

## ASSOCIATION CUP 2008 RULES

### MENS

- The competition is run as a “knockout” competition.
- Up to five substitutions can be nominated on the Team Sheet, but only three may be used during the game.
- A player sent from the field once the game has commenced cannot be replaced for the duration of that same match, nor can they retake the field during that match.
- Each half will be 45 minutes long and all injury and stoppage time is to be added on.
- The duration of the half time break is at the discretion of the referee, but is not to exceed fifteen minutes.
- If at the end of normal time the match is drawn, extra time will be played, with the duration being ten minutes each way. An immediate turn around at half time should be enforced, and the break between the end of normal time and the start of extra time should not exceed five minutes.
- If at the end of extra time the match is drawn, a penalty shoot out will occur. The break between the conclusion of extra time and the start of the penalty shoot out should not exceed five minutes.

### WOMENS

- The competition is run as a “knockout” competition.
- Up to five substitutions can be nominated on the Team Sheet, and all five may be used during the game as per the “interchange” process – substituted players may come back on during the game as an interchanged player.
- A player sent from the field once the game has commenced cannot be replaced for the duration of that same match, nor can they retake the field during that match.
- Each half will be 45 minutes long and no stoppage time is to be added on for any reason.
- The duration of the half time break is at the discretion of the referee, but is not to exceed fifteen minutes.
- If at the end of normal time the match is drawn, extra time will be played, with the duration being ten minutes each way. An immediate turn around at half time should be enforced, and the break between the end of normal time and the start of extra time should not exceed five minutes.
- If at the end of extra time the match is drawn, a penalty shoot out will occur. The break between the conclusion of extra time and the start of the penalty shoot out should not exceed five minutes.