

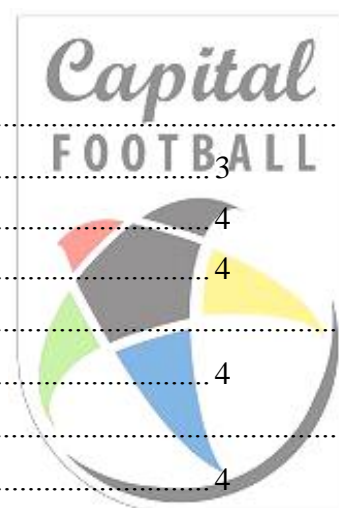


Girls Only Playing Regulations

2015

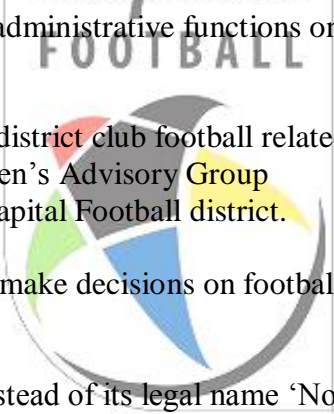
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Regulation 1 - ADMINISTRATION

1. Glossary of Terms

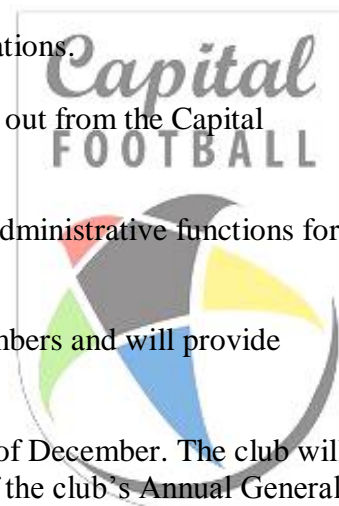


The logo for Capital Football, featuring the text 'Capital FOOTBALL' in a stylized font above a circular emblem. The emblem contains a soccer ball with segments in red, green, blue, and yellow, set against a grey background.

‘Administrator’	The person appointed by the Manager to perform administrative functions on behalf of Capital Football.
‘Advisory group’	The group appointed to advise the Board on local district club football related matters for girls and women. The Girl’s and Women’s Advisory Group consists of at least one representative from each Capital Football district.
‘Board’	The Capital Football Board designated by NZF to make decisions on football related matters in the Capital Football districts.
‘Capital Football’	The name used for Capital Football Federation, instead of its legal name ‘No. 5 District Federation of New Zealand Soccer Incorporated’.
‘Charge grounds’	Football pitches and grounds operated by local bodies and private entities who may charge an additional fee for use of the ground.
‘Club’	An organisation within a local district that administers football for players who belong to that organisation.
‘Junior club’	A club or adjunct of a club which administers junior players.
‘Girls Regulations’	The Capital Football Girls Only Playing Regulations 2013.
‘Local district’	Any club operating under the Girls Regulations. Capital Football districts are: Central/Southern Hutt Valley Horowhenua/Kapiti North Wellington Northern Hutt Valley South/East Wellington West Wellington.
‘Player’	A registered player of any club playing under the Girls Regulations.
‘Technical area’	The area inside the crowd barriers for the sole use of team officials, players and substitutes.
‘The Manager’	The Chief Executive of Capital Football or associate delegated to oversee the administration of football in the local districts.

2. Introduction

- 2.1 The Girl's Regulations supersede all former rules and regulations.
- 2.2 All Capital Football administrative functions will be carried out from the Capital Football office.
- 2.3 The Manager may appoint an administrator to perform the administrative functions for each local district.
- 2.4 Each local district will have meetings as required by its members and will provide minutes of any meeting to Capital Football.
- 2.5 Each club will hold its Annual General Meeting by the end of December. The club will send its Annual Report to the Manager within seven days of the club's Annual General Meeting. The Annual Report will show:
 - the date of election of any members
 - the club's accounts, including its income, expenditure, assets and liabilities.



3. Finance

- 3.1 Capital Football Finance Regulations can be found on the Capital Football [regulations](#) page.

Regulation 2 – SENIOR FOOTBALL

1. Senior regulations

- 1.1 Regulation 2 relates to the Capital Football [Senior Playing Regulations](#).

Regulation 3 - JUNIOR FOOTBALL

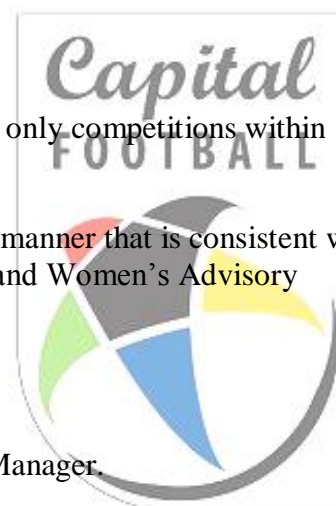
1. Junior regulations

- 1.1 Regulation 3 relates to the Capital Football [Junior Playing Regulations](#).

Regulation 4 – GIRLS ONLY FOOTBALL

1. General provisions

- 1.1 The Girls Regulations apply to all female players in all girls only competitions within the Capital Football district.
- 1.2 The Manager is responsible for managing competitions in a manner that is consistent with the objectives of Capital Football, the Board and the Girl's and Women's Advisory Group.



2. Leagues/matches

- 2.1 The final composition of leagues is at the discretion of the Manager.
 - 2.1.a Each club will confirm their acceptance for each team, in each girls only league, in writing to the Manager.
 - 2.1.b The Manager can accept further entries during the season with the support of the Board and the Girl's and Women's Advisory Group.
 - 2.1.c The Manager can amend the number and composition of girls only leagues with the support of the Board and the Girl's and Women's Advisory Group.
- 2.2 Age grades are calculated on the age the player turns in that year.
 - 2.2.a A player who turns 11 during the year (1 January to 31 December) may play in the 11th grade.
 - 2.2.b In the event of a dispute over a player's age, birth certificates may be required.
- 2.3 The following recommendations should be used for all girls only league matches:

Grade	Pitch size	Playing numbers	Match ball	Match duration
7 th grade	30m x 20m	5 v 5	Size 3	4 x 10 minute matches
8 th grade	30m x 20m	5 v 5	Size 3	4 x 10 minute matches
9 th grade	30m x 20m	5 v 5	Size 4	2 x 20 minute matches
10 th grade	30m x 20m	5 v 5	Size 4	2 x 20 minute matches
11 th grade	47m x 35m	7 v 7	Size 4	2 x 25 minute matches
12 th grade	47m x 35m	7 v 7	Size 4	2 x 25 minute matches
13 th and 14 th grade	65m x 40m	9 v 9	Size 4	1 x 50 minute match (25 minute halves)

- 2.4 9th to 14th grade teams need a minimum of two players less than the playing numbers given in Clause 2.3 otherwise they default the match.
- 2.5 Both teams are responsible for phoning, texting or emailing the result of their match to Capital Football.
 - 2.5.a Results will be published for 13th grade and above.
 - 2.5.b All other results will be recorded by Capital Football for re-grading purposes.

3. Match points

- 3.1 For all girls only league matches, three points are awarded for a win, one point for a draw and zero points for a loss.
- 3.2 A team's accumulated points will govern all promotions and relegations for that season.
- 3.3 In the case of a tie, the deciding factor for promotions and relegations will be (in hierarchical order):
 - the highest goal difference between the tied teams
 - the higher number of goals scored between the tied teams
 - the goal difference from the matches played between the tied teams
 - the team with the superior disciplinary record
 - a ballot drawn by the Manager.
- 3.4 A team with an unbeatable lead will win the league if the league cannot be completed.
 - 3.4.a If the league leader can be caught, the winner shall be the team that led at the end of the last completed round.



4. Team colours

- 4.1 The team listed first in the draw is the home team.
- 4.2 The team listed second in the draw is the away team.
 - 4.2.a The away team must wear an alternative coloured shirt or bib (where necessary).

5. Substitutes

- 5.1 Unlimited rolling substitutes may be used in all girls only leagues.
 - 5.1.a Referees permission needs to be sought for substitutions.

6. Referees

- 6.1 The home team will supply a referee for each match.
 - 6.1.a Priority will be given to referees who hold a Club Based Referee or level 1 referee certificate.
 - 6.1.b The referee should not be a team's main coach.
 - 6.1.c If a home team's referee is not available, the away team's referee may officiate the match.
- 6.2 The referee must ensure that all players are wearing shin guards before kickoff.
- 6.3 The referee must ensure that no player is wearing or carrying items that may be of danger to themselves or their opponents before kickoff.

- 6.4 Only the referee and the players are allowed on the field during the match.
- 6.4.a Refereeing from the sideline is encouraged in grades 7 to 10 due to the smaller pitch.
- 6.5 The referee must ensure no spectators or coaches are within 5 metres of the goal while the match is in progress (11th grade and above).
- 6.6 All coaching must take place from the sideline only.
- 6.7 The referee will toss a coin at the start of the match.
- 6.7.a The team that wins the toss decides which way they want to play.
- 6.7.b The opposing team takes the kickoff to start the match.



7. Goal Advantage – 7th to 12th grade only

- 7.1 If a team goes ahead by eight goals:
- the match ends
 - the score is recorded for grading purposes
 - the two teams are mixed to form two teams of similar ability
 - the remainder of the match is played but the score is not recorded.
- 7.2 Normal rules apply for other girls only leagues.

8. Free kicks – 7th to 12th grade only

- 8.1 All free kicks are indirect.
- 8.2 Opponents must be at least 7 metres from the ball.
- 8.3 There are no penalty kicks.
- 8.4 Normal rules apply for other girls only leagues.

9. Goal Kicks – 7th to 12th grade only

- 9.1 Goal kicks:
- a goal kick is taken when the ball goes out of play over the goal line and was last touched by the attacking team
 - the opposing team must retire to halfway
 - players of the team taking a goal kick can stay inside the penalty area
 - goal kicks are to be taken from 5 metres out from the goal line if the pitch has no markings.
- 9.2 Normal rules apply for other girls only leagues.

10. Goalkeeper distribution – 9th - 12th grade

- 10.1 Goalkeepers can distribute the ball as a throw, roll or kick from the ground.
- 10.2 Goalkeepers may not kick out of their hands.
- 10.3 The opposing team must make an effort to retire towards halfway.
- 10.4 Normal goalkeeping rules apply from 13th grade.



11. Corner Kicks

- 11.1 7th to 8^h grade:
 - no corner kicks
 - if, in the opinion of the referee, a defender deliberately kicks the ball out, the opposition will restart the match from half way.
- 11.2 9th to 14th grade:
 - corner kicks to be taken from the smaller size pitch's corner arc
 - opponents must be 7 metres back from the kick.

12. Offside

- 12.1 7th to 12th grade only:
 - no free kicks for non-deliberate offside will be awarded
 - deliberate offside play is to be actively discouraged
 - if a player deliberately stands offside, the referee will inform the player and coach that this is not within the spirit of the match
 - an indirect free kick will be awarded to the opposing team.
- 12.2 Normal offside rules apply for all other girls only leagues.

13. Throw ins

- 13.1 7th to 10th grade:
 - no throw ins
 - a kick in from where the ball went out will replace the throw in
 - a goal cannot be scored directly from a kick in.
- 13.2 11th to 14th grade
 - both feet must be on the ground when throw in is taken
 - foul throws are to be retaken
 - the referee can instruct the player on the correct way to throw in.

14. Cancellations

- 14.1 The referee may cancel a match for:
- adverse weather
 - the comfort and safety of players.
- 14.2 Cancellations, ground transfers and defaults are broadcast on:
- Capital Football's website from Friday night (www.capitalfootball.org.nz)
 - Newstalk ZB after the 7:00 am news and half hourly thereafter until 9 am.



15. Junior Data

- 15.1 Players taking part in any Capital Football girls only competition must be registered for the club for which they appear at the time of their appearance.
- 15.2 All registrations will be held in the GoalNet database. It is the club's responsibility to ensure that the information held in GoalNet is correct.
- 15.2.a Every new player will provide the necessary details advised by Capital Football for registration.
- 15.2.b No player will be deemed to be registered until a national number is allocated under GoalNet.
- 15.2.c In the event of any player being registered twice, the second registration will be deemed to be null and void.
- 15.2.d Registrations must be retained by the club for as long as the player is a member of that club.
- 15.3 Capital Football will investigate any registration disputes.
- 15.3.a Any club involved in a registration dispute is bound by any decisions made by Capital Football.