarapa, Hutt Valley, Horowhenua/Kapiti, Wellington, and Western.
- 1.1.8 **CDL:** Capital Development Leagues
- 1.1.9 **Club:** An organisation that administers football for players who are affiliated with a Federation or New Zealand Football.
- 1.1.10 **Competition:** Any League, Cup, Playoff, or other match administered by Capital Football and covered under these regulations.
- 1.1.11 **Competition Manager:** The Chief Executive of Capital Football or associate delegate to oversee the administration of football in the districts.

- 1.1.12 **Composite Team:** A team made up of players from different clubs.
- 1.1.13 **Consecutive Matches:** Two matches, played for the same team, after one another in date order without playing for another team. Consecutive matches may also be required to be in the same competition. For example, consecutive league matches may not include cup matches.
- 1.1.14 **Defaulted Match:** A team failing to fulfil its obligation of playing in a scheduled match.
- 1.1.15 **Development Manager:** The Chief Executive of Capital Football or associate delegate to oversee the development of football in the districts.
- 1.1.16 **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.
- 1.1.17 **Force Majeure:** Means and includes acts of God, fire, war, earthquake, terrorism, epidemic, pandemic, strike, lockout, labour controversy, civil commotion, acts or restriction of any government or governmental agencies, orders of court, shortage or interruptions of facilities or material supply, and any other circumstances beyond the reasonable control of the Federation.
- 1.1.18 **Forfeited Match:** A loss of a match as a penalty for breaching certain regulations, usually the ineligibility of players, which may also include a fine.
- 1.1.19 **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.
- 1.1.20 **Intent:** Capital Football's interpretation of a regulation (*shown in italics*).
- 1.1.21 **Junior Club:** A club or adjunct of a club that administers junior players.
- 1.1.22 **Junior Competitions:** Capital Football competitions for junior players (under 4 to under 12).
- 1.1.23 **Laws of the Game (LOTG):** The International Football Association Board (IFAB) Laws of the Game.
- 1.1.24 **Local Leagues:** These competitions include teams from one (or two in the case of Wellington/Western competitions) Capital Football district.
- 1.1.25 **Match Day Squad:** See "Start List".
- 1.1.26 **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.
- 1.1.27 **Match Week:** A period between Tuesday-Monday following, when matches take place.
- 1.1.28 **MoU:** A Capital Football approved Memorandum of Understanding
- 1.1.29 **National Registration System:** The database used by New Zealand Football for registrations and competition management, which at the date of these Regulations is COMET.
- 1.1.30 **NZF:** New Zealand Football Incorporated.
- 1.1.31 **Play or Playing:** A player starting the match or taking the field as a substitute, but NOT being an unused substitute.
- 1.1.32 **Player:** A player registered in the National Registration System of any club playing under the Regulations.
- 1.1.33 **Player Reclassification:** A player playing a match in a league or team below that in which they are eligible to regrade to. A reclassification requires approval from the Competition Manager prior to playing in the match.
- 1.1.34 **Player Regrade or re-grade:** A player playing a match in a league or team below that in which the player is currently graded.

- 1.1.35 **Red Flagged Player:** Any player that owes the club gear and/or monies may be 'Red Flagged' by the club to prevent the player from registering for a new club the following season until they return the gear or pay the money owed.
- 1.1.36 **Regional Leagues:** Junior and youth competitions in under 11 to under 18. 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.
- 1.1.37 **Registration Date:** The date by which Players must be registered to a club in order to be selected to play specific senior competitions, set at 30 June 2024, subject to what is outlined within these Regulations and in accordance with the NZF Disciplinary Code and Status and Transfer of Players.
- 1.1.38 **Regulations:** The Capital Football **2024** Playing Regulations.
- 1.1.39 **Senior Competitions:** Capital Football competitions for senior players.
- 1.1.40 **Squad List:** The list of all starting and substitute Players and Team Officials selected from a Team to compete in any competition match.
- 1.1.41 **Team:** The team defined in clause 5.1, or other entity, as approved by Capital Football to participate in Capital Football competitions.
- 1.1.42 **Team Official:** A coach, team manager or any member of a team who operates a non-playing capacity role.
- 1.1.43 **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.
- 1.1.44 **TDP:** Talent Development Programme.
- 1.1.45 **Technical Area:** The area inside the crowd barriers for the sole use of team officials, players, and substitutes.
- 1.1.46 **Wellington Combined:** Capital Football competitions in under 13 to under 15. These competitions include teams from all Capital Football districts.
- 1.1.47 **Women's Leagues:** Capital Football's women-only leagues.
- 1.1.48 **Youth Competitions:** Capital Football competitions for youth 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** or **bold 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:
 - a The date of election of any members.
 - b 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](#)
- 3.5 NZF Chatham Cup Regulations can be found at [NZ Football - Statutes & Regulations](#)
- 3.6 NZF Kate Sheppard Cup Regulations can be found at [NZ Football - Statutes & Regulations](#)

4 GENERAL PROVISIONS

- 4.1 These Regulations apply to all clubs, teams and 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, if required, subsequently communicated to the relevant Advisory Group and Capital Football Board.
- 4.4 It is the responsibility of each club to ensure compliance with all Playing Regulations, **including other regulations and relevant policies such as the Capital Football Transgender Policy and Capital Football Financial Regulations.**
- 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, the NZF Regulations on the Status and Transfer of Players, the NZF Disciplinary Code, the NZF Privacy Policy the NZF Code of Conduct and any other relevant NZF Regulations or Statutes.
- 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.
- 5.3 **Clubs must name their team with the club's name listed first and names must be unique.**
 - 5.3.1 **Junior and youth teams must include their grade (e.g., U12) after their club name.**

Leagues

- 5.4 The final composition of leagues is at the discretion of the Competition Manager.
 - 5.4.1 Each club will confirm the registration of their teams by entry into the National Registration System or as requested by the Competition Manager.
 - 5.4.2 Where applicable, clubs will be notified of relevant starting positions in leagues before confirming registration.
 - 5.4.3 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
 - 5.4.4 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

- 5.5 For all league matches, three points are awarded for a win, one point for a draw and zero points for a loss.
- 5.6 For a completed league, a team's accumulated points will determine the league position for that competition.
- 5.6.1 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 is drawn by the Competition Manager.
- 5.7 For an incomplete league where mathematically league positions could change from the matches not played, the league positions will be determined on the following:
- 5.7.1 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.
- 5.7.2 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 matches 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.
- 5.8 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

- 5.9 Cup competitions
- 5.9.1 All Cup or Knockout competitions will take place as per the format determined by the Competition Manager.
- 5.9.2 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.

5.9.3 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.

5.10 Playoffs

5.10.1 All required playoffs will take place as determined by the Competition Manager.

5.10.2 Playoff venues are subject to consultation, but the Competition Manager's decision is final.

6 MATCHES

6.1 All matches will be played at the Competition Manager's discretion.

6.2 Capital Football reserves the right to inspect all grounds and facilities. If they are not up to standard as determined by the Competition Manager or Match Official, matches will be transferred away from the venue.

6.3 Any fixture change will be dependent upon the availability of a suitable ground as well as other operational factors.

6.4 The Competition Manager must be advised immediately of any defaulted, cancelled or abandoned match.

Defaults

6.5 If a team defaults a match the score will be recorded as a 3-0 win to the opposition.

6.6 A team defaults the match if they:

6.6.1 Do not take the field within 15 minutes of the scheduled kick-off time.

6.6.2 Turn up with or have less than the minimum number of players on a field at one time.

- a For 11 a-side the minimum number of players is seven.

- b For 5, 7 and 9 a-side the minimum number of players is two fewer than playing numbers.

6.7 Default Fees (for Senior Competitions Only)

6.7.1 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.

6.7.2 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.

6.7.3 All other senior teams that default 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.

6.7.4 A further default fee will be charged by Capital Football to cover the hiring of artificial turf.

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

Forfeits

6.9 **The offending team will lose any points gained from that match.**

6.10 **Goals scored by the offending team will be cancelled and goals-against shall stand.**

6.11 **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.**

6.12 **For ineligibility, the offending team will be fined \$150.00 per ineligible player, for Senior Competitions only.**

Cancelled or Abandoned Matches

6.13 The appointed Match Official may cancel or abandon a match, following consultation and agreement with the Competition Manager for:

6.13.1 Adverse weather.

6.13.2 The safety of players.

6.13.3 Where there is not an appointed Match Official Present there must be an agreement between teams to cancel or abandon the match.

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

6.15 Abandoned match outcome.

6.15.1 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 match, excluding additional time.

6.15.2 If less than 66% of the match is played, **the match shall be replayed at the discretion of the Competition Manager, who shall first discuss the matter with the two affected teams. Alternative options may include the score being recorded as 0-0, or the current score standing.**

Results

6.16 For all leagues using online team cards via the National Registration System, there is no requirement to enter results.

6.16.1 Referees must enter the result within 30 minutes of completing the match.

6.17 For all 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 match.

6.17.1 Senior Leagues where teams submit late results will be fined \$50.00 for each offence.

Publishing defaults, cancellations and fixture changes and results

6.18 Fixtures, Standing and Results are published in the National Registration System and on the Capital Football website Capitalfootball.org.nz.

6.18.1 Results and Standings are not published for Junior Leagues.

- 6.19 Fixture changes are updated as soon as possible once they are confirmed with the teams.
- 6.20 Fixture changes due to grounds restrictions for weekend matches are updated on the website on Friday afternoon by 5pm.
- 6.21 Mass cancellations due to weather, will be confirmed on facebook.com/CapitalFootball before 7 am Saturday or Sunday morning. The National Registration System and the website will be updated as soon as possible.

7 REGISTRATIONS

- 7.1 All registrations must comply with NZF regulations specifically the Regulation on the Status and Transfers of Players (RSTP).
- 7.2 Players taking part in any Capital Football competition must be registered in the National Registration System for the club for which they are playing at the time of their match.
- 7.3 All registrations will be held in the National Registration System. It is the club's responsibility to ensure that the information held in the National Registration System is correct.
 - 7.3.1 Every new player will provide the necessary details required in the National Registration System for registration.
 - 7.3.2 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.
 - 7.3.3 In the event of any player being registered twice, the second registration, in chronological order, will be deemed to be null and void.
 - a **This also includes where the initial registration has been Red Flagged.**
 - b **If the player's initial registration is incorrectly registered, the Competition Manager may remove the registration making the second registration valid.**
 - 7.3.4 Registrations must be retained by the club in the National Registration System for as long as the player is playing for that club.
 - 7.3.5 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 Competition Manager.
 - 7.3.6 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](#)
- 7.4 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:
 - 7.4.1 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.
- 7.4.2 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.
- 7.5 Any player movement between clubs must be made in conjunction with the NZF Regulation on the Status and Transfers of Players (RSTP).
- 7.6 Any club or club official offering inducement for a player to move to another club must notify the player's present club and Capital Football in writing before approaching the player.
- a Any club in breach of this regulation will be fined a minimum of \$500.00.
- 7.7 Capital Football will investigate any registration disputes.
- 7.7.1 Any club involved in a registration dispute is bound by any decisions made by Capital Football and the appeals process set out in the NZF Disciplinary Code.
- 7.8 All player registrations will be terminated (de-registered) on 31 December.
- 7.8.1 Any player that owes the club gear and/or monies may be 'Red Flagged' by the club, before this date, to prevent the player 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.
- 7.9 Amateur Player agreements must be on a form and approved by NZF.
- 7.9.1 These are only required for the Men's Central League.
- 7.10 In the event, that 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.
- 7.10.1 The player(s) and club(s) are subject to all other regulations.
- 7.10.2 The MoU does not allow an exemption to the regulations unless stated in the MoU and the regulations.

