



WALKING FOOTBALL LEAGUES ALLIANCE

Walking Football Leagues Alliance National Cup

1. Competition Format

1.1 The competition is called the Walking Football Leagues' Alliance National Cup.

1.2 The competition is by open invitation to clubs of affiliated leagues of the Walking Football Leagues' Alliance. 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 Local League Rounds or Regional Area tournament rounds the costs of pitch hire, referees etc., shall be shared equally between the named teams on the agreed fixture date.

2.3 Entry fees to the WFLA National Grand Finals shall be set by the WFLA Management Committee.

3. Age Groups & Player Qualification

3.1 Age groups for season 2023/24 will be over 40s Women, over 50s Women, over 50s mixed, over 60s mixed, over 65s mixed and over 70s mixed.

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

3.3 Each team may register up to 11 players on the Team Entry Form.

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

3.5 Players must be registered on the FA Whole Game System with teams affiliated to the Walking Football Leagues' Alliance.

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 has 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 minutes 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 a knock-out format, then if the scores are level at the end of normal time then a penalty shootout will decide the winner.

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.

6.4 Substitutes are roll on/roll off from those named on the Team Entry 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 that days fixtures and the following round of fixtures.

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 co-ordinator at the conclusion of each game at a multi team event or in all other cases to the WFLA Secretary by email within 48 hours of the match.

9. Protests & Appeals

9.1 All questions of eligibility, qualification of players or interpretation of Rules shall be referred to the Tournament Committee, but 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.

10. Referees

10.1 Referees shall be appointed by the competition or if not appointed by the competition organisers agreed upon by the competing teams.

11. Medals & Trophies

11.1 The competition winners and runners up will receive trophies.