



Bob Bamford U19s Tournament – Rules

Match Format

- Group & Playoff Matches: 25 minutes each half, with a 3-minute halftime break.
 - Cup Final: 35 minutes each half, with a 5-minute halftime break.
 - Playoff Matches: If tied at full time, matches go straight to penalties.
 - Cup Final Exception: If tied at full time, 7½ minutes of extra time each way will be played. If still tied, the match proceeds to penalties.
-

Substitutions

- Each team may make 5 substitutions per game.
 - No rolling subs: Once a player is substituted, they cannot return to the field in that game.
-

Team & Equipment Responsibilities

- The first-named team in the draw is the home team.
 - In case of a kit clash, the away team must change to an alternate strip (unless otherwise agreed).
 - The home team is responsible for supplying the match ball.
-

Group Stage Ranking Criteria

Teams will be ranked based on the following:

1. Greatest number of points in all group matches
2. Greatest goal difference in all group matches
3. Greatest number of goals scored in all group matches

If two or more teams are equal on the above criteria:

1. Most points in matches between the tied teams
 2. Best goal difference in those matches
 3. Most goals scored in those matches
 4. Drawing of lots by the Tournament Controller
-

Player Eligibility

- Players must be under 19 years of age as of January 1st of the tournament year.
 - Guest players are allowed with approval from their registered club.
 - If a complaint is made about an unapproved player, that player cannot participate in further matches.
 - No penalties apply to games played before the complaint.
 - Clubs are advised to confirm eligibility before the tournament.
 - Players cannot play for more than one club in the tournament without organiser approval.
-

Clubs Entering Two Teams

- A maximum of 3 players may move from the club's U19 team down to the Development team.
 - Any further movement is at the discretion of the Tournament Controller.
 - There is no limit on the number of players moving up from Development to the U19 team.
-

Disciplinary Rules

- Any player receiving two cautions (yellow cards) will be suspended for 1 match.
- A player sent off (red card) is suspended for the next match automatically.
- For serious offences (e.g., violent conduct), the suspension may be increased to two matches.
- Players sent off twice during the tournament will be suspended for the remainder of the tournament.
- A yellow card for dissent will result in a 5-minute temporary dismissal (sin bin).
 - The team must play with one less player during this period.
 - This rule applies only to dissent-related yellow cards and is in line with Capital Football regulations.

Note: All cautions and suspensions carry over from Saturday into Sunday.

Coaches, Managers & Officials

All non-playing personnel are subject to Capital Football Playing Regulations and will be held accountable for their conduct.