- 7.11 If a team is found to be in breach of any part of the registration regulation, the offending team will:
- 7.11.1 Forfeit the match; and
 - 7.11.2 Fined \$150.00 per ineligible player, for Senior Competitions only.
 - 7.11.3 If both teams are found to be in breach, the match will be deemed null, and void and Capital Football will decide whether the match is replayed.

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 match 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 the 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 **A similar three-step procedure as outlined above, may be applied where there is abusive language or gestures towards a Match Official. This may be used over and above any sanctions deemed necessary to players and Team Officials.**
- 8.4 Capital Football will not tolerate any public statements (including social media) that breach the NZF Disciplinary Code or Code of Conduct.
- 8.4.1 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.

- 8.5 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.
- 8.6 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.
- 8.6.1 The match official can stop the match until the offenders are removed.
 - 8.6.2 The match official or team official will report the incident to Capital Football.
- 8.7 Any match abandoned due to the consumption of excess alcohol by players, team officials or spectators will be reported to Capital Football and a minimum fine of \$500.00 will be imposed on the offending club.
- 8.8 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).
- 8.9 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, where a referee's report is required, 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.
 - 9.2.3 **The Competition Manager may also impose sanctions when they become aware of breaches in the prescribed timeframes.**
- 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 or via a club email account, 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 Competition 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 matches and upload them to the league exchange in hudl.
 - 10.1.1 This must be done within 24 hours of the match being completed or clubs will be fined \$100.00 per offence.
 - 10.1.2 For any match that is not filmed and uploaded to the exchange, clubs will be fined \$250.00 per match 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 exchange.
 - 10.1.4 Clubs, on uploading each match film to the exchange, grant a non-exclusive, perpetual, irrevocable, royalty-free, transferable, sublicensable, worldwide licence to all the intellectual property rights in the match 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 match film to promote leagues on social media by way of highlight or analysis videos or may use match film for coaching and training purposes.
 - 10.1.5 Clubs warrant that match 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 match films.

11 DRUG TESTING

- 11.1 Capital Football competitions are subject to NZ Football Anti-Doping Regulations.
 - 11.1.1 Refer also:

- a Drug-Free Sport New Zealand Anti-Doping Rules
- b NZF Disciplinary Code Regulation 19.

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

12 MISCELLANEOUS

12.1 Anything not covered by the Regulations and cases of force majeure will be referred to the Competition Manager for decision and, if required, subsequently communicated to the relevant Advisory Group and/or Capital Football Board.

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

13 REFERENCES

13.1 Capital Football Transgender Policy: [Capital Football - Policies](#)

13.2 Capital Football Incident Register and Disciplinary Process: [Capital Football - Incidents & Disciplinary Process](#)

13.3 IFAB Laws of the game: [International Football Association Board | Laws of the Game | IFAB \(theifab.com\)](#)

13.4 NZF Disciplinary Code: [NZ Football - Statutes & Regulations](#)

13.5 NZF Code of Conduct: [NZ Football - Statutes & Regulations](#)

13.6 NZF Regulation on the Status and Transfer of Players (RSTP): [NZ Football - Registrations & Transfers](#)

13.7 NZF Club Licensing Regulations: [NZ Football - Statutes & Regulations](#)

13.8 NZF Anti-Doping Regulations: [NZ Football - Statutes & Regulations](#)

13.9 NZF Talent Development Programme manual: [NZ Football - Resources](#)

13.10 NZF International Transfer Clearance: [NZ Football - Registrations & Transfers](#)

13.11 NZF Privacy Policy: [NZ Football - Privacy Policy](#)

13.12 FIFA Statutes and Regulations: [Who We Are - FIFA.com](#)

13.13 FIFA Disciplinary Code: [Who We Are - FIFA.com](#)

13.14 FIFA anti-Doping Regulations: [Who We Are - FIFA.com](#)

13.15 FIFA Code of Ethics: [Who We Are - FIFA.com](#)

13.16 FIFA Code of Conduct: [Who We Are - FIFA.com](#)

13.17 Capital Football Match Information Sheet: [Capital Football Federation - Competition Information](#)

13.18 Drug-Free Sports Anti-Doping Rules: [Drugfree Sport NZ](#)

APPENDIX ONE | SENIOR REGULATIONS

14 COMPETITION TYPES

14.1 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

14.2 Senior Competitions which are not covered by these regulations:

- 14.2.1 Women's Central League
- 14.2.2 NZF National Leagues (including [Men's] Central League, National League Championship, and Women's National League)
- 14.2.3 NZF Chatham Cup
- 14.2.4 NZF Kate Sheppard Cup
- 14.2.5 NZF National Youth Development Leagues

15 WOMEN'S CAPITAL LEAGUES

15.1 Women's Central League

Relegation

15.1.1 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 **will be relegated into** Women's Capital Premier the following season.

15.2 Women's Capital Premier:

Structure

- 15.2.1 The leagues will consist of 8 teams playing two rounds (where possible).
- 15.2.2 A maximum of one team per club can participate in the Women's Capital Premier.

Eligibility

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

Promotion and Relegation

- 15.2.4 At the end of each season, teams are promoted before relegations, if required, are made.
- 15.2.5 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.
- 15.2.6 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.
 - a 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.
 - b 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 may enter the playoff, and so on.
 - c If only one team is eligible or wants promotion from both Federations, they will be automatically promoted to the Women's Central League.
 - d 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.
- 15.2.7 Promotion or relegation will only occur if the league and adjacent league(s) have:
 - a Completed their season.
 - b Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining unplayed matches.
- 15.2.8 The necessary number of relegations (if any) will take place.

Team Cards

- 15.2.9 Teams must load an online team card into the National Registration System and must reflect the squad list for the match and Team Officials. It must also include shirt numbers and team kit colours, including the goalkeeper's kit.
 - a The team card must be loaded by 12:00pm, midday, on Friday before the weekend match or the day before a mid-week match.

- b 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.
 - c The team card may be altered in the 60 minutes before kick-off by notification of the change to the Match Official.
- 15.2.10 Failure to comply with timeframes, Team Officials or playing kits requirements will result in a fine of \$100.00.
- 15.2.11 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.
- a. If both teams are found guilty of playing players not listed on the team card, the match will be cancelled.

Match officials

- 15.2.12 Capital Football will appoint a referee for all matches.
- 15.2.13 Where requested by the referee, each team will provide an assistant referee.
- 15.2.14 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.
- 15.2.15 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.
- 15.2.16 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 **unless both teams agree to referee a half each before kick-off.**

Technical Areas

- 15.2.17 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.

Substitutes

- 15.2.18 A maximum of five players may be listed as substitutes.
- 15.2.19 Players may be replaced with any of the five named substitutes multiple times (rolling) per match.

Equipment and Kit

- 15.2.20 The home team will provide regulation-sized goals, nets, corner flags, and match ball(s) for all league matches.
- a Teams must use the match ball determined by the Competition Manager for that season.
- 15.2.21 Where kit colours clash, in the opinion of the Match Official, the away team are to wear alternative-coloured shirts and socks.
- a For the avoidance of doubt the away team shall have priority of wearing their preferred kit over the home team goalkeeper wearing their preferred kit if there is a clash.
 - b To ensure the match is played, the home team may be directed by the Match Official or Competition Manager to provide an alternate kit for the away team or change or vary their kit.
 - c If a clash is unable to be avoided, the Match Official may abandon the game and the away team will forfeit the match.
- 15.2.22 All leagues must have official-sized numbers on the backs of their shirts.
- 15.2.23 Any home team that fails to provide the appropriate equipment or any team that fails to wear the appropriate kit where necessary will be fined \$100.00.

15.3 Women's Central League Play-off

Structure

- 15.3.1 Playoff fixtures shall take place during the first weekend of September after the conclusion of both leagues. These dates and format are subject to change at the discretion of the Federation Competition Manager(s).
- 15.3.2 The playoff will be held at a neutral venue at the discretion of the Competition Manager(s).
- 15.3.3 Should the scores be level at the end of normal time, extra time will be played per the Laws of the Game.
- a 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.
 - b 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.

Eligibility

- 15.3.4 Players must meet all player eligibility requirements as per their Federation playing regulations.
- 15.3.5 The playoffs are an extension of a Club's season. Therefore, cautions and suspensions will carry over into a playoff.

Team Cards

- 15.3.6 Teams must load a team card into the National Registration System and must reflect the squad list for the match and Team Officials. It must also include shirt numbers and team kit colours, including the goalkeeper's kit.
- a The team card must be loaded by 12:00pm, midday, on Friday before the weekend match or the day before a mid-week match.
 - b 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.
 - c The team card may be altered in the 60 minutes before kick-off by notification of the change to the Match Official.
- 15.3.7 Failure to comply with timeframes, Team Officials or playing kits requirements will result in a fine of \$100.00.
- 15.3.8 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.
- a If both teams are found guilty of playing players not listed on the team card, the match will be cancelled.

Match Officials

- 15.3.9 Matches are to be officiated by a qualified Match Official appointed by the relevant Federation.

Technical Areas

- 15.3.10 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.

Substitutes

- 15.3.11 A maximum of five players may be listed as substitutes.
- 15.3.12 Players may be replaced with any of the five named substitutes multiple times (rolling) per match.
- 15.4 Women's 1 down

Structure

- 15.4.1 All leagues will consist of 10 teams playing two rounds (where possible)
- a Leagues starting after April may consist of eight teams playing two rounds (where possible)

Eligibility

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

Promotion and Relegation

- 15.4.3 At the end of each season, teams are promoted before relegations, if required, are made.
- 15.4.4 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.
- 15.4.5 Women's 1
- a At the end of round 1 the top two teams from Women's 2 will be promoted.
 - b The necessary number of relegations (if any) will take place.
 - c At the end of round 2 the top **eligible** team will be promoted.
 - d The necessary number of relegations (if any) will take place.
- 15.4.6 Women's 2 down
- a At the end of round 1 the top two teams from Women's 2 down will be promoted.
 - b The necessary number of relegations (if any) will take place.
 - c A new round will start, and the games/points of the previous round will not carry over.
 - d At the end of round 2 the top two teams in each league will be promoted.
 - e The necessary number of relegations (if any) will take place.
- 15.4.7 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 unplayed matches.
- 15.4.8 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 the lowest Women's League.

Team Cards

- 15.4.9 **Online Team Cards** or Manual team cards (Match Information Sheets) are required for Women's 1 only.
- a All Manual team cards or Match Information Sheets must be printed 'Manual Teamsheet' from the National Registration System or printed/written legibly on a **2024** Capital Football Match Information Sheet.

