



Rules / Rheolau

Welsh Premier Women's League

2018/19 Rules

www.welshpremierwomensleague.co.uk

1. Title

This combination of Association Football Clubs shall be called "The Welsh Premier Women's Football League" and being affiliated in its own right to The Football Association of Wales is for all purposes of interpretation hereinafter referred to as the "League"

2. Constitution

The League shall comprise of 10 clubs in a single division.

The club with the highest number of points at the end of the season will be the League Champions. In the event of two or more clubs having the same number of points the League winners will be decided by the difference between goals scored and goals against. In the event of more than one club having the same goal difference, the club that has scored the highest number of goals will be the Champions.

If a club wishes to resign from the League after being accepted at the League AGM and before completing its fixtures, it will be fined £500.

If a club wishes to resign from the League at the end of the season, it must do so by 1st April each year and will be fined £500.

Each Club shall play its full strength in all League matches. The fine for non-observance of this Rule to be at the discretion of the Management Committee.

3. Annual Subscriptions

Each Member Club shall pay an Annual Subscription of One Hundred Pounds (£100). The Subscription to be received by the League Secretary by 1st August each year.

The League Secretary shall by 1st July, send a statement to all Members Clubs detailing Annual Subscriptions / Entrance Fees due. All Entrance Fees to be received by the League Secretary by 1st August.

Clubs failing to pay any debt owing to The League by the due date will automatically incur a fine of £10.



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4. League Funds

The League Funds shall be banked in the name of The FAW.

5. Promotion and Relegation

(a) For Season 2018/2019 the clubs promoted shall be determined by the following process:

- (i) Each club shall be the Champion club of its league, or runnersup in the league if the champion club declines or is unable to be promoted.
- (ii) Two clubs may be promoted to the League and the equivalent number relegated from the League. One from the South Wales Teir Two and one from either the North Wales or Central Wales League. To determine the club to be promoted from North and Central Wales - the qualified clubs from the two leagues concerned will play off as determined by the management committee.

6. Protests, Claims and Complaints

All protests, appeals, claims or complaints must be sent to the League Secretary in duplicate and accompanied with a fee of £25, which shall be forfeited in the event of a protest, appeal, claim or complaint not being upheld. All matters relating to a particular match must be lodged with the League Secretary within TWO DAYS of the match in question (excluding Sundays & Bank Holidays).

All questions regarding eligibility, qualification of players or interpretation of the rules of the League shall be decided by the Management Committee, but no objection relative to the dimensions of the ground, goalposts, crossbars or other appurtenances of the game shall be entertained unless a written protest is lodged with the referee prior to the game.

Where there is evidence of a breach of the League's rule by a club or player, the League will investigate the matter and when considered appropriate, prefer a charge of an alleged breach of rule against the club or player(s) concerned. Alternatively, the League, in its absolute discretion, may elect to refer any such matter to the Compliance Department of the Football Association of Wales for investigation. Any proceedings resulting from such an investigation will be in accordance with Section E of the Association's Rules.



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6. Protests, Claims and Complaints

Where the League has elected not to refer a matter to the Compliance Department, the League will appoint a Panel consisting of THREE persons, one of which will be appointed as Chair of the Panel, elected from members of the Management Committee (excluding the League Secretary) to consider all protests, appeals, claims or complaints lodged by a club or player(s) as well as charges preferred by the League of an alleged breach of rule.

Where a club or player(s) elect to have a personal hearing as provided for in League Rule 14, the appointed panel will conduct its business in accordance with the provisions as set out in the Football Association of Wales memorandum on Procedure at Personal Hearings.

- (i) In the case of a protest, appeal, claim or complaint, the Panel shall have the power to grant or deny the protest, appeal, claim or complaint (in whole or in part) as well as the power to order any such penalty or sanction as the Panel shall reasonably deem fit.
- (ii) In the case of a charge for an alleged breach of a League rule being found proven, the Panel shall have the power to order any such penalty or sanction as the Panel shall reasonably deem fit.
- (iii) In all matters, the Panel shall have the discretion to impose a costs order against any of the parties involved.

