



SCOTTISH WOMEN'S
FOOTBALL

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YOUTH COMPETITION RULES

SEASON

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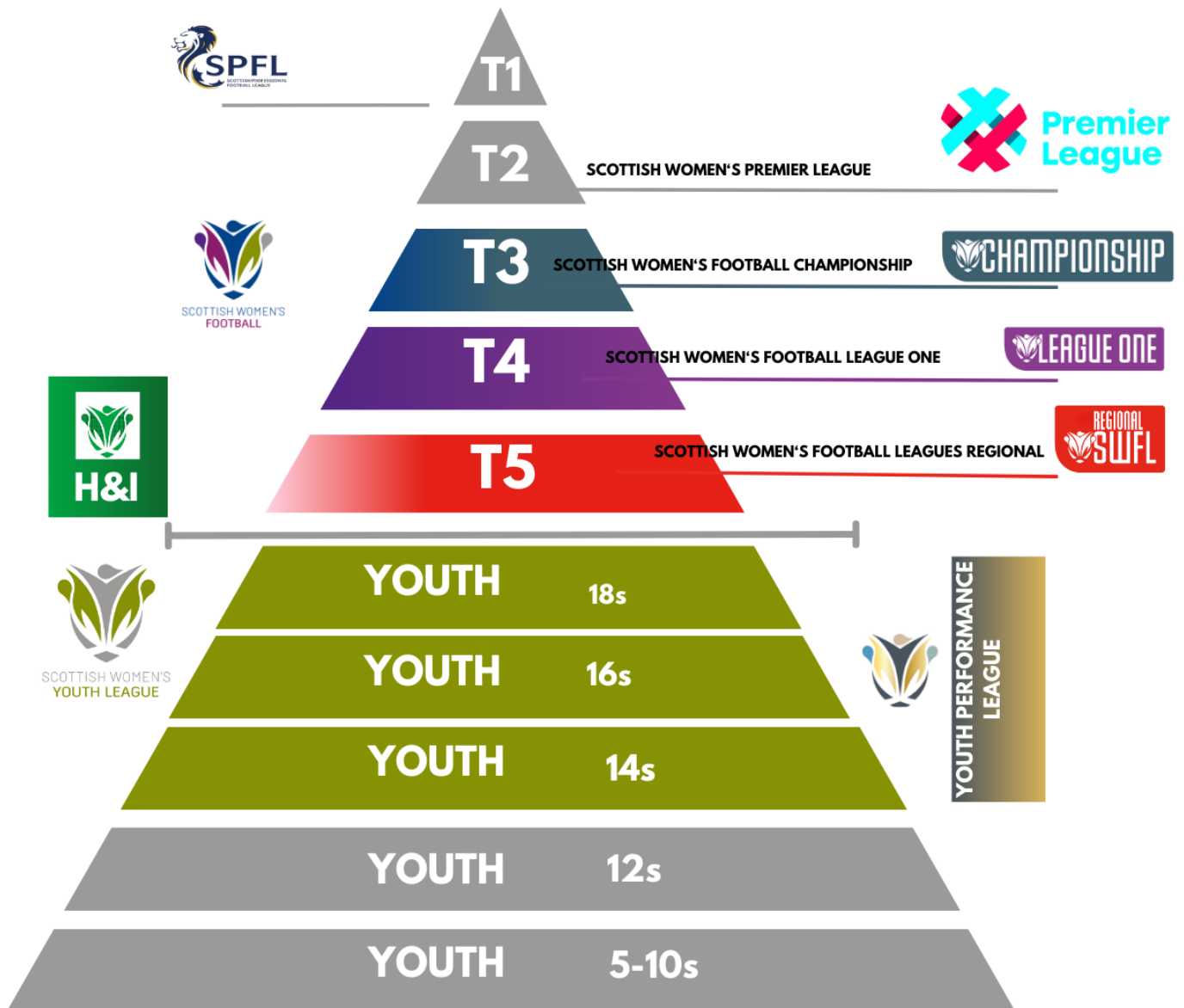




SCOTTISH WOMEN'S
FOOTBALL

WOMEN'S FOOTBALL IN SCOTLAND

AND WHERE THE SCOTTISH WOMEN'S YOUTH LEAGUES SIT IN THE PYRAMID



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1. INTRODUCTION

- (a) Unless the context otherwise requires, words or expressions contained in the League and League Cup/Plate Competition Rules shall bear the same meaning as in the Articles of Scottish Women's Football.
- (b) Unless the context otherwise requires, words importing the singular only shall include the plural and vice versa.
- (c) The headings are inserted for convenience only and shall not affect the construction of the Rules.
- (d) All references to a ground shall mean a registered ground, unless otherwise specified, within the context of these Rules.
- (e) Disciplinary matters relating to field offences and club officials misconduct shall be dealt with in accordance with the relevant Disciplinary Procedures of Scottish Women's Football.

2. GOVERNANCE RULES

2.1 Competition Name and Structure

- A) The Competitions will be known as:
 - *Youth Regional League*
 - *Youth Performance League*(or such other name as the Competitions may adopt via sponsorship)
- B) SWF organise and administer the Competitions in accordance with the Rules and the Laws of the Game, and as directed by the LMC in conjunction with the Perform and Win Committee and Policy Working Group.
- C) All Clubs shall adhere to the Rules. Every Club shall be deemed, as a member of the Competition, to have accepted the Rules and to have agreed to abide by the decisions of the Perform and Win Committee, the LMC and the League Administrator in relation to them.

2.2 Confirmation of Eligible Clubs

- A) The clubs competing in the League(s) and the League Cup/Plate Competition(s) must be in membership of Scottish Women's Football and the appropriate SWF Youth Regional League.

- B) The clubs eligible to participate in the Competitions shall be subject to both the Articles of Scottish Women's Football, the Scottish FA, the Rules and all other SWF Policies as amended from time to time.
- C) All clubs in the Leagues shall have a registered ground, the specific details of which will be provided to the League Administrator and during completion of the club's online affiliation process prior to the commencement of the season.