- Manual team cards must be emailed to Capital Football (results@capitalfootball.org.nz) within 24 hours of the match being completed.
- 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.
- b Online Team Cards must be loaded into the National Registration System and must reflect the squad list for the match and Team Officials. It must also include shirt numbers and team kit colours, including the goalkeeper's kit.
- The team card must be loaded by 12:00pm, midday, on Friday before the weekend match or the day before a mid-week match.
- 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.
- The team card may be altered in the 60 minutes before kick-off by notification of the change to the Match Official.
- Failure to comply with timeframes, Team Officials or playing kit requirements will result in a fine of \$50.00.

Match Officials

- 15.4.10 If an official referee is not supplied, the home team will referee the match.
- a Both teams may agree to referee a half each.

Equipment and kit

- 15.4.11 The home team will provide Regulation goals, nets, corner flags, and match ball(s) for all league matches.
- 15.4.12 All teams must provide the Competitions Manager with the colours of their home kit and any other available kit.
- 15.4.13 For Women's 1 where team colours clash, the away team are to wear alternative-coloured shirts and socks.
- 15.4.14 From Women's 2 down where team colours clash, the away team are to wear alternative-coloured shirts.
- 15.4.15 Any matches that cannot be played (including rescheduled if the home team agrees) due to kit clashes will result in a forfeit for the away team.
- 15.4.16 All teams must have official-sized numbers on the backs of their shirts.
- 15.4.17 Any home team that fails to provide the appropriate equipment or any team that fails to wear the appropriate kit where necessary will be fined \$100.00.

Substitutions

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

15.5 Kelly Cup

Structure

15.5.1 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.

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

Eligibility

15.5.3 **A player who has played up to two Kelly Cup games for any one team, is able to move teams/clubs. Once a player has played three Kelly Cup games for any team, they are then cup-tied to that team.**

Substitutes

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

15.5.5

15.6 Women's Premier Cup

Structure

15.6.1 **The Capital Premier Cup is open to teams within the Capital Premier League.**

15.6.2 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.

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

Eligibility

15.6.4 **Playing in the Kelly Cup does not prevent a player from playing in the Women's Premier Cup.**

15.6.5 **The Competition Manager will communicate all Player eligibility requirements before the start of the Cup.**

Substitutes

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

15.7 Executive Plate

Structure

15.7.1 **The Executive Plate is open to teams from Women's 1 and below.**

15.7.2 **Matches will be decided on penalties where there is a tie after full-time.**

15.7.3 **All other criteria will be as per the Playing Regulations.**

Eligibility

- 15.7.4 **The Competition Manager will communicate all Player eligibility requirements before the start of the Cup.**

Substitutes

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

16 MEN'S CAPITAL LEAGUES (MEN'S CAPITAL PREMIER, MEN'S CAPITAL 1 TO MEN'S CAPITAL 4)**16.1 Men's Central League**

- 16.1.1 If a team withdraws from the Men's 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 Men's Central League is also dependent on NZF Club Licensing.

16.1.2 Relegation for Central League:

- a The last-placed team from the Men's Central League will be relegated to **Men's Central League 2.**

16.2 Men's Capital Premier**Structure**

- 16.2.1 All leagues will consist of 10 teams playing two rounds (where possible)

- a Leagues starting after April may consist of eight teams playing two rounds (where possible)

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

Eligibility

- 16.2.3 Minimum player age of 16 years old at the time of the match, unless they have written dispensation from Capital Football.

- a 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.

Promotion and Relegation

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

- 16.2.5 If a team withdraws from Men's Capital Premier 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.

- 16.2.6 At the completion of the league the first-place team will enter the Men's Central League Playoff against the Central Federation nominated team with the winners of

the Men's Central League Playoff promoted to the Men's Central League. Promotion to the Men's 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 Men's Central League, the second-placed team may enter the Men's Central League Playoff.
 - b If the first or second-placed team is ineligible or does not want a promotion to the Men's Central League, the third-placed team in Men's Capital Premier may enter the Men's Central League Playoff, and so on.
 - c **The loser of the Men's Central League Playoff will be promoted to Men's Central League 2.**
 - d If only one team is eligible or wants a promotion **to the Men's Central League** from either Federation, they will be automatically promoted to the Men's Central League. **The team not wanting promotion to the Men's Central League will be promoted to Men's Central League 2.**
 - e If there are no eligible teams or no teams want promotion from either Federation, there will be no relegations from the Men's Central League. **The teams not wanting promotion to the Men's Central League will be promoted to Men's Central League 2.**
- 16.2.7 **The next two eligible Men's Capital Premier teams who want promotion will be promoted to Men's Central League 2.**
- 16.2.8 **The next four eligible Men's Capital Premier and Men's Capital 1 teams who want promotion will enter a playoff against a team from the Central Federation League for promotion to Men's Central League 2.**
- a The playoff will be a single leg at a neutral venue. The Competition Manager will confirm all details when required.
- 16.2.9 **The remaining ineligible teams or teams that do not want promotion into Men's Central League 2 will remain in Men's Capital Premier.**
- 16.2.10 The necessary number of relegations (if any) will take place.
- 16.2.11 Promotion or relegation will only occur if the league and adjacent league(s) **including the Central Federation League** 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 unplayed matches.
- 16.2.12 **Eligible teams who do not want promotion to either Men's Central League or Men's Central League 2 must advise the Competition Manager by 31 May 2024. Any team that does not notify the Competition Manager by this date and does not accept a promotion, either automatic or via the playoff (including participating in the playoff), will not be eligible to play in Men's Tier 1 competitions the following season.**

Team Cards

- 16.2.13 Teams must load a team card into the National Registration System and must reflect the squad list for the match and Team Officials. It must also include shirt numbers and team kit colours, including the goalkeeper's kit.
- a The team card must be loaded by 12:00pm, midday, on Friday before the weekend match or the day before a mid-week match.
 - b 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.
 - c The team card may be altered in the 60 minutes before kick-off by notification of the change to the Match Official.
- 16.2.14 Failure to comply with timeframes, Team Officials or playing kits requirements will result in a fine of \$100.00.
- 16.2.15 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.
- a If both teams are found guilty of playing players not listed on the team card, the match will be cancelled.

Match Officials

- 16.2.16 Capital Football will appoint a referee and two assistants for all Men's Capital Premier matches.
- 16.2.17 Where requested by the referee, each team will provide an assistant referee.
- a 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.
- 16.2.18 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.
- 16.2.19 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.
- 16.2.20 Matches are to be officiated by a qualified referee (where possible).
- a 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.

Technical Areas

- 16.2.21 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.
- 16.2.22 All head coaches of Men's Capital Premier 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.

Substitutes

- 16.2.23 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 match. 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.

Equipment and Kits

- 16.2.24 The home team will supply the following:
- a Crowd barriers one metre high and two metres from the sideline, down the entire length of the pitch.
 - b 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.
- 16.2.25 Where kit colours clash, in the opinion of the Match Official, the away team are to wear alternative-coloured shirts and socks.
- a For the avoidance of doubt the away team shall have priority of wearing their preferred kit over the home team goalkeeper wearing their preferred kit if there is a clash.
 - b To ensure the match is played, the home team may be directed by the Match Official or Competition Manager to provide an alternate kit for the away team or change or vary their kit.
 - c If a clash is unable to be avoided, the Match Official may abandon the game and the away team will forfeit the match.
- 16.2.26 All leagues must have official-sized numbers on the backs of their shirts.

- 16.2.27 Any home team that fails to provide the appropriate equipment or any team that fails to wear the appropriate kit where necessary will be fined \$100.00.

16.3 Men's Central League Playoff

Structure

- 16.3.1 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).
- 16.3.2 The decision of who plays home and away for each leg will be made on a rotational basis between Federations. For example, in 2024, the Capital Federation's team will make the decision and in 2025, Central Federation's team will make the decision.
- 16.3.3 The playoff will be determined by aggregate score across both fixtures.
- a Should the aggregate score be level at the end of normal time in the second leg, extra time will be played per the Laws of the Game.
 - b 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.
 - c 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.

Eligibility

- 16.3.4 There are no restrictions on non-citizen players.
- 16.3.5 There are no requirements for U20 players.
- 16.3.6 Players must meet all player eligibility requirements as per their Federation playing regulations.
- 16.3.7 The playoffs are an extension of a Club's season. Therefore, suspensions will carry over into a playoff.

Team Cards

- 16.3.8 Teams must load a squad list into the National Registration System including shirt numbers and team kit colours by 12:00pm, midday, on Friday before the weekend match or the day before a mid-week match.
- 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.

Match Officials

16.3.9 Matches are to be officiated by qualified Match Officials appointed by the relevant Federation.

Technical Area

16.3.10 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.

16.3.11 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.

Substitutes

16.3.12 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.

16.4 Men's Capital 1-4

Structure

16.4.1 All leagues will consist of 10 teams playing two rounds (where possible)

- a Leagues starting after April may consist of eight teams playing two rounds (where possible)

16.4.2 A maximum of one team per club can participate in Men's Capital 1.

- a There is no maximum number of teams per club in Men's Capital 2 and below.

16.4.3 **The feasibility of Men's Capital 4 in 2025, will be determined by the Capital Football Board at the end of the 2024 season after a recommendation from the Competition Manager and Men's Advisory Group. The decision will take into consideration the impact of Men's Central League 2 on the league structure (the potential increased number of promotions from Men's Capital 4 to Men's Capital 3) and the number of Local Leagues teams wanting promotion into Men's Capital 4.**

Eligibility

- 16.4.4 Minimum player age of 16 years old at the time of the match, unless they have written dispensation from Capital Football.

Promotion and Relegation

- 16.4.5 At the end of each season, teams are promoted before relegations, if required, are made.
- a If a team withdraws from Men's Capital 1 to 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.
- 16.4.6 **The two highest-placed eligible Men's Capital 1 teams who want promotion will enter a playoff against a team from the Central Federation League for promotion to Men's Central League 2.**
- 16.4.7 **The number of promotions from Men Capital 1-4 will depend on the number of promotions via playoffs into Men's Central League 2. There should be between three and seven teams promoted from each league.**
- 16.4.8 If the teams are ineligible or do not want promotion:
- a The next highest eligible team(s) wanting promotion will be promoted.
- 16.4.9 The necessary number of relegations (if any) will take place.
- 16.4.10 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 unplayed matches.

Team Cards

- 16.4.11 Teams must load a team card into the National Registration System and must reflect the squad list for the match and Team Officials. It must also include shirt numbers and team kit colours, including the goalkeeper's kit.
- a The team card must be loaded by 12:00pm, midday, on Friday before the weekend match or the day before a mid-week match.
- b 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.
- c The team card may be altered in the 60 minutes before kick-off by notification of the change to the Match Official.
- 16.4.12 Failure to comply with timeframes, Team Officials or playing kit requirements will result in a fine of \$100.00.
- 16.4.13 For Men's Capital 1 and 2, 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.
- a If both teams are found guilty of playing players not listed on the team card, the match will be cancelled.

- 16.4.14 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.
 - a The offending team will forfeit any points gained from that match and be fined \$150.00 per unlisted player.

Match Officials

- 16.5 Capital Football will appoint a referee for all Men's Capital 1 to 4 matches where possible.
- 16.6 Where requested by the referee, each team will provide an assistant referee.
- 16.6.1 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.
- 16.7 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.
- 16.8 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:
- 16.8.1 The home team will contact Capital Football.
 - 16.8.2 Capital Football will attempt to source another qualified referee or defer the match.
 - 16.8.3 Any other available qualified referee will officiate.
 - 16.8.4 If no qualified referee is available, the home team will officiate the match.
- 16.9 Matches are to be officiated by a qualified referee (where possible).
- 16.9.1 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.

Technical Areas

- 16.10 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.
- 16.10.1 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.

Substitutes

- 16.11 Men's Capital 1 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 match. 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.
- 16.12 Men's Capital 4 – Players may be replaced with any of the five named substitutes multiple times (rolling) per match.

Equipment and Kits

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

- 1.1.2 Where kit colours clash, in the opinion of the Match Official, the away team are to wear alternative-coloured shirts and socks.
- a For the avoidance of doubt the away team shall have priority of wearing their preferred kit over the home team goalkeeper wearing their preferred kit if there is a clash.
 - b To ensure the match is played, the home team may be directed by the Match Official or Competition Manager to provide an alternate kit for the away team or change or vary their kit.
 - c If a clash is unable to be avoided, the Match Official may abandon the game and the away team will forfeit the match.
- 1.1.3 All leagues must have official-sized numbers on the backs of their shirts.
- 1.1.4 Any home team that fails to provide the appropriate equipment or any team that fails to wear the appropriate kit will be fined \$100.00.

17 WELLINGTON LOCAL LEAGUES

Structure

- 17.1 All Leagues will consist of 10 teams (where possible)
- 17.2 Leagues starting after April may consist of eight teams.

Eligibility

- 17.3 Minimum player age of 16 years old at the time of the match, unless they have written dispensation from Capital Football.
- 17.3.1 No more than three players with approved dispensations on the field at any one time unless they have received a written dispensation from Capital Football.
- 17.4 No female player can compete in any men's league unless they have received a written dispensation from Capital Football.
- 17.4.1 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.

Promotion and Relegation

- 17.5 At the end of each season, teams are promoted before relegations, if required, are made.
- 17.5.1 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.
- 17.6 Wellington 1 down
- 17.6.1 From Wellington 1 down every team in every league will play two rounds.
- 17.6.2 At the end of round 1:
- f The top two teams from Wellington 2 down will be promoted.
 - g The necessary number of relegations (if any) will take place.

- h A new round will start, and the games/points of the previous round will not carry over.

17.6.3 At the end of round 2:

- i **Based on the Men's Tier 1 league promotions the necessary number of promotions will take place.**
- j **If there are three spots available a team, in order of league position, from each of the three Local Leagues (Wellington 1, Horowhenua/Kapiti 1 and Wairarapa 1) will be promoted. If only one or two teams want a promotion, they will be promoted and the next placed team(s) from the Local League(s) wanting promotion will enter a playoff to determine the remaining promotions, if required.**
- k **If there are more than three promotions the additional number of teams promoted teams will be determined by a playoff, if required.**
- l **If participants from two of the three local leagues do not want promotion into Men's Capital 4, the next eligible placed team in the league where promotion is wanted will be offered promotion.**
- m If a playoff match(es) is required, it will be over a single leg at a neutral venue decided by the Competition Manager.
 - Should the scores be level at the end of normal time, 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.
- n The necessary number of relegations (if any) will take place.

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

- a Completed seasons.

17.7 Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining unplayed matches. 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.

17.7.1 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 unplayed matches.

Team Cards

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

Match Officials

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

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

Substitutes

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

Equipment and kit

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

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

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

17.13.1 **Any matches that cannot be played (including rescheduled if the home team agrees) due to kit clashes will result in a forfeit for the away team.**

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

17.15 Any home team that fails to provide the appropriate equipment or any team that fails to wear the appropriate kit will be fined \$100.00.

Cup Competitions

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

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

17.16.2 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.

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

18 WAIRARAPA LOCAL LEAGUES

Structure

18.1 The structures of the leagues will be determined by the Competition Manager following the pre-season meeting.

Eligibility

18.2 Wairarapa 1 down are mixed and open to any sex/gender.

18.3 No player under the age of 16 years can compete in Wairarapa 1 down unless they have received a written dispensation from Capital Football.

18.4 Wairarapa Women's is open to female players.

18.5 No player under the age of 15 years can compete in the Wairarapa Women's Leagues unless they have received a written dispensation from Capital Football.

- 18.6 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.
- 18.7 Player re-grades are to be made per the Player Regrading regulations.

Promotion and Relegation

18.8 Wairarapa 1

- 18.8.1 **Based on the Men's Tier 1 league promotions the necessary number of promotions will take place.**
- 18.8.2 **If there are three spots available a team, in order of league position, from each of the three Local Leagues (Wellington 1, Horowhenua/Kapiti 1 and Wairarapa 1) will be promoted. If only one or two teams want a promotion, they will be promoted and the next placed team(s) from the Local League(s) wanting promotion will enter a playoff to determine the remaining promotions, if required.**
- 18.8.3 **If there are more than three promotions the additional number of teams promoted teams will be determined by a playoff, if required.**
- a **If participants from two of the three local leagues do not want promotion into Men's Capital 4, the next eligible placed team in the league where promotion is wanted will be offered promotion.**
- 18.8.4 If a playoff match(es) is required, it will be over one leg at a neutral venue decided by the Competition Manager.
- a Should the scores be level at the end of normal time, extra time will be played per the Laws of the Game.
- b 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.
- c 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.
- 18.8.5 The necessary number of relegations (if any) will take place.

18.9 Wairarapa 2 and below

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

Team Cards

- 18.10 **Online Team Cards** or Manual team cards (Match Information Sheets) are required for Wairarapa 1 down only. These are not required for the Wairarapa Women's Leagues.

- 18.10.1 All Manual team cards or Match Information Sheets must be printed 'Manual Teamsheet' from the National Registration System or printed/written legibly on a **2024** Capital Football Match Information Sheet.
- a Manual team cards must be made available to the Competitions Manager when requested.
 - b Teams that fail to meet the requirements of manual team card regulations will incur a \$50.00 fine.
- 18.10.2 Online Team Cards must be loaded into the National Registration System and must reflect the squad list for the match and Team Officials. It must also include shirt numbers and team kit colours, including the goalkeeper's kit.
- a The team card must be loaded by 12:00pm, midday, on Friday before the weekend match or the day before a mid-week match.
 - b 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.
 - c The team card may be altered in the 60 minutes before kick-off by notification of the change to the Match Official.
 - d Failure to comply with timeframes, Team Officials or playing kits requirements will result in a fine of \$50.00.

Match Officials

- 18.11 Capital Football will appoint a referee, where possible.
- 18.11.1 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.
- 18.12 Where requested by the referee, each team will provide an assistant referee.
- 18.13 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.

Temporary Dismissals

- 18.14 **Temporary Dismissals are in use for all Wairarapa Local League competitions. It will be administered as per below:**
- 18.14.1 **On receiving an orange card for dissent by word or dissent by action the player will be sent from the field for a minimum of ten (10) minutes and cannot be replaced.**
 - 18.14.2 **The player can sit in the team's assigned technical area and return to play when instructed by a Match Official.**
 - 18.14.3 **If the same player receives two cautions (yellow or orange) during the match, they are sent off.**

Substitutions

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

Equipment and Kits

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

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

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

18.18.1 Any matches that cannot be played (including rescheduled if the home team agrees) due to kit clashes will result in a forfeit for the away team.

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

18.20 Any home team that fails to provide the appropriate equipment or any team that fails to wear the appropriate kit will be fined \$100.00.

Cup Competitions

18.21 Only local league-graded players are eligible to play in the Cup Competitions.

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

18.23 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 HOROWHENUA / KAPITI LOCAL LEAGUES

Structure

19.1 The structures of the leagues will be determined by the Competition Manager following the pre-season meeting.

Eligibility

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

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

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

19.4.1 No more than three players in any one week can drop from a Capital Men's League team to a Horowhenua / Kapiti League team.

Promotion and Relegation

19.5 Horowhenua / Kapiti 1

19.5.1 **Based on the Men's Tier 1 league promotions the necessary number of promotions will take place.**

19.5.2 **If there are three spots available a team, in order of league position, from each of the three Local Leagues (Wellington 1, Horowhenua/Kapiti 1 and Wairarapa 1) will be promoted. If only one or two teams want a promotion, they will be promoted and the next placed team(s) from the Local League(s) wanting promotion will enter a playoff to determine the remaining promotions, if required.**

- 19.5.3 **If there are more than three promotions the additional number of teams promoted teams will be determined by a playoff, if required.**
- 19.5.4 **If participants from two of the three local leagues do not want promotion into Men's Capital 4, the next eligible placed team in the league where promotion is wanted will be offered promotion.**
- 19.5.5 If a playoff match(es) is required, it will be over one leg at a neutral venue decided by the Competition Manager.
- a Should the scores be level at the end of normal time, extra time will be played per the Laws of the Game.
 - b 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.
 - c 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.
- 19.5.6 The necessary number of relegations (if any) will take place.
- 19.6 Horowhenua / Kapiti 2 and below
- 19.6.1 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.

Team Cards

- 19.7 **Online Team Cards** or Manual team cards (Match Information Sheets) are required for Horowhenua/Kapiti 1 down only.
- 19.7.1 All Manual team cards or Match Information Sheets must be printed 'Manual Teamsheet' from the National Registration System or printed/written legibly on a **2024** Capital Football Match Information Sheet.
- a Manual team cards must be made available to the Competitions Manager when requested.
 - b Teams that fail to meet the requirements of manual team card regulations will incur a \$50.00 fine.
- 19.7.2 Online Team Cards must be loaded into the National Registration System and must reflect the squad list for the match and Team Officials. It must also include shirt numbers and team kit colours, including the goalkeeper's kit.
- a The team card must be loaded by 12:00pm, midday, on Friday before the weekend match or the day before a mid-week match.
 - b 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.
 - c The team card may be altered in the 60 minutes before kick-off by notification of the change to the Match Official.

- d Failure to comply with timeframes, Team Officials or playing kits requirements will result in a fine of \$50.00.

Match Officials

- 19.8 Capital Football will appoint a referee, where possible.
 - 19.8.1 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.
- 19.9 Where requested by the referee, each team will provide an assistant referee.
- 19.10 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.

Temporary Dismissals

- 19.11 **Temporary Dismissals are in use for all Horowhenua/Kapiti Local League competitions. It will be administered as per below:**
 - 19.11.1 **On receiving an orange card for dissent by word or dissent by action the player will be sent from the field for a minimum of ten (10) minutes and cannot be replaced.**
 - 19.11.2 **The player can sit in the team's assigned technical area and return to play when instructed by a Match Official.**
 - 19.11.3 **If the same player receives two cautions (yellow or orange) during the match, they are sent off.**

Substitutes

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

Equipment and Kits

- 19.13 The home team will provide regulation-sized goals, nets, corner flags, and match ball(s) for all league matches.
- 19.14 All teams must provide the Competitions Manager with the colours of their home kit and any other available kit.
- 19.15 Where team colours clash, the away team are to wear alternative-coloured shirts.
 - 19.15.1 Any matches that cannot be played (including rescheduled if the home team agrees) due to kit clashes will result in a forfeit for the away team.
- 19.16 All teams must have official-sized numbers on the backs of their shirts.
- 19.17 Any home team that fails to provide the appropriate equipment or any team that fails to wear the appropriate kit will be fined \$100.00.

Cup Competition

- 19.18 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.
- 19.19 Players may be replaced with any of the five named substitutes multiple times (rolling) per match.
- 19.20 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.

20 MASTERS LEAGUES

Structure

- 20.1 All Leagues will consist of 10 teams (where possible)
- 20.2 Leagues starting after April may consist of eight teams.

Eligibility

- 20.3 Masters 1 down:
 - 20.3.1 A minimum player age of 35 years old at the time of the match.
- 20.4 Masters Over 45's
 - 20.4.1 A minimum player age of 45 years old at the time of the match.
 - 20.4.2 **A maximum of two over 43-year-olds can play in the Over 45's competition per match.**

Promotion and Relegation

- 20.5 At the end of each season, teams are promoted before relegations, if required, are made.
- 20.6 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.
- 20.7 Promotion/relegation after two rounds. At the end of round 2:
 - 20.7.1 The top two teams from Masters 2 down will be promoted.
 - a Promotion to Masters 1 is not compulsory.
 - 20.7.2 The necessary number of relegations (if any) will take place.
- 20.8 Promotion or relegation will only occur if the league and adjacent league(s) have:
 - 20.8.1 Completed seasons.
 - 20.8.2 Promotion or relegation positions at the point of the incomplete season, which could not mathematically be changed in the remaining unplayed matches.
- 20.9 **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.**

Team Cards

- 20.10 Online team cards are required for Masters 1 only.
 - 20.10.1 Teams must load a team card into the National Registration System and must reflect the squad list for the match and Team Officials. It must also include shirt numbers and team kit colours, including the goalkeeper's kit.
 - a The team card must be loaded by 12:00pm, midday, on Friday before the weekend match or the day before a mid-week match.

- b 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.
- c The team card may be altered in the 60 minutes before kick-off by notification of the change to the Match Official.

20.10.2 If a team is found guilty of playing a player who is not listed on the team card:

- b The team will initially receive a warning.
- a the offending team will forfeit any points gained from that match and be fined \$150.00 per unlisted player.

20.11 Team cards are not required for all other leagues.

Match Officials

20.12 Capital Football will appoint a referee where possible.

20.13 If an official referee is not supplied, the home team will referee the first half and the away team will referee the second half.

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

Substitutes

20.14 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.

Equipment and kit

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

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

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

20.17.1 Any matches that cannot be played (including rescheduled if the home team agrees) due to kit clashes will result in a forfeit for the away team.

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

20.19 Any home team that fails to provide the appropriate equipment or any team that fails to wear the appropriate kit will be fined \$100.00.

21 GENERAL PROVISIONS

21.1 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.

21.2 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 match, 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.

- 21.2.1 Any additional cost incurred in changing a previously agreed match date or kick-off time shall be borne by the club making the request.
- 21.2.2 Change requests within 10 days of a scheduled match require agreement from the other team.
- 21.3 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, 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.
- 21.4 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:
 - 21.4.1 The offending team will forfeit the match and be fined \$100.00.
- 21.5 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 PLAYER REGRADING

- 22.1 In this Regulation:
 - 22.1.1 A Player is 'graded' to a league **or team** when they have, according to this regulation, become established in that league **or team**.
 - 22.1.2 'Regrading' or 're-grade' is a player playing a match in a league **or team** below that in which the player is currently graded.
 - 22.1.3 **'Reclassification' is a player playing a match in a league or team below that in which they are eligible to regrade to. A reclassification requires approval from the Competition Manager prior to playing in the match.**
 - 22.1.4 "Play" or "playing" in a match includes starting the match or taking the field as a substitute, but NOT being an unused substitute.
 - 22.1.5 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).
 - 22.1.6 Re-grade rules apply to NZF Men's Central League and Women's Central League teams and players. Central League teams are considered the club's highest team.
 - 22.1.7 Re-grade rules do not apply for the NZF Chatham Cup, the NZF Kate Shepherd Cup **or CF Cup Competitions** unless otherwise stated.
- 22.2 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.
- 22.3 A player is automatically graded to the team for which they play their first League match of a new season.
- 22.4 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.

- 22.5 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 league matches, played for the same team, after one another in date order without playing for another team.
- 22.6 A maximum of three players in total can be re-graded down from any one team per match:
- 22.6.1 Players must be re-graded down to the next adjacent team from the team in which they are currently graded.
- 22.6.2 Any one team can only play three re-graded players in any match.
- 22.7 **Where the regrading criteria are not fit for purpose, a player may apply for a reclassification to a lower league or team. A reclassification requires approval from the Competition Manager prior to playing in the match. Reasons for the reclassification may include, but are not limited to, mental health concerns, long-term injury, etc. The reclassification may include criteria around which teams the player can play for the remainder of the season.**
- 22.8 Any player who has played for any one team in 75% of the team's scheduled league matches for the season cannot **play for another team, lower ranked or** in a lower division for the remainder of that season.
- 22.8.1 This includes players who have played 75% of Central League matches playing in Capital Football Competitions.
- 22.8.2 Player Appearance information can be found in the National Registration System or on the Capital Football Website [Capital Football - Player Appearances](#)

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.

- 22.9 If a player registers for a new club during the season, they retain their number of matches 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 matches from the higher league.
- 22.10 Any graded Men's National League, including Men's Central League players from the previous season, playing for a Capital Football club will be graded initially into their club's top team.
- 22.11 A Player who has not played for three matches or 20 days due to injury, may play for the club's next adjacent team without being classified as a regraded player, provided they comply with all other regulations. The three matches may include NZF and Capital Football competitions matches. Proof of the injury may be required.
- 22.12 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.

- 22.13 A player can only be re-graded once during any one match week (Tuesday to Monday), including Easter and King's Birthday weeks.
- 22.14 A player graded to a Men's Central League to Men's Capital 4 team who is playing in Masters Leagues will automatically grade to the club's highest Masters team.

- 22.15 If a team is found to be in breach of any part of the player regrading regulation, the player(s) will be considered ineligible and the offending team will forfeit the match and be fined \$150.00 per ineligible player.
- 22.16 If both teams are found to be in breach, the match will be deemed null and void:
- 22.16.1 Capital Football will decide whether the match is replayed.

23 MISCONDUCTS AND SUSPENSIONS

- 23.1 Disciplinary incidents will be dealt with per the NZF Disciplinary Code unless otherwise stated in these regulations.
- 23.2 Teams, their Players, and Team Officials agree to comply with the IFAB Laws of the Game
- 23.3 The Schedule of Suspensions and Fines in respect of misconduct by a player or Team Official in the competition shall be:
- 23.3.1 Yellow card offences shall incur a fine of \$25.00 per offence.
- 23.3.2 Red card offences shall incur a fine of \$75.00 per offence.
- 23.3.3 Any red card offence shall receive a suspension per the NZF Disciplinary Code.
- 23.3.4 Accumulated cautions by a player could cause a suspension as per the NZF Disciplinary Code.
- a On receipt of the fifth, seventh and ninth caution, the Player will receive the corresponding suspension.
- 23.4 Clubs and Players shall be deemed to have knowledge of their disciplinary records and failure to receive notification shall not be a defence or excuse for not observing the mandatory period of suspension.
- 23.5 Player Misconduct information can be found in the National Registration System or on the Capital Football Website [Capital Football - Misconducts](#)
- 23.6 Any fines shall be paid by the due date indicated on the invoice from Capital Football.

APPENDIX TWO | YOUTH REGULATIONS

24 MATCH REQUIREMENTS

24.1 Match requirements apply to the following competitions:

Grade	Playing numbers	Match duration
Under 13 or U13 Mixed	11 v 11	11+ warm-up 2 x 30-minute halves (a max. 10-minute halftime)
Under 14 or U14 Girls	11 v 11	11+ warm-up 2 x 30-minute halves (a max. 10-minute halftime)
Under 15 or U15 Mixed	11 v 11	11+ warm-up 2 x 35 minutes halves (a max. 10-minute halftime)
Under 16 or U16 Girls	11 v 11	11+ warm-up 2 x 35-minute halves (a max. 10-minute halftime)
Under 17 or U17 Mixed	11 v 11	11+ warm-up 2 x 45 minutes halves (a max. 10-minute halftime)
Under 18 or U18 Women's	11 v 11	11+ warm-up 2 x 35 minutes halves (a max. 10-minute halftime)

24.2 Match Formats apply to the following competitions:

Grade	Pitch size	Penalty Area	Goal size	Goalkeepers	Match ball
U13 to U14	Full size	Full size	Full size	Yes	Size 4
U15 to U18	Full size	Full size	Full size	Yes	Size 5

25 PLAYER ELIGIBILITY

Grade	Birth Year (Boys/Male)	Birth Year (Girls/Female)
Under 13 or U13 Mixed	2011	2010-2011
Under 14 or U14 Girls	n/a	2010-2011
Under 15 or U15 Mixed	2009-2010	2007-2010
Under 16 or U16 Girls	n/a	2008-2009

Grade	Birth Year (Boys/Male)	Birth Year (Girls/Female)
Under 17 or U17 Mixed	2007-2008	2006-2008
Under 18 or U18 Women's	n/a	2006-2009

- 25.1 Players must play in their age band unless an application for age dispensation has been approved by Capital Football.
- 25.1.1 U15 players who previously were eligible for the U17 age band will now need a dispensation unless they are eligible in line with player regrading regulations.
- 25.2 No player, who has played in competitions under the youth regulations is eligible to play in competitions under the junior regulations unless granted dispensation.
- 25.3 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.
- 25.4 In the event of a dispute over a player's age, birth certificates may be required.
- 25.5 Failure to comply with these regulations will result in a 3 – 0 win for the opposing team.

26 CAPITAL DEVELOPMENT LEAGUES - MIXED UNDER 13, 15 AND 17 AND GIRLS UNDER 14 AND 16

Structure

- 26.1 All Talent Development Programme (TDP) accredited (or provisionally approved) clubs must enter one team in each Capital Development League mixed-age grade unless dispensation has been approved.
- 26.2 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:
- 26.2.1 Places available
- 26.2.2 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 Leagues.
- 26.2.3 Meet the homegrown playing regulation unless a dispensation has been approved.
- 26.3 There will be no more than **12** 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.
- 26.4 Clubs can enter no more than one team per age group into a Capital Development League unless dispensation has been approved.
- 26.4.1 Dispensation may only be provided if a club has a Girls TDP team.
- 26.5 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.

Eligibility

- 26.6 At least 66% of a team's named 22-player squad must be homegrown players.
- 26.6.1 There is no homegrown players requirement for the Girls League.
- 26.7 Homegrown players are players that have been previously registered with the club for two seasons or more, or:
- 26.7.1 Players whose last registered club is from outside of the Capital Region.
- 26.7.2 Players who were not registered to a club for the previous season.
- 26.7.3 Players who have played more than 66% of their club football at the Capital Development League club.
- 26.8 **Up to four players can play a maximum of six games in the Capital Development League age group above without dispensation. TDP clubs can play as many players up one age grade as they see fit across any number of games in a season. TDP clubs must apply for dispensation for players seeking to play higher than one age grade above.**
- 26.8.1 **Dispensation is required for players to play more than six games. TDP clubs are not required to seek dispensation for any players to play up one youth age grade.**
- 26.8.2 **For clarity, players who have received dispensation cannot return to their original age band during the season.**
- 26.8.3 **All clubs (regardless as to TDP status) must seek dispensation to play players down in age.**
- 26.9 Goalkeepers are eligible to play across two age groups, their designated age group and up an age group.
- 26.9.1 Dispensation is required for a goalkeeper to play down an age band.

Promotion/Relegation (if there are multiple divisions)

- 26.10 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.
- 26.10.1 Where a division has six (or fewer) teams, only one team will be promoted. The necessary number of relegations (if any) will take place.
- 26.11 A new round will start, and the games/points of the previous round will not carry over.
- 26.12 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.

Team Cards

- 26.13 Teams must load a team card into the National Registration System and must reflect the squad list for the match and Team Officials. It must also include shirt numbers and team kit colours, including the goalkeeper's kit.
- 26.13.1 The team card must be loaded by 12:00pm, midday, on Friday before the weekend match or the day before a mid-week match.

- 26.13.2 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.
 - 26.13.3 The team card may be altered in the 60 minutes before kick-off by notification of the change to the Match Official.
 - 26.13.4 Where there is no appointed referee, any alterations will need to be agreed upon by the opposition team.
- 26.14 If a team plays a player who is not listed on the team card or plays a player under an assumed or false name:
- 26.14.1 A warning will be issued from the Competition Manager.
 - 26.14.2 Repeated offence may result in the offending team forfeiting the match.

Match Officials

- 26.15 Capital Football will appoint a referee for all Capital Development League matches, subject to referee availability.
- 26.16 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:
- 26.16.1 The home team will contact Capital Football.
 - 26.16.2 Capital Football will attempt to source another qualified referee or defer the match.
 - 26.16.3 Any other available qualified referee will officiate.
 - 26.16.4 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.
- 26.17 All Capital Development League teams must have an assigned referee in the National Registration System.
- 26.18 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.

Technical Areas

- 26.19 **A maximum of 13 persons from each team are permitted to occupy the Technical Area, during any fixture. This includes a maximum of seven named substitutes and six Team Officials.**
- 26.19.1 **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.**
- 26.20 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.
- 26.20.1 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.
 - 26.20.2 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.

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

Substitutes

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

Equipment, kits, and filming

26.23 The home team must provide a match coordinator.

26.24 The home team must provide a qualified first aider.

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

26.26 **All Capital Development League fixtures must take place on a pitch which is roped off to keep spectators at least two metres back from the pitch or have boardings.**

The intent of this regulation is to ensure the playing area is kept solely for players and it is visible where spectators need to stand.

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

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

26.28.1 For the avoidance of doubt the away team shall have priority of wearing their preferred kit over the home team goalkeeper wearing their preferred kit if there is a clash.

26.28.2 To ensure the match is played, the home team may be directed by the Match Official or Competition Manager to provide an alternate kit for the away team or change or vary their kit.

26.28.3 If a clash is unable to be avoided, the Match Official may abandon the game and the away team will forfeit the match.

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

26.30 **U15 and U17 mixed Capital Development League fixtures must be filmed by the home team from a minimum height of three metres and provide a copy for the away team within 48 hours of the game ending.**

The intent of the above regulation is to provide quality video footage exchange to assist all clubs with player development. It is acknowledged that some games are moved at short notice and discretion can be applied if the club pre-emptively contacts the Federation Development Manager or Competition Manager.

27 REGIONAL LEAGUES – WOMEN'S UNDER 18

Structure

27.1 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.

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

27.3 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.

Promotion/Relegation (if there are multiple divisions)

27.4 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.

27.5 A new round will start, and the games/points of the previous round will not carry over.

27.6 The Competition Manager may identify teams that could be promoted or relegated but sit outside the regrading criteria.

Team Cards

27.7 Team cards are not required.

Results

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

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

Match Officials

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

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

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

27.13 If neither side has a qualified referee available:

27.13.1 A neutral referee may be used if available and both teams agree; or

27.13.2 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.

Coaching

27.14 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.

Substitutes

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

Equipment and Kit

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

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

28 REGIONAL LEAGUES - GIRLS UNDER 14

Structure

- 28.1 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.
- 28.2 Divisions will be made up of eight teams where possible.
- 28.3 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.

Promotion and Relegation

- 28.4 After each round 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.
- 28.5 A new round will start, and the games/points of the previous round will not carry over.
- 28.6 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.

Team Cards

- 28.7 Team cards are not required.

Results

- 28.8 The Home team is responsible for entering the result of their match in the National Registration System by 4.00 pm on the day of the match.
- 28.9 The Away team should check the result and contact the Competition Manager for any discrepancies.

Match Officials

- 28.10 All teams must have an Introduction to Refereeing qualified referee.
- 28.11 The referee must not be a team's main coach.
- 28.12 If a home team's qualified referee is not available, the away team's qualified referee may officiate the match.
- 28.13 If neither side has a qualified referee available:
 - 28.13.1 A neutral referee may be used if available and both teams agree; or
 - 28.13.2 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.

Coaching

- 28.14 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.

Substitutes

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

Equipment and Kit

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

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

29 REGIONAL LEAGUES - MIXED UNDER 13, 15 AND 17

Structure

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

29.2 A team's position in the Regional League divisions will be determined by:

29.2.1 League entries are based on where a team finished in the league the previous season.

29.2.2 Discretion may be used by the Competition Manager at the club's request.

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

29.4 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.

29.5 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.

Promotion and Relegation

29.6 After each round 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.

29.7 A new round will start, and the games/points of the previous round will not carry over.

29.8 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.

29.9 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.

Team Cards

29.10 Team cards are not required.

Results

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

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

Match Officials

- 29.13 All teams must have a Level 1 qualified referee.
- 29.14 The referee must not be a team's main coach.
- 29.15 If a home team's qualified referee is not available, the away team's qualified referee may officiate the match.
- 29.16 If neither side has a qualified referee available:
- 29.16.1 A neutral referee may be used if available and both teams agree; or
 - 29.16.2 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.
- 29.17 All Regional League teams must have an assigned referee in the National Registration System.

Coaching

- 29.18 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.
- 29.19 All Regional League teams must have an assigned coach in the National Registration System.

Substitutes

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

Equipment and Kit

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

30 WELLINGTON COMBINED LEAGUES – MIXED UNDER 13, 15 AND 17

Structure

- 30.1 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.
- 30.2 Divisions will be made up of eight teams where possible.
- 30.3 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.

Promotion and Relegation

- 30.4 After each round:
- 30.4.1 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.
 - 30.4.2 A new round will start, and the games/points of the previous round will not carry over.

30.5 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.

Team Cards

30.6 Team cards are not required.

Results

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

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

Match Officials

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

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

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

30.12 If neither side has a qualified referee available:

30.12.1 A neutral referee may be used if available and both teams agree; or

30.12.2 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.

Coaching

30.13 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.

Substitutes

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

Equipment and Kit

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

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

31 GENERAL PROVISIONS

31.1 Scheduling of Fixtures:

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

31.1.2 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.

31.2 Fixture Changes:

31.3 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.

31.4 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 match, 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.

31.4.1 Any additional cost incurred in changing a previously agreed match date or kick-off time shall be borne by the club making the request.

31.4.2 Change requests within 10 days of a scheduled match require agreement from the other team.

31.5 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, 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.

31.6 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:

31.6.1 The offending team will forfeit the match

31.7 Laws of the Game:

31.7.1 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).

32 PLAYER REGRADING

32.1 In this Regulation:

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

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

32.1.3 **'Reclassification' is a player playing a match in a league or team below that in which they are eligible to regrade to. A reclassification requires approval from the Competition Manager prior to playing in the match.**

- 32.1.4 “Play” or “playing” in a match includes starting the match or taking the field as a substitute, but NOT being an unused substitute.
- 32.1.5 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).
- 32.2 Dispensation and Player Eligibility criteria still apply.
- 32.3 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.
- 32.4 A player is automatically graded to the team for which they play their first League match of a new season.
- 32.5 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.
- 32.6 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 league matches, played for the same team, after one another in date order without playing for another team.
- 32.7 **Where the regrading criteria are not fit for purpose, a player may apply for a reclassification to a lower league or team. A reclassification requires approval from the Competition Manager prior to playing in the match. Reasons for the reclassification may include, but are not limited to, mental health concerns, long-term injury, etc. The reclassification may include criteria around which teams the player can play for the remainder of the season.**
- 32.8 Any player who has played for any one team in 75% of the team’s scheduled league matches for the season cannot **play for another team, lower ranked or** in a lower division for the remainder of that season.

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.

- 32.9 If a player registers for a new club during the season, they retain their number of matches 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 matches from the higher league.
- 32.10 A Player who has not played for three matches or 20 days due to injury, may play for the club’s next adjacent team without being classified as a regraded player, provided they comply with all other regulations. Proof of the injury may be required.
- 32.11 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.

- 32.12 A player can only be re-graded once during any one match week (Tuesday to Monday), including Easter and King’s Birthday weeks.
- 32.13 If a team is found to be in breach of any part of the player regrading regulation, the player(s) will be considered ineligible and the offending team will forfeit the match.

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

32.14.1 Capital Football will decide whether the match is replayed.

32.15 Capital Development Leagues:

32.15.1 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.

32.16 Regional Leagues:

32.16.1 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.

32.17 Women's U18 League:

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

33 MISCONDUCTS AND SUSPENSIONS

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

33.2 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.

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

33.4 There are no monetary fines for youth competitions.

33.5 Coaching requirements

33.5.1 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.

34 END-OF-SEASON TOURNAMENTS

34.1 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.

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

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

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

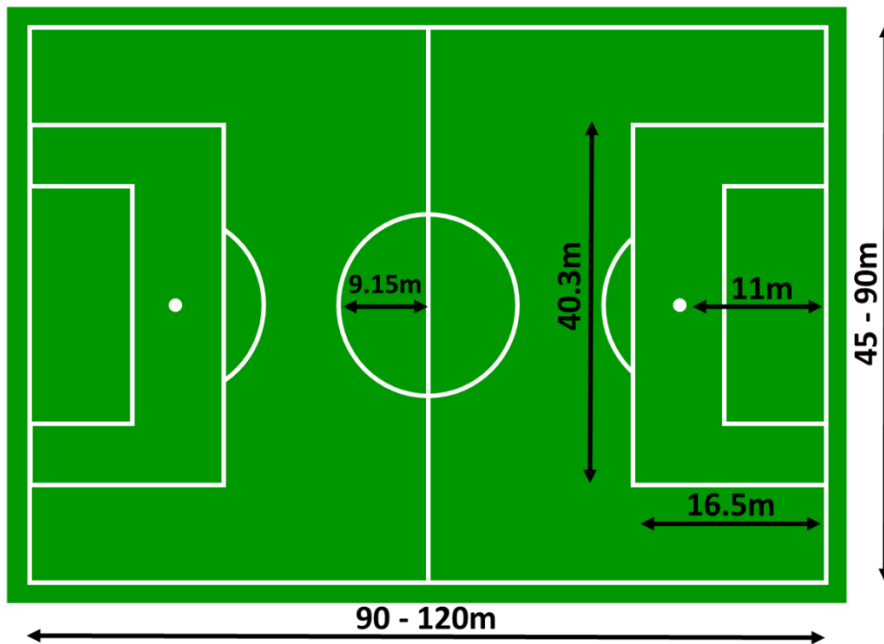
34.2 If a tournament final score is equal:

34.2.1 Two halves of five minutes will be played.

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

35 RECOMMENDED PITCH LAYOUTS

35.1 Youth Football U13 to U15:



APPENDIX THREE | JUNIOR REGULATIONS

36 MATCH REQUIREMENTS

36.1 Junior leagues are mixed grades or girls unless stated otherwise.

36.2 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 matches)
Mini Football (Under 11 or U11 / under 12 or U12)	9 v 9	11+ Kids warm-up 2 x 25-minute halves

36.3 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.

36.4 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

37 PLAYER ELIGIBILITY

- 37.1 Player eligibility is based on age grades which are calculated on the age the player turns in that year.
- 37.2 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):
- 37.2.1 Socially, to play with school friends.
 - 37.2.2 Physically, too big, or too small.
 - 37.2.3 Practically, small clubs with only two teams per age group, ensure the team has enough players.
- 37.3 Teams with players outside the standard age range of players must enter the age group where most players would normally play.
- 37.4 Any player playing half a year up, or half a year down must remain in this age group for the season.
- 37.5 Girls may play down one age group in mixed football (normal age-grade rules apply to Girl's football).
- 37.6 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. An U13 **male** player cannot play down into U12 without dispensation.
- 37.7 In the event of a dispute over a player's age, birth certificates may be required.

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

Capital Football wants to encourage people to play football. Dispensation sought to keep players and teams together going into youth football will be viewed favourably if this is not unsafe or detrimental to the other players/teams.

Group-Age Flexibility Table					
Age Group	Automatic Exemption	Standard	Standard	Automatic Exemption	Dispensation Required
	Oldest	Oldest	Youngest	Youngest	
U7	1/07/2016	1/01/2017	31/12/2017	30/06/2018	No
U8	1/07/2015	1/01/2016	31/12/2016	30/06/2017	No
U9	1/07/2014	1/01/2015	31/12/2015	30/06/2016	No
U10	1/07/2013	1/01/2014	31/12/2014	30/06/2015	No
U11	1/07/2012	1/01/2013	31/12/2013	30/06/2014	No
U12	1/07/2011	1/01/2012	31/12/2012	30/06/2013	Yes, to play down

38 FIRST KICKS AND FUN FOOTBALL – MIXED AND GIRLS UNDER 8

Structures

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

Substitutes

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

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

Referees

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

Goal Scoring

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

Kick-off

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

Goal Kicks

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

38.8 The opposition team must return to the halfway line.

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

Corner Kicks

38.10 No corner kicks.

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

Free Kicks and Penalties

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

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

Offside

38.14 There are no offsides.

38.15 Deliberate offside play should be discouraged.

Throw-ins

38.16 No throw-ins.

38.17 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.

38.18 A goal cannot be scored directly from a kick-in.

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

38.20 The ball must touch someone else on the field before a goal can be scored.

Coaching

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

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

38.22.1 The away team is responsible for checking the result.

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

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

39 MINI FOOTBALL – MIXED AND GIRLS UNDER 9 AND/OR 10

Structures

39.1 Local leagues will be ranked 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.

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

39.3 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.

Team Regrading

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

39.4.1 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.

39.4.2 For uneven-team divisions, the 'bye' may be promoted or relegated so that it is shared evenly across all divisions.

39.4.3 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.

39.4.4 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.

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

Substitutes

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

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

Referees

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

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

39.9.1 The referee should not be the team's main coach.

39.9.2 If a team's qualified referee is not available, the other team's qualified referee may officiate the match.

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

39.11 Before kick-off, the referee must ensure:

39.11.1 All players are wearing shin guards.

39.11.2 No player is wearing or carrying dangerous items.

39.11.3 No spectators or coaches are within five metres of the goal while the match is in progress.

39.11.4 All coaching shall be from the sideline only.

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

39.12.1 The team that wins the toss decides which way they want to play.

39.12.2 The opposing team takes the kick-off to start the match.

Retreating Line

39.13 Setting up the retreating line:

39.13.1 The retreating line is set up at 30% of the pitch length from each goal line.

39.13.2 The retreating line may be marked out with flat cones or painted on the pitches.

39.14 How the retreating line is used:

39.14.1 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.

39.14.2 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.

39.14.3 If the ball is played over the retreating line, the match continues as normal.

39.14.4 Infringement from a defending player will result in an indirect free kick on the retreating line.

39.15 Offsides and the retreating line:

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

Goal Advantage

39.16 If a team goes ahead by eight goals:

39.16.1 The match is paused.

39.16.2 The score is recorded for grading purposes.

39.16.3 The teams are encouraged to continue the match by:

- a Choosing to mix the teams into two teams of similar ability.
- b Choosing to utilise the Capital Football Game Day Challenge cards.

1.1.2 The match is continued, but the score entered in the National Registration System is the score at which point the match was paused.

Goal Scoring

39.17 IFAB Laws of the Game apply to goal scoring.

Kick-off

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

Goal Kicks

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

39.20 The opposing team must return to the retreating line.

39.21 Goal kicks are to be taken from five metres out from the goal line where the pitch has no markings.

Goalkeeper distribution

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

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

39.24 The opposing team must retire behind the retreating line.

Corner Kicks

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

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

Free Kicks and Penalties

39.27 All free kicks are indirect except for penalty kicks.

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

39.29 Penalties may be awarded and taken from 7m out if the spot is unmarked.

Offside

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

Throw-ins

39.31 Foul throws are to be retaken.

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

Coaching

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

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

39.35 The away team is responsible for checking the result.

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

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

40 MINI FOOTBALL LOCAL LEAGUES - MIXED UNDER 11 AND 12

Structure

40.1 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.

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

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

40.3.1 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.

40.3.2 For uneven-team divisions, the 'bye' may be promoted or relegated so that it is shared evenly across all divisions.

40.3.3 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.

40.3.4 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.

40.3.5 Promotion into Regional Leagues may be possible, but only where the competition structure allows.

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

40.5 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.

Substitutes

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

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

Referees

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

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

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

40.10.1 The referee should not be the team's main coach.

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

40.11 If neither side has a qualified referee available:

40.11.1 A neutral referee may be used if available and both teams agree; or

40.11.2 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.

40.11.3 Repeated failure to provide a referee for home matches will result in teams not being scheduled at their 'home' ground.

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

40.13 Before kick-off, the referee must ensure:

40.13.1 All players are wearing shin guards.

40.13.2 No player is wearing or carrying dangerous items.

40.13.3 No spectators or coaches are within five metres of the goal while the match is in progress.

40.13.4 All coaching shall be from the sideline only.

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

40.14.1 The team that wins the toss decides which way they want to play.

40.14.2 The opposing team takes the kick-off to start the match.

Retreating Line

40.15 Setting up the retreating line:

40.15.1 The retreating line is set up at 30% of the pitch length from each goal line.

40.15.2 The retreating line may be marked out with flat cones or painted on the pitches.

40.16 How the retreating line is used:

40.16.1 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.

40.16.2 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.

40.16.3 If the ball is played over the retreating line, the match continues as normal.

40.16.4 Infringement from a defending player will result in an indirect free kick on the retreating line.

40.17 Offsides and the retreating line:

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

Goal Advantage

40.18 If a team goes ahead by eight goals:

40.18.1 The match is paused.

40.18.2 The score is recorded for grading purposes.

40.18.3 The teams are encouraged to continue the match by:

a Choosing to mix the teams into two teams of similar ability.

b Choosing to utilise the Capital Football Game Day Challenge cards.

40.18.4 The match is continued, but the score entered in the National Registration System is the score at which point the match was paused.

Kick-off

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

Goal Kicks

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

40.21 The opposing team must return to the retreating line.

40.22 Goal kicks are to be taken from five metres out from the goal line where the pitch has no markings.

Goalkeeper distribution

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

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

40.25 The opposing team must retire behind the retreating line.

Corner Kicks

40.26 Corner kicks are to be taken from the pitch's corner arc.

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

Free Kicks and Penalties

40.28 All free kicks are indirect except for penalty kicks.

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

40.30 Penalties may be awarded and taken from 8m out if the spot is not marked.

Offside

40.31 IFAB Laws of the Game apply to offsides.

Throw-ins

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

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

Coaching

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

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

40.35.1 The away team is responsible for checking the result.

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

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

Wairarapa Junior Leagues

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

40.37 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.

41 MINI FOOTBALL REGIONAL LEAGUES – MIXED AND GIRLS UNDER 11 AND/OR 12**Structure**

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

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

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

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

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

41.5 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.

- 41.6 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.

Team Regrading

- 41.7 After round one the bottom two teams from divisions 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.

41.7.1 A new round will start, and the games/points of the previous round will not carry over.

- 41.8 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.

- 41.9 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.

Equipment

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

41.10.1 Nets, corner flags, and match ball.

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

Substitutes

- 41.11 A maximum of five substitutes' may be rolled on and off as required throughout the match with the referee's permission.

- 41.12 All players should get an even amount of playing time.

Referees

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

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

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

41.15.1 The referee should not be the team's main coach.

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

- 41.16 If neither side has a qualified referee available:

41.16.1 A neutral referee may be used if available and both teams agree; or

41.16.2 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.

41.16.3 Repeated failure to provide a referee for home matches will result in teams not being scheduled at their 'home' ground.

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

41.18 Before kick-off, the referee must ensure:

- 41.18.1 All players are wearing shin guards.
- 41.18.2 No player is wearing or carrying dangerous items.
- 41.18.3 No spectators or coaches are within five metres of the goal while the match is in progress.
- 41.18.4 All coaching shall be from the sideline only.

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

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

Retreating Line

41.20 Setting up the retreating line:

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

41.21 How the retreating line is used:

- 41.21.1 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.
- 41.21.2 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.
- 41.21.3 If the ball is played over the retreating line, the match continues as normal.
- 41.21.4 Infringement from a defending player will result in an indirect free kick on the retreating line.

41.22 Offsides and the retreating line:

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

Goal Advantage

41.23 If a team goes ahead by eight goals:

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

Kick-off

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

Goal Kicks

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

41.26 The opposing team must return to the retreating line.

41.27 Goal kicks are to be taken from five metres out from the goal line where the pitch has no markings.

Goalkeeper distribution

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

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

41.30 The opposing team must retire behind the retreating line.

Corner Kicks

41.31 Corner kicks are to be taken from the pitch's corner arc.

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

Free Kicks and Penalties

41.33 All free kicks are indirect except for penalty kicks.

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

41.35 Penalties may be awarded and taken from 8m out if the spot is not marked.

Offside

41.36 IFAB Laws of the Game apply to offsides.

Throw-ins

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

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

Coaching

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

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

41.40.1 The away team is responsible for checking the result.

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

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

Player Regrading

41.41 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.

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

42 GENERAL PROVISIONS

42.1 Published match results and standings are not allowed at Fun Football to Mini Football (U4 to U12).

42.2 Under no circumstances will match results be published publicly by Capital Football, local associations, or clubs.

42.3 The recording of match results will only be conducted to assign teams appropriate levels of competitive matches.

Playing Kit

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

Match Scheduling

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

42.6 Teams may be required to:

42.6.1 Play more than one match per weekend in exceptional circumstances.

42.6.2 Extend the season into the first weekends of September.

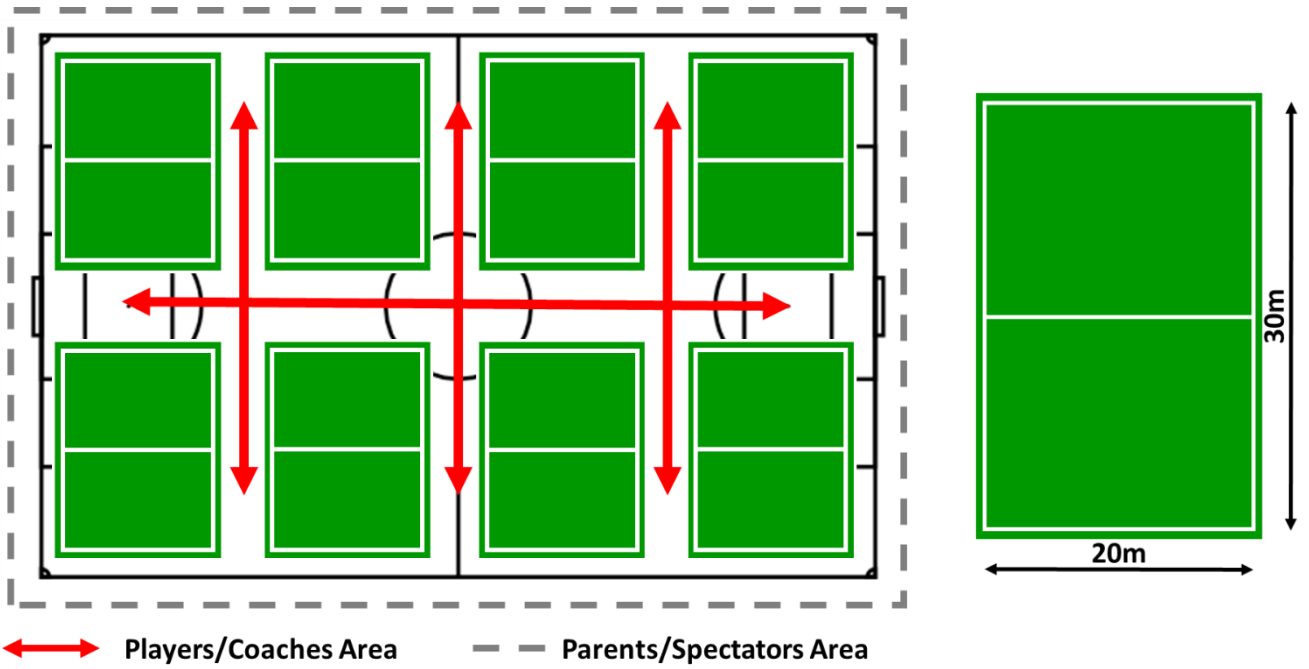
42.6.3 Play Friday evening and Sunday matches.

42.6.4 Play on an artificial surface.

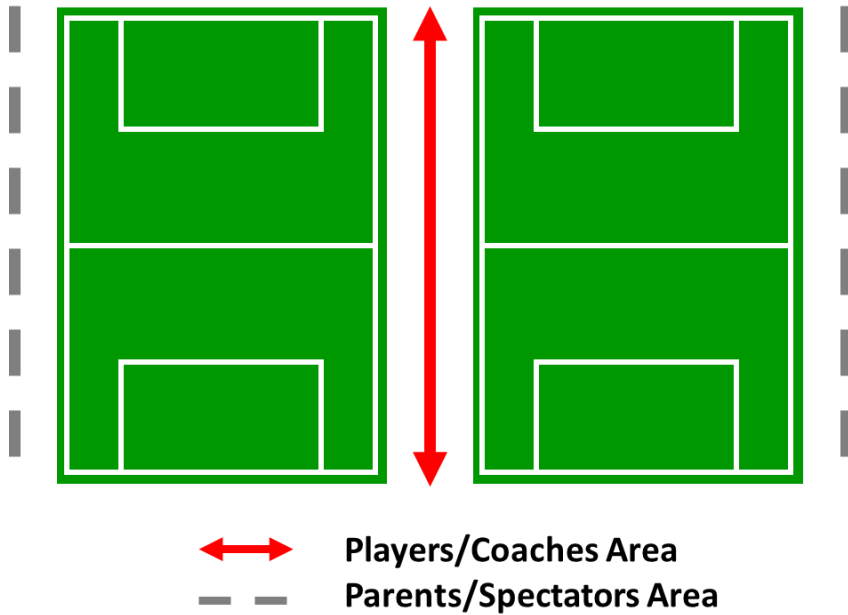
42.7 Capital Football will investigate any junior disciplinary matters regarding the NZF disciplinary code and Code of Conduct.

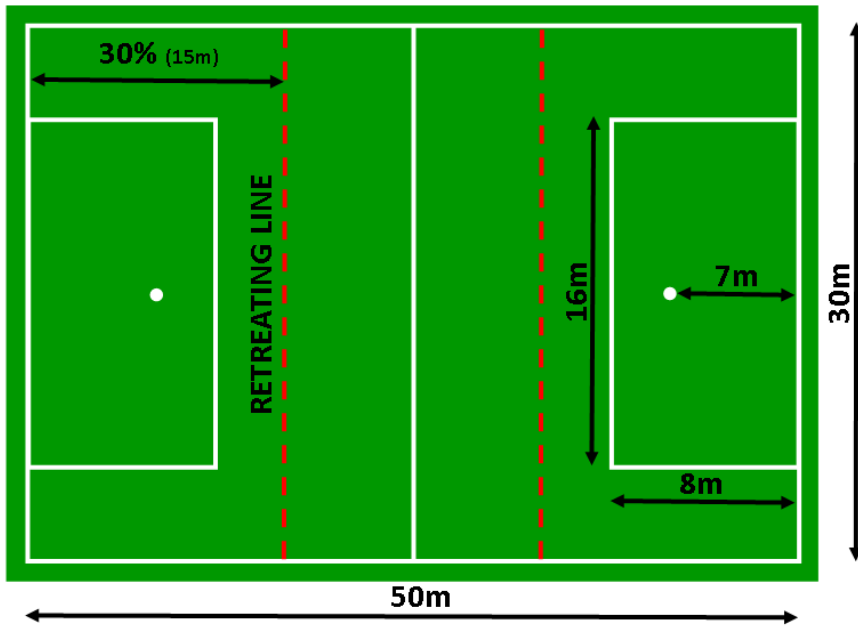
43 RECOMMENDED PITCH LAYOUTS

43.1 Fun Football U7 to U8:

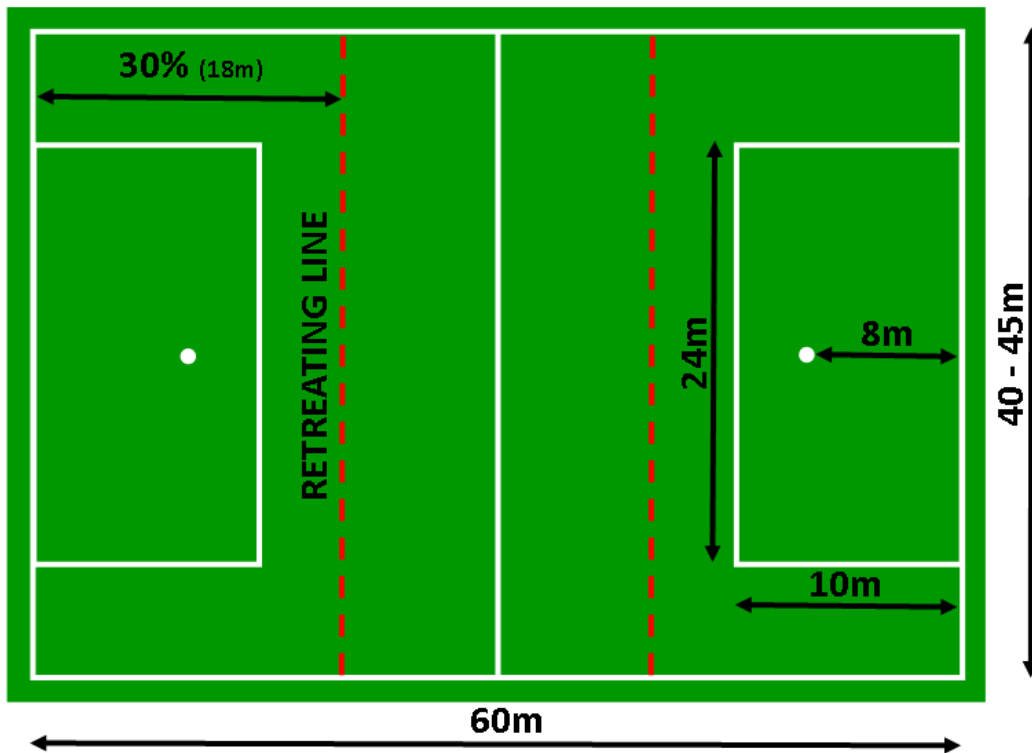


43.2 Mini Football U9 to U10:





43.3 Mini Football U11 to U12:



APPENDIX FOUR | LIST OF AFFILIATED CAPITAL FOOTBALL CLUBS**44 LIST OF AFFILIATED CAPITAL FOOTBALL CLUBS**

- 44.1 Brooklyn Northern United AFC
- 44.2 Brooklyn Northern Junior FC
- 44.3 Carterton AFC
- 44.4 Carterton Junior AFC
- 44.5 Douglas Villa AFC
- 44.6 Eastbourne FC
- 44.7 Featherston AFC
- 44.8 Featherston Junior FC
- 44.9 Greytown FC
- 44.10 Greytown Junior FC
- 44.11 Island Bay United AFC
- 44.12 Kapiti Coast United AFC
- 44.13 Levin FC
- 44.14 Lower Hutt City AFC
- 44.15 Manakau FC
- 44.16 Martinborough Soccer
- 44.17 Marist AFC
- 44.18 Masterton AFC
- 44.19 Masterton Intermediate School
- 44.20 Miramar Rangers AFC
- 44.21 Naenae SC
- 44.22 North Wellington FC
- 44.23 Onslow Junior FC
- 44.24 Otaki FC
- 44.25 Paekakariki Soccer
- 44.26 Petone FC
- 44.27 Porirua Leste FC
- 44.28 Porirua City FC
- 44.29 Pukerua Bay Juniors
- 44.30 Seatoun AFC
- 44.31 Stokes Valley FC
- 44.32 Stop Out Sports Club
- 44.33 Tawa AFC
- 44.34 **Te Kotahitanga FC**
- 44.35 Upper Hutt FC
- 44.36 Victoria University Football Club
- 44.37 Waikanae FC
- 44.38 Wainuiomata AFC
- 44.39 Wairarapa United FC
- 44.40 Waterside Karori AFC
- 44.41 Wellington Olympic AFC
- 44.42 Wellington United AFC
- 44.43 Western Suburbs Football Club