Norway Cup is played in accordance with regulations from FIFA, the Norwegian Football Association and The Norwegian Sports Association (NIF) and Olympic and Paralympic Committee's regulation for "Children's sports" chapter 2 for competitions in children's sports, with exemptions in the tournament regulations below.

Participating teams must belong to a club that is a registered with its national FIFA affiliated association. In countries where school teams affiliated to their school football association compete, the school teams that are registered with the national football association are also allowed to participate. All players must belong to the club they are playing for. Please note that players cannot belong to a club from a country where the player is not residing.

JURY

The tournament jury consists of three members. The jury members are:

- 1. Kjartan Berland, Lillestrøm SK, leader
- 2. Pia Fjeld, Tofte Fremad IF
- 3. Jan Olav Knutsen, Haugsbygd IF

Decisions made by the jury are final and cannot be appealed.

The tournament regulations are divided into three chapters:

- 1. Match regulations
- 2. Regulations for competition- and sanctions
- 3. Regulations for player's eligibility

Chapter 1 - MATCH REGULATIONS

§1-1 Classes

| Boys: | | |
|-------|-------|--|
| 11 | aside | |

| B 19 | born after 1.1.2005 |
|------|---------------------|
| B 17 | born after 1.1.2007 |
| B 16 | born after 1.1.2008 |
| B 15 | born after 1.1.2009 |
| B 14 | born after 1.1.2010 |

9 aside

B 13 born after 1.1.2011

B 12 born after 1.1.2012 *only for teams from the Nordic countries/Barents Region

7 aside

B 16 born after 1.1.2008 B 14 born after 1.1.2010

B 11 born after 1.1.2013 *only for teams from the Nordic countries/Barents Region

Girls:

11 aside

G 19 born after 1.1.2005 G 16 born after 1.1.2008 G 15 born after 1.1.2009 G 14 born after 1.1.2010

9 aside

G 13 born after 1.1.2011

G 12 born after 1.1.2012 *only for teams from the Nordic countries/Barents Region

7 aside

G 16 born after 1.1.2008 G 14 born after 1.1.2010

G 11 born after 1.1.2013 *only for teams from the Nordic countries/Barents Region

§1-2 PLAYING TIMES

| Classes 17 and 19 y/o: | 2 x 30 minutes with 5 minutes break |
|------------------------|-------------------------------------|
| Classes 15 and 16 | 2 x 25 minutes with 5 minutes break |
| Classes 13 and 14 | 2 x 20 minutes with 3 minutes break |
| Classes 11 and 12 | 2 x 15 minutes with 3 minutes break |

§1-3 BALL SIZES

In the classes 15, 16, 17 and 19 y/o, ball size No. 5 is used. In all other classes' ball size No. 4 is used. Using the wrong size ball is not a reason for protest. The home team will provide an approved ball with the correct size. In all A-finals the Organizer will provide the necessary balls.

§1-4 PITCH HALF

The referee performs a coin toss, and the winner choose half. The opponent takes kick-off.

§1-5 SUITS

The away team will change suits if the referee finds that the colours are too similar. Substitute suits may be borrowed in the technical information, or the local secretariat on fields outside Ekeberg.

§1-6 LINES MEN

In the games where there is only one referee, the teams are required to provide linesmen if requested by the referee.

§1-7 PLAYERS EQUIPMENT

All players are required to use leg pads. It is the responsibility of the team leaders to make sure that the player's equipment is correct at the start of the game. Not using leg pads is not a reason for protest.

§1-8 NUMBER OF SUBSTITUTES

The team may utilize all players listed on the team rooster. There is no restriction for substitutes utilized in each game. A player that has been changed may re-enter the match.

§1-9 MEETING TIME

The games will, always, start at the scheduled time. Teams are required to be present at the field, fully changed, in ample time prior to the game. If a team is delayed, please inform the Technical as soon as possible.

If a team does not meet at the start of the game, this is no show and the team may, if there is no legitimate reason, loose the game on "walk over". If there is a no show for a team, the referee must report this immediately to the Technical Department.

A legitimate reason is if the team is late due to delays during the travel time that could not have been foreseen in advance. It is the Jury that always decides if the team had a "valid reason", and what the result of the game will be, please see §2-6.

§1-10 TIME SCHEDULE

The matches are played on fields appointed by the Organizer.

The matches may be played on grass or artificial turf.

§1-11 RESERVATIONS

If weather and/or the state of the fields cancels games, the organizer reserves the right to change the game system and the game plan or cancel the tournament in its entirety.

The organiser reserves the right for cancellation of the B play-offs in accordance with the weather conditions.

The B play-offs will always defer to the A play-offs.

§1-12 PLAYING SYSTEMS

Classes 13, 14, 15, 16, 17 and 19 (boys and girls):

The teams will be divided into groups of three to five teams (normally four). These play a round-robin. The two best teams in each group advances to the A play-offs. The rest of the teams go to the B play-offs. All Play-offs games are played as a cup.

The ranking in each group is decided in the following manner:

A) The ranking of the teams is decided by points. 3 points for victory, 1 point for a draw and 0 point for a loss.

If 2 or more teams are equal in points, the ranking is decided as follows:

B) The team that has met to most games goes ahead.

If the teams are still equal in points, the ranking is decided as follows:

C) Goal difference: Meaning the difference between scored and admitted goals.

If the teams are still equal in points, the ranking is decided as follows:

D) Number of goals scored.

If the teams are still equal in points, the ranking is decided as follows:

E) Result of mutual game.

If the teams are still equal, the following is decisive:

F) If the decision concerns the right to participate in the A play-offs, this will be carried out with penalty kicks in the classes 13,14,15, 16, 17 and 19 y/o. Other than that, the order of the group will be decided by a ticket draw.

1) The ticket draw will take place in Technical Information with the two team leaders and a member of the jury, or a member of the Technical Information is present.

§1-13 DRAWN MATCHES IN THE PLAY-OFFS:

In drawn games in the play-offs there will be played penalty shootout.

§1-14 REGULATIONS FOR B PLAY-OFFS,

The B play-offs is arranged as a cup.

The organiser reserves the right for cancellation of the B play-offs in accordance with the weather conditions.

The B play-offs will always defer to the A play-offs.

CHAPTER 2 - COMPETITION AND SANCTION REGULATIONS

§2-1 PROTESTS

Norwegian Football Association's Reaction Regulation Section 5 on protests applies with the necessary adjustments and the following additions:

§2-1.1 Time limits

Protest shall be delivered in writing at the Technical Information by the team official no later than 90 minutes from the end of the game. For games played on the other arenas the protest is to be delivered to the local secretariat. The time limit is the same.

§2-1.2 Alerting

With every protest for breaking the rules during the game, the referee is to be informed that a protest will be handed in, before the referee leaves the field or the vicinity.

§2-1.3 Regarding protests on age

When presenting a protest, the team handing in the protest will have to point out the player or players that the protest concerns. A general protