



Walking Football Leagues Alliance Cup Rules

1. Competition Format

1.1 The competitions are called the Walking Football Leagues Alliance League Champions Cup and the Walking Football Leagues Alliance Inter League Cup.

1.2 The League Champions Cup is by invitation to teams who are the preceding seasons Champions of the top division of leagues affiliated to the Walking Football Leagues' Alliance as of 31st December.

1.3 The Inter League Cup is by invitation to FA affiliated leagues who are members of the Walking Football Leagues Alliance.

1.4 Applications will only be considered upon receipt of a fully completed entry form and cleared payment. Entries will be confirmed by the tournament organisers at least 28 days before the competition commences.

2. Entry Fees

2.1 All WFLA Competitions may be subject to a nominal non-refundable competition entry fee to cover WFLA administration. This entry fee will be reviewed and decided annually at a General Meeting specific for this purpose.

2.2 In any Regional Area tournament rounds the costs of pitch hire, referees etc., shall be shared equally between the named teams on the agreed fixture date. In any decision on a suitable venue and date(s), the majority vote will stand. If teams cannot make that date, they will need to withdraw from the competition.

3. Age Groups & Player Qualification

3.1 Age groups will represent those leagues affiliated with the Walking Football Leagues' Alliance.

3.2 Each team shall enter a squad of players on the day of the competition.

3.3 Each team may register up to eleven players on the Team Entry Form.

3.4 Each registered player shall only play for one team in each age category throughout the duration of the tournament but may represent that team or a different team in different age categories if age eligible.

3.5 Players must be registered on the FA Whole Game system with teams affiliated to the walking football league they are representing in the competition.

3.6 Players must be eligible by age on the day of the fixture for each individual category.

3.6.1 Over 40s Women - 40 or over

3.6.2 Over 50s women – 50 or over

3.6.3 Over 50s (mixed) – 50 or over

3.6.4 Over 60s (mixed) – 60 or over

3.6.5 Over 65s (mixed) – 65 or over

3.6.6 Over 70s (mixed) – 70 or over

3.7 In the case of a postponed or replayed tie, only those players who were eligible on the date originally fixed for the round shall be allowed to play, with the proviso that players who were eligible on the original date and who subsequently become disqualified within the terms of this Rule, shall not be permitted to play. Likewise, a player who has been suspended may, if otherwise qualified, play in postponed matches after the terms of their suspension have expired.

3.8 Any team playing an ineligible player will be fined and the team will be removed from the competition.

3.9 Each team shall appoint a manager. The manager shall be responsible for their team being registered on arrival at the competition venue.

4. Duration Of Matches

4.1 Matches will be of a maximum 40-minute duration and a minimum of 15 minutes duration.

4.2 Half time will be a maximum of 5 minutes duration.

5. Determining The Result Of A Game

5.1 All games will be decided by the teams scoring the most goals during normal time. If the game is in a knock-out format, then if the scores are level at the end of normal time, then a penalty shootout will decide the winner. Three penalties each, then sudden death.

6. Playing Rules

6.1 The FA Laws of Walking Football apply with no local variations.

6.2 All age categories will be played as 6-a-side.

6.3 All matches must be played on pitches that are barrier free, no caged pitches allowed.

6.4 Substitutes are roll on/roll off from those named on the registration form. A substituted player can return in the same match. The number of substitutions made during a game is unlimited.

6.5 Teams must wear shirts that are numbered.

6.6 In the event of a clash of colours, the second named team should provide alternative shirts/bibs which must also be numbered.

7. Players, Officials & Supporters Conduct

7.1 This competition uses the blue and red card system. (See FA Laws for list of blue and red card offences).

7.2 A player receiving a red card during a game for (S1, S2, S3, S6) will be suspended for the rest of the competition.

7.3 Any misconduct from the tournament will be reported to County FA by the referee as normal.

8. Reporting Results

8.1 The referee/team captains shall be responsible for reporting the result of the game to the result coordinator at the conclusion of each game.

9. Protests & Appeals

9.1 All questions of eligibility, qualification of players or interpretation of Rules shall be referred to the WFLA Management Committee. No objection relative to the dimensions of the playing area or other appurtenances thereon shall be entertained by the committee unless a protest is lodged with the referee before the commencement of the game at a multi team event or in all other cases to the WFLA Secretary by email within 48 hours of the match.

10. Referees

10.1 Grand Final referees shall be appointed by the WFLA Management competition or for Local or Regional Rounds agreed upon by the competing teams.

11. Medals & trophies

11.1 The competition winners and runners up will receive trophies.