If dissatisfied with any decision given by the Management Committee or a Sub Committee or Panel appointed by the Management Committee, a club or player shall have the right of appeal to the Football Association of Wales.

Any such appeal must be lodged within SEVEN (7) Business Days as of the earlier of (a) the decision being announced at the time of the hearing/meeting or (b) the date of the correspondence containing the decision.

All appeals must be accompanied with the appropriate fee as set out under FAW Rule 43.2.3.3 (plus vat) and be made payable to The Football Association of Wales. Please address the notice of appeal for the attention of the Chief Executive, The Football Association of Wales, 11-12, Neptune Court, Vanguard Way, Cardiff, CF24 5PJ.



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7. Match Results

- (a) Each Club must send to The League Secretary the result of League/Cup Matches, together with the names of the players competing therein (on forms provided for same), to reach The League Secretary within five days of each match, failing which, each defaulting Club will be subject to a fine. Where Clubs have players of the same name, the Christian name or initials must always be given on the result sheets.

A half time score must be sent via e-mail/text to the Secretary within 5 minutes of the end of the opening period.

The result and details of matches must be e-mailed to the League Secretary within one hour of the completion of the game. Clubs failing to observe this rule will be subject to a fine of £10 as defined in Rule 27.

- (b) Every club must have a functional and up to date website (provided by Club Website).

8. Club Colours and Ground

Each Club in The League shall register its ground and colours with the Secretary. In the event of any two Clubs having similar playing colours, the visiting team shall make a change, unless otherwise mutually agreed upon. The colours of the opposing Club must be distinctive. Goalkeepers shall play in colours distinct from other members of the teams. The players of each team must wear numbered shirts. Numbers worn by players must correspond with the team sheet submitted to the referee. The Christian name of each player to be included on the same.

9. Rules - Infringement/Revisions

- (a) Any infringement of The League Rules shall be dealt with in such a manner as the Management Committee may think fit. Any appeal against the decision of the Management Committee shall be to The Football Association of Wales in accordance with its Rules.
- (b) No alteration of or addition to existing Rules shall be made, except at the Annual General Meeting or a Special General Meeting convened on a requisition signed by not less than two thirds of the Clubs comprising the League, and then only upon such resolution being carried by a two-thirds majority of the Members present and voting thereon. Notice of alteration or addition must be sent to the Secretary not less than fourteen days before the date of such Meeting, the same to be forwarded to the Clubs at least seven days before the Meeting.

Note: Notice of alteration of Rules for the Annual General Meeting must reach the League Secretary by the 31st of March each year

Any rule changes submitted by a club must be signed by the Club Secretary (as listed in the League Handbook) and also by the chairman or a committee member.



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10. Annual General, Extraordinary General and Special General Meetings, Awards Dinner

The Annual General Meeting of the league shall be held in each year at a time and place to be determined by the Panel. Each Club in membership must be represented at all Annual General, Extraordinary General and Special General Meetings and shall be entitled to one vote. Each Club shall notify to the Secretary its probable voting representative by name at least 48 hours before a meeting of Clubs. Clubs failing to attend, may be liable to a fine of £25 in accordance with Rule 27.

Each Member Club will be required to purchase a minimum of 4 tickets for the League's Annual Awards Dinner.

11. Report and Balance Sheet

The Annual Report and Balance Sheet, duly audited shall be forwarded to each Club at least seven days before the date of the Annual Meeting. The League Balance Sheet, after approval by the League, shall be forwarded within seven days to the Secretary of The Football Association of Wales.

12. Management Committee

The Management Committee shall comprise of members as decided by the FAW Council from time to time.

13. Appointment of Secretary

The Secretary shall be appointed by the League Management Committee. Such Official shall be an Officer of the League, and not directly or indirectly, connected with any Club in membership with the League nor shall he/she be allowed to exercise voting power at any meeting held under its jurisdiction. Subscriptions and all other monies accruing to the League shall be properly accounted for to the Management Committee by the Secretary.