3. PLAYING SEASON, CONDITIONS OF PLAY, ARRANGEMENTS AND FIELD OF PLAY

3.1. Playing Season

- A) The Competitions shall run as decided by League Administrator in Conjunction with the Regional League Management Committee(s) following recommendation by the Strong Quality Growth Committee and Girls'/Women's Policy Working Group.
- B) The fixture schedule of the Youth Regional Leagues shall be determined by the respective LMC's in conjunction with the League Administrator. The League Administrator shall issue the fixtures to the Clubs via the Comet.
- C) The League Competition shall consist of each team playing one match at home and one match away from home with each of the other teams in the League, unless otherwise directed by the Regional Management Committee in consultation with the Strong Quality Growth Committee and Girls'/Women's Policy Working Group.
- D) The fixtures shall be arranged in the manner directed by the Regional Management Committee and shall be played on the dates arranged.
- E) Three points shall be awarded to a team for a win, one point for a draw and no points for a loss (with the exception of the 8's - 10's and 12's Leagues, which are trophy-free leagues).
- F) The League Administrator shall issue fixtures not later than 2nd February prior to the commencement of each season. Receipt of fixtures shall be acknowledged in writing by each club. The League Administrator shall issue the League fixtures following the completion of grading fixtures. Receipt of fixtures shall be acknowledged in writing by each club
- G) The Regional Management Committee shall determine the playing day of each league prior to the season commencing. Any team unable to play on the prescribed playing day shall apply for playing day dispensation to the Regional Management Committee. Should dispensation be granted, teams shall be notified of approved dispensations prior to the season commencing.

3.2 Conditions of Play

- A) In accordance with the Laws of the Game, the minimum number of Players which will constitute a Team for a Competition Match is 7.
- B) It is the responsibility of each club to ensure that a club official in possession of a

current Sports First Aid Certificate or equivalent qualification recognised by the Scottish FA is available at all matches played at its registered ground.

- C) For 18s a match will consist of two halves each of 45 minutes in duration
For 16s a match will consist of two halves each of 40 minutes in duration
For 14s a match will consist of two halves each of 35 minutes in duration

- D) For 8's - 10's and 12s, please see SFA [Player Journey | Football Development | Scottish FA](#). Matches should be organised on a festival basis or as weekly fixtures and shall be trophy free. Festival format may require some flexibility in timing dependent on the venue and booking times.

- E) A match which has started and which for any reason is abandoned, may not be continued as a "friendly" match.

- F) The half time interval shall be of 10 minutes duration, or as otherwise determined by the referee.

- G) For 16's - 18's a size 5 ball* will be used
- H) For 14's a size 4 ball* will be used
- I) For 5's - 12's please see SFA [Player Journey | Football Development | Scottish FA](#)
*Specified type and brand as per SWF partnership agreement.

3.3 Arrangements

- A) The home club must confirm the venue (with directions), kick-off time, and team colours in writing to the away club, League Administrator, match officials, and/or Referee Co-ordinator by 6pm, five days before the fixture (or by 6pm Tuesday for Sunday matches). The away club must acknowledge receipt.
- B) Kick-off times for Saturday and Sunday matches must be between 9am and 5pm, or 12pm and 4pm if the distance exceeds 100 miles, unless agreed otherwise. Weekday matches must kick off no later than 8pm unless mutually agreed otherwise.
- C) Failure by the home club to meet the notification deadline may result in a fine or other disciplinary action as determined by the League Administrator. The away club's failure to acknowledge receipt may lead to follow-up communication requirements or potential sanctions if issues arise.

3.4 Appointment of Match Officials

- (a) Match Official(s) shall be appointed by the Referee Co-ordinators acting on behalf



of the Scottish FA Referees' Associations.

A club may not refuse the services of any match official appointed by, or on behalf of, the Scottish FA.

- A) The appointed referee shall have power to decide the fitness of the Ground in all Competition Matches and that decision shall be final subject to the determination of the Local Authority or the owners of a ground, which must be accepted.
- B) The Home Club is responsible for the payment of the Match Officials' fees for League Matches and for all League Cup ties up to, and including, the Semi Final Round. The Home Club shall pay the Officials their fees immediately after the Match, except for the League Cup Finals which will be paid by SWF. Payment may be by cash or electronic transfer. Cash payments paid on the day, and electronic payments must be completed within 48 hours.
- C) Should a match official not be notified of the postponement of a match before travelling, he/she shall be entitled to payment of one half of the match fee from the home club.
- D) In the event that the appointed referee fails to appear or no appointment can be made, it is the responsibility of the two participating clubs to reach a signed agreement with regards to appointing a match supervisor
- E) A match fee is deemed to be inclusive of expenses.

Table: Match Officials Match Fees

Match Official Fee League	Total (£)	Match Official Fee Cup	Total (£)
12s (7v7)	30	14s – 18s (11v11)	50
12s (9v9)	40	14s-18s (11v11) Assistant Referee	25
14s (9v9)	40		
14s – 18s (11v11)	50		
14s-18s (11v11) Assistant Referee	25		
14s-18s (9v9) Assistant Referee	20		

3.5 Field of Play

- A) For 14's, 16's and 18's age groups the length of the field of play shall be compliant with the dimensions provided in the IFAB Laws of the Game.



- B) Please refer to the SFA Grassroots app for 8s-10s and 12s (7v7 / 9v9) and 14s 9v9 dimensions of the field of play.
- C) Where possible, spectators should be separated from the field of play by a wall, a rope, a railing or a fence (the distance from the touchline should be a minimum of 1m).
- D) Spectators shall be positioned on the opposite side of the field of play from the technical areas.
- E) Technical areas, on the same side of the field of play, marked by lines/markers etc., shall be provided at each ground (the distance from the touchline should be 1m).
- F) Matches in the League(s) and the League Cup/Plate Competition(s) shall be played on a natural grass surface or on an artificial turf surface. Artificial turf surfaces must comply with quality standards set for football by FIFA.
- G) Home clubs with artificial turf surfaces may be required to provide a letter from the ground owner/local authority confirming the standard of the surface, as part of the Club affiliation process
- H) The home club is responsible for ensuring that the ground is of a standard that will not compromise the safety of players or spectators.
- I) Appropriate size goals with goal nets shall be used at all matches. Corner flags are recommended at all matches as per IFAB rules.

