



CARLISLE GLASS LONGHORN YOUTH FOOTBALL LEAGUE



**OFFICIAL LEAGUE
HANDBOOK
2023 / 2024 SEASON**

Listening can be a lifesaver

The smallest acts of kindness, like picking up the phone and offering a listening ear, could make all the difference to someone struggling during the Covid-19 crisis.



**Every
life
matters** ...

We all have a part to play in suicide prevention
Suicide Safer Cumbria

Worried about someone?

It's more important than ever to find ways to check-in with and support people around us.

Try the the Five Steps

- ! Be Aware
- ? Ask the Question
- 👂 Listen Carefully
- 👥 Build Support
- ☎️ Check-in

**Every
life
matters** ...

We all have a part to play in suicide prevention
Suicide Safer Cumbria

The League Officials

YOUR COMPLETE LIST OF
ALL LEAGUE OFFICIALS
AND THEIR CONTACT DETAILS

LIFE PRESIDENT

Colin N. Seel

CHAIRMAN

Kevin Dobinson

M. 07715 371 140

LEAGUE GENERAL SECRETARY

Sharron Willis

M: 07837 693 582

TREASURER

Steven Pattison

Tel: (01228) 511511

M: 07768 430 867

MATCH OFFICIALS' APPOINTMENTS SECRETARY

Lee Tedford

email: cglyflreferee
appointments@gmail.com
M. TBC

FIXTURES CONTACT:

Contact: Sharron Willis

M: 07837 693 582

PLAYER REGISTRATIONS SECRETARY

Doreen Stockdale

email: carlisleglass
playerreg@gmail.com
M: 07762 239 158

LEAGUE HEADQUARTERS

Carlisle Glass Longhorn
Gleneden Mill,
Lorne Crescent,
Carlisle CA2 5XA

CHILD WELFARE OFFICER

Stephanie Bateson

email: cglyfleaguewelfare
officer@gmail.com

SOCIAL MEDIA OFFICER

Pamela Forster

M: 07518 111 771

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YOUR RULES INDEX PAGE,
FOR EASY NAVIGATION OF
THE LEAGUE RULES

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WE MAKE IT EASIER TO PART WITH YOUR MONEY!

The League banks with the Cumberland Building Society.

When making a payment to the League by cheque care should be taken to ensure it is made out correctly to: **Carlisle Glass Longhorn Youth League**

For those wishing to pay by electronic banking the League's details are:

Account 53237276 Sort Code 16 52 21 Cumberland Building Society Fisher Street Carlisle

LEAGUE RULES

2023-2024

TEAM MANAGERS AND CLUB SECRETARIES, PLEASE FAMILIARISE YOURSELVES WITH THE RULES AND ABIDE BY THEM.

RULE 1. DEFINITIONS

This document contains rules developed by The Carlisle Glass Longhorn Youth Football League in accordance with The FA Standard Code of Rules for Youth (SCORY)

Throughout these Rules any reference to “the League” shall mean the Carlisle Glass Longhorn Youth Football League.

The League headquarters will be Gleneden Mill, Lorne Crescent, Carlisle CA2 5XA.

RULE 2. COMPETITION NAME AND CONSTITUTION

This combination of clubs shall be entitled The Carlisle Glass Longhorn Youth Football League. It shall be comprised of Teams from Clubs **elected** at the **Annual General Meeting** and those wishing to continue in membership from the previous season who are not in any way in contravention of these rules, are free of outstanding debt to the League and are successfully **re-elected**.

The League General Secretary shall return these particulars to the Secretary of the Cumberland Football Association Ltd. **All member clubs must affiliate to the CFA by completing the CFA Registration Form. This is mandatory for our member clubs — even if they do not intend to enter the CFA County Youth Cup competitions.**

RULE 3. CLUB NAME

Any club wishing to change its name must obtain permission from the Cumberland FA (CFA) and from the Management Committee.

RULE 4. ENTRY FEE, SUBSCRIPTION, DEPOSIT

Any team seeking to join the League shall apply, in writing, to the League General Secretary at least 28 days prior to the date of the AGM. Any team which is unsuccessful in an application for membership cannot subsequently gain membership as part of an existing Member Club. The players registered to any team which, is unsuccessful in an application for membership, or a team leaving the League for any reason, will be dispersed at a maximum of two players per existing Club.

For all applications to the League, the official League Team Registration Form must be used and must provide complete details of the managerial team, home ground (including the postcode), team colours, and any other relevant information the Management Committee may request. In addition to their completed Registration Form, the applying team must submit the League Entry Fee and Annual Subscription. These will be returned in full, to any club, which is unsuccessful in its application. The consideration of, and any objections to, the election of new teams shall be heard and -- if considered necessary by the Management Committee – voted upon, prior to the AGM, by the current member teams of the particular age grouping to which the applying team seeks election. The successful applications will be confirmed at the AGM.

LEAGUE RULES

2023-2024

TEAM MANAGERS AND CLUB SECRETARIES, PLEASE FAMILIARISE YOURSELVES WITH THE RULES AND ABIDE BY THEM.

RULE 4. (Continued)

Each team must include their annual subscription with their Team Registration Form (which must be submitted by a date to be determined by the Management committee each year). The fee shall be set at the EGM. No team shall participate in games under the jurisdiction of the League until such subscription has been paid. At the absolute discretion of the Management Committee, any team which has not submitted their annual subscription and Team Registration Form by the required date each year may be considered not to wish to remain in membership of the League. Team Registration Forms must be fully completed (typed) and signed (generic electronic signatures will not be accepted), it must show each team manager's complete e-mail address details.

A Club, which is elected to the League, shall pay an initial deposit of £50 in addition to the normal annual subscription. This entry fee may be varied at the discretion of the Management Committee.

RULE 5. MANAGEMENT, NOMINATION, ELECTION

Any nominations for the Management Committee must be submitted, in writing, signed by the secretaries of two Clubs and received by the League General Secretary at least 28 days prior to the AGM.

No discussions regarding personnel Changes will be allowed if not so compliant.

RULE 6. POWERS OF MANAGEMENT

These rules, agreed by the member clubs, are designed to ensure that the League is run efficiently and that games are played in the correct sporting spirit, providing fun and healthy recreation for young people. Wherever there is a point of contention which appears not to be covered by these rules the Management Committee have discretionary powers to act in the best interests of the League.

Clubs are responsible for all fines imposed on their Club or any of their registered teams or players. The Club Secretary will be notified of all fines within 6 weeks of the date of an offence via email. Fines must be paid within 14 days of this email. Failure to meet this requirement will result in the club accumulating a late fine penalty. Failure to pay this additional fine by the set date, may result in the suspension of the club and all their registered players until the payment is made in full. This may result in further breaches of league rules and incur further penalties.

The Management Committee shall have the authority to introduce any extra Temporary or emergency rule or make alterations to any present rule they deem necessary, for the efficient management of the league. Any such New, Temporary or emergency rule, or alteration to existing rule, will only come into force after all Member clubs have been notified, and the majority of clubs have agreed to it.

The composition of the League will be at the discretion of the Management Committee who may consult with the teams of any particular age group. No Member Club shall have more than 2 teams at any single age group with the exception of Mixed U7, U8, U9 and U10. Team Managers and Assistants must be at least 18 years old. It is the responsibility of the Club Secretary to ensure the Rule is complied with.

LEAGUE RULES

2023-2024

IGNORANCE OF THE RULES IS NO DEFENCE, IF YOU ARE FOUND GUILTY OF BREAKING THEM.

RULE 6. (Continued)

The Management Committee, as it may deem necessary, shall have the power to fill, in an acting capacity, any vacancies that may occur amongst their number. Each Member of the Management Committee shall have the right to attend and vote at all Management Committee Meetings and have one vote thereat, but no Member shall be allowed to vote on any matters directly appertaining to such Member or the Club so represented or where there may be a conflict of interest. (This shall apply to the procedure of any sub-committee).

In the event of the voting being equal on any matter, the Chairman shall have a second or casting vote. The Management Committee shall have powers to apply, act upon and enforce the rules of the Competition and shall also have jurisdiction over all matters affecting the Competition, including any not provided for in the Rules.

RULE 7. PROTESTS, CLAIMS, COMPLAINTS, APPEALS

Any Club, Team or Individual contravening any of the Rules of the League will be dealt with by the Management Committee in accordance with the relevant Rule(s). The Management Committee will adjudicate on any such breaches of the League Rules.

Any Complaint or Protest by a Member Club must be submitted in writing by the Club Secretary within SEVEN days of the occurrence of the cause of the Complaint or Protest to the League General Secretary. It must fully comply with the requirements of the League Rules. A deposit of **£25** must accompany the Complaint or Protest.

Upon receipt of the Complaint or Protest, the League General Secretary will contact the Secretary of the Club which the complaint has been lodged against, giving full details of the allegation. The Club Secretary will be invited to give a written reply to the allegation, and the Club will have the opportunity to request a personal hearing to present their case. A deposit of **£25** must accompany such a request, and may be returned to the Club at the discretion of the Management Committee.

After a period of **at least seven days** from the receipt of a reply a League Disciplinary Commission will be convened to deal with the matter. The person(s) lodging the Complaint or Protest along with the defending Club Secretary and such other persons as the Management Committee regards as being relevant to the case, must also attend the hearing. When a Disciplinary Commission decision has been reached, all the relevant parties will be informed (in writing) of the Commission's ruling.

Decisions of the Management Committee must be notified in writing/e-mail to those concerned within **7 days** of the decision being made. The business of the Competition as determined by the Management Committee may/ shall be transacted by electronic mail.

LEAGUE RULES

2023-2024

IGNORANCE OF THE RULES IS NO DEFENCE, IF YOU ARE FOUND GUILTY OF BREAKING THEM.

RULE 7. (Continued)

Clubs, Teams, Players or Individuals who are directly or indirectly connected to any Member Club (e.g. Team Manager, Secretary, Committee Member, Player, Parent, Guardian, Sponsor, etc.) are strictly forbidden from directly contacting any Member of the Management Committee with any alleged grievance. They are also strictly prohibited from contacting The Football Association, The Cumberland Football Association, any part of the Media (Radio, Television, Press or Computer-generated media such as Twitter, Facebook etc.) to express any grievances, complaints, protests, etc., they may feel they have. This applies to verbal, written or electronically transmitted matter. The relevant team will be held responsible for any infringement of this clause whether committed directly by a Team official or not.

The Management Committee will not accept any protest relating to the venue, playing surface, goal posts, goal bars or other appurtenances of the Game unless an objection had been formally lodged with the match referee before the start of the match.

Protests relating to the eligibility of players must be lodged with the League General Secretary within **seven** days of the match, accompanied by a deposit of **£25**. Such deposit may be forfeited at the absolute discretion of the Management Committee.

APPEALS PROCEDURE

When the Management Committee has decided a breach of the Rules has taken place, a penalty will be enforced in accordance with the League Rules.

If a Club or Team or Individual, having been found guilty of a serious contravention of the League Rules, is not content to accept the appropriate action which has been taken against them, they have the right of Appeal directly to the Cumberland Football Association in the manner detailed in the Association's Rules within 14 days of the notification of the decision. Please note that there is no appeal against a decision at an AGM, EGM or SGM (Unless on the grounds of unconstitutional conduct).

RULE 8. ANNUAL GENERAL MEETING

An AGM of the League will be arranged, to be held on a date set by the Management Committee. Each Team (not club) still a bona fide member of the League at the end of the previous season, which has submitted a properly completed Team Registration Form and paid its League Fees and has subsequently been accepted for continued membership of the League, must be represented at the AGM.

Teams are allowed to nominate a proxy to act as their delegate at the AGM.

However apologies for absence will not be accepted.

LEAGUE RULES

2023-2024

TEAM MANAGERS AND CLUB SECRETARIES, PLEASE FAMILIARISE YOUR SELVES WITH THE RULES AND ABIDE BY THEM.

RULE 8. (Continued)

The order of business at the A.G.M. shall be:

- 1) Presentation of the previous AGM Minutes.
- 2) Matters arising from above.
- 3) Reports of previous season from Chairman, General Secretary, Treasurer (with Current Balance Sheet Report – League Accounts will be emailed to club secretaries after the AGM), Match Officials Appointments Secretary.
- 4) Election of Chairman, General Secretary, Treasurer, Match Officials Appointments Secretary, and Players Registration Secretary. These positions will constitute the Management Committee.
- 5) Election of Press Match Reports Secretary, Age Groupings Representatives and such other Officers considered beneficial to the management of the League.
- 6) Confirmation of League Rules and Membership Annual subscription, as discussed at previous EGM.
- 7) Election of new clubs and Re-Election of existing teams. No Member Club shall have more than 2 teams at any single age group, except U7, U8, U9 & U10 who may enter 3 teams, but only if **all** 3 teams have a minimum of 8 or 10 (U9s) registered players, however they must merge into 2 teams within the club at U11. Any club applying for membership of this League must satisfy the Management Committee of their ability to be suitable members. The Management Committee reserves the right to obtain any reasonable or legal information, which must be supplied by the applicants. The Management Committee will undertake a full vetting of any proposed applicant before making any recommendation to present member clubs regarding the applicant.

Re-election of teams from the previous season shall always be given priority over the election of new teams. Any other relevant Business. Following the AGM the newly elected Management Committee shall meet to decide the Honorariums of the General Secretary and the Match Officials` Appointments Secretary.

RULE 9. SPECIAL GENERAL AND REGULAR MEETINGS

The Management Committee shall be obliged to call a Special Extra-Ordinary Meeting at any time if requested to do so by at least two thirds of the Member Clubs. The Committee shall also be empowered to call an EGM if they deem it necessary. An EGM shall be held each year on a date prior to the AGM to vote on Rule changes. **Each club** (not team) will have one vote in all general voting matters. However if a matter needs to be voted on, which affects only one particular age division, the Management Committee may decide that only those teams of that particular age group may vote on the matter.

Voting Cards may be issued to the official representative of each Club as they sign the EGM attendance register. These cards would subsequently be held up for counting during any voting procedures. Teams are allowed to nominate a proxy to act as their delegate at the EGM. Any club not represented at an EGM will be subject to a fine of up to £40.

The League will hold a regular General Meeting in the last week of August, September, January and March of each season. Some of these Meetings may be designated Age Appropriate Meetings, at the discretion of the Management Committee.

LEAGUE RULES

2023-2024

ABIDING BY THE LEAGUE RULES WILL
HELP AND ASSIST EVERYONE.
READ AND COMPLY WITH THEM.

RULE 9. (Continued)

The format and content of any Age Appropriate Meeting will be decided by the Management Committee after consultation with the various Age Representatives. A delegate from each member club shall attend each ordinary general meeting of all teams. The responsibility for ensuring any information concerning other teams within their club is properly circulated rests entirely with the club delegate who attends the meeting.

Any club not represented at a League meeting may be subject to a fine of up to £40.

RULE 10. AGREEMENT

THE AGE RANGE OF TEAMS IN FULL MEMBERSHIP OF THE LEAGUE WILL BE:

MIXED UNDER 7's, 8's, 9's, 10's, 11's, 12's, 13's, 14's, 15's, 16's & 18's. GIRLS UNDER 8's, 10's, 12's, and 14's Players are not allowed to be registered for, or play for, more than one team (with the exception of girls registering for a Mixed team, who are also permitted to register and play for a Girls team, however they must adhere to the maximum playing time in a day for their relevant age group and if there is a clash of fixtures on the day, the player must choose one team to play for on that particular day.

Following the registration of teams, in line with league rules, the division sizes and structure at U12 to U18 will be decided by the Management Committee ahead of each season.

Age Group reps may be involved in the decision-making process.

ALL MEMBER CLUBS ARE SUBJECT TO THE LEAGUE RULES.

However the under 7's, 8's, 9's, 10's, 11's, 12's & 13's have various additional unique technical requirements which differentiate them from older age groups. These are printed immediately after these general league rules.

Girls' variations to the main rules appear on page 27-28. Otherwise main rules apply.

Club Secretaries must inform the League General Secretary and the Fixtures Secretary of any change of their contact details (address, telephone numbers – including mobile phones). Failure to do so may result in a fine of £30. If during the playing season a club or Team Secretary or Manager is to be replaced for any reason, the proposed new occupant of the position must complete the approved documentation and have the management committee's approval, before being allowed to take up the position.

RULE 11. CONTINUATION OF MEMBERSHIP, WITHDRAWAL OF A CLUB

Any Team or Club, which indicates that it is to continue in membership from the previous season but which subsequently resigns, may still be liable to pay the current season's subscription at the discretion of the Management Committee.

Any team or club failing to fulfil a season's fixtures or withdrawing from the League during the season shall be fined £50. All their results to-date will be expunged from the records. Any such team or club's application for membership of the League in subsequent seasons will be at the discretion of the Management Committee who may impose such extra financial constraints as they consider appropriate.

LEAGUE RULES

2023-2024

ABIDING BY THE LEAGUE RULES WILL
HELP AND ASSIST EVERYONE.
READ AND COMPLY WITH THEM.

RULE 11. (Continued)

Players registered with our League who are registered with a team which has withdrawn from the league, will be de-registered from the League. They will not be allowed to re-register for another member-team unless approved By the Management Committee. This is in line with the League's de-registration process. Any subsequent re- registration will be at the absolute discretion of the Management Committee.

Any club failing to attend, or send a proxy to the AGM, may be considered as withdrawing from the League, at the discretion of the Management Committee.

RULE 12. EXCLUSION OF CLUBS OR TEAM. MISCONDUCT OF CLUBS, OFFICERS, PLAYERS, MANAGEMENT COMMITTEE

The Management Committee has the power to suspend or expel any team, individual or member club found guilty of the breach of the League Rules or of bringing the League into disrepute.

At an Annual General Meeting, or at a Special General meeting called for the purpose, in accordance with the provisions of Rule 9, the accredited delegates present shall have the power to exclude from further participation in the Competition any Club or team of a Club whose conduct has, in their opinion, been undesirable, which must be supported by (more than) two-thirds (2/3rds) of those present and voting. Voting on this point shall be conducted by ballot. A Club whose conduct is the subject of the vote being taken shall be excluded from voting.

The safety and welfare of all Players, Referees, Assistant Referees, Club Officials and Spectators is the responsibility of the home club. Teams shall take every precaution to ensure law and order is maintained on and off the field of play.

The referee must report all cases of misconduct by players, team officials or spectators, to the Cumberland Football Association Ltd within 72 hours of the game.

All cases of misconduct by team officials, players or spectators, before, during, or after the game, or any serious breach of order or damage to premises or property, on or in close proximity to the venue of the game before, during or after the game must also be reported to the League General Secretary of this League within 48 hours of the game.

Clubs may be required to attend a meeting of the League Management Committee to discuss any form of alleged misconduct by their club(s). The Club(s) would then be given the opportunity of giving their explanation before any decisions were arrived at.

Any player or official of any member club who is found guilty of physically or verbally assaulting a Match Official or any member of any of our League clubs will be dealt with severely by the Management Committee.

This would always be subject to any action taken by the Cumberland F.A. and/or the Referees Association. The following is an abstract from The CFA Rules: Clubs' closest attention to it is imperative.

"Every Club is responsible to this Association for the action of its players, officials and spectators, and is required to take all precautions necessary to prevent spectators

LEAGUE RULES

2023-2024

TEAM MANAGERS AND CLUB SECRETARIES, PLEASE FAMILIARISE YOUR SELVES WITH THE RULES AND ABIDE BY THEM.

RULE 12. (Continued)

threatening or assaulting or using obscene language to officials and players, during matches or after.”

Every Club must complete a set of Code of Conduct Forms which will apply to every team within their Club. These forms should be returned to the League Headquarters at Carlisle Glass, Lorne Crescent, Carlisle, CA2 5XA.

RULE 13.TROPHY

Perpetual trophies and medals or other suitable awards may be presented to the Winners and Runners- Up of Age Divisions of the League and to the Cup Winners and Runners-Up at the absolute discretion of the Management Committee, and providing all League fixtures have been completed.

The teams awarded the perpetual trophies shall be responsible for the safety of them during the time they are in their possession.

They must be returned in good condition to Carlisle Glass, Gleneden Mill, Lorne Crescent, Carlisle, CA2 5XA, by 31st March each Season. Failure to do so will result in a fine of £50 for the guilty team.

If a perpetual trophy is lost or damaged whilst in the possession of a member team, the team's Club will be responsible for the cost of repair or replacement of the trophy. As the League's perpetual trophies are of substantial value, the team in current possession of such trophy or trophies, must ensure they have adequate insurance protection to cover the cost of repair or replacement.

Other competitions organized by the League shall have trophies awarded, as the Management Committee shall decide. Any player taking part in a League Representative side will receive a memento of their achievement.

RULE 14. ALTERATION TO RULES

The deadline for the receipt of any proposed League Rule changes will be 28 days prior to the EGM. At such EGM each Rule change will be explained to the Club representatives who will be permitted to vote on such changes or amendments.

The revised set of League Rules will be formally adopted at the following AGM, and will become effective immediately from the date of the AGM. **All proposed rule changes must be received in writing at least 28 days prior to the EGM called to ratify such changes.** *No discussions regarding Rule Changes will be allowed if not so compliant.*

RULE 15. FINANCE

The Management Committee shall determine which bank or other financial institution the funds of the Competition will be lodged.

The balance sheet of the Competition shall be prepared and shall be verified annually by a suitably qualified person(s) who shall be appointed at the AGM

LEAGUE RULES

2023-2024

TEAM MANAGERS AND CLUB SECRETARIES, PLEASE FAMILIARISE YOURSELVES WITH THE RULES AND ABIDE BY THEM.

RULE 16. INSURANCE

All Clubs must have valid public liability insurance cover of at least ten million pounds (£10,000,000) at all times.

All Clubs must have valid personal accident cover for all Players registered with them from time to time. The Players' personal accident insurance cover must be in place prior to the Club taking part in any Competition Match and shall be at least equal to the minimum recommended cover determined from time to time by the Cumberland FA.

RULE 17. DISSOLUTION

Dissolution of the Competition shall be by resolution approved at a SGM by a majority of three quarters (3/4) of the members present and shall take effect from the date of the relevant SGM. In the event of the dissolution of the Competition, the members of the Management Committee are responsible for the winding up of the assets and liabilities of the Competition in line with SCORY.

RULE 18. (A) QUALIFICATION OF PLAYERS

Teams at all age groups must submit Player Registrations using a passport quality forward facing headshot via the Whole Game System (WGS) and use the online system for parental consent. A photocopy of the players birth certificate (not the original) must be submitted (unless previously supplied) to the Players Registration Secretary (carlisleglassplayerreg@gmail.com) by the date specified to be eligible to play at the start of the season.

Each team will be allowed to have players registered with them under the following maximum restrictions:

Under 7's and 8's – ten players. Under 9's and 10's - twelve players. Under 11's, 12's, and 13's – fourteen players, Under 14's, 15's and 16's - sixteen players Under 18's - eighteen players, Under 8 Girl's - ten players, Under 10 Girl's - twelve players, Under 12 Girl's - fourteen players and Under 14 Girl's - sixteen players,

All teams at all age groups may only take a maximum of five substitutes to each game.

Player registrations submitted after the specified date will not guarantee the player(s) to be eligible to play at the start of the season.

Managers will need to check their squad list on the WGS and only when the player(s) are included on this are they eligible to play.

Registration of players for any team applying to join the league will not be completed until an amount of registrations for that team ensures they have enough players to field a full side at the age group entered.

The Registration of an individual shall be effective to that team from the time the player is submitted to the League via FA Player Registration System through to midnight on the final date of the season. Only exception to this is via rules regarding the De- Registration of players.

Parents/players of U7-U10 teams have 14 days (but before the player registration deadline date) after giving online parental consent before the registration to that team shall be effective. A letter from the parent stating the reasons they wish to play for a different team must be received by the League secretary within 14 days of the date the player registration was submitted to the League via FA Player Registration System.

LEAGUE RULES

2023-2024

THESE RULES ARE THERE TO
ASSIST EVERYONE IN THE
LEAGUE – NOT TO PUNISH YOU!

RULE 18. (A) (Continued)

Players registered to a team, may not train with another club until the league season is complete unless both managers are in agreement.

Teams Managers at all age groups must download their identity card from the FA Player Registration System, which must include a photograph of themselves and all Assistants of the team. This must be retained by the team Manager/Secretary and shown on match days to the opposition Manager/ Secretary before the game kicks off. Also to be made available if a member of the Management Committee requests to examine the identity card.

Team Managers are recommended to ascertain if any of their players suffer from any allergies e.g. Asthma sufferers, or are allergic to any treatments such as penicillin, aspirin, etc. A contact telephone number relating to each player (for use in emergencies) should be known to the Manager / Secretary of each team.

Following the start of the season any Manager wishing to make new player signings before the 31st January of the current season at all age groups, that have submitted players via FA Player Registration System and provided all relevant documents to League Headquarters by 5pm Thursday evening, will, provided there are no outstanding problems/issues, be able to play that player on the forthcoming weekend, **but only if the player(s) are included on their squad list on the FA Player Registration System.**

Please note that it is the responsibility of the manager to check and make sure that the identity card is complete and includes all the current players within their team. A player must be under the age limit of the respective division of the league at midnight on 31st August, immediately prior to the respective season. Managers/Secretaries are responsible for the accuracy of information submitted to the FA Player Registration System. Clubs must be particularly vigilant with regard to the ages of all their players. The Management Committee is empowered to obtain a formal confirmation of a player's age (via Birth Certificates, etc.).

The Management Committee will decide the appropriate punishment for the playing of players ineligible because of age.

If the Management Committee has reasonable doubts concerning the age of any player(s), the player(s) concerned will not be permitted to play in games under the jurisdiction of this league until confirmation of the age is received. The onus for confirming a player's age remains with the player, and his club.

A player is not permitted to simultaneously register or play for more than one team in the League **(with the exception of girls registering for a Mixed team, who are also permitted to register and play for a Girls team, however they must adhere to the maximum playing time in a day for their relevant age group and if there is a clash of fixtures on the day, the player must choose one team to play for on that particular day.**

Youngsters under the age of SIX years on midnight 31st August of the forthcoming season, are not permitted to play in the League for the whole of that season.

LEAGUE RULES

2023-2024

TEAM MANAGERS AND CLUB
SECRETARIES, PLEASE
FAMILIARISE YOUR SELVES WITH
THE RULES AND ABIDE BY THEM

RULE 18. (A) (Continued)

Any player who registers on schoolboy forms with a professional club (e.g. Carlisle United, Queen of the South, Newcastle United, Annan Athletic or Gretna FC) or any other club that sets up an academy in this area, will not be allowed to play in our League. However players will be allowed to undertake a “trial” period of **eight weeks** maximum at a professional club.

The Carlisle Glass Longhorn Youth Football League team must notify the League General Secretary in writing, via their club secretary of any players undertaking such trials, with full details of player(s) and dates of the trial period(s). Failure to comply with this requirement may result in a **fine of £40**. Players undertaking such “trial periods” will be allowed to play for the team which holds their Carlisle Glass Longhorn League registration during the trial, if not involved in games or training with the professional club. Any such “trial periods” will be closely scrutinized by the Management Committee.

The Management Committee has the right to check or refuse the registration of any player.

No club shall be allowed to register a player after 31st January of any season, with the exceptions of U18s teams. U7 & U8 Mixed Teams, U8 - U14 Girls teams, may register **NEW PLAYERS** (players who have never been registered to a team in the CGLYFL before) after this date. Each team may only register one player released from a professional club. This applies to all competitions a team may be involved in Clubs can send a request in writing against this ruling to the Management Committee via the Club secretary detailing any special circumstances they feel exist to allow them to sign a player after the 31st January deadline.

Players will not be eligible to play in Cup competitions if their registration to their team took place after the 31st January.

Any player who registers for one of our Member Teams **MUST** only play for that team in League or Cup games. If a team receives permission from the League to enter any competition outside the jurisdiction of this League they must use players only of that competition’s age grouping. Players can only play in one FA Age-Qualifying Competition in a season.

It is the responsibility of each Club to ensure that any Player signing a registration form for that Club has, where necessary, the required International Transfer Certificate. Clearance is required for any player **aged 10** and over crossing borders including Wales, Scotland and Ireland.

RULE 18. (B) INELIGIBLE PLAYERS

A team found guilty of playing an ineligible player shall be punished as follows. The game(s) in which the ineligible player(s) took part may be declared null and void. Any points won in such void game(s) will be expunged from the record. The guilty club will be fined **at least £20 plus three points** will be deducted from their revised record and may be awarded to their opposition

The Management Committee shall decide upon any additional punishment necessary afforded to them as part of FA SCORY. This can include deducting a further three points for each game in which the ineligible player(s) took part, or even expulsion of the team from the League. If a team is found guilty of playing an ineligible player in a League Cup match in which they won, they will be removed from the competition and their defeated opponents will be re-instated to the

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RULE 18. (B) (Continued)

competition. Any additional action taken against the guilty team will be at the absolute discretion of the Management Committee.

RULE 18. (C) DE-REGISTRATION & RE-REGISTRATION of PLAYERS

A Manager may seek to De-Register one or more of his/her players using the player cancel registration facility on the FA Player Registration System (however a fully completed de-registration form will still need to be emailed to calisleglassplayerreg@gmail.com)

Conversely a player may request De-Registration from the team with which he/she is registered. The Management Committee will consider all such requests. However they will be subject to stringent requirements. These will include: A letter or/and a phone call from/to the De-Registered players parents confirming the Managers/Players reasons for the request and must be accompanied by a fully completed de-registration form sent to calisleglassplayerreg@gmail.com De-registration of permitted players should be completed within 14 days of receipt of *all* relevant documentation, except in exceptional circumstances.

Managers will not be permitted to approach a registered player, in an attempt to persuade him/her to join his team. Players registered to a team, may not train with another club until the league season is complete unless both managers agree.

Any player (U11-U18) who is permitted to de-register will not be permitted to re-register and play for a new team within the current playing season except under exceptional circumstances which are acceptable to the Management Committee. Teams will be restricted to re-registering one such de-registered player per season.

All requests for such re-registrations must be sent to the League Secretary.

A Manager or a parent of a player of a U7-U10 team may seek to de-register a player from a team with which he/she is registered and re-register with another team. A letter from the parents confirming the reason for the request, accompanied by a fully completed de-registration form, a letter from the Manager attempting to register the player, with a valid reason for the request and a letter from the current Manager detailing the agreement/objections are required **before** the Management Committee shall consider any such requests. Both Managers letters should contain details of the number of players currently registered to their team. Any player who is permitted to de-register and subsequently re-register will not be permitted to play for their new team for four League/League Cup matches from the date of de-registration and is not allowed to participate in any games against their former team for the remainder of that season.

No team shall register more than one such player in any one season.

It is the responsibility of the club signing any player to ensure the player is free from any debts to the players' previous team, club, league or the FA. Teams will not be permitted to sign a replacement for any player they have de-registered without the approval of the Management Committee.

Players who de-register with a professional club during the season must apply to the League Secretary, in writing, for permission to register with one of our league clubs via the Club Secretary, additionally supplying signed release papers from the professional club they are leaving. The

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RULE 18. (C) (Continued)

League Secretary will then take these details to the Management Committee and a binding decision will be made.

No club shall register more than one such player in any one season.

A player found to be in debt (monetary, playing kit, etc.) to his/her previous team/club before the start of, or during the playing season, WILL NOT be allowed to register for another team until such debt has been cleared.

Any disputes arising from such debts will be ruled on by the Management Committee.

Similarly any manager, coach, secretary, or other team official, will have the same restriction placed on their movements between teams or clubs.

RULE 19. CLUB COLOURS

Each team shall inform the League General Secretary of the colours before the commencement of the season. Any subsequent change of registered colours during the season must also be notified to the League General Secretary. In the event of a colour clash the visiting team shall change. In the case of a clash of shirt colours the visiting team may wear Bibs to ensure the game is played.

No team will be allowed to register colours, which may in any way be confused with that of the all-black strip of match officials. Players in matches at Under 14's to Under 18's (inclusive) must wear shirts which are clearly and legibly numbered. The numbers shown against the players' name on the Teamsheet **must** correspond with that worn by the player. Names of Players on shirts are **not permitted** at any age group.

Advertising on the players' shirts is permitted subject to the regulations issued by the Football Association.

RULE 20. PLAYING SEASON, CONDITIONS OF PLAY, TIMES OF KICK OFF, POSTPONEMENTS, SUBSTITUTES

Each club shall ensure that the playing surface is correctly, and clearly, marked out in accordance with the Laws of the Game. Pitch dimensions must be in accordance with those detailed in the Laws of the Game or as indicated separately in these rules. The importance of having conspicuous ground markings is particularly brought to the attention of all member clubs. The Laws of the Game state that a match may be cancelled or abandoned if line markings are not satisfactory in the opinion of the appointed referee.

All clubs must use goal nets and corner flags. The home team must provide the match ball and have at least one spare ball available, sizes as follows:

Mixed 7's, 8's, 9's, 10's, & Girls U8's & 10's - Size 3. Mixed 11's, 12's, 13's and 14's & Girls 12's & 14's - Size 4. Mixed 16's & 18's - Size 5.

One touchline of the playing surface must be coned off/roped off using a rope in good condition and fixed securely. Any posts or stakes used to anchor the rope must be of such a construction and height as not to risk causing injury. The rope should be situated two metres from the touch line and run the full length of the pitch. The proper placement of the ropes is the responsibility of the home team. Visiting Managers must report any failure by their opponents to erect such ropes

LEAGUE RULES

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CLUB SECRETARIES, PLEASE
ENSURE ALL TEAM MANAGERS
HAVE A FULL KNOWLEDGE OF
THE RULES.

RULE 20. (Continued)

via the Club secretary to the League secretary within 72 hours All spectators must remain behind the coned off/roped off areas and at the 3G either around the perimeter fence on the main pitch or outside the fence on the pens. **A maximum of 3 registered and qualified team representatives and named substitutes are allowed within the coned off/roped off area or on the opposite side of the pitch to the spectators or within the pens at the 3G.** Managers must report breaches of this rule to the League secretary via the Club secretary within 72 hours.

Teams from Under 11's downwards will not play competitive League games. Competitive Cup games may be played, at the absolute discretion of the Management Committee. All games shall be played in accordance with the Laws of the Game and the rules of the F.A. and our League.

Teams must adhere to the venue they have nominated on the Team Registration Form as their Home ground.

Under 7's and 8's – 5v5 unless one team has 4 players or less, therefore format becomes 4v4
Under 9's and 10's - 7v7 unless one team has 6 players or less, therefore format becomes 6v6 or 6v5.
Under 11's - 9v9 unless one team has 8 players or less, therefore format becomes 8v8, 8v7 or 8v6.

Teams must inform the opposition of lack of player availability at least 72 hours prior to the Scheduled kick off time.

At Mixed U7-U10

POWER PLAY LAW (Balancing Teams- Goal Deficit Rule)

During a match when the goal difference reaches 4, the losing team may field an additional player. If the goal difference reaches 6, the losing team may field another additional player (taking the total up to 2 additional players).

At the point the goal difference falls to 5 the losing team must withdraw one of their additional players.

At the point the goal difference falls to 3 the losing team must withdraw their final additional player (this does not need to be the same player that was put on as an additional player).

The sequence in which games must be played is: (i) County FA Cup games; (ii) Our League Cup games; and (iii) our League Games. In matches under the jurisdiction of this League, including County FA youth matches, five substitutes can be named and all five can take part in a game. Roll-on, Roll-off substitutions will be allowed in this league in all Age Divisions, but any substitution must comply fully with the Laws of the Game.

However team managers of U7's - U15's (mixed) and U10's - U14s (girls) must ensure that any player taking part in a game, whether as a member of the starting side, or as a substitute, plays for at least 50% of the normal time the game is played and must receive 50% of the overall season.

The Home team must ensure that at least two match balls of the correct size are available at the start of play. They must be correctly inflated and be in a safe and proper condition for use. Should a League Cup game be postponed for any reason it will be re-scheduled by the Management Committee

LEAGUE RULES

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RULE 20. (Continued)

In the event of a match not being played, or abandoned owing to causes over which neither Club has control including injury to a player, it shall be played in its entirety on a date arranged by the Management Committee, taking into account both teams availability. The use of “double header” fixtures is not allowed in this League.

DURATION OF MATCHES

Under 7's & Under 8's Festivals maximum playing time per player 60 minutes

Under 9's & Under 10's 20 minutes each way Under 13's & 14's 35 minutes each way

Under 11's 25 minutes each way Under 15's & 16's 40 minutes each way

Under 12's 30 minutes each way Under 18's 45 minutes each way

The same timings apply in Cup matches.

IMPORTANT NOTE: If the scores are level at the end of normal time in a Cup match under the jurisdiction of this League, extra time will be played as follows. Games may go straight to penalties at the end of normal time only if instructed to do so by The Management Committee prior to kick off.

Cup games played at the 3G must go straight to penalties.

Under 9's & 10's 4 minutes each way

Under 11's 7 minutes each way

Under 12's, 13's, 14's & 15's 10 minutes each way

Under 18's 15 minutes each way

If the scores are still level at the end of extra time in the match, the result will be decided by the taking of kicks from the penalty mark as per the Laws of the Game.

NOTE: NO REPLAYS WILL BE HELD

Players are entitled to a five-minute break at half time in normal games.

This can be extended, with the permission of the match referee, but must not exceed 15 minutes. At the end of normal time, and before the start of extra time, the players are allowed a five-minute break. At half time in extra time the players will turn straight around.

The procedure for the taking of kicks from the penalty mark to decide the result of a Cup match will be as follows:

A coin will be tossed.

- The team winning the toss will have the right to decide whether they wish to take the first kick or ask their opponents to do so.
- Each side will take five kicks, unless one side is further ahead on goals scored that their opponents could attain by continuing the process.
- Only those players on the Field of Play at the end of the extra time period are allowed to participate in the shoot-out from the penalty mark.

LEAGUE RULES

2023-2024

TEAM MANAGERS AND CLUB SECRETARIES, PLEASE FAMILIARISE YOURSELVES WITH THE RULES AND ABIDE BY THEM

RULE 20. (Continued)

FIXTURES, POSTPONEMENTS, ABANDONMENTS, Etc.

The starting and closing dates for each season will be decided by the Management Committee and Clubs will be informed of this at the AGM.

Mixed Under 12's must play their fixtures on Saturdays with a 12.00 noon kick off (unless a Harraby 3G team, where a 12 noon or 1.15pm slot will be allocated)

Mixed Under 13's & 14's must play their fixtures on Saturdays with a 10.00 am kick off.

Mixed Under 15's, 16's and 18's must play their fixtures on Sundays with a 1.30pm kick off (Sheepmount 2pm kick-off), or earlier if requested to do so by the Management Committee, and all relevant parties are in agreement.

Midweek games will be scheduled at the discretion of the Management Committee. No midweek games will be arranged during Cumbria County Council school holidays unless teams have a backlog of fixtures. Teams would need to work with the league e.g. reversing fixtures if their pitch is unplayable/unavailable to enable this to happen to ensure all fixtures are completed by 30th April. Fixtures are inclusive of all games played by teams i.e. League, League Cup and County FA Youth Cup and all other authorized Cup games. Any team using 3G pitches must adhere to the normal League kick off times unless notified differently by the Management Committee.

Mixed U7 must play their fixtures on Sundays at Harraby 3G. Mixed U8 must play their fixtures on Saturdays at Harraby 3G, U9 & U10 games to be arranged by the HOME team for either a Saturday or a Sunday (unless a Harraby 3G team, where a Saturday slot will be allocated) Mixed U11 teams to designate, prior to the start of the season a kick off time between 9.30am and 10.30am on a Sunday (unless a Harraby 3G team, where a Sunday slot will be allocated).

U11-U18 Fixtures must be played on or before the scheduled fixture day/time (both teams must mutually agree to bring the kick off forward to an earlier day/time). Failure to reach such an agreement will result in the kick off remaining at the scheduled time.

Any proposed change of kick off day/time is also dependent upon a referee being available for the earlier time. The League Match Officials' Appointments Secretary will require a minimum notice of three days in order to appoint a match official.

U12-U18 (mixed) and U10-U14 (Girls) teams may play fixtures up to 72 hrs after the allocated day/KO time subject to mutual Manager's agreement and the availability of a referee either supplied by the league or organised between both managers. This would also be subject to pitch availability. Email confirmation of mutual agreement must be sent via both Club secretaries to League secretary by 9pm on the Monday day prior to the scheduled fixture. Teams must also inform the League Match Officials' Appointments Secretary by 9pm on the Monday. Teams playing at the 3G *may* still be liable for the pitch costs of the original fixture date

U9-U10 (mixed) teams may play fixtures on the Monday or Tuesday evening after the scheduled fixture date only by mutual agreement, however teamsheets must be received within 72 hours of the original scheduled fixture date. Teams must inform the age rep and the League secretary 72 hours prior to the scheduled fixture.

LEAGUE RULES

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IGNORANCE OF THE RULES IS NO DEFENCE, IF YOU ARE FOUND GUILTY OF BREAKING THEM.

RULE 20. (Continued)

U9-U11 (mixed) and U10 Girls games can be postponed, if agreed between the two teams & replayed later in the season without penalty. Email confirmation of mutual agreement must be sent via both Club secretaries by 5pm on the Tuesday prior to the scheduled fixture. Failure to play the fixture by a set date would result in BOTH teams being found guilty of non-fulfilment of a fixture. Fixtures postponed for weather etc. would still be rescheduled by the league. Teams playing at the 3G or at Sports Halls *may* still be liable for the pitch costs of the original fixture date.

Any member team based more than 25 miles from the centre of Carlisle must agree to play their home matches within the city. Opponents **MAY** agree to travel to such a team's venue if they wish. However any such agreement must be made prior to the commencement of the playing season and may not be altered at any time during the current season. This agreement must be confirmed by BOTH teams in writing, with a copy of such agreement being lodged with the League Fixtures Secretary.

(A) The **home** team **must** make contact with their opponents by 9pm on the Monday prior to the scheduled fixture by phone or text to arrange/confirm match details. Failure to do so must be reported via the Club Secretary to the League General Secretary by the Visiting team. A team in contravention of this clause will be liable to a fine of £20 and three points may be awarded to the opposition. In the event of adverse weather conditions the home team must contact the League Fixtures Contact and the League Match Officials' Appointments Secretary to have authorization to postpone a match. The home team then **must** contact the visiting team informing them that the match has been officially postponed.

(B) If a postponement of a fixture is being sought, the request **MUST** be made by the Club secretary by letter or email at least 14 days prior to the scheduled game. Requests must be received by 5pm on Friday (U9s, U10s, U12s, U13s, and U14s) and 12 noon on the Saturday (U11s, U15s, U16s & U18s). Email requests for such postponements must be sent to the League Secretary (sharon@cglass.co.uk). If such a request was refused, failure to then fulfil the fixture would result in the game being awarded against the guilty team. In addition to the fixture, and the three points being awarded to the opponents (U12s- U18s), the guilty team would also be subject to a fine of up to £40 (U12s- U18s) or up to £25 (U7s- U11s & Girls). Any team failing to fulfil a fixture without permission to do so, will be dealt with in the same manner.

Repetitive breaches of this rule by any team will incur increasing punishment at the absolute discretion of the Management Committee.

(C) Under 12's – Under 18's teams involved in the postponement of a game must ensure that the Match Officials' Appointments Secretary and the Fixtures Contact are aware of the postponement. Under 7's – Under 11's teams involved in the postponement of a game must ensure the relevant age representative is aware of the postponement.

All teams responsible for the postponement at **all age groups** must then always submit the complete reasons in writing to the League Secretary via the Club Secretary within 36 hours.

Failure to do so may result in a fine of at least £20.

LEAGUE RULES

2023-2024

CLUB SECRETARIES, PLEASE ENSURE
TEAM MANAGERS HAVE A FULL
KNOWLEDGE OF THE RULES.

RULE 20. (Continued)

The League Secretary will bring the matter to the attention of the Management Committee. The Management Committee has the power to order a hearing and can impose a fine if the reason given is unacceptable. Postponements must always be for a bone-fide reason. Repetitive breaches of this rule by any club may incur increasing punishment.

(D) Any team failing to fulfil three successive fixtures may be expelled from the League at the absolute discretion of the Management Committee. Teams failing to report the non-fulfilment of a fixture shall be liable to a fine of up to £40 (U12s-U18s) or up to £25 (U7s –U11s & Girls) and may be required to appear before the Management Committee to give an explanation.

IMPORTANT NOTE

If a match official has inspected a pitch and decided that it is not fit for play, the game will not, and must not be played. Clubs are strenuously reminded that if such a match took place they would be in breach of the Leagues Rules and would be taking part in an unauthorized match as far as the Football Association is concerned.

Serious consequences could ensue — not least is the invalidation of any insurance cover in force.

Teams MAY be prohibited from entering League cup competitions if they have failed to complete 60% of their League fixtures by the date of the commencement of their involvement in such cup competitions. All League fixtures will be closely and constantly monitored by the Fixtures Secretary, who will report the current situation to the Management Committee on a regular basis.

In all our League and League Cup games if the home team's pitch is unplayable or unavailable, the teams may be instructed to play on the "away" team's ground or a suitable alternative available venue and/or on a different day and time if time permits such a change. The home team will be responsible for any pitch hire costs if the fixture is switched to the away team's venue. If both venues are unplayable both teams will share any costs of alternative venue pitch hire.

It is in the interests of the League and ALL member clubs that any unavoidable backlog of fixtures does not occur. At the beginning, and ending, of the playing season, fixtures may be allocated as mid-week evening games. Failure to fulfil these fixtures will result in the team(s) being punished according to this Rule. The match result being decided by the Management Committee. In addition to any punishment a team or Club may have imposed for deliberately not fulfilling a fixture - or obstructing the fulfilment of a fixture - the Team Manager will also be subject to a disciplinary action, at the absolute discretion of the Management Committee.

The Management Committee shall review all abandoned matches and shall be empowered to order the score at the time of the abandonment to be recorded as the final result if they are satisfied that it is to the advantage of the League to do so. They shall also decide the Match Official's fee in such cases. It is acknowledged that a player's school can select him or her to take part in school activities on our scheduled match days. However teams **will not** be allowed to cancel or postpone a game simply because they have one or more such players unavailable. The number of players a team is allowed to register should be sufficient to allow for any such school demands.

LEAGUE RULES

2023-2024

IGNORANCE OF THE RULES IS
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GUILTY OF BREAKING THEM.

RULE 20. (D) (Continued)

Any team wishing to enter an outside tournament or competition must inform the League General Secretary of full details prior to agreeing to play in such an event. Any team that will not be available to play in the League Cup Finals will not be allowed to enter the League Cup.

(E) Entry to the League Cup Competitions is optional. **However** if a team does enter the Competition it must be available to play in the Finals at Brunton Park. Should a team reach a League Cup Final and fail to be available to play the scheduled game their defeated semi-final opponents will be selected to play in their place. The original finalists would be subject to **a fine of £50** and may be refused entry to the following season's League Cup competition.

(F) Each League Member Club must ensure a representative of their club (2 representatives for Clubs with 8 or more teams) is available to attend the League Finals Days and assist in the running of the event, as reasonably requested by the Management Committee for a minimum of 2 hours. All teams qualifying for Brunton Park must submit a current list of the complete squad. **Full names**, with correct spelling, to be submitted to the League General Secretary immediately a team has qualified for the Finals. Any Member Club failing to supply the required number of volunteers to assist at the Finals Weekend **will be subject to a £100 fine**.

The complete draw for all rounds of the League Cup competition will be published on the League website as soon as practical after it is made. League Cup fixtures may be allocated for mid-week dates throughout the season. League fixtures will be arranged for both weekends of each half Term holiday week. Teams will not be asked to play League fixtures on Saturday and Sunday of the same weekend or on Friday, Saturday and Sunday of the same weekend, or on two consecutive days (unless in exceptional circumstances as decided by the Management Committee).

RULE 21. REPORTING RESULTS

In all matches played between Member Teams of this League the maximum score recorded for a team will be NINE. For example a score line of 23-0 would be recorded as 9-0.

This ruling must be particularly adhered to when reporting results to the League Press Officer for his newspaper reports. Any scores in excess of 9 which are shown in any media source will be in contravention of this Rule.

(A) BOTH team managers at U12's to U18's must text all League results to their respective Age Rep By 6pm on the day of the match. League Cup results to be texted by **BOTH** teams to the League Fixtures contact by 10pm on the day of the match. All Carlisle Glass Longhorn Youth League Teams playing in the county cup must text the result to the League Fixtures Contact by 6pm on the day of the game even if they are the away team. They must also inform the League Fixtures Contact and Match Officials' Appointments Secretary if the game is postponed or abandoned for any reason.

Teams failing to comply with this requirement will be fined at least £10.

(B) The League Players Registration Secretary must be in receipt of all completed teamsheets within 72 hours of the scheduled fixture. Teams failing to comply with this requirement will be fined £10.

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2023-2024

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RULE 21. (B) (Continued)

BOTH team managers (Mixed U12 –U18) must provide an official League teamsheet, which is to be completed and exchanged along with their identity card (downloaded from the FA Player Registration System) with the opposition manager **BEFORE** the start of the match. This teamsheet must then be shown to the match referee.

BOTH team managers (Mixed U7-U11 & Girls U8-U14) must submit an online teamsheet using the full-time website.

The teamsheets must show the **full names and player FAN number of each player**, The numbers shown against the players' name on the Teamsheet must correspond with the shirt number worn by the player, each team shall be allowed to use a maximum of five named substitutes (These should be clearly marked (S) on the teamsheet). **The score, scorers and referee's name must also be shown.** A match report may be sent to the League Press Match Reports Secretary. Such information may be included in newspaper reports.

Each team manager is responsible for the correct completion of their teamsheet and its return to: either League Headquarters at Carlisle Glass Longhorn, Gleneden Mill, Lorne Crescent, Carlisle, CA2 5XA or submitting it via the online system in full-time.

Teams may scan teamsheets and submit them electronically to the email address on the teamsheet. Only scanned copies will be accepted if sent electronically.

(C) BOTH team managers at Mixed U7's, U8's, U9's, U10's and U11's must text their League result/s to their respective Age Representative by 6pm on the day of the match. Mixed U9, U10 and U11 League Cup results to be texted by BOTH teams to the League Fixtures contact by 10pm on the day of the match.

BOTH team managers at Mixed U7-U11 & Girls U8-U14 must text their League result using the full-time SMS text service by 6pm on the day of the match. Girls League Cup results to be texted by BOTH teams by 10pm on the day of the match.

Teams failing to comply with this requirement will be fined at least £10.

Note: Only those substitutes named on the official teamsheets, correctly shown to the Match Official before the match, will be allowed to take part in the game.

Failure of either team to text the relevant representative or respond to the full-time SMS text service the match result by 6pm on the day of the game, will result in the offending team being held responsible in accordance with the 2023-2024 League procedure. Any punishment (points and /or fine) will be decided by the Management Committee.

Failure of either team to return their teamsheet, correctly completed, within 72 hours of the scheduled fixture to the League Registration Secretary, will be dealt with in a similar manner.

All Carlisle Glass Longhorn Teams Playing in the County Cup must text the result to the League Fixtures Contact on the day of the game even if they are the away team.

LEAGUE RULES

2023-2024

CLUB SECRETARIES, PLEASE ENSURE
ALL TEAM MANAGERS HAVE A FULL
KNOWLEDGE OF THE RULES.

RULE 22. DETERMINING CHAMPIONSHIP

In all League matches (involving teams from Under 12's upwards) a win will earn 3 points and a draw a single point. The team with the highest number points at the end of the season shall be declared Champions of their respective age division.

If, at the end of the season, two or more teams at the top of any Age Group Division League table are equal on points then a play-off game (or games) shall take place with extra time, if the scores are level after normal time. If the scores are still level after extra time the result will be decided by the taking of kicks from the penalty mark in accordance the Laws of the Game. **Games may go straight to penalties at the end of normal time only if instructed to do so by The Management Committee.**

Goal average or goal differences will not apply in this League. In all matches (League or Cup) played under the jurisdiction of this League each team shall pay its own expenses for travel, ground rent, etc., unless the Management Committee makes alternative arrangements. The home team shall ensure there is suitable, secure accommodation for the visiting team and match officials.

RULE 23. MATCH OFFICIALS

Whenever possible, and with the exception of Under 9's and 10's games (unless registered officials are available), Match Officials who have registered with the Cumberland F.A. will be appointed for each match under the jurisdiction of this League. Both teams from Mixed U12's upwards and Girls U14 to provide a linesman for each game to support the referee. However it is the referee's decision whether they wish to use them.

The only person entitled to appoint a match official in our League is the League Match Officials Appointments Secretary.

Registered referees will be appointed for all League Cup games including the development age groups. **Fees shall be:** U9 & U10 matches - £5 per team per fixture.

However in the event of a registered match official not being available, a mutually agreed person, who is FA DBS checked on behalf of the League may officiate in the game, assuming the powers and responsibilities of a F.A. - registered match official. If such a person is not available, the game will be postponed.

IF SUCH A PERSON DOES OFFICIATE IN THE GAME, THEY MUST DO SO FOR THE ENTIRE MATCH, AND NOT JUST FOR PART OF IT.

Teams will each pay half the match official's fee. However it is the responsibility of the home team to ensure the match official receives the correct match fee **before the game.**

The match officials' fees shall be as determined by the Management Committee. For the 2023-2024 Season the fees shall be:

Under 15's, 16's and 18's matches – £30.00, Under 12's, 13's and 14's – £20.00.

Under 11's – £16.00, Under 7's & 8's Festivals – Age Representative's will inform teams.

Registered referees officiating in this League can wear the traditional all-black referee's kit. (In the case of a "clash" with a team wearing a strip of similar colour the matter must be reported to the General Secretary) or instead may wear non-black shirts entirely of a single colour, providing there isn't a clash with the teams involved in the game & it is the responsibility of the Referee not the

LEAGUE RULES

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READ AND COMPLY WITH THEM.

RULE 23. (Continued)

teams to ensure there is no clash of shirt colours. Where neutral assistant referees are appointed, only one non-black coloured shirt is permitted.

The referee has the right to visit the players' dressing room prior to the match to inspect boots and other players' equipment. Rings, bracelets, earrings, etc. must be removed before the player is allowed to take part in the match.

Managers are reminded of the possibility of serious injury to players wearing such items, and are requested to ensure their players are aware of the requirements of the Rule. Insurance cover may be invalidated by non-compliance with this requirement.

In the event of the referee(s) reporting to the venue for a game, which has been incorrectly postponed, the team held responsible will be liable to pay the official's fee.

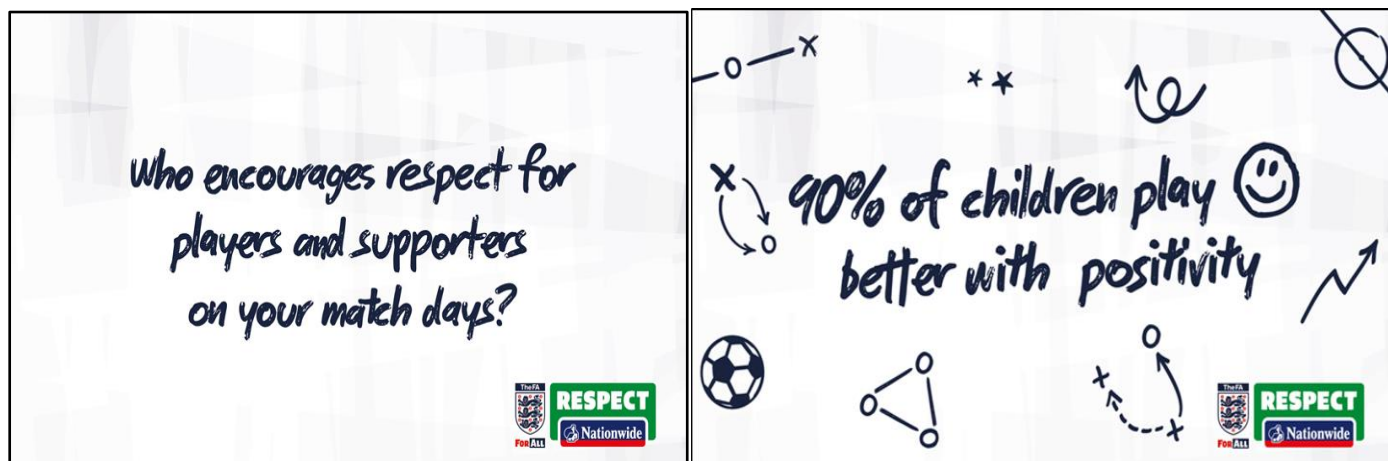
If a team postpones a fixture the team manager must inform the League Match Officials Appointments Secretary at least 24 hours prior to the scheduled kick off time. Failure to do so will render the team responsible for the postponement liable for the referee's full fee.

If a match referee takes disciplinary action against a player or Club official, the referee must report the matter to the County FA. It is an FA offence for a referee to fail to report such incidents. It is a League offence for any player, Club or Team official or any other person to attempt to persuade the referee not to submit a disciplinary report.

MANAGEMENT COMMITTEE NOTICE

These Rules were formally adopted at the Annual General Meeting of the League held on Thursday 6th July, 2023. They supersede all previous editions of the League Rules.

Each Member Club Secretary must ensure that every Team Manager within their club is fully aware of the implications of the League Rules. Each club shall be responsible for the failure of any of its teams to comply fully with the League Rules.



LEAGUE RULES

2023-2024

OTHER THAN BY WAY OF THE VARIATIONS FOR GIRLS FOOTBALL DETAILED HERE, THE GENERAL LEAGUE RULES APPLY EQUALLY TO ALL MEMBER TEAMS

All Girls League match results to be text in via the full-time SMS by 6pm on day of the game. League Cup results to Sharron Willis by 10pm on day of the game.

RULES 1 to 17. AS PER CURRENT LEAGUE RULES

RULE 18. (A) QUALIFICATION OF PLAYERS

Girls registering for a Girls team may also register for a Mixed team at the relevant age group, however they must adhere to the maximum playing time in a day for their relevant age group and if there is a clash of fixtures on the day, the player must choose one team to play for on that particular day. Girls who are registered with a professional club or any other club which sets up an academy in the Carlisle area will not be allowed to play in the Carlisle Glass Longhorn Youth Football League. Managers may register girls new to the league after 31st January. Remainder of Rule 18(A), as per current League Rules.

RULE 18.(B), RULE 18.(C) & RULE 19. AS PER CURRENT LEAGUE RULES

RULE 20. CONDITIONS OF PLAY

Under 8's – 5v5. Under 10's and 12's girls - 7v7 unless one team has 6 available players or less, therefore format becomes 6v6 or 6v5. **Teams must inform the opposition of player unavailability at least 72 hours prior to the scheduled fixture.**

Under 14's girls - 9v9 unless one team has 8 available players or less, therefore format becomes 8v8, 8v7 or 8v6.

At ALL Girls age groups

POWER PLAY LAW (Balancing Teams- Goal Deficit Rule)

During a match when the goal difference reaches 4, the losing team may field an additional player. If the goal difference reaches 6, the losing team may field another additional player (taking the total up to 2 additional players).

At the point the goal difference falls to 5 the losing team must withdraw one of their additional players.

At the point the goal difference falls to 3 the losing team must withdraw their final additional player (this does not need to be the same player that was put on as an additional player)

DURATION OF MATCHES

U8G's: Festivals maximum playing time per player 60 minutes U10G's: 20 minutes each way

U12G's: 25 minutes each way U14G's: 30 minutes each way.

The same timings apply in Cup matches.

Cup games played at the 3G must go straight to penalties.

FIXTURES, POSTPONEMENTS, ABANDONMENTS, Etc.

All Girls competitive games (12G's and 14G's) must be played on a Sunday. U10G's games to be arranged by the HOME team for either a Saturday or a Sunday (unless a Harraby 3G team, where a Sunday slot will be allocated). U8G's Festivals will be arranged for a Sunday.

LEAGUE RULES

2023-2024

OTHER THAN BY WAY OF THE VARIATIONS FOR GIRLS FOOTBALL DETAILED HERE, THE GENERAL LEAGUE RULES APPLY EQUALLY TO ALL MEMBER TEAMS

FIXTURES, POSTPONEMENTS, ABANDONMENTS, Etc. (continued)

Minimum number of players required for a game to take place as stated in FA guidelines is U8G's – 5v5 (four players) U10G's & U12G's – (7v7) five players, U14G's – (9v9) six players.

(A) The **home** team **must** make contact with their opponents **by 9pm** on the Monday prior to the scheduled fixture by phone or text to arrange/confirm match details. Failure to do so must be reported in writing to the League Secretary by the visiting team. Failure to comply with this requirement may result in the guilty team being fined £20 and three points (U12G's & U14G's) awarded to the opposition.

(B) If a postponement of a fixture is being sought, the request **MUST** be made by the Club secretary by letter or email at least 14 days prior to the scheduled game. Requests must be received by 12 noon on the Saturday. Requests for such postponements must be sent to the League Secretary (sharon@cglass.co.uk). If such a request was refused, failure to then fulfil the fixture would result in the game being awarded against the guilty team. In addition to the fixture, and the three points being awarded to the opponents (U12G's & U14G's), the guilty team would also be subject to a fine of up to £25 (U10G's -U14G's). Any team failing to fulfil a fixture without permission to do so, will be dealt with in the same manner.

(C) Teams involved in the postponement of a game must ensure the relevant age representative is aware of the postponement. The team responsible for the postponement **MUST** then always submit the complete reason in writing to the League Secretary within 36 hours. **Failure to do so may result in a fine of at least £20.**

Remainder of Rule 20 as per current League Rules

RULE 21. REPORTING RESULTS

(C) All Girls League match results to be text in by **BOTH** teams via the full-time SMS by 6pm on day of the game. League Cup results to be texted by **BOTH** teams by 10pm on day of the game. They must also inform by text if the game is postponed or abandoned for any reason.

BOTH team managers (U8G - U14G) must submit an online teamsheet using the full-time website within 72 hours. **Failure to comply with these requirements may result in a fine of £10.**

RULE 22. AS PER CURRENT LEAGUE RULES

RULE 23. MATCH OFFICIALS

U10G - The home team will supply a responsible person who is DBS checked on behalf of the League, to referee the game. **The referee's decision is final.**

U12G & U14G - Whenever possible, Match Officials who have registered with the Cumberland FA. will be appointed by the League Match Official Appointments Secretary for each match scheduled at Harraby 3G under the jurisdiction of this League. For games played at other venues each HOME team will appoint a REGISTERED referee. Both teams at U14G to provide a linesman for each game to support the referee. However it is the referee's decision whether they wish to use them. If a registered referee is not available then a mutually agreed person may referee the game. (This must be agreed prior to the day of the game.) Anyone refereeing may not coach players during the match.

Registered Referees' Match Fees will be: Under 12's - £16, Under 14's - £20.

Registered referees will be appointed by the League Match Officials' Appointments Secretary for all League Cup games including the development age groups

Fees shall be: Under 10 - £5 per team per fixture, Under 12's - £16, Under 14's - £20.

Remainder of Rule 23 as per current League Rules

LEAGUE RULES

2023-2024

Mixed Under 7's, 8's, 9's, 10's,
11's, 12's & 13's teams

These special rules apply to all Under 7, 8, 9, 10, 11, 12 & 13's teams in the League for the current season and must be adhered to by all teams. The normal League Rules also apply in full to the above age groups.

U7 & U8 - 5v5 unless one team only has 4 available players then format becomes 4v4,
U9 & U10 7v7 unless one team only has 6 available players then format becomes 6v6 or 6v5,
U11 - 9v9 unless one team only has 8 available players then format becomes 8v8, 8v7 or 8v6,
U12 & U13 - 9v9

Teams must inform the opposition of lack of player availability at least 72 hours prior to the scheduled kick off time.

At Mixed U7 -U10

POWER PLAY LAW (Balancing Teams- Goal Deficit Rule)

During a match when the goal difference reaches 4, the losing team may field an additional player. If the goal difference reaches 6, the losing team may field another additional player (taking the total up to 2 additional players).

At the point the goal difference falls to 5 the losing team must withdraw one of their additional players.

At the point the goal difference falls to 3 the losing team must withdraw their final additional player (this does not need to be the same player that was put on as an additional player).

U9- U10 (mixed) teams may play fixtures on the Monday or Tuesday evening after the scheduled fixture date only by mutual agreement, however fully completed teamsheets must be received within 72 hours of the original scheduled fixture date. Teams must inform the age rep and the League secretary 72 hours prior to the scheduled fixture. Teams playing at the 3G *may* still be liable for the pitch costs of the original fixture date.

All players, club officials and spectators are reminded that foul and abusive language will not be tolerated under any circumstances.

U7& U8 Festivals - Whenever possible, Match Officials who have registered with the Cumberland FA. will be appointed by the League Match Official Appointments Secretary. If a registered referee is not available then one of the coaches from the HOME team must referee the game. Anyone refereeing may not coach players during the match.

At U9 & U10's the home team will supply a responsible person who is DBS checked on behalf of the League, to referee the game (unless registered officials are available),

The referee's decision is final.

At U11-U13 - Whenever possible, Match Officials who have registered with the Cumberland FA. will be appointed by the League Match Official Appointments Secretary. If a registered referee is not available then a mutually agreed person may referee the game. (This must be agreed prior to the day of the game.) Anyone refereeing may not coach players during the match.

Registered referees will be appointed by the League Match Officials' Appointments Secretary for all League Cup games including the development age groups

Fees shall be: Under 9 & Under 10 - £5 per team per fixture, Under 11- £8 per team per fixture.

LEAGUE RULES

2023-2024

Mixed Under 7's, 8's, 9's, 10's,
11's, 12's & 13's teams

Any abuse of the referee will be dealt with very severely and could result in the offending team being removed from the League. The safety and welfare of all players, spectators, and match and club officials is the responsibility of the home team.

Misconduct by supporters, players or officials is the responsibility of the team concerned. This is before, during or after the match. Any non-compliance with these Special Rules, or the League Rules will be dealt with severely.

Yellow or Red Cards will not be used in Under 7's to Under 11's matches, However persistent offending, or behaviour which would normally cause a Card to be shown, will result in the referee instructing the offending player's manager to substitute the offending player. Such player would not be allowed to take any further part in the game. Yellow and Red Cards will be used in Under 12's and Under 13's matches in accordance with the Laws of the Game.

Both team managers of the U12's -U13's **must text** their respective Age Representative by 6pm on the day of the game with the match result. U7-U11 to use the FA Full-Time Results SMS service to submit results (Results must still be submitted to their age rep as well) U9-U13 League Cup Results **must be texted** to the League Fixtures Contact by **BOTH** teams.

Both team managers U7-U11 to use the FA Full-Time for completing and submitting teamsheets
Both team managers U12 -U13 must provide an official League teamsheet, which is to be completed and exchanged along with their identity card (downloaded from the FA Player Registration System) with the opposition manager **BEFORE** the start of the match. This teamsheet must then be shown to the match referee.

Teamsheets must be received by the League Registrations Secretary, within 72 hours of the scheduled fixture

At least one person from the management of each team must have a first aid kit, a mobile phone and the telephone numbers of the parents/guardians of all attending players. All grievances must be submitted in writing to the League General Secretary.

Any player associated in any way with a professional club (e.g. Carlisle United, etc.) will be restricted in how he can play in the Carlisle Glass Youth Longhorn Football League in any age group. (Rule 8 of the League Rules applies). No player will be allowed to play in two League Age Groups in the same season, and they are not allowed to play for a team that is more than one year outside his/her age group.





Northbank FC would like to thank all their players, parents/guardians, supporters and sponsors for their support last season and wish all their teams the best of luck for the 2023/24 Season.

Club events taking place this season include:-

Annual Sporting Dinner – Sunday 3rd March 2024

Annual Football Festival – Sat. 22nd & Sun. 23rd June 2024

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NORTHBANK F.C.

Team Gallery



TEAM MANAGER REMINDER

THE RESULTS OF MATCHES PLAYED
UNDER THE AUSPICES OF THIS LEAGUE
MUST BE REPORTED BY BOTH TEAMS AS
FOLLOWS:

UNDER 8's, 10's, 12's & 14's (Girls)

All Girls League match results to be text in by **BOTH** teams via the full-time SMS and to the relevant age representative by 6pm on day of the game. League Cup results to be texted by **BOTH** teams via the full-time SMS and to Sharron Willis by 10pm on day of the game on day of the game. If the result is not from the original match date, please also state the date the game was originally due to be played.

This includes County Cup matches (U12 & U14), whether home or away fixtures. They must also inform by text if the game is postponed or abandoned for any reason.

Results of fixtures for U8's & U10's will not appear on the full-time website, and must not be recorded in any offline or online media format.

UNDER 7's & 8's (Mixed)

All League match results to be text in by **BOTH** teams via the full-time SMS and to the relevant age representative by 6pm on day of the game. Results of fixtures will not appear on the full-time website, and must not be recorded in any offline or online media format.

UNDER 9's, 10's & 11's (Mixed)

All League match results to be text in by **BOTH** teams via the full-time SMS and to the relevant age representative by 6pm on day of the game. League Cup results to be texted by **BOTH** teams via the full-time SMS and to Sharron Willis by 10pm on day of the game on day of the game. If the result is not from the original match date, please also state the date the game was originally due to be played. They must also inform by text if the game is postponed or abandoned for any reason. Results of fixtures will not appear on the full-time website, and **must not** be recorded in any offline or online media format.

UNDER 12's, 13's, 14's, 15's, 16's & 18's (Mixed)

Both managers **must text results by 6pm on the DAY of match** to the relevant age representative. League Cup match results must be **texted** to Sharron Willis by **BOTH** teams by 6pm (10pm for U12) on day of the game. If the result is not from the original match date, please also state the date the game was originally due to be played.

This includes County Cup matches, whether home or away fixtures. They must also inform by text if the game is postponed or abandoned for any reason.

Online team Sheets (Mixed U7 – U11 & Girls U8 - U14) must be submitted or teamsheets (U2-U18 Mixed) must be scanned and emailed to the email address on team sheet or returned within 72 Hours of the Game to: League Headquarters, Gleneden Mill, Lorne Crescent, Carlisle, CA2 5XA



CLUB SECRETARIES 2023/2024

CLUB SECRETARIES NAMES AND CONTACT DETAILS

| | | | |
|---------------------|-------------------|--|-------------------------------------|
| ABBEYTOWN | Paul Harrison | chicken1973@sky.com | T: 016973 26128 M: 07582 823 613 |
| AFC CARLISLE | Jonothan Mason | afccarlisle@hotmail.com | M: 07930 433 394 |
| CALTHWAITE | Gary Newton | calthwaitejfcsecretary@gmail.com | M: 07801 418 893 |
| CARLISLE CENTURIONS | Alison Occomore | secretary@carlislefc.com | M: 07790 891 696 |
| CARLISLE CITY | Martin Denovellis | secretaryccfc@gmail.com | M: 07818 066 337 |
| CARLISLE GALAXY | Alison Wallace | alison.wallace@carlislegalaxy.com | M: 07909 224 558 |
| CARLISLE REIVERS | Rob Wood | Rob.carlislereivers@gmail.com | M: 07764 657 042 |
| CRUSADERS | Lisa Measures | secretary@crusadersfc.net | M: 07818 407 818 |
| DALSTON | Doreen Stockdale | doreenstockdale71@yahoo.co.uk | M: 07762 239 158 |
| GILLFORD PARK | Jackie Rudd | gillfordparkfc@yahoo.com | M: 07739 533 910 |
| KINGSTOWN | Leo Reynolds | leo.reynoldskingstown@gmail.com | M: 07868 744 869 |
| NEWLAIETHES FC | Steven Pilmer | crownnewlathes25@sky.com | T. 01228 594235 M: 07846 937 416 |
| NORTHBANK | Peter Shepherd | peter.shep@btinternet.com | T. 01228 545895 M. 07506 087 712 |
| PENRITH AFC | Libby Lightburn | libi_a@hotmail.co.uk | M: 07515 432 138 |
| PIRELLI | Carl Judge | carl.judge@sky.com | M: 07780 675 995 |
| STANWIX | Ken Kirkpatrick | Ken.kirkpatrick@btinternet.com | M: 07793 621 977 |
| UNISUN ATHLETIC | Brian Hough | unisunathletic@gmail.com | M: 07718 124 158 |
| WARWICK WANDERERS | Nick Stobbs | nick.stobbs@riversiderecruitment.co.uk | M: 07768 300 666 |



Carlisle City Football Club would like to thank all their players, parents/guardians, supporters and sponsors for their support last season and wish all their teams the very best of luck for the 2023/24 Season.

Follow the club on our social media platforms news and updates or visit the clubs website.

www.carlislecityfc.com

Carlisle City FC



Carlislecityfc



@carlislecityfc





AT CARLISLE CITY FC WE PRIDE OURSELVES ON PROVIDING FOOTBALL OPPORTUNITIES FOR ALL CHILDREN TO HAVE FUN AND DEVELOP IN A SAFE AND INCLUSIVE ENVIRONMENT.

If you would like to get involved with our club in a coaching or voluntary capacity we are always keen to welcome new members. Please contact our club secretary Martin Denovellis on secretaryccfc@gmail.com or on 07818066337



GIRLS' JUNIOR SMALL SIDED MATCHES TECHNICAL GUIDELINES

All Girls League match results to be text in by **BOTH** teams to the relevant age rep & via the full-time SMS by 6pm on day of the game.
League Cup results to be texted by **BOTH** teams to Fixtures Contact & via full-time SMS by 10pm on day of the game.

UNDER 8's

Playing area: Width: (Min: 20yds Max: 30yds) Length: (Min: 30yds. Max: 40yds.)
Penalty area: Width 16yds. Length 9yds. Penalty mark: 7 yards from centre of goal line.
Halfway line: Showing a clear centre mark **Ball size: THREE**
Goal size: 12ft. x 6ft. Pinned or weighted to prevent toppling.

All players must be under 7 (but at least 6) on 31st August of the relevant season. Each Team squad must consist of no more than 10 players. Maximum playing time per festival, per player is 60 minutes. Two year Age Rule to apply. Players must be at least 6 years old to play under 8's Girls' Football. No over-age players allowed. Teams of five players with five roll on, roll off substitutes. Format 5v5. Goal kicks to be off the ground only. Goalkeepers are not allowed to pick up back passes. During goal kicks, opposition players must retreat to the half way line.

POWER PLAY LAW (Balancing Teams- Goal Deficit Rule) is applicable.

EVERY PLAYER who is involved in the festival (including substitutes) must play a minimum of 50% of the festival and must receive 50% of the overall season

UNDER 10'S & UNDER 12's

Playing area: Width: (Min: 30yds, Max: 40yds) Length: (Min: 50yds, Max: 60yds)
Penalty area: Width 18yds. Length 10yds. Penalty mark: 8 yards from centre of goal line.
Halfway line: With centre mark **Ball size: U10s - THREE & U12s - FOUR**
Goal size: 12ft. x 6ft. Pinned or weighted to prevent toppling.

U10's: All players must be under 10 on 31st August of the relevant season. Squad to consist of no more than 12 players. Match duration is 20 minutes each way with five minutes half-time break. Two year Age Rule to apply. Players must be at least 8 years old to play under 10's Girls' Football. No over-age players allowed.

U12's: All players must be under 12 on 31st August of the relevant season. Squad to consist of no more than 14 players. Match duration is 25 minutes each way with five minutes half time break. Two year Age Rule to apply. Players must be at least 10 years old to play under 12's Girls' Football. No over-age players allowed.

U10 & U12's: Teams of seven players with five roll on, roll off substitutes. Format 7v7 unless one team has 6 players or less, therefore format becomes 6v6 or 6v5. Teams must inform the opposition of lack of player availability at least 72 hours prior to the scheduled kick off time. Goal kicks to be off the ground only. Goalkeepers are not allowed to pick up back passes.

During goal kicks, opposition players must retreat to the half way line.

POWER PLAY LAW (Balancing Teams- Goal Deficit Rule) is applicable.

EVERY PLAYER who is involved in the match (including substitutes) must play a minimum of 50% of the match and must receive 50% of the overall season.

UNDER 14's

Playing area: Width: (Min: 40yds, Max: 50yds) Length: (Min: 70yds, Max: 80yds)
Penalty area: Width: 32yds. Length 10yds. Penalty mark: 9 yards from centre of goal line.
Halfway line: With centre mark and 7yd diameter circle. **Ball size: FOUR**
Goal size: 16ft. x 7ft. Pinned or weighted to prevent toppling.

All players must be under 14 on 31st August of the relevant season. Squad to consist of no more than 16 players. Format: 9v9 (unless one team has 8 players or less, therefore format becomes 8v8 or 8v7). Match duration is 30 minutes each way with five minutes half time break. Goal kicks to be off the ground only. Goalkeepers are not allowed to pick up back passes. The Offside Law is applicable in Under 14's Girl's football. Under 10's or Under 12's pitches not to be used for Under 14's matches. Two year Age Rule to apply. Players must be at least 12 years old to play under 14's Girls' Football.

No over-age players are allowed. POWER PLAY LAW (Balancing Teams- Goal Deficit Rule) is



applicable.

U8 GIRLS DIVISION 2023-2024

Age Representative

Mark Ewings M: 07710 883 631

Text results to by 6pm & Full-time SMS

All Girls League match results to be text in by **BOTH** teams via the full-time SMS by 6pm on day of the game.

ABBEYTOWN

Red & White

Hayley Ray

Harraby Sports Complex

CA1 3SL

M. 07585 445 606

CARLISLE CENTURIONS

Royal Blue

Hamish Phillips

Harraby Sports Complex

CA1 3SL

M.07837 659 999

CARLISLE REIVERS

Volt

Daniel Setchell

Harraby Sports Complex

CA1 3SL

M. 07494 018 625

NORTHBANK

Red & White

Mark Ewings

Harraby Sports Complex

CA1 3SL

M. 07710 883 631

PENRITH ANGELS

Blue

Izzy Savage

Harraby Sports Complex

CA1 3SL

M. 07557 962 549

PIRELLI

Blue/White/Yellow

Dougie Field

Harraby Sports Complex

CA1 3SL

M. 07825 017 829

WARWICK WANDERERS CUBS

Red & Blue

Adam Foster

Harraby Sports Complex

CA1 3SL

M. 07738 511 844

WARWICK WANDERERS KITTENS

Red & Blue

Adam Foster

Harraby Sports Complex

CA1 3SL

M. 07738 511 844



U10 GIRLS DIVISION 2023-2024

Age Representative

Scott Williamson M. 07399 336 883

Text results to by 6pm & Full-time SMS

All Girls League match results to be text in by **BOTH** teams via the full-time SMS by 6pm on day of the game.

| | | |
|--|---------------------------|--|
| ABBEYTOWN Abbeytown Recreation Field | Red & White CA7 4TE | Sharron Caton M. 07769 737 595 |
| CARLISLE CITY Harraby Sports Complex | Sky Blue CA1 3SL | Russell Ballantyne M. 07769 346 926 |
| DALSTON Dalston Recreation Field | Black & Red CA5 7QD | Richard Penney M. 07554 111 077 |
| DALSTON BLACKS Thursby Playing Fields | Black & Red CA5 7PE | Kevin Hobson M. 07828 723 655 |
| GILLFORD PARK GILLIES Harraby Sports Complex | Green & Black CA1 3SL | Jamie Duncanson M. 07805 170 201 |
| GILLFORD PARK Harraby Sports Complex | Green & Black CA1 3SL | Raymond Thompson M. 07527 260 069 |
| NORTHBANK Harraby Sports Complex | Red & White CA1 3SL | Martin McAllister M. 07854 835 040 |
| NORTHBANK 1970 Harraby Sports Complex | Yellow & Blue CA1 3SL | Lesley Watson M. 07834 999 408 |
| NORTHBANK REDS Harraby Sports Complex | Red & White CA1 3SL | Steve Greenway M. 07811 607 531 |
| PENRITH PANTHERS Frenchfield | Blue CA11 8UA | Matthew Wardle M. 07789 514 797 |
| PIRELLI Peter Barker Playing Fields | Blue & Black CA2 6AR | Luke Earl M. 07850 452 168 |
| STANWIX FC The Glebe | Yellow & Black CA3 9AH | Paul Ritson M. 07738 555 379 |
| WARWICK WANDERERS BOBCATS Harraby Sports Complex | Red & Blue CA1 3SL | Scott Williamson M. 07399 336 883 |
| WARWICK WANDERERS TIGRESS Harraby Sports Complex | Red & Blue CA1 3SL | Adam Foster M. 07725 778 020 |



U12 GIRLS DIVISION 2023-2024

Age Representative

Kate Wareing M: 07921 950 134

Text results to by 6pm & Full-time SMS

All League match results to be text in by **BOTH** teams via the full-time SMS by 6pm on day of the game.

League Cup results to be texted by **BOTH** teams by 10pm on day of the game.

| | | |
|--|---------------------------|---------------------------------------|
| ABBEYTOWN Abbeytown Rec | Red & White CA7 4TE | Adrian Carruthers M. 07944 073 951 |
| ABBEYTOWN ATHLETIC Abbeytown Rec | Red & White CA7 4TE | Ryan Little M. 07795 842 767 |
| DALSTON Thursby Playing Fields | Black & Red CA5 7PE | James Brough M. 07919 591 273 |
| DALSTON BLACKS Thursby Playing Fields | Black & Red CA5 7PE | John Mavis M. 07867 429 899 |
| GILLFORD PARK Harraby Sports Complex | Purple/Black CA1 3SL | Andrew Reed M. 07889 803 768 |
| NORTHBANK Harraby Sports Complex | Red & White CA1 3SL | Kayleigh Ewings M. 07496 153 840 |
| NORTHBANK 1970 Harraby Sports Complex | Yellow & Blue CA1 3SL | Mark Ewings M. 07710 883 631 |
| PENRITH JAGUARS Frenchfield | Blue CA11 8UA | Helen Watson M. 07955 029 125 |
| PENRITH WILDCATS Frenchfield | Blue CA11 8UA | Kevin Cater M. 07921 439 382 |
| PIRELLI Peter Barker Playing Fields | Blue & Black CA2 6AR | Craig Simpson M. 07803 546 005 |
| STANWIX FC Rickerby Park | Yellow & Black CA3 9AD | Dean Elliott M. 07980 872 221 |
| STANWIX HORNETS Rickerby Park | Yellow & Black CA3 9AD | Garry Robertson M. 07834 788 261 |
| WARWICK WANDERERS JAGUARS Harraby Sports Complex | Red & Blue CA1 3SL | Martyn Turner M. 07592 201 174 |
| WARWICK WANDERERS LIONESSES Harraby Sports Complex | Red & Blue CA1 3SL | Tony Hope M. 07926 096 535 |
| WARWICK WANDERERS LYNX Harraby Sports Complex | Red & Blue CA1 3SL | Phil Wright M. 07973 144 015 |



U14 GIRLS DIVISION 2023-2024
 Age Representative
 Dougie Field M. 07825 017 829
 Text results to by 6pm & Full-time SMS

All Girls League match results to be text in by **BOTH** teams via the full-time SMS by 6pm on day of the game.

League Cup results to be texted by **BOTH** teams by 10pm on day of the game.

| | | |
|---|-------------------------------|---|
| CARLISLE REIVERS Harraby Sports Complex | Volt & Black CA1 3SL | Brian Boukes M. 07564 899 721 |
| GILLFORD PARK Harraby Sports Complex | Purple/Black CA1 3SL | Andrew Reed M. 07889 803 768 |
| GILLFORD PARK GILLIES Harraby Sports Complex | Purple & Black CA1 3SL | Mike Greer M. 07990 961 208 |
| GILLFORD PARK GREENS Harraby Sports Complex | Green & Black CA1 3SL | Stephen Fitzpatrick M. 07821 031 256 |
| NORTHBANK Harraby Sports Complex | Red & White CA1 3SL | Mark Ewings M. 07710 883 631 |
| PENRITH FALCONS Frenchfield | Blue CA11 8UA | Andrew Stamp M. 07488 303 561 |
| PENRITH JETS Frenchfield | Blue CA11 8UA | Andy Wright M. 07814 765 469 |
| PIRELLI PANTHERS Peter Barker Playing Fields | Blue, White & Blue CA2 6AR | Dougie Field M. 07825 017 829 |
| STANWIX HORNETS Rickerby Park | Yellow & Black CA3 9AD | Dan Palmer M. 07919 817 790 |
| UNISUN ATHLETIC Harraby Sports Complex | Black & Yellow CA1 3SL | Craig Coady M. 07921 240 282 |
| WARWICK WANDERERS PANTHERS Harraby Sports Complex | Red & Blue CA1 3SL | Chris Sheckley M. 07597 695 068 |
| WARWICK WANDERERS PUMAS Harraby Sports Complex | Red & Blue CA1 3SL | Stephen Read M. 07840 824 726 |

LEAGUE CUP FINALS 2023

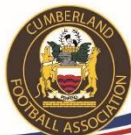


LEAGUE CUP FINALS 2023



LEAGUE CUP FINALS 2023





Cumberland FA

YOUR GAME, YOUR COUNTY FA...

| Under 18 Boys County Cup | | |
|---------------------------|---|---|
| Round | Date | Kick-off |
| 1 | Sunday 24 th September 2023 | Kick-off as per the Home Club’s usual time. |
| 2 | Sunday 19 th November 2023 | |
| Quarter Finals | Sunday 4 th February 2024 | |
| Semi Finals | Sunday 17 th March 2024 | |
| Final | Friday 10 th May 2024* (venue to be confirmed) | |
| 6:30pm | | |
| Under 16 Boys County Cup | | |
| Round | Date | Kick-off |
| 1 | Weekend 16 th / 17 th September 2023 | Kick-off as per the Home Club’s usual day and time |
| 2 | Weekend 7 th / 8 th October 2023 | |
| 3 | Weekend 18 th / 19 th November 2023 | |
| Quarter Final | Weekend 20 th / 21 st January 2024 | |
| Semi Finals | Weekend 2 nd / 3 rd March 2024 | |
| Final | Sunday 24 th March 2024* (venue to be confirmed) | |
| 11.00am | | |
| Under 14 Boys County Cup | | |
| Round | Date | Kick-off |
| 1 | Weekend 30 th September / 1 st October 2023 | Kick-off as per the Home Club’s usual day and time |
| 2 | Weekend 11 th / 12 th November 2023 | |
| 3 | Weekend 20 th / 21 st January 2024 | |
| Quarter Final | Weekend 24 th / 25 th February 2024 | |
| Semi Finals | Weekend 23 rd /24 th March 2024 | |
| Final | Saturday 11 th May 2024* (venue to be confirmed) | |
| 2.00pm | | |
| Under 12 Boys County Cup | | |
| Round | Date | Kick-off |
| 1 | Weekend 30 th September / 1 st October 2023 | Kick-off as per the Home Club’s usual day and time |
| 2 | Weekend 11 th / 12 th November 2023 | |
| 3 | Weekend 20 th / 21 st January 2024 | |
| Quarter Final | Weekend 24 th / 25 th February 2024 | |
| Semi Finals | Weekend 23 rd /24 th March 2024 | |
| Final | Saturday 11 th May 2024* (venue to be confirmed) | |
| 11.00am | | |
| Under 14 Girls County Cup | | |
| Round | Date | Kick-off |
| 1 | Sunday 8 th October 2023 | Kick-off as per the Home Club’s usual time. |
| 2 | Sunday 19 th November 2023 | |
| Quarter Finals | Sunday 28 th January 2024 | |
| Semi Finals | Sunday 17 th March 2024 | |
| Final | Sunday 12 th May 2024* (venue to be confirmed) | |
| 2.00pm | | |
| Under 12 Girls County Cup | | |
| Round | Date | Kick-off |
| 1 | Sunday 8 th October 2023 | Kick-off as per the Home Club’s usual day and time. |
| 2 | Sunday 19 th November 2023 | |
| Quarter Finals | Sunday 28 th January 2024 | |
| Semi Finals | Sunday 17 th March 2024 | |
| Final | Sunday 12 th May 2024* (venue tbc) | |
| 11.00am | | |

*** Please be aware that all of the above dates are subject to change**

UNDER 7 & 8's SMALL SIDED MATCHES TECHNICAL GUIDELINES

U7 Festival results to be text in by **BOTH** teams to the relevant age representative by 6pm on day of the games.

All U8 results to be text in by **BOTH** teams to the relevant age representative by 6pm on day of the games.

YOUNGSTERS UNDER THE AGE OF 6 YEARS ON 31st AUGUST IMMEDIATELY PRECEDING THE RELEVANT SEASON ARE NOT PERMITTED TO PLAY ORGANIZED FOOTBALL IN THE CGLYFL.

| | | |
|-----------------------|---|----------------|
| Playing area width: | Min: 20yds | Max: 30yds |
| Playing area length: | Min: 30yds. | Max: 40yds. |
| Penalty area: | Width: 16 yards | Depth: 9 yards |
| Halfway line | Showing a clear centre mark | |
| Goal Size 12ft x 6ft. | Securely pinned or weighted to prevent toppling | |
| Ball | Size THREE | |

U7's: All players must be under 7 (but at least 6) on 31st August of the relevant season.

Each Team squad must consist of no more than 10 players.

Maximum playing time per festival, per player is 60 minutes.

Players must be at least 6 years old to play under 7's Football. No over-age players allowed.

Format 5v5, unless one team only has 4 players then format becomes 4v4 with 5 Roll-on, Roll off substitutes. ***Teams must inform the opposition of lack of player availability at least 72 hours prior to the scheduled kick off time.***

Goal kicks to be off the ground only. Goalkeepers are not allowed to pick up back passes.

During all goalkeepers' distributions of the ball, opposition players to retreat to the half way line.

POWER PLAY LAW (Balancing Teams- Goal Deficit Rule) is applicable.

EVERY PLAYER who is involved in the festival (including substitutes) must play a minimum of 50% of the festival and must receive 50% of the overall season

U8's: All players must be under 8 (but at least 7) on 31st August preceding the relevant season.

A Penalty mark must be placed 7 yards from the goal line.

Each Team squad must consist of no more than 10 players.

Maximum playing time per festival, per player is 60 minutes.

Maximum playing time is 30 minutes per match – either 2 x 15 minutes or 3 x 10 minutes.

Players must be at least 7 years old to play under 8's Football. No over-age players allowed.

Format 5v5, unless one team only has 4 players then format becomes 4v4 with 5 Roll-on, Roll off substitutes. ***Teams must inform the opposition of lack of player availability at least 72 hours prior to the scheduled kick off time.***

Goal kicks to be off the ground only. Goalkeepers are not allowed to pick up back passes.

During goal kicks, opposition players must retreat to the half way line.

POWER PLAY LAW (Balancing Teams- Goal Deficit Rule) is applicable.

EVERY PLAYER who is involved in the festival (including substitutes) must play a minimum of 50% of the festival and must receive 50% of the overall season

Any team which fails to attend the League Cup Finals Weekend event may not be permitted to enter the following season's League Cup competition at under 8's or under 9's.

| | | |
|--------------------------------|---------------------|------------------|
| ABBEYTOWN | Black & White | Ben Hale |
| Harraby Sports Complex | CA1 3SL | M. 07429 337 661 |
| AFC CARLISLE | Sky Blue & Navy | Daniel Harrison |
| Harraby Sports Complex | CA1 3SL | M. 07597 247 035 |
| CALTHWAITE | Yellow & Royal Blue | Gary Newton |
| Harraby Sports Complex | CA1 3SL | M. 07801 418 893 |
| CARLISLE CENTURIONS | Royal Blue | Adam Kirkbride |
| Harraby Sports Complex | CA1 3SL | M. 07940 019 273 |
| CARLISLE CITY | Sky Blue | Paul Van Iterson |
| Harraby Sports Complex | CA1 3SL | M. 07710 832 111 |
| CARLISLE REIVERS | Volt & Black | Jamie Forster |
| Harraby Sports Complex | CA1 3SL | M. 07949 811 328 |
| CARLISLE REIVERS BLACKS | Volt & Black | Phil Graham |
| Harraby Sports Complex | CA1 3SL | M. 07549 832 082 |
| CRUSADERS BLUE | Navy & Red | Michael Reed |
| Harraby Sports Complex | CA1 3SL | M. 07921 140 505 |
| CRUSADERS REDS | Navy & Red | David Hewson |
| Harraby Sports Complex | CA1 3SL | M. 07884 342 286 |
| DALSTON JBR | Red & Black | Neil Jeffery |
| Harraby Sports Complex | CA1 3SL | M. 07375 951 622 |

| | | |
|--------------------------------|----------------|------------------|
| DALSTON JBR BLACKS | Red & Black | Lee Morris |
| Harraby Sports Complex | CA1 3SL | M. 07745 705 639 |
| DALSTON JBR REDS | Red & Black | Carl Knox |
| Harraby Sports Complex | CA1 3SL | M. 07533 473 836 |
| GILLFORD PARK | Purple & Black | Matthew Fraser |
| Harraby Sports Complex | CA1 3SL | M. 07342 838 917 |
| GILLFORD PARK BLACKS | Black & Green | Graham Ingledow |
| Harraby Sports Complex | CA1 3SL | M. 07984 335 773 |
| NEWLAITHE FC | Orange & Black | David Barnes |
| Harraby Sports Complex | CA1 3SL | M. 07773 069 986 |
| NORTHBANK | Red & White | Carl Hayhoe |
| Harraby Sports Complex | CA1 3SL | M. 07398 918 155 |
| STANWIX FC | Yellow & Black | Charlie Pithers |
| Harraby Sports Complex | CA1 3SL | M,07368 837 550 |
| STANWIX HORNETS | Yellow & Black | Kerri Bright |
| Harraby Sports Complex | CA1 3SL | M. 07710 444 940 |
| UNISUN ATHLETIC | Yellow & Black | James Taylor |
| Harraby Sports Complex | CA1 3SL | M. 07780 545 553 |
| WARWICK WANDERERS BLUES | Red & Blue | Andrew Little |
| Harraby Sports Complex | CA1 3SL | M. 07817 001 601 |
| WARWICK WANDERERS REDS | Red & Blue | Rachel Thomson |
| Harraby Sports Complex | CA1 3SL | M. 07508 856 629 |



Thomas Graham

Est. 1892

Steel Stockholders & Industrial Supplies

U8 MIXED DIVISION 2023-2024

Age Representative

Amy Hickson M: 07510 747 868

Text results to by 6pm

| | | |
|--|--------------------------------|--|
| ABBEYTOWN Harraby Sports Complex | Black & White CA1 3SL | Stuart Irving M. 07964 526 694 |
| ABBEYTOWN ATHLETIC Harraby Sports Complex | Black & White CA1 3SL | Ben Satterthwaite M. 07539 887 511 |
| CALTHWAITE Harraby Sports Complex | Yellow & Royal Blue CA1 3SL | Shona Johnson M. 07747 590 785 |
| CARLISLE CITY Harraby Sports Complex | Sky Blue CA1 3SL | David Peacock M. 07761 767 629 |
| CARLISLE CITY SKY Harraby Sports Complex | Sky Blue CA1 3SL | Josh Grierson M. 07928 110 996 |
| CARLISLE REIVERS Harraby Sports Complex | Volt Green & Black CA1 3SL | Michael Matthews M. 07769 116 537 |
| CRUSADERS Harraby Sports Complex | Navy & Red CA1 3SL | James Tose M. 078130 879 248 |
| DALSTON JBR Harraby Sports Complex | Red & Black CA1 3SL | Steve Nicholls M. 07407 003 174 |
| DALSTON JBR BLACKS Harraby Sports Complex | Red & Black CA1 3SL | Mike Mac Gillivray M. 07769 334 625 |
| GILLFORD PARK Harraby Sports Complex | Green & Black CA1 3SL | David Temple M. 07718 646 812 |
| GILLFORD PARK GILLIES Harraby Sports Complex | Purple & Black CA1 3SL | Ryan Hedely M. 07448 520 354 |
| NORTHBANK Harraby Sports Complex | Red & White CA1 3SL | Adam Graham M. 07725 836 842 |
| PIRELLI FC Harraby Sports Complex | Royal Blue & Black CA1 3SL | Craig Ungless M. 07385 727 116 |
| STANWIX FC Harraby Sports Complex | Yellow & Black CA1 3SL | Mark Butler M. 07805 502 959 |
| STANWIX HORNETS Harraby Sports Complex | Yellow & Black CA1 3SL | Ross Nicholson M. 07730 595 969 |
| WARWICK WANDERERS BLUES Harraby Sports Complex | Red & Blue CA1 3SL | Dan Percival M. 07799 764 522 |



Cumberland FA

YOUR GAME, YOUR COUNTY FA...

SEASON 2021-22

It is important to recognise the role that football has to play in supporting the wellbeing of players and volunteers as we look forward to the new season.

Sadly, for many children the increased amount of time spent at home during the pandemic has resulted in an increase in abuse for them.

Safeguarding is everyone's responsibility.

If you have concerns about the welfare/safeguarding of a child or the behaviour of an adult towards a child or young person under 18 years of age in football, it's vital you report your concerns.

Doing nothing is not an option.

**CARLISLE GLASS LONGHORN
YOUTH LEAGUE WELFARE
OFFICER**

Colin Denovellis

calvleaguewelfareofficer@gmail.com

CONTACT NUMBER:
07534 419073

CONCERNED ABOUT A CHILD?

Some common signs that there may be something concerning happening in a child's life include:

- o unexplained changes in behaviour or personality
- o becoming withdrawn
- o seeming anxious
- o becoming uncharacteristically aggressive
- o lacks social skills and has few friends, if any
- o poor bond or relationship with a parent
- o knowledge of adult issues inappropriate for their age
- o running away or going missing
- o always choosing to wear clothes which cover their body.

HOW TO REPORT YOUR CONCERNS:

If you're worried about a child, even if you're unsure, it's important that you speak to someone:

- If you think that a child is in immediate danger you should contact the police or the NSPCC helpline on [0800 800 5000](tel:0800 800 5000), email help@nspcc.org.uk
- You can also contact the NSPCC helpline for support and general advice
- Contact Cumbria Safeguarding Children Partnership
Email: CSCP@cumbria.gov.uk
<https://cumbriasafeguardingchildren.co.uk/>
- Speak to your Club Welfare Officer
- Speak to the County Designated Safeguarding Officer
(Mel Sandwith) : 01900 511800 or email Safeguarding@CumberlandFA.com
- By emailing The FA Case Management Safeguarding Team at Safeguarding@TheFA.com

www.thefa.com/football-rules-governance/safeguarding/reporting-concerns

UNDER 9 & 10's SMALL SIDED MATCHES TECHNICAL GUIDELINES

LEAGUE Results to be sent to
the relevant age representative
by 6pm on the day of the match.
LEAGUE CUP RESULTS TO
SHARRON BY 10PM

| | |
|----------------------|---|
| Playing area width: | Min: 30yds Max: 40yds |
| Playing area length: | Min: 50yds. Max: 60yds. |
| Penalty area: Width: | 18 yards Depth: 10 yards |
| Halfway line | Showing a clear centre mark |
| Goal Size | 12ft x 6ft. Securely pinned or weighted to prevent toppling |
| Ball | Size THREE |

All players must be under 9 (but at least 8) or under 10 (but at least 9) as applicable, on 31st August preceding the relevant season. A Penalty mark must be placed 8 yards from the goal line. Each Team squad must consist of no more than 12 players. Each team will consist of 7 players, unless one team has 6 players or less, therefore format becomes 6v6 or 6v5 with 5 Roll-on, Roll off substitutes. **Teams must inform the opposition of lack of player availability at least 72 hours prior to the scheduled kick off time.**

EVERY PLAYER who is involved in the match (including substitutes) must play a minimum of 50% of the match and must receive 50% of the overall season. Goalkeepers are not allowed to pick up back passes.

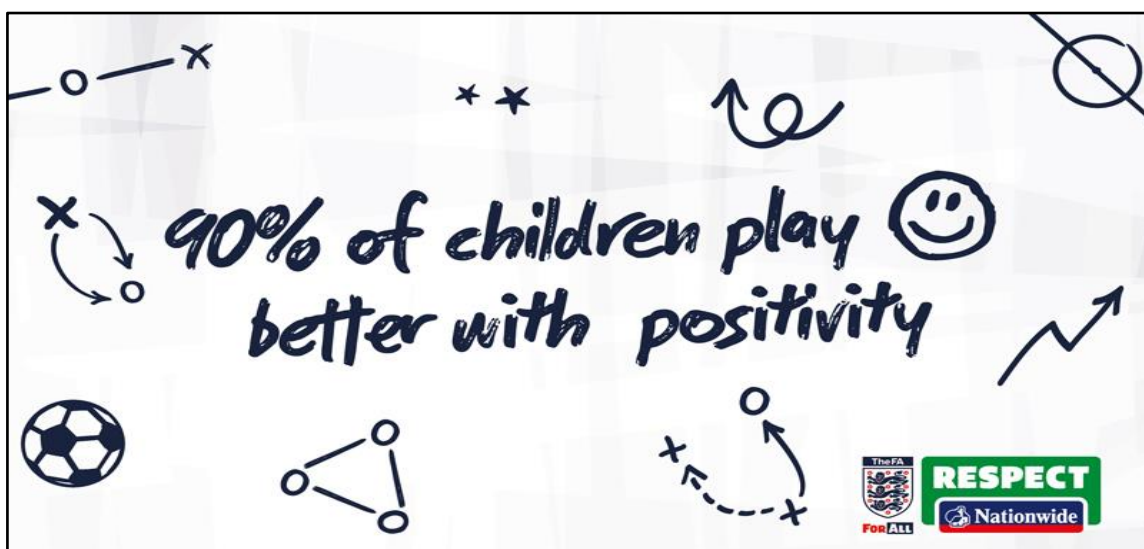
During goal kicks, opposition players must retreat to the half way line.

Goal kicks off the ground.

Under 9's & Under 10's maximum playing time is 40 minutes per match – 2 x 20 minutes.

Under 9's and Under 10s are not permitted to play more than 60 minutes of organized football per day per player.

Any League Cup Finalist team which fails to attend the League Cup Finals Weekend event will not be permitted to enter the following season's League Cup Competition at under 10's or 11's.





U9 MIXED DIVISION 2023-2024

Age Representative

Jamie Forster M: 07949 811 328

Text result to by 6pm

ABBEYTOWN

Abbeytown Recreation Field

Black & White

CA7 9TE

Michael Rumney

M. 07795 573 353

AFC CARLISLE

Hammonds Park

Sky Blue & Navy

CA2 4PS

Jon Sharp

M. 07743 596 447

CALTHWAITE

Church Field Calthwaite

Yellow & Royal Blue

CA11 9QT

Craig Willan

M. 07999 971 273

CARLISLE CITY

Harraby Sports Complex

Sky Blue

CA1 3SL

Dave Moran

M. 07590 282 564

CARLISLE REIVERS

Harraby Sports Complex

Volt Green & Black

CA1 3SL

Ross Kaminski

M. 07724 805 778

CRUSADERS BLUE

Wetheral Playing Field

Navy & Red

CA4 8LU

Andrew Wilkinson

M. 07830 303 264

CRUSADERS RED

Wetheral Playing Field

Red

CA4 8LU

Graham Ball

M. 07966 446 118

DALSTON JBR

St Michael's School

Red & Black

CA5 7LN

Liam Salkeld

M. 07841 135 157

DALSTON JBR BLACKS

St Michael's School

Red & Black

CA5 7LN

James Thompson

M. 07534 586 497

| | | |
|--|---------------------------|--------------------------------------|
| GILLFORD PARK Harraby Sports Complex | Green & Black CA1 3SL | Matthew Brooks M. 07415 570 884 |
| GILLFORD PARK GILLIES Harraby Sports Complex | Purple & Black CA1 3SL | Darcy Cannon M. 07950 544 816 |
| NEWLAITHERS FC Harraby Sports Complex | Orange & Black CA1 3SL | Jonathan Ogilvie M. 07305 968 062 |
| NORTHBANK Harraby Sports Complex | Red & White CA1 3SL | Carl Hayhoe M. 07398 918 155 |
| PIRELLI FC Peter Barker Playing Field | Blue CA2 6AR | David Simpson M. 07875 340 615 |
| STANWIX FC Rickerby Park | Yellow & Black CA3 9AD | Stuart Woodward M. 07872 962 004 |
| STANWIX HORNETS The Glebe | Yellow & Black CA3 9AH | Rory McGregor M. 07739 706 145 |
| UNISUN ATHLETIC Harraby Sports Complex | Yellow & Black CA1 3SL | Scott Richardson M. 07518 050 208 |
| WARWICK WANDERERS BLUES Downagate | Red & Blue CA4 8RE | William Salt M. 07865 195 351 |
| WARWICK WANDERERS REDS Downagate | Red & Blue CA4 8RE | Adam Carruthers M. 07805 624 814 |
| WARWICK WANDERERS WHITES Downagate | Red & Blue CA4 8RE | Alex Murgatroyd M. 07908 514 050 |



U10 MIXED DIVISION 2023-2024
 Age Representative
 Doreen Stockdale M. 07762 239 158
 Text result to by 6pm

| | | |
|---|-------------------------------|--|
| ABBEYTOWN Wigton Park | Black & White CA7 9QY | Carl Dobson M. 07725 317 505 |
| ABBEYTOWN ATHLETIC Wigton Park | Black & White CA7 9QY | Gareth Smith T. 016973 49019 M. 07919 032 730 |
| AFC CARLISLE Hammonds Park | Sky Blue & Navy CA2 4SD | Lee Mulraine M. 07545 986 972 |
| CARLISLE CENTURIONS Harraby Sports Complex | Royal Blue CA1 3SL | David Milburn M. 07703 741 725 |
| CARLISLE CENTURIONS BLUE Harraby Sports Complex | Royal Blue CA1 3SL | Martin Brown M. 07776 220 609 |
| CARLISLE CITY Gillford Park | Sky Blue CA1 3AF | Rob Gale M. 07377 914 118 |
| CARLISLE CITY SKY Gillford Park | Yellow CA1 3AF | Carl Forsyth M. 07857 747 300 |
| CARLISLE REIVERS Belle Vue School | Volt Green & Black CA2 7PT | Jamie Forster M. 07949 811 328 |
| CARLISLE REIVERS BLACKS Belle Vue School | Volt CA2 7PT | Daniel Setchell M. 07494 018 625 |
| CRUSADERS BLUE Great Corby | Navy Blue CA4 8LR | John- Paul Turner M. 07979 180 262 |

| | | |
|---|--------------------------------|---------------------------------------|
| CRUSADERS RED Great Corby | Red & Navy CA4 8LR | Michael Seggie M. 07402 073 735 |
| DALSTON JBR Dalston Recreation Field | Red & Black CA5 7QD | Lee Morris M. 07745 705 639 |
| GILLFORD PARK GILLIES Harraby Sports Complex | Black & Green CA1 3SL | Simon Carruthers M. 07990 518 020 |
| NORTHBANK Harraby Sports Complex | Red & White CA1 3SL | Simon Elston M. 07714 951 464 |
| NORTHBANK 1970 Harraby Sports Complex | Royal Blue & Yellow CA1 3SL | Stephen McDermott M. 07714 992 599 |
| PIRELLI FC Peter Barker Playing Fields | Blue & Black CA2 6AR | Carl Judge M. 07780 675 995 |
| STANWIX HORNETS The Glebe | Yellow & Black CA3 9DH | Dan Smith M. 07530 675 175 |
| UNISUN ATHLETIC Harraby Sports Complex | Yellow & Black CA1 3SL | Jonathan Knott M. 07484 865 660 |
| UNISUN ATHLETIC YELLOW Harraby Sports Complex | Yellow & Black CA1 3SL | Jonathan Knott M. 07484 865 660 |
| WARWICK WANDERERS BLUE Downagate | Red & Blue CA4 8RE | Nick Stobbs M. 07768 300 666 |
| WARWICK WANDERERS RED Downagate | Red & Blue CA4 8RE | Mark Blaylock M. 07793 087 059 |







Exploiting a child into committing crime is abuse.

Children as young as 10 in Cumbria are being put in danger by criminals who are taking advantage of how vulnerable these young people are.

IT'S NOT OK.

Spot the signs

Criminal exploitation can be hard to spot at first, but the sooner you're able to talk to the young person the more you'll be able to help them.

-  Being involved in a criminal gang.
-  Frequently absent from and doing badly in school.
-  Going missing from home, staying out late and travelling for unexplained reasons.
-  In a relationship or hanging out with someone older than them.



Worried? Get support

If you're worried a child or young person is being groomed for criminal exploitation or to join a gang, contact the NSPCC helpline immediately on **0800 800 5000** or go online at **[nspcc.org.uk](https://www.nspcc.org.uk)**.

If you're worried a child or young person is at risk of immediate harm, always call the police on **999**.



UNDER 11's, 12's & 13's SMALL SIDED MATCHES TECHNICAL GUIDELINES

LEAGUE Results to be sent to the relevant age representative by 6pm on the day of the match.
ALL CUP RESULTS TO SHARRON BY 10PM

| | |
|----------------------|--|
| Playing area width: | Min: 40yds Max: 50yds |
| Playing area length: | Min: 70yds Max: 80yds. |
| Penalty area: | Width: 32 yards Depth: 13 yards |
| Halfway line | Showing a clear centre mark mark within a 7 yard diameter circle |
| Goal Size | 16ft x 7ft. Securely pinned or weighted to prevent toppling |
| Ball | Size FOUR |

All players must be under 11 (but at least 10) or under 12 (but at least 11) or under 13 (but at least 12) as applicable, on 31st August preceding the relevant season.

A Penalty mark must be placed 9 yards from the goal line.

Goalkeepers are not allowed to pick up back passes.

All goal kicks to be off the ground only.

Each Team squad must consist of no more than 14 players.

U11 teams will consist of 9 players, unless one team only has 8 players then format becomes 8v8, 8v7 or 8v6 with 5 Roll-on, Roll off substitutes. **Teams must inform the opposition of lack of player availability at least 72 hours prior to the scheduled kick off time.**

EVERY PLAYER who is involved in the match (including substitutes) must play a minimum of 50% of the match and must receive 50% of the overall season.

U12 & U13s teams will consist of 9 players with 5 Roll-on, Roll off substitutes.

EVERY PLAYER who is involved in the match (including substitutes) must play a minimum of 50% of the match and must receive 50% of the overall season.

Maximum playing time in each age group are:

U11's 50 minutes per match – 2 x 25 minutes,

U12's 60 minutes per match – 2 x 30 minutes

U13's 70 minutes per match – 2 x 35 minutes.

Under 11's, Under 12's and Under 13's maximum playing time is **one game per day**.

Any League Cup Finalist team which fails to attend the League Cup Finals Weekend event will not be permitted to enter the following season's League Cup Competition at under 12's, under 13's or under 14's.

*Who encourages respect for
players and supporters
on your match days?*



| | | |
|--|---------------------------------|---|
| ABBEYTOWN Wigton Park | Black & White CA7 9RA | Steven Wright M. 07795 385 122 |
| AFC CARLISLE Hammonds Park | Sky Blue & Navy CA2 4SD | Sean Ivison M. 07557 878 073 |
| CALTHWAITE Church Field Calthwaite | Yellow & Royal Blue CA11 9QT | Richard Thorburn M. 07841 133 214 |
| CARLISLE CENTURIONS Harraby Sports Complex | Royal Blue CA1 3SL | Neil Blackburn M. 07515 954 309 |
| CARLISLE GALAXY Harraby Sports Complex | Navy Blue CA1 3SL | Craig Wallace M. 07870 560 837 |
| CARLISLE REIVERS Harraby Sports Complex | Volt Green & Black CA1 3SL | Paul Malcolm Gray M. 07399 898 743 |
| CRUSADERS Great Corby | Red CA4 8LT | Steve Howe M. 07881 387 660 |
| DALSTON JBR Dalston Recreation Field | Red & Black CA5 7QD | David Glencross 01228 497033 M.07741 319 626 |
| DALSTON JBR BLACKS Dalston Recreation Field | Red & Black CA5 7QD | Andrew Brooks M.07736 277 245 |
| GILLFORD PARK Harraby Sports Complex | Green & Black CA1 3SL | John Carroll M. 07515 121 755 |
| GILLFORD PARK GILLIES Harraby Sports Complex | Purple & Black CA1 3SL | Andrew Clark M. 07484 168 806 |
| KINGSTOWN UNITED Rickerby Park | Navy & Yellow CA3 9AD | Leo Reynolds M. 07868 744 869 |
| NORTHBANK Harraby Sports Complex | Red & White CA1 3SL | Gordon Setchell M. 07946 073 310 |
| STANWIX FC Rickerby Park | Yellow & Black CA3 9AD | Garry Robertson M. 07834 788 261 |
| UNISUN ATHLETIC Melbourne Park (Greystone Road side) | Yellow & Black CA1 2BS | Brian Hough M. 07718 124 158 |
| WARWICK WANDERERS BLUE Downagate | Red & Blue CA4 8RE | Mohamed Nasif M. 07470 281 901 |
| WARWICK WANDERERS RED Downagate | Red & Blue CA4 8RE | Adrian Randall M. 07867 846 087 |



U12 MIXED DIVISION 2023-2024

Age Representative

Doreen Stockdale M. 07762 239 158

Text result to by 6pm

| | | |
|---|---------------------------------|--|
| ABBEYTOWN Abbeytown Rec | Black & White CA7 4TE | Sheila Paisley M. 07870 392 631 |
| AFC CARLISLE Hammonds Park | Sky Blue & Navy CA2 4SD | Jonny Mason M.07930 433 394 |
| AFC CARLISLE SKY BLUES Harraby Sports Complex | Sky Blue & Navy CA1 3SL | Stu Terry M.07720 758 210 |
| CALTHWAITE Church Field, Calthwaite | Yellow & Royal Blue CA11 9QT | Neil Asbridge M. 07795 630 136 |
| CARLISLE CITY Gillford Park | Sky Blue CA1 3AF | Gary McVittie M. 07399 825 239 |
| CARLISLE CITY SKY Harraby Sports Complex | Sky Blue CA1 3SL | Scott Priest M. 07546 746 673 |
| CARLISLE REIVERS Harraby Sports Complex | Yellow/Black CA1 3SL | Colin Mitchell M. 07734 315 672 |
| CRUSADERS BLUE Wetheral Playing Fields | Navy Blue CA4 8HE | Paul Boertien M. 07711 673 185 |
| CRUSADERS RED Wetheral Playing Fields | Red/Navy CA4 8HE | Graham Watt M. 07779 647 297 |
| DALSTON JBR Thursby Playing Fields | Red & Black CA5 7PE | Richard Gray M.07500 806 400 |
| GILLFORD PARK Harraby Sports Complex | Green/Black CA1 3SL | Paull Morrison M. 07986 769 647 |
| GILLFORD PARK GILLIES Harraby Sports Complex | Purple/Black CA1 3SL | Darren Scaife M. 07493 902 426 |
| NORTHBANK Harraby Sports Complex | Red & White CA1 3SL | Andy Wood M. 07795 510 597 |
| UNISUN ATHLETIC Melbourne Park (botcherby side) | Blue/Black CA1 2TL | Tommy Cullen T. 01228 593543 M. 07814 361 694 |
| STANWIX FC Rickerby Park | Yellow & Black CA3 9AD | Stuart Woodward M. 07872 962 004 |
| STANWIX HORNETS Rickerby Park | Yellow & Black CA3 9AD | Craig Murray M. 07876 556 462 |
| WARWICK WANDERERS BLUE Downagate | Red & Blue CA4 8RE | Lee Wedgewood M. 07722 837 206 |
| WARWICK WANDERERS RED Downagate | Red & Blue CA4 8RE | Steven Graham M. 07933 109 216 |

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|--|---------------------------------|--------------------------------------|
| ABBEYTOWN Wigton Park | Black & White CA7 9RA | Barry Armstrong M. 07949 717 693 |
| AFC CARLISLE Hammonds Park | Sky Blue & Navy CA2 4SD | Stu Crook M. 07708 940 301 |
| CALTHWAITE Church Field Calthwaite | Yellow & Royal Blue CA11 9QT | Nick Barker M. 07828 972 543 |
| CALTHWAITE REBELS Church Field Calthwaite | Yellow & Royal Blue CA11 9QT | Andrew Fell M. 07917 644 564 |
| CARLISLE CENTURIONS Sheepmount | Blue CA3 8XL | Andy McLellan M. 07810 714 648 |
| CARLISLE REIVERS Sheepmount | Volt Green/Black CA3 8XL | Mike Matthews M. 07769 116 537 |
| CRUSADERS BLUE King George V Field, Brampton | Blue CA8 1BL | Matthew Dixon M. 07838 225 108 |
| DALSTON JBR BLACKS Thursby Playing Fields | Red & Black CA5 6PW | Simon Schofield M. 07595 291 635 |
| GILLFORD PARK Sheepmount | Green/Black CA3 8XL | Chris Piercy M. 07901 736 774 |
| GILLFORD PARK GILLIES Sheepmount | Purple/Black CA3 8XL | Richard Haresign M. 07592 640 463 |
| KINGSTOWN UNITED Rickerby Park | Black & Pink CA3 9AD | Leo Reynolds M.07868 744 869 |
| PIRELLI FC Peter Barker Playing Fields | Blue & Black CA2 6AR | Andrew Mawson M. 07725 128 278 |
| STANWIX FC Rickerby Park | Yellow & Black CA3 9AD | Craig Purdham M. 07879 771 611 |
| STANWIX UNITED Rickerby Park | Yellow & Black CA3 9AD | Colin Vickers M.07790 190 377 |
| UNISUN ATHLETIC Melbourne Park (Greystone Road side) | Yellow & Black CA1 2BS | Luke Sjurseth M. 07462 466 989 |
| WARWICK WANDERERS Downagate | Red & Blue CA4 8RE | Geoff Bennett M. 07835 879 263 |

*If we behave positively
during practice and matches,
our children will too.*

*By setting a good example, we'll help
build a supportive environment in which
everyone can enjoy themselves.*

Play Your Part (Code of Conduct)

Spectators and Parents/Carers

**Play your part and support
The FA's Code of Respect:**

I will:

- Have fun; it's what we're all here for!
- Celebrate effort and good play from both sides
- Always respect the Referee and coaches and encourage players to do the same
- Stay behind the touchline and within the Designated Spectators' Area (where provided)
- When players make mistakes, offer them encouragement to try again next time
- Never engage in, or tolerate offensive, insulting or abusive language or behaviour
- I will make myself familiar with safeguarding practices & review guidance on **physical contact (5.6) & Acceptable Behaviours When Working With Young People (5.7)** documents on the safeguarding section of [EnglandFootball.com](https://www.EnglandFootball.com)

**I understand that if I do not follow the Code,
I may be:**

- Issued with a verbal warning or asked to leave
- Required to meet with the club committee, league or CFA Welfare Officer
- Obligated to undertake an FA education course
- Requested not to attend future games, be suspended or have my membership removed
- Required to leave the club along with any dependents and/or issued a fine



***we ONLY
do
Positive.***



U14 MIXED DIVISION 2023-2024
Age Representative
Doreen Stockdale M. 07762 239 158
Text result to by 6pm

| | | |
|-------------------------------|-----------------|---------------------------------|
| ABBEYTOWN | Black & White | Eddie Harrison |
| Barton Laws | CA7 9JR | T. 016973 45911 M.07920 017 114 |
| AFC CARLISLE | Sky Blue & Navy | Jonny Mason |
| Hammonds Park | CA2 4SD | M.07930 433 394 |
| CARLISLE CITY | Sky Blue | Richard McKnight |
| Sheepmount | CA3 8XL | M.07818 406 396 |
| DALSTON JBR | Red & Black | Tom Mawson |
| Thursby Playing Fields | CA5 7PE | M. 07927 678 847 |
| GILLFORD PARK | Green/Black | Aaron Templeton |
| Sheepmount | CA1 3SL | M. 07841 577 511 |
| NORTHBANK | Red & White | Darren Graham |
| Sheepmount | CA1 3SL | M. 07379 707 055 |
| UNISUN ATHLETIC | Yellow & Black | Ryan Swailes |
| Melbourne Park | CA1 3SL | M. 07814 361 694 |
| WARWICK WANDERERS BLUE | Red & Blue | John Nicol |
| Downagate | CA4 8RE | M. 07784 158 922 |

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|---------------------------------|----------------|----------------------------------|
| ABBEYTOWN ATHLETIC | Black & White | Adam Smith |
| Barton Laws | CA7 9RG | M. 07780 505 355 |
| CALTHWAITE | Yellow & Blue | Andrew Watson |
| Church Field | CA11 9QT | 01768 885239 M. 07801 923 468 |
| CARLISLE CENTURIONS BLUE | Royal Blue | Matthew Whyte-Earl |
| Sheepmount | CA3 8XL | M. 07711 500 260 |
| CARLISLE REIVERS BLACKS | Volt/Black | Rob Wood |
| Sheepmount | CA3 8XL | M. 07764 657 042 |
| CRUSADERS | Navy Blue | Sam Lyon |
| Wetheral Sports Field | CA4 8HE | M. 07584 341 974 |
| NORTHBANK | Red & White | Lee Tedford |
| Sheepmount | CA3 8XL | M. 07929 715 325 |
| STANWIX FC | Yellow/Black | Barry Pilkington |
| Rickerby Park | CA3 9AD | M. 07557 381 089 |
| UNISUN ATHLETIC | Black & Yellow | Andrew Forsyth |
| Sheepmount | CA3 8XL | T. 01228 492445 M. 07798 892 230 |
| WARWICK WANDERERS BLUE | Red & Blue | Phil Jones |
| Downagate | CA4 8RE | M. 07872 616 912 |
| WARWICK WANDERERS RED | Red & Blue | Andrew Casson |
| Downagate | CA4 8RE | M. 07810 697 613 |



U16 MIXED DIVISION 2023-2024

Age Representative

Craig Nugent M.07706 976 563

Text result to by 6pm

CARLISLE CENTURIONS BLUE

Sheepmount

Royal Blue

CA3 8XL

Darren Stubbs

M. 07816 500 541

CARLISLE CITY

Sheepmount

Sky Blue

CA3 8XL

Craig Nugent

01228 524208 M. 07706 976 563

CRUSADERS

Wetheral Sports Field

Blue & White

CA4 8HF

John Wilson

M. 07867 886 706

DALSTON JBR

Caldew School

Black & Red

CA5 7NN

Aaron Marcus

M. 07849 043 705

GILLFORD PARK GILLIES

Sheepmount

Purple/Black

CA3 8XL

Daniel Jeffrey

M. 07715 950 312

NORTHBANK

Sheepmount

Red & White

CA3 8XL

Bobby Rae

M. 07783 827 868

UNISUN ATHLETIC

Sheepmount

Black & Yellow

CA3 8XL

Theo Oghani

M. 07951 355 335

**THE JOHN TWENTYMAN
U18 MIXED DIVISION 2023-2024**

Age Representative
Graeme Cross M. 07751 080 463
Text result to by 6pm

ABBEYTOWN

Black & White

Andrew Ruddick

Barton Laws

CA7 9RG

M. 07799 757 822

CARLISLE CITY

Sky Blue

John Duncan

Sheepmount

CA3 8XL

T: 01228 531960 M. 07990 905
732

CARLISLE CITY NAVY

Sky Blue

Richard McKnight

Sheepmount

CA3 8XL

M. 07818 406 396

CARLISLE CITY SKY

Sky Blue

Sean Cooney

Sheepmount

CA3 8XL

M. 07706 170 895

CRUSADERS

Red & Navy

Phillip Pattison

Scotby Playing Fields

CA4 8BZ

M. 07881 785 246

NEWLAITHES FC

Orange

Tony Laird

Sheepmount

CA3 8XL

M. 07765 864 694

GENERAL AND AGE APPROPRIATE MEETINGS

Your guide to General and age appropriate meetings, as well as key dates to note

Following the General League Meeting of all Member Clubs on Thursday 31st August 2023, other General Meetings will be held in the last week of September 2023, Thursday 25th January 2024 and in the last week of March 2024. Age Appropriate Meetings will be held when considered necessary by the Age Reps or the Management Committee.

All Member Clubs must be represented at any General League Meeting. Every Team in membership of the appropriate Age Division must be represented at any individual Age Group Meetings.

The 2024 EGM is scheduled for Thursday 30th May 2024
The 2024 AGM is scheduled for Thursday 4th July 2024

It is the responsibility of anyone attending a Meeting as a Representative of a Member Club to ensure that all relevant information is transmitted to EVERY team manager within their club.

Some Fixture-affecting Dates

Start of the Season: Saturday 9th September 2023

2023 Great Cumbrian Run: Sunday 1st October 2023

2023 Carlisle Fire Show: Saturday 4th & Sunday 5th November 2022

Easter Sunday: Sunday 31st March 2024

Close of Season: Tuesday 30th April 2024

School Term Dates 2023-24

Autumn term 2023: Wednesday 6th September 2023 – Tuesday 19th December 2023

Half Term: Monday 23rd October - Friday 27th October 2023

Spring term 2024: Wednesday 3rd January 2024 – Thursday 28th March 2024

Half Term: Monday 12th February - Friday 16th February 2024

Summer term 2024: Tuesday 16th April 2024 – Wednesday 19th July 2024

Half Term: Monday 27th May - Friday 31st May 2024

(Early bank holiday Monday 6th May 2024)

**For league news, downloads etc please go
to: www.carlisleglassfootball.co.uk**



Play your best. Be your best.

Make sure you and everyone
around you has a good time
on and off the pitch.

Play Your Part (Code of Conduct)

Young Players

Play your part and support
The FA's Code of Respect:

When playing football, I will:

- Always play my best for the benefit of the team
- Play fairly and be friendly
- Play by the rules and respect the Referee
- Shake hands with the other team - win or lose
- Listen carefully to what my coach tells me
- Understand that a coach has to do what's best for the team
- Talk to someone I trust or the club welfare officer if I'm unhappy about anything at my club
- Encourage my team mates
- Respect the facilities home & away

I understand that if I do not follow the Code, I may:

- Be asked to apologise to whoever I've upset
- Receive a formal warning
- Be dropped, substituted or suspended from training



we ONLY
do Positive.

Set the Standards for a great game.

Use your position to set a
positive example for the people
you're responsible for and lead
a better game for everyone.

Play Your Part (Code of Conduct)

Coaches, Team Managers and Club Officials

Play your part and support
The FA's Code of Respect:

On and off the field, I will:

- Always show respect to everyone involved in the game
- Stick to the rules and celebrate the spirit of the game
- Encourage fair play and high standards of behaviour
- Always respect the Referee and encourage players to do the same
- Never enter the field of play without the Referee's permission
- Never engage in, or tolerate offensive, insulting or abusive behaviour
- Be aware of the potential impact of bad language on others
- Be gracious in victory and defeat
- Respect the facilities home and away



Building society with mutual respect

*We ONLY
do Positive.*

When working with players, I will:

- Place the well-being, safety and enjoyment of each player above everything
- Never tolerate any form of bullying
- Ensure all activities are suited for the players' ability and age
- Work with others (e.g. officials, doctors, welfare officers, physiotherapists) for each player's best interests
- I will make myself familiar with safeguarding practices & review guidance on **physical contact (5.6) & Acceptable Behaviours When Working With Young People (5.7)** documents on the safeguarding section of [EnglandFootball.com](https://www.EnglandFootball.com)

I understand that if I do not follow the Code, I may be:

- Required to meet with the club committee, league or CFA Welfare Officer
- Suspended by the club from attending matches
- Suspended or fined by the County FA
- Required to leave, lose my position and/or have my license withdrawn



Make your impact a positive one.

*By managing the game in a positive,
calm and confident way, you'll
encourage everyone to have fun.*

Play Your Part (Code of Conduct)

Match Officials

Play your part and support
The FA's Code of Respect:

I will:

- Respect the game, the competition and all other participants
- Maintain my integrity and approach each game with a positive mind set
- Be knowledgeable of the laws of the game, regulations and competition rules
- Set a positive personal example, by promoting good behaviour
- Embrace and empathise with the spirit of the game
- Submit accurate and concise reports and misconduct
- Complete and submit accurate and concise reports
- Apply the laws of the game, promoting positive actions and not tolerating actions that do not fit the image of the game
- I will make myself familiar with safeguarding practices & review guidance on **physical contact (5.6) & Acceptable Behaviours When Working With Young People (5.7)** documents on the safeguarding section of [EnglandFootball.com](https://www.EnglandFootball.com)

**I understand that if I do not follow the Code,
I may be:**

- Required to meet with The FA, County FA Referee Development Staff or Referees Committee
- Suspended by the County FA



Building society with mutual respect



*We ONLY
do Positive.*