14. Jurisdiction

The Management Committee shall have jurisdiction over all matters whether specially provided for in these rules or not. They shall have power to form any Sub-Committee they may consider necessary, and may delegate all or any of their powers to any such Sub-Committee.

In the event of the voting at any meeting being equal, the Chair of such meeting shall have the casting vote, save as before mentioned. The Management Committee shall meet every month, if necessary. No resolution shall be rescinded at the meeting at which it is passed. The expenses of each member of the Management Committee attending shall be paid from The League Funds.

Officials and Members of the Management Committee shall have free access to any part of the Football Grounds during the progress of all League and Cup matches.



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14. Jurisdiction

A member club, or player, ordered by the League to provide a written response to a charge preferred by the League or a protest, appeal, claim or complaint lodged with the League by a club or player must do so within SEVEN Business days of the date of the letter from the League requesting the written response.

Such written response must stipulate whether or not the club requires a personal hearing. Should a club or player fail to provide a written response within the stipulated SEVEN Business days, they will be deemed to have denied the charge of misconduct or allegation contained in the protest, appeal, claim or complaint lodged and the League will take the required steps to convene a hearing at which the club or player will be required to attend.

15. Objectionable Conduct

At the Annual General Meeting, or any Extraordinary General Meeting called for that purpose, it shall be competent for a majority of the Delegates present and voting thereat to exclude from membership any Club whose conduct has, in their opinion, been objectionable.

16. Regulations Re: Matches

All matches shall be played under the rules of The Football Association of Wales, and shall be of 90 minutes duration. Clubs shall not mutually agree to play a match in lieu of a League match.

If a match is played to a conclusion it must be a League match. Any match not completed may be ordered to stand as a completed match, or be replayed for the full period of 90 minutes as the Management Committee may direct.

A Club may at its discretion use three substitute players from five nominated substitute players at any time in a match for any reason (injury or otherwise), except to replace a player who has been suspended from the game by the Referee.

The substitutions can only be made when play is stopped for any reason and the Referee has given permission.

The substitute players shall be nominated prior to the commencement of the game.

Clubs responsible for a late start, shall be liable to a fine in accordance with Rule 27.



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17. Fixtures

The Fixtures will be played on Sundays commencing in the first week of September each season.

Where both teams are in agreement, a Sunday fixture may be brought forward to a midweek evening to be played under floodlights, but only during the preceding week of the original fixture.

Any Club without just cause failing to fulfil an engagement to play its League matches on the appointed date or causing a game to be abandoned without giving a reason deemed to be satisfactory by the Management Committee, shall have three points deducted, be liable for any reasonable expenses as deemed necessary by the Management Committee and shall be fined £100. Any subsequent charges will be doubled.

No Club shall be allowed to postpone a fixture with another Club unless it is to play in The Welsh Cup or Welsh Premier Women's League Cup. Clubs affected by the selection of two or more players for International Duty by their National Association for Senior, Under 19 and Under 17 UEFA and FIFA competitive matches or International friendlies/trials/camps during scheduled international dates may request a postponement by the Management Committee of its League fixture provided at least 10 days' notice is given to the League Secretary in writing. If 1 player is selected and that player is a goalkeeper, a club could make a similar request for the postponement of its league fixture. The League reserves the right to arrange matches for those clubs who do not have a scheduled fixture.

No League Match shall be postponed unless the Management Committee shall consent to a mutual arrangement under exceptional circumstances. All postponed matches will be re-arranged by the League Secretary.

18. Times for Kick Off

The kick-off times for matches shall be 2.00pm.

No kick off times later than the scheduled time will be permitted, unless under floodlights.

Applications for an earlier kick off for a match must be made in writing to the League Secretary no later than 14 days before the date of the match. Midweek and Holiday fixtures may kick off at mutually agreed times subject to League approval.