4. QUALIFICATION OF PLAYERS

4.1 Player eligibility

- A) A Player is one who, being in all other aspects eligible, has:
 - i. signed a fully and correctly completed Competition registration form in ink¹, countersigned in ink by a Club Secretary or Registrations Secretary which is submitted to the League Administrator to be received no later than 4pm on the Friday before a Sunday Competition Match, or no later than 4pm on the day of a midweek Competition Match, and whose registration has been confirmed by SWF prior to that Player playing in a Competition Match.
 - ii. Players may complete an interactive electronic version of the form fully and correctly including the electronic signature field. The form must be electronically countersigned by the Club Secretary or Registration Secretary. The form must be emailed directly to the League Administrator. Electronically signed completed forms will be accepted as the Official document.
 - iii. If a Player is under 16 years of age, the registration form must be signed (in pen or electronically) by both the Player and the Player's guardian.

Any registration that is not fully and correctly completed will be returned to the Club unprocessed and the Player classed as unregistered. If a Club attempts to register a Player via the Player Registration System but does not

fully and correctly complete the necessary information via the Player Registration System, the registration will not be processed.

Failure to comply with this Rule will result in a fine in accordance with the Sanction Tariff.

- B) To be eligible to participate in the League and League Cup/Plate Competitions, players must comply with the following Age Eligibility;

Age eligibility for Season 2025:

- 18's must be born on or after 1st January 2007
- 16's must be born on or after 1st January 2009
- 14's must be born on or after 1st January 2011
- 12's must be born on or after 1st January 2013
- 8's – 10's's must be born on or after 1st January 2015
- 5's – 7's must be born on or after 1st January 2018

Minimum age eligibility in respective age groups:

- 18's must be born on or before 31st December 2009
- 16's must be born on or before 31st December 2011
- 14's must be born on or before 31st December 2013
- 12's must be born on or before 31st December 2015
- 8's -10's must be born on or before 31st December 2017
- 5's – 7's must be born on or before 31st December 2020

- C) To play up age-groups out-with the eligibility criteria outlined above, dispensation approval is required.
- D) Players can play in their club (as per above) in all League and League Cup/Plate matches. For avoidance of doubt, 2011's can play for 14s and 16s. 2009s can play 16s and 18s.
- E) When a Club wishes to register a Player who is already registered with another Club it may approach the Player in question in the manner described by the SWF Player Approach Policy.

If a Club is found to be in breach of this Policy, they will be liable to Sanctions as per SWF's Illegal Player Approach Policy.

- F) It is the responsibility of each Club to ensure that its Players are eligible to play in Competition Matches. Failure to comply with this Rule will result in a fine in accordance with the Sanction Tariff, where the team won the Match, the result shall be reversed to a 3-0 win to the opponent.
- G) For the 2025 season, clubs can nominate three players that are 15 years of age that can play within their 18s squad without being tied to their 16s teams. These players

will not be cup tied. A player list naming these three players must be submitted to your league administrator before the start of the season. See annex 1.

- H) international clearance must be sought for all players that are coming to Scotland to play in an organised competition.
- I) No more than three unregistered players ("Trialists") may be allowed to play or be listed as a substitute for a club in any League match.
- J) Each Trialist may be allowed to play in, or be listed as a substitute for, a maximum of three games for any one club, provided she is otherwise eligible to do so. Clubs playing a player in these circumstances must follow this process: [Scottish Football Association Self Service Portal - Add a Trialist](#)
- K) A Trialist may not be used in any League Matches after the 15th of October in the current season.
- L) The Players Registration window shall close on 15th October in each regional season, for competitive leagues only.
- M) The Players Registration window shall open for your clubs once affiliation is complete and your club has been approved.
- N) A player shall not be eligible to play for a club in a League Cup/Plate tie unless registered for the club. Trialists are not permitted.

4.2 Team List Submission:

- A) A club which operates more than one team in the same age group will not be permitted to move its players between these teams, except for the following cases:

Teams from 12's and below-Players moving from the Regional team (Club Pathway) to the Community team (Community Pathway).

Players moving from the Community team to a Regional team must be assigned to the team's "List of Players," as outlined below.

- B) "List of Players" is required for all clubs operating more than one team at the same age group across or within the Regional and Community pathways. For clarity, if a club operates multiple teams (e.g., two Regional 14's teams and one Community 14's team), it must submit a "List of Players" for each team, duly signed, to the League Administrator by the date specified by the Regional Management Committee.



- C) Each team must add its players to their "Player Catalogue" before the season begins. Once the catalogue is created, a team's "List of Players" will be based on this catalogue.
- D) To be eligible to play in a Regional League or League Cup/Plate match, a player must be listed on the team's catalogue or be a registered youth player from a younger age group. Registered youth players from a younger age group may only play for one team in the older age group and may not move between more than one team within the same older age group, unless amendments are made to the "List of Players".
- E) Players registered with a club that has more than one team at the same age group may move between teams within the same age group once in the period from February to June, and once in the period from August to December, as long as the player's movement is reflected in the catalogue amendments.
- F) Clubs with more than one team participating in different youth leagues, will be permitted to move their players with the following restrictions:

A player registered to the NextGen/ Youth Performance League is not permitted to play in any youth regional team's matches. However, a youth regional team player can be listed as one of the starting 11, or a substitute that participates in the game across the Academy Programme for a maximum of **five** games as a trialist.

For the avoidance of doubt, a regional player who is listed to play within the NextGen Programme/ Youth Performance League, will be permitted to play the following match for their youth regional team.

Next Gen Programme players are not permitted to take part in the Youth Challenge Cup (which is reserved for regional teams/players).

