



WOMENS FLEXIBLE ULTRA FOOTBALL LEAGUE

(Hereinafter called "the League")

RULES OF CUP COMPETITIONS

SEASON 2026-27

1 Up to one Cup competition shall be played annually as determined by the Management Committee, this will be known as the Flexi League Cup, with an entrance fee of £20 per team.

In the event of a serious breach of rule, including the playing of an unregistered, suspended or otherwise ineligible player or players, the Management Committee shall have power to remove the defaulting Club from the Competition in which the offence occurred and fine the Club in accordance with Main Rule 18M1. Unless otherwise provided for, the Rules of the League shall apply to this Competition.

2 No individual shall be eligible to play in the Flexi League Cup unless qualified in accordance with Main Rule 18. No player shall be permitted to play for more than one Club in the Competition during the same season, unless they have played three or fewer matches for another Club, inclusive of League and Cup matches.

No player shall be eligible to play in the Final unless they have played for their current team in at least one earlier round of the relevant Cup Competition during the current season, unless approval has been granted by the Management Committee.

3 The clubs which are first drawn in each instance shall have choice of ground until the final, which shall be played on such grounds as the Management Committee may determine. The League shall bear the pitch expenses for the final and be responsible for the provision of match balls, and in the event of a clash of colours in such ties, the second-drawn club shall substitute contrasting colours.

4a Clubs shall in any tie name (prior to kick off) an unlimited number of substitutes in accordance with Main Rule 20F, including the use of repeat substitutions. Each Club in the final tie must submit to the League Secretary at least 7 days prior to the match a list of the players (first names and surnames) from whom the team will be chosen, so that eligibility of the players in accordance with Cup Rule 1 and Cup Rule 2 can be determined.

4b Prior to the final, the finalists will be notified of the date, venue and time of kick off and given such other instructions considered necessary by the Management Committee. Clubs will be

required to provide the first names and surnames of the players and substitutes together with their shirt numbers which shall be unique numbers of no more than two digits. Players must wear the notified numbers. A Club's failure to comply with any part of this Rule may result in a fine.

5 Should a match, through no fault of either club, be abandoned before 90 minutes' play, the replay shall be on the ground of the visiting team in the abandoned match. Should any match be drawn at full time, a result shall be obtained by the taking of 5 kicks from the penalty mark in accordance with the procedure adopted by the International FA Board Decision as contained in the Laws of the Game.

6 The Referees' fee shall be as stated in the Fees Tariff, (see Main Rule 23E), except in the final ties when they and Assistant Referees (including fourth official) shall each be presented with a memento and costs of all officials will be met by the league. Fees and expenses of match officials in all other cup matches shall be shared between the two clubs.

7 The League shall present 16 individual mementos to the winning and losing finalists in each competition. A match return is required from each finalist.

8 The profits from cup competitions, after payment of all costs for the finals, including match officials, venue hire and any other associated expenses, shall be for the benefit of the League's funds.