The Home Club must e-mail the result and details of the match to the League Secretary within one hour of the completion of the game. Clubs failing to comply with this rule will be fined in accordance with the standard scale of fines in rule 27.



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19. Custody of League Trophies

The Championship Cup will be presented to the Club of the said competition.

Upon receiving the said trophy the following agreement will be signed in connection with the safe keeping and eventual return of the trophy to the League.

We the undersigned Officials ofClub do on their behalf receive The Welsh Womens Premier League Cup and acknowledge that same has been delivered into our keeping in good and sound condition.

We agree that the Club will return the said trophy to the League within 28 days of the end of the following season or upon request by the League Secretary.

We further agree to indemnify the League against Loss of or Damage to the trophy while in our possession or otherwise to provide an exact replica of the Cup concerned.

Date:

Signed:

Chairman:

Secretary:

Note: No inscription is allowed to be placed on the Cups by any Club.

20. Mementoes Winners, Runners Up

A set of twenty trophies will be presented to the Clubs adjudged Winners and Runners-up in the championship.

Additional trophies to the set of twenty can only be obtained by special sanction of The League Management Committee.



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21. Ground and Dressing Room Criteria

All clubs in membership, and those applying for membership, must have a ground that conforms to the following standard code of facilities of the League.

All matches are to be played on private grounds or grounds deemed suitable by the Management Committee.

(a) *Enclosure of Grounds*

Clubs shall have recognisable barriers, and with the exception of a main entrance point to allow the taking of admission prices from spectators, shall be fully enclosed.

The boundary enclosure shall be of a robust structure with a minimum height of 4' 6" and be capable of preventing unauthorised access.

No other match will be allowed to take place whilst a League or Cup match is in progress where the Management Committee considers that the proximity of the second pitch will have a detrimental effect on the fixture.

All clubs shall have the playing area of the ground enclosed by a solid barrier during the playing season (rope or wire is not acceptable).

The Pitch size must be a minimum of 100 x 60 yards or the metric equivalent and the maximum must not exceed the Laws of the Game.

(b) *Dressing Rooms*

(i) *Players Dressing Rooms*

The dressing rooms for both teams must be heated, well ventilated, free of damp, secure and must be situated within the boundaries of the ground.

Separate changing rooms must be provided for both teams, capable of accommodating a minimum of 20 persons.

Clubs must have toilet facilities of at least one W/C and one hand basin with hot and cold running water within the immediate vicinity of the dressing room complex for each team. A separate shower area must also be provided for each team with a minimum of four shower heads within the dressing room area.



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21. Ground and Dressing Room Criteria

(ii) Match Officials Dressing Room

A separate area must be provided for the exclusive use of match officials, which must be capable of accommodating at least four persons.

There must be a separate shower for Match Officials and a W/C and wash basin with hot and cold running water in the immediate vicinity.

Any redevelopment of the changing room area must accommodate separate areas for female and male officials.

(c) Medical

All clubs must have first aid equipment which must include a stretcher. The location of this equipment must be clearly marked in all dressing rooms and ideally a separate First Aid Room should be available. A defibrillator would also be desirable. Clubs should arrange for suitably trained first aid personnel to be provided for players and spectators at all matches.

Emergency vehicles must be able to drive in to the stadium. The access and egress point(s) must not be blocked. A parking space must be identified for an emergency vehicle to park, which must not be occupied by any other vehicle or used for any other purpose.

Unobstructed access leading from a spectator area in the stadium to the playing area must be provided to allow access and egress for a stretcher. It is recommended that this access is located as close as possible to the area designated for the access/egress of the emergency vehicle(s).

(d) Hospitality

All clubs must provide a room for club officials and guests as near to the playing area as possible.

Hot tea or if appropriate cold drinks must be provided for players and match officials at half time and full time, and at half time for visiting club officials and guests.

Ideally post match food for Players and Match Officials should be provided at an appropriate location near the ground.



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21. Ground and Dressing Room Criteria

(e) *Covered Areas*

Clubs must provide two covered dugouts – clearly marked Home & Away - adjacent to and on the same side of the playing area.