Players registered to a Performance playing season (Academy Pathway) are not permitted to play in the Youth Regional League or League Cup/Plate Competitions. In extenuating circumstances, teams may apply for dispensation to the Regional Management Committee.

- G) A club's youth players can also, in accordance with the Rules of the Scottish Women's Premier League, Scottish Women's Championship, Scottish Women's Football League play in their club's senior team(s) providing they have attained 15 years of age and that these teams are formally registered within their club.
- H) It is the responsibility of each club to ensure that its players are eligible to play in League and League Cup/Plate Competition matches.
- I) Any team fielding an ineligible player in a League fixture or a League Cup/Plate tie may have points deducted from its points total in the League, or the result being awarded 3-0 in favour of the opposing team, and/or be liable to other such penalties as the Regional Management Committee may decide.
- J) If a player participates in a League fixture or a League Cup/Plate tie whilst being ineligible to play in the match as a result of a suspension imposed by League Administrator, in accordance with SWF's Disciplinary Procedures, the team for which



the player has participated may have points deducted from its points total in the League, or the result being awarded 3-0 in favour of the opposing team, and/or be liable to other such penalties as the Regional Management Committee may decide.

- K) Pending suspensions can only be served by registered players.
- L) Club Secretaries can apply for player dispensation; dispensation guideline can be found [here](#).
- M) Competition Matches:
 - a. The Player lists will apply to League and League Cup competitions under the authority of SWF.
- N) Cup tied rules apply ([see rule 9.2](#)).
- O) Any Team fielding an ineligible Player in a Match or Matches may have any points gained from that Match or Matches deducted from its record in the League, up to a maximum of 12 points, and/or the result being awarded 3-0 in favour of the opposing Team, and/or be liable to other such penalties as the LMC may decide. The LMC reserves the right to apply additional sanctions that may result in a fine in accordance with the [Sanction Tariff](#).
- P)

If a Player participates in a League fixture or a League Cup tie whilst being ineligible to play in the Match as a result of a suspension imposed by the SFA, SWPL or SWF, the Team for which the Player has participated may have the following sanctions applied:

- iv. If the Match is won or drawn, the result will be awarded 3-0 in favour of the opposing Team.
 - v. If the Match is lost, the Team may be deducted points from its points total in the League (or Cup Group if applicable)
 - vi. And/or be liable to other such penalties as the LMC may decide.
- Q) Suspensions imposed by the Referee, or any other relevant Committees can only be served by registered Players. Suspensions must be served for a Player's Recognised Team.
- R) A Player who has an outstanding Suspension is not eligible to participate in any competitive football Match until this suspension is served. For the avoidance of doubt this does not include friendlies or international Matches.
- S) No more than three unregistered players ("Trialists") may be allowed to play or be listed as a substitute for a club in any League match.
- T) Each Trialist may be allowed to play in, or be listed as a substitute for, a maximum of three games for any one club, provided she is otherwise eligible to do so. Clubs playing a player in these circumstances must follow this process: [Scottish Football Association Self Service Portal - Add a Trialist](#)
- U) A Trialist may not be used in any League Matches after the 15th of October in the current season.



- V) The Players Registration window shall close on 15th October in each regional season, for competitive leagues only.
- W) The Players Registration window shall open for your clubs once affiliation is complete and your club has been approved.
- X) A player shall not be eligible to play for a club in a League Cup/Plate tie unless registered for the club. Trialists are not permitted.

6. TEAMLINES, CLUB COLOURS, POSTPONEMENTS AND SUBSTITUTIONS

6.1 Teamlines

Not later than 30 minutes before the start of a League Match, each Club shall submit the Team Line on COMET. Handwritten Team lines are not permissible. Should any nominated Player or substitute sustain an injury or due to extenuating circumstances be unable to participate after the submission of the list of Players to the referee and prior to kick-off, the following provisions shall apply:

- i. If any of the first 11 Players listed on the Team Line is not able to start the Match for any reason, they may be replaced by any of the 7 substitutes.
- ii. If any of the 7 substitutes listed on the Team Line is not able to be fielded for any reason, they may not be replaced, which means that the quota of substitute Players will be reduced accordingly.
- iii. If a goalkeeper listed on the Team Line cannot be fielded for any reason, she may be replaced by another goalkeeper not previously listed on the Team Line.
- iv. The referee shall complete the match report on Comet on completion of the match. On which they shall intimate the result, the goal scorers, time of goal scorers, time of goals and which substitute or substitutes played in the Match. The referee shall also submit a misconduct report.

Failure to comply will result in a sanction in accordance with the Sanction Tariff.

Any club, on discovering an ineligible player has been listed on a team line should bring this to the immediate attention of the League Administrator, who shall advise. The League Management Committee and take any required action.

6.2 Club Colours

- A) As part of the annual affiliation process, a club shall register the colour of shirts, shorts and socks comprising its first and second choice playing kits. Subject to the terms of the paragraphs below, a club shall play in its registered colours, failing which it shall be liable to disciplinary action. Exceptionally, a club may, with the approval of the Regional Management Committee, play in colours which are modified from those which have been registered.



- B) When the first choice colours of two competing clubs are the same, or similar, the away club shall change and play in distinctive colours.
- C) A club may play in its second colours provided that this does not prevent its opponent from observing the terms of paragraph (b) or from playing in its first choice registered colours if it chooses to do so.
- D) If there is any dispute as to whether the colours of the teams are the same, or similar, the referee shall decide the issue.
- E) Goalkeepers shall wear colours which distinguish them from the other players and from the match official(s).

F) Every player and substitute of each team shall wear a distinguishing number on her shirt or shorts. Such number shall be clearly distinct from the colours of the shirt and shorts in order that it is clearly visible. Numbers on shirts shall be a minimum of 25 cm and maximum of 35 cm in height, and those on shorts a minimum of 10 cm and a maximum of 15 cm. Numbers on a player's shirt or shorts worn during a match shall match the number against the players name on the teamline provided to the match official and opposition.

6.3 Postponements

- A) If a club wishes to apply for a postponement of a fixture date, such notification must be made to the League Administrator not later than seven days prior to the date of the originally scheduled fixture. Such application must be made on a form supplied by the Regional Management Committee containing the reason for the application, the opposing club's approval and an agreed proposed new fixture date
- B) If the opposing club does not agree to the postponement, or if an agreement on a new fixture date cannot be reached within five days of the application, the League Administrator will review the request and make a decision based on the merits of the case. The League Administrator may also propose a new fixture date if an agreement cannot be reached between both clubs.
- C) If, for unforeseen reasons, the home club is forced to change ground, the club must notify the League Administrator, the visiting club and the appointed match official(s) immediately. Where a club's ground (or standby ground) is unplayable or unavailable on the day set for the playing of the match, both clubs can agree to reverse the venue. No alterations of fixtures, dates, kick-off times, grounds can be made without the prior confirmation of the League Administrator.
- D) Notice of the postponement of any match due to an unplayable ground, or other causes over which neither club has control, must be given immediately by the home club to the visiting club, the appointed match official(s) and the League Administrator. Any club failing to comply with instructions in this regard shall be referred to the Regional Management Committee.



- E) The home club should, where possible, be able to provide the League Administrator/Regional Management Committee with a written confirmation of a decision to postpone a match due to an unplayable ground, signed by the ground owner or the match official.
- F) It is the responsibility of both competing clubs to agree upon a re-scheduled fixture date and advise the League Administrator, in writing, within seven days from the original fixture date. Failing such agreement and notification to the League Administrator, the Regional Management Committee shall have power to determine the re-scheduled fixture date.
- G) The postponement or abandonment of League fixtures requires to be immediately reported in writing to the League Administrator by the club(s) concerned.
- H) In the event of a late arrival of a team, the match official may delay the kick-off of the match up to a maximum of 30 minutes. The match official shall report the circumstances of a late kick-off or postponement of the match, as applicable, to the League Administrator.

The league will consider specific factors as to why the game was abandoned such as but not limited to; duration of match played, reason for abandonment, time of season and calendar constraints.

(a) Any match not completed, except as provided for in Rule "Infringements of Rules", may be ordered to stand as a played match, or may be replayed in its entirety as the Regional Management Committee may determine.

(b) In extenuating circumstances, the Regional Management Committee shall have the power to re-schedule matches, other than those prescribed in this Rule, to facilitate the smooth running of the Competition.

(c) Any club without just cause failing to fulfill its fixture obligations in respect of any such match in the League on the appointed date or dates shall be liable to such sanctions as the Regional Management Committee and/or League Administrator may determine, but not limited to the deduction of points, fine or expulsion.

7. DETERMINING LEAGUE CHAMPIONSHIP

(a) At the end of the season's League Competition, the team in each League securing the highest number of points shall be declared the Champion team of the League.

(b) For the purpose of clarification, if two or more teams are equal on points upon completion of the League, the following criteria are applied to determine the League Champions:

There would be a play-off match, or matches, between the teams in question, at which two periods of extra time, and kicks from the penalty mark if required, would be applicable, to determine the winner. The playoff will be played on the ground of the club



first drawn in the ballot who shall pay for facility hire. The away club shall pay for the match official fee.

For all circumstances not covered in the paragraphs above, the Regional Management Committee will have full powers to deal with the situation as it deems appropriate in consultation with the Strong Quality Growth Committee and Girls'/Women's Policy Working Group.

(c) If any team(s) in the Leagues is expelled, resigns, or retires for any reason before the commencement of the playing season, the Regional Management Committee will have full powers to deal with the situation as it deems appropriate in consultation with the Strong Quality Growth Committee and Girls'/Women's Policy Working Group.

8. LEAGUE CUP RULES

(a) All clubs in the League shall enter the League Cup competition. Clubs who do not wish to enter the League Cup should inform the Cup Administrator by the date prescribed by the Cup Administrator.

(b) The League Cup draw will be an all-in draw or such other format as directed by the Regional Management Committee in consultation with the Strong Quality Growth Committee and Girls'/Women's Policy Working Group, and ties shall be arranged in the manner approved by the Regional Management Committee and shall be played on the dates arranged.

(c) The League Plate will be an all-in draw between teams eliminated in the League Cup from a round(s) determined by the Regional Management Committee or such other format as directed by the Regional Management Committee in consultation with the Strong Quality Growth Committee and Girls'/Women's Policy Working Group, and ties shall be arranged in the manner approved by the Regional Management Committee and shall be played on the dates arranged.

(d) The home club shall, by 6 pm not later than five days before a fixture date, confirm the venue (including travel directions), kick-off time and the colour(s) they intend to play in in writing to the opposing club, the Cup Administrator and the appointed match official(s) and/or the Regional Referee Co-ordinator. It is the responsibility of the home team to advise the match official(s), once appointed, of the match arrangements as outlined above. The away club shall seek and acknowledge receipt of such notification.

For Sunday matches, match details are to be supplied by 6 pm, not later than the Tuesday before.

(e) Any dispute between two or more clubs as to the arrangement of League Cup/Plate ties shall be referred to and decided by the Regional Management Committee.



(f) In each round except the final, all ties will be played on the ground of the club first drawn in the ballot.

Where a club's ground (or standby ground) is unavailable or unplayable on the day(s) set for playing the tie, the competing clubs may agree to reverse the venue subject to the permission of the League Administrator.

The home club should, upon request, be able to provide the League Administrator / Regional Management Committee with written confirmation of a decision to postpone a League Cup tie due to an unplayable ground, signed by the ground owner or match official.

(g) The Final of the League Cup/Plate Competition(s) will be played at a neutral venue unless otherwise decided by the Regional Management Committee.

(h) Before the Semi-final and final rounds of a Cup/Plate tie, if the game is drawn at the end of normal play, the winner shall be determined by the taking of kicks from the penalty mark in accordance with the rules laid down by the IFAB.