They must be capable of accommodating a minimum of eight seated persons, and the floor must be of solid foundation.

A technical area must be marked in accordance with the Laws of the Game in front of both dug outs.

Clubs must provide a covered accommodation made from solid materials erected adjacent to the playing area.

The floor of the covered accommodation is to be of solid material (concrete, tarmac or paved stone).

It must be capable of accommodating a minimum of 50 spectators.

Hard standing along one side of the playing area is preferable.

22. Registration and Transfer of Players

Players must be registered with the Football Association of Wales on the appropriate form and will be valid for one season only. No player will be permitted to register after the last Thursday in March each season. Players must be registered by 5.00pm on the date prior to a game for which they are to be eligible.

Transfers between Clubs are permitted, but the appropriate form must be used and the player will not be deemed to be properly registered until the completed form has been received by the FAW.

A player should not be approached, except during the period of the "Close Season" by any club or person attempting to induce such a player to play for another club or clubs without at least seven (7) days' notice in writing to the Secretary of the club for which the player was last known to have played and the negotiations with the player may only commence after seven (7) days of such notice being given and must cease after twenty one (21) days from the day of such notice being given. The notice must be forwarded by recorded delivery, registered post or a written acknowledgement otherwise obtained. A second notice shall not be given by the same club in respect of the same player during the same football season.

The approaching club or person shall not give notice of intention to approach more than one (1) player of a club at the same time and shall not give notice of intention to approach another player of the same club within twenty-one (21) days of a prior notice.



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22. Registration and Transfer of Players

Any disputes will be resolved in accordance with the FAW Rules.

Players may only be registered with one club at a time.

Players may register with a maximum of three clubs during the period 1st July to 30th June, but is only eligible to play in official matches for two clubs during this period.

Clubs in the Welsh Premier Women's League shall be permitted to register no more than 2 players at any one time when they reach the age of 15 during that playing season to play in the Welsh Premier Women's League and in the Cup Competition exclusive to the Welsh Premier Women's League.

23. Ineligible Players

Any Club playing an ineligible player shall have three points deducted from its League record for each offence, and be liable to a fine in accordance with Rule 27.

24. Regulations Affecting Referees and Assistant Referees

No Referee shall take part in the Management of any League Club.

(a) Referees' List, Fees and Expenses

Match Officials Fees will be paid directly by the Football Association of Wales.

The Home club shall pay the Referee and Assistant Referees traveling expenses of 35p per mile in the Match Officials Dressing Room immediately after the game.

The travelling expenses of Referees and Assistant Referees shall be pooled, each Club rendering on the result sheet details of all payments made. The League Secretary shall at the conclusion of the season divide the total number of Clubs, and where the total payment made by a Club is less than equal share of the Pool, the Club shall pay the difference. Where the sum paid by a Club is more than the equal share of the Pool, The League will reimburse the Club accordingly.



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24. Regulations Affecting Referees and Assistant Referees

(b) *Fitness of Ground*

The Referee shall have the power to decide as to the fitness of grounds in all matches, and each Club must take every precaution to keep its ground in a playing condition, and, if necessary, the Home Club may request the referee to visit the ground two hours before the advertised time of kick-off. No club shall postpone the playing of a league match on account of apparent unfitness of its ground, a League Match Official being the sole person to decide as to the fitness after inspection.

Decisions in respect of ground fitness must be taken as late as possible, however due consideration must be given in respect of the distance being travelled by the visiting team and match officials.

An official asked to carry out a pitch inspection by a home club prior to any match will be reimbursed his/her travelling expenses at the League rate by the club involved. An official asked to carry out a pitch inspection by a League official prior to any match will be reimbursed his/her travelling expenses by the League at the League's current rate.

In the event of a match being called off by the appointed match referee at the normal time, all match officials will be entitled to claim half their match fee plus travelling expenses, to be paid by the home club. If a match is abandoned once the match has commenced, all match officials are entitled to claim their full match fee plus travelling expenses.

(c) *Late Starts and Reports*

Match officials shall be present at their appointed match at least one hour prior to kick off time. If officials are aware of difficulties in adhering to this requirement, they must contact the League Secretary prior to the match.

Referees must report all cases where teams commence a game late, or without eleven players on the field, and also in cases of their own or assistant's late arrival in any match, and notify those concerned at the time of their intention.

In the event of any misconduct, the officiating Referee, and Assistant Referees, must render his/her report to the Football Association of Wales.

(d) *Postponed Matches*

In the event of a match being unavoidably postponed the officials - if any have attended the ground - shall receive Half Fee and Travelling Expenses.



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24. Regulations Affecting Referees and Assistant Referees

(e) Match Report Forms

Referees must post Match Report Forms on day of match. Each club must hand copies of a list of names and players taking part in the game (including name(s) and number(s) of the nominated substitute(s) to the referee, and a representative of their opponents in the presence of the referee, at least thirty minutes before the advertised time of kick off. The players' numbers and the colours of the playing strip must be clearly stated. The standard League forms must be used for this purpose.

(f) Appointments

Referees and Assistant Referees must take advantage of travelling together when so requested or whenever possible.

Referees and Assistant Referees are requested to send their replies of acceptance or otherwise within four days following receipt of the Appointments List.

25. Emergency Officials

Should the appointed referee fail to appear, the most senior appointed assistant referee shall take control.

The senior assistant is the one with the highest grade or if both have similar grades, the one with the longest service as a referee in the League.

In the event of the Referee or Assistant Referees appointed not attending a Match, and the Two Clubs agreeing to one on the ground, such Referee shall be considered to be a League Official for the time being. Referees or Assistant Referees failing to give a satisfactory reason for absence to the Management Committee shall not be appointed to any other Match during the season. No member of the Management Committee shall officiate in the League.

26. Players Insurance

Each Club shall be responsible for maintaining or procuring that there is maintained in full force and effect at all times proper and adequate insurance cover with policy limits and provisions for each of its players from time to time in respect of their death, or bodily injury, by accident howsoever caused on the field of play including (but without limitation) loss of earnings and other consequential losses (together with 'Insured Risks') and shall ensure that all players from time to time shall be entitled to the benefit of such insurance and shall submit sufficient evidence of the existence of such insurance to the Secretary of the League no later than 1st August in each year, and each Club shall indemnify and keep the League fully indemnified against all liability of the League in respect of the insured risks.



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27. Scale of Fines

Failure to fulfil a fixture - 1st offence plus deduction of points	£100
Failure to fulfil a fixture - each additional offence plus deduction of points	£150
Failure to submit team sheet to referee & opponents	£10
Failure to submit team sheet to League within 5 days of fixture	£15
Failure to confirm match details with visiting club/match officials	£15
Late presentation of team sheet to referee and/or opponents	£10
By late arrival, causing match to be delayed fine per minute, minimum	£1.00 £10
Failure of club to attend AGM or any Special General Meetings	£25
Failure to reply to correspondence	£10
Starting a fixture with only 10 players	£10
Starting a fixture with only 9 players	£20
Starting a fixture with only 8 players	£30
Failing to report match results in the prescribed manner and/or in a timely manner	£10
Playing an ineligible player – 1st offence fine plus deduction of three points for each offence	£25



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27. Scale of Fines

Playing an ineligible player – each additional offence
fine plus deduction of three points for each offence

£50

Failure to provide a working and
up to date website

£50 per month

28. Ground Criteria Affecting League Membership

The Management Committee will have plenary powers to remove any club from League membership should it fail to meet the accepted ground criteria of the League as published. Clubs must rectify any failures from the published ground criteria within thirty days of being advised in writing by the League. Any club failing to meet the ground criteria and having been advised that its membership is removed will be relegated at the end of that season to the appropriate feeder league.

29. Matters Not Provided for by the Rules

Any infringement of the Rules and any other matter not provided for by the Rules shall be dealt with by the League Management Committee.



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Welsh Premier Women's League Cup

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Welsh Premier Women's League Cup Rules

1. The competition shall be called Welsh Premier Women's League Cup Competition.
2. The insurance for the trophy is to be underwritten by the League.
3. The Football Association of Wales shall have entire control of the competition and shall have power to deal with any matter for which no provision is made.
4. The Welsh Premier Women's League Rules shall apply to this competition except where it is stated otherwise.
5. The competition shall observe the Rules and Regulations of The Football Association of Wales and all matches shall be played under the Laws of the Game.
6. Protests must be made in writing or by telephone to the Secretary and must be lodged at this office within forty eight hours of the date of playing the tie in which the protest arises. Protests must be accompanied by a fee of £50.00 which may be returned at the discretion of the FAW if the appeal is sustained.
7. In all matches leading up to the Final the gate receipts shall be allocated to the Home Club.
8. The appointment of Referees and Assistant Referees shall be made by the FAW. Match Fees and expenses shall be as paid for League matches.
9. When a match has been postponed through causes over which neither Club has any control, the expenses shall be paid out of receipts for the second match, or by the League at the discretion of the FAW.
10. All Clubs who are currently members of the Welsh Premier Women's League are to compete.
11. The draw for all rounds prior to the Final will be Open and all ties will be played on a knock out basis over one leg. If the scores are level at the end of 90 minutes, an extra time period of 15 minutes each way must be played. If the scores are still level at the end of extra time, the winner will be decided by the taking of kicks from the penalty mark in accordance with International Board procedures.
12. The final tie will take place in a neutral ground, to be decided by the FAW.
13. In the final tie, if the result is a draw at the end of 90 minutes play, an extra 30 minutes shall be played. If the match is still level at the end of extra time, the winners shall be determined by the taking of kicks from the penalty mark in accordance with International Board procedures.
14. The dates of all matches shall be decided by the FAW.
15. A player shall be considered bona-fide if she is registered by her Club, in accordance with the provision of the League's regulations. Each Club shall play its full available strength squad in all cup ties unless some satisfactory reason is given. In the event of the explanation not being deemed satisfactory the FAW shall have the power to impose such penalties as they think fit. No player may play for more than one competing Club each season. Any Club being found in default of this Rule may be disqualified from the competition and subject to other penalties as the FAW may deem necessary.



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Welsh Premier Women's League Cup Rules

16. Each Club must hand copies of a list of names of players taking part in the game, including the name(s) and number(s) of the nominated substitutes to the referee and representative of their opponents in the presence of the referee at least 45 minutes before the advertised time of kick-off. The players' numbers and the colours of the playing strip must be clearly stated. Any Clubs failing to comply with this rule or altering its team selection or numbering after team sheets have been exchanged will be subject to any action decided upon by the FAW. The standard League forms shall be used.
17. For any match ordered to be replayed in consequence of breach of Rule, the Club in default shall not receive any share of the proceeds of the replayed match without the consent of the FAW and such consent shall only be given in special circumstances. If consent is not given the share shall be taken by the FAW and placed in the pool.
18. The winning Club shall hold the Challenge Cup for one year, The Cup must be returned upon request of the League Secretary.
In addition to the Cup, the FAW shall present 20 souvenirs to the Cup winners and 20 to the runners-up; seventeen for the players and three for the staff of each Club. The match officials for the final tie shall receive a memento in addition to their normal fee and expenses. Additional souvenirs may be presented only by consent of the FAW.
19. The competition shall be organised by the League each season.

Previous League Winners

2009/10	Swansea City Ladies
2010/11	Swansea City Ladies
2011/12	UWIC (now Cardiff Met Ladies)
2012/13	Cardiff City
2013/14	Cardiff Met Ladies
2014/15	Cardiff Met Ladies
2015/16	Cardiff Met Ladies
2016/17	Swansea City Ladies
2017/18	Cardiff Met Ladies