(i) If a Semi-Final or Final League Cup/Plate tie is drawn at the end of normal play, extra time shall be played as set out below. Thereafter, if the tie is still undecided, the winner shall be determined by the taking of kicks from the penalty mark in accordance with the rules laid down by the IFAB.

14's and 16's - Two halves of ten minutes duration.

18's – Two halves of fifteen minutes duration.

(j) Postponement of a cup/plate game shall only occur with mutual agreement between both the opposing teams and the League Administrator. In the absence of unanimous agreement regarding postponement, the original fixture date must be adhered to.

(k) Teams may only be granted a maximum of 3 postponements in any one season with the exception of postponements granted due to players on International Duty or a Scottish Cup/Challenge Cup or League Cup/Plate fixture taking precedence, and may not apply for any postponements after the 1st October in any season. Teams may apply for additional postponement applications in extenuating circumstances to the Regional Management Committee.

8.2 League Cup Player Eligibility

A) Only Players registered for a SWF Club by Qualification of Player Rule 4 shall be eligible to play for that Club in any one season.

B) In League Cup/Plate ties, the players in a team may be changed from match to match, but a club or team may not play or list as a named substitute any player who, in the same season, has already played (as one of the eleven first named players or as a



fielded substitute), for another club or team, in any other League Cup/Plate Competition, irrespective of age-group or association.

- C) Players of teams that withdraw from the league during the course of the season and who had competed in the League Cup/Plate Competition are not considered cup-tied. However, players whose teams have already been eliminated from the competition are still cup-tied and may not participate in the same competition for another club in the same season.
- D) Players are cup-tied for a team if they have already played, as one of the eleven first-named players or as a fielded substitute for another club or team in any other League Cup/Plate Competition, irrespective of age group.
- E) Age-eligible players may also play in one senior League Cup/Plate Competition without being considered cup-tied for their recognised youth team.
- F) To be eligible to participate in the final of a League Cup/Plate Competition, a player must have been registered to play on the original date the semi-final tie was to be played. Goalkeepers may gain exemption from this rule only on the written agreement of the Regional Management Committee
- G) International clearance must be sought for all players who are coming to Scotland to play in an organised competition.

9. TROPHY AND AWARDS

(a) The trophies, including any replicas, are the property of SWF Youth Regional Leagues.

(b) The League trophies shall be presented to the team which wins each of the Leagues. The League Cup/Plate trophies shall be presented to the team which wins each of the League Cups/Plates.

(c) The League Cup/Plate trophies shall be engraved and returned to the Regional Management Committee at the request of the League Administrator in the year following presentation, in good order and condition.

(d) The League trophies shall be engraved and returned to the Regional Management Committee before the end of September in the year following presentation, in good order and condition.

(e) The Regional Management Committee shall present 20 medals in such form as the Regional Management Committee may decide to the winners of each of the Leagues.

(f) For Highlands 14s 9v9 competitions, the Regional Management Committee shall present 15 medals to the winners of each of the leagues.

(g) The Regional Management Committee shall present 20 medals in such form as the Regional Management Committee may decide the winners and the runners-up of each of the League Cup/Plate Competitions.

(h) For Highlands 14s 9v9 competitions, the Regional Management Committee shall present 15 medals to the winners and runners-up of each of the League Cup/Plate Competitions.



10. DISORDERLY CONDUCT

Clubs are responsible, where practically possible, for the behaviour of their players, officials, members, supporters and any person carrying out a function at a match on their behalf. In the event of damage being sustained to a ground where a League or League Cup Competition match is played as a consequence of misbehaviour by a player, official, member, supporter, or any other person acting on behalf of or associated with a club, then that club shall be responsible for any costs arising in the preparation of same.

The Regional Management Committee shall have the power to request such reports as may be necessary for determining responsibility for restitution and may additionally impose upon any club a censure, fine, expulsion from the competition or suspension if, in the opinion of the Regional Management Committee, a ground is the subject of damage by that club's representatives or those associated with it.

11. INFRINGEMENT OF RULES

A) Any club, official, player, or other person who infringes any of these Rules shall be liable to a fine or suspension, or both or such other sanction(s) as specified within these Rules. The Regional Management Committee has the power to investigate, consider and determine any allegations relative to the infringement of these Rules and to impose such sanction(s), as specified within these Rules, as it considers appropriate to deal justly with the case in question.

B) A club which is found to have infringed these Rules may be liable to replay a specific match in question at a time, venue and other conditions as deemed appropriate by the Regional Management Committee in its absolute discretion.

C) If the Regional Management Committee decides to impose a replay or suspension on a club which is found to have infringed these Rules, an appeal from the club against such decision must be dispatched in writing to Scottish Women's Football within three days of the date of the Regional Management Committee's written determination to the club.

D) Any club official, player or other person who wishes to make a formal complaint against an infringement of any of these rules or SWF policy must submit SWF's alleged breach of policy form within five working days upon completion of the match. Exceptional circumstances will be considered.

12. PROTESTS

- A) All questions of eligibility, qualifications of Players or interpretations of the Rules shall be referred to the League Administrator in the first instance. These may be escalated to the LM.

- B) Any determinations of the LMC shall be binding subject to the right of appeal by the Scottish Women's Football Appeals Procedure and Guidelines.

Determinations of the LMC must be notified in writing to those concerned within seven working days.

The decision against which any appeal is made will only be set aside when the appeal is received by Scottish Women's Football and agreed to be in order, and confirmation is received in writing by the parties concerned by Article 44 of the Scottish Women's Football Articles: Appeals Procedure and Guidelines.

Any decision taken by Scottish Women's Football is subject to appeal to the Judicial Panel of the Scottish FA by the Scottish FA Articles of Association and Judicial Panel Protocol.

- C) If a member of the LMC relates to a Club which is involved in a protest or in any disciplinary hearing where a penalty may be imposed on the Club or an Official or a player of the Club, then he/she shall not sit in the Management Committee while the matter is being determined.

13. ALTERATIONS AND ADDITIONS

- A) All proposed alterations and additions must be submitted to the Board of the SWF, in consultation with the Girls'/Women's Policy Working Group, for approval before the Regional League's AGM. They will then be presented to the SWF AGM for ratification and acceptance. No alterations or additions shall be made to these Rules except at the Annual General Meeting or a General Meeting convened for that purpose. For the avoidance of doubt, any changes to these rules must be submitted for consideration and approval at the Regional League's AGM.
- B) Notice of any proposed alteration or addition for consideration at the ensuing Regional Annual General Meeting of the Scottish Women's Football Youth Regional Leagues shall be submitted in writing and be received by the League Administrator no later than 31st August.
- C) The League Administrator shall circulate a copy of any proposed amendments to all clubs not less than twenty-one days in advance of the Regional Annual General Meeting.
- D) The Board of SWF, in consultation with the Girls/Women's Policy Working Group, shall be empowered to propose any amendment.

Sanction Tariff

Ineligible Player and/or Team Line-Up Infringement:

First Offense:

- a) 3-0 awarded to the opponent
- b) £50 monetary fine

Failure to Fulfil (League Fixtures):**First Offense:**

- a) 3-0 awarded to the opponent

Second Offense:

- a) 3-0 awarded to the opponent
- b) Additional point deduction

Third Offense:

- a) 3-0 awarded to the opponent
- b) Further 1-point deduction
- c) The club referred to a meeting with the League Administrator (LA) and Club Development Officer (CDO)

Additional Costs:

The LMC may require compensation for pitch, referee, and travel costs where a bus/minibus has been hired if deemed reasonable in the circumstances.

Failure to Fulfil (Cup/Plate Fixtures):**First Offense:**

- a) 3-0 awarded to the opponent

Additional Costs:

The LMC may require compensation for pitch, referee, and travel costs where a bus/minibus has been hired.

Unable to Source Venue:**First Offense:**

- a) Reversal of fixture

Second Offense:

- a) Match awarded to opponent 3-0

Failure to Supply Match Arrangements:

Sanctions may apply at the discretion of the LA or LMC where necessary.

Further sanctions

Further sanctions may apply on failure to fulfil fixtures, including but not limited to point deduction, monetary fine, or expulsion from the competition.

- A) Any club failing to fulfil its fixture obligations shall be liable to pay compensation for any actual expenses incurred as a direct result of its failure. The amount of compensation payable in these circumstances will be determined by the Regional Management Committee and shall be based upon the current tariff approved by the Regional Management Committee.

Applications for reimbursement shall be lodged in writing with the League Administrator not later than five days following the match.

- B) In the event of a team withdrawing during the course of the playing season, all points gained by teams winning or drawing against the team withdrawing from a League shall be deducted unless otherwise decided by the Regional Management Committee. Similarly, goals for and against shall be declared null and void.

For the avoidance of doubt, the team will also be removed from League Cup/Plate and Challenge Cup Competitions.

- C) It is the responsibility of the home club to notify the match result and related information to the League Administrator by the guidelines agreed by the Regional Management Committee.
- D) A team which has a player(s) selected for the Scottish FA's National Youth teams, Regional Squad activities, Scottish Schools National Youth team or Scottish Schools Cup tie is entitled to have a League or League Cup/Plate match postponed if the application is made within three days of the date of the relevant player selection notice.
- E) The home club must ensure that the visiting club and the match official(s) have access to the changing facilities (for the avoidance of doubt, this includes toilet and hand washing facilities) a minimum of 60 minutes before a League and League Cup/Plate match. If the venue cannot be found with toilet facilities and all possible options explored, clubs must instead signpost the nearest appropriate facilities.
- F) The home club must also ensure that the visiting club and the match official(s) have access to the pitch for a minimum of 15 minutes warm up on top of additional warm-up space available.

Annex 1

Youth Regional and Regional League Cup Rules – 2025

Special provisions for the 18s competitions

For season 2025, players eligible to participate in the 18s competitions must be born within 2007-2009 ('The Rules' Section 4). To support clubs, limited flexibility is being granted to 18s teams only and for those players within a Club's pathway born in 2010.

These additional and limited rules must therefore be read in conjunction with 'The Rules'. These special rules are only applicable for 18s competition, for players born in 2010 and are valid only until the end of season 2025.

All other elements of 'The Rules' apply to the competitions and clubs must abide by those. For avoidance of doubt, the flexibility outlined in this document relates only to the age of a player, all other eligibility matters and criteria must still be adhered to. It is the responsibility of clubs to ensure that eligibility is met and attained.

The rules governing the restrictions within that are below.

1) 2010 special flexibility

A maximum of three players from 2010 can be made eligible for participation in the 18s competition provided that the following criteria is met:

- a) That the Club indicates to the Strong Quality Growth Committee via its secretary by 30th January the names of the players they wish to receive permission to play in the 18s team who are born in 2010.
- b) Clubs will have the opportunity to field up to three players that turn 15 before the 30th of June. Thereafter, will have the opportunity to amend these names in their new window for the remainder of the season for players born between 1st July and 31st December of that year.
- c) This flexibility does not apply to Clubs without a 16s team in their pathway.
- d) Clubs can still apply for dispensation for players for developmental purposes should they wish to, but the maximum number of players born in 2010 in a 18s team will be three, this can be made up from a combination of successful dispensation applications and using this flexibility clause. Clubs should set this out clearly to SWF in advance of the season beginning - for players with dispensation, usual dispensation rules and restrictions will apply.
- e) Clubs must prepare and submit to SWF development plans to illustrate how they will manage this flexibility with due regard for player wellbeing. That means clubs should include adequate explanation of actions to remedy any safeguarding risks that may occur due to young players participating within an older age group and should include the involvement of the club's CWPO. SWF will update clubs on deadlines for when these must be submitted. Should clubs not submit such plans, they will be subject to sanctions detailed at (r)
- f) The nomination of players to use this flexibility will last until 30th June 2025. Thereafter, clubs will have the opportunity to amend the names. This window can include players born between 1st July and 31st December. This must come with an appropriately prepared and updated



development plan that includes provision for new or different players added to a club list. Clubs wishing to do this must inform SWF of their intention by 24th May 2025.

- g) Should a player that has been nominated by a team become injured, the club must inform SWF. Only one name from the list of three can be swapped during up until 30th June and this can only be through injury. That request must be evidenced with a medical note. No other reason will be permitted to change a player's name until the new window opens again in June.
- h) All development plans will be asked to be updated and refreshed by 31st May and will thereafter be valid for the remainder of the season.
- i) Players that are granted this flexibility will also retain their ability to play within their 16s team which they are age eligible for.
- j) Clubs must only ensure that such players play a maximum of 125 minutes over the course of the weekend to avoid player fatigue and undue player load. Players will also be permitted to play one midweek game in addition to this when required and when that replaces a training session.
- k) Clubs should enact (j) by reporting to SWF by 5pm of the Tuesday following a weekend game and by 5pm the day after any midweek game how many minutes their flexible players have participated in.
- l) Clubs should understand that SWF reserves the right to spot check the veracity of these reports.
- m) Players granted this flexibility are only permitted to play for their 16s team and 18s team – they must remain within the youth pathway. For the avoidance of doubt, this means they may not play for any adult first team within the club. This avoids player fatigue.
- n) Players must decide which team they will participate in cup games for – for the avoidance of doubt, players can only participate in one team for Challenge cup and League Cup competitions and are tied to that team thereafter.
- o) Clubs should indicate five days before a game to the opposing team and SWF the underage players they will be fielding.
- p) Regional LMCs will be provided with a player list to help govern this process.
- q) Should a player receive a sanction, they must serve that in the team they received it in and are not permitted to play in any other age group whilst that sanction is served.
- r) Should clubs and teams be found to deliberately act out with these rules by SWF, the relevant LMC or any board under the auspices of SWF, they will be liable to the following range of sanctions which will be decided by the regional LMC and applied as appropriate:
 - i) points deduction (the LMC will move to award the game as a three-nil victory to the opposing team should players be found to be ineligible)
 - ii) £100 fine plus application of a three-nil award to the opposing team
 - iii) Ejection from all competitions

APPENDIX

APPENDIX 1 – SWF Appeals Process

APPENDIX 2 – Player Approach Policy

APPENDIX 3 – Codes of Conduct

APPENDIX 4 - Rule Alteration Form

APPENDIX 5 - Standardised Format of Match Arrangements

APPENDIX 1 - SWF APPEALS PROCESS

As per Scottish Women's Football's (SWF) Appeals Procedure and Guidelines, any determination made by a recognised football body of a judiciary nature is appealable to the SWF Appeals Committee. The SWF Appeals Committee comprises members who shall decide which shall be final and binding on the parties concerned unless the decision is appealed by the unsuccessful appellant to the Scottish FA subject to grounds for appeal.

The Appeals Committee deal with various appeals, including Dispensation, Rule breach, and player Approach. Please note this is not the process for appealing Red Cards. Please see the senior competitions page for details of this.

The Appeals Committee should consider the appeal based on the appellant's grounds for appeal concerning the submissions made by all parties and not on the original decision.

The Appeals Committee do not have to give reasons for their determination; however, the appellant may request further information.

The SWF Articles detail further appeal information:

[SWF Appeals Procedures and Guidelines](#)

[SWFA APPEALS PROCEDURE AND GUIDELINES](#)

[SWF Appeals Form](#)

[SWF Appeals Form](#)

APPENDIX 2 - PLAYER APPROACH POLICY

There is only one acceptable method to make an enquiry to a club about a player registered with them, and that is in writing from a club official. The club that holds the registration then must inform the player and their parents to see whether there is any desire to take the enquiry further. It is good practice to copy swf@scotwomensfootball.com into initial player approach emails between club secretaries.

Where a Club wishes to report an Illegal Approach to one of their players, they should formally communicate this to SWF and evidence their complaint using the SWF Breach of Policy form. Evidence, including photographs and/or statements from relevant personnel, is strongly advised to support the complaint. The complaint shall follow SWF's Complaint Handling Process.

Note: Approaches made over 4 weeks before lodging the complaint shall not be investigated.

Full details can be found: [SWF Board Policy Over Player Approach.](#)

APPENDIX 3 - CODES OF CONDUCT

Coaches/Officials	<u>Coaches Code of Conduct</u>
Parent and Carers	<u>Parent Code of Conduct</u>
Young Players	<u>Young Player Code of Conduct</u>

APPENDIX 4 - Rule Alteration Form

Scottish Women's Football

Rule Alteration

To: Scottish Womens Football League Administrator

Youth Regional	
Date of submission	31 st August

Current Rule Number (if applicable)	
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Current rule

New/Amended Rule proposal	

Rational	

Submitted by:

Position at Club:

Signed:

Date:

Notes for Clubs:

- All requests to change rules should be submitted to **SWF@scotwomensfootball.com** by the date prescribed for the relevant competition.
- For avoidance of doubt, supported amendments submitted timeously on the appropriate form will be circulated to clubs 21 days in advance of end of season meetings.
- All supported and voted for suggestions will then be presented at SWF's Annual General Meeting and voted upon as per SWF's Articles of Association.
- For rules to be passed at SWF's AGM, a majority of 75% of the votes of the appointed representatives is required as per SWF's Articles of Association (Article 11).
- All rules passed will then be reviewed within the SFA governance structure.

APPENDIX 5 – Standardised format of Match Arrangements

In advance to matches, the home club should share the following information with their opposition, the referee and the League Administrator in the format set out below.

Match: Home team v Away team

Venue:

Pitch surface:

Warm up access time:

Warm up surface type (if different to match pitch surface):

Team changing facility information:

Kick off time:

Colours:

Spectator arrangements:

Hospitality arrangements if hosting:

Match being recorded: Yes/No (highlight appropriate)

Additional required information

Nearest hospital:

Nearest defibrillator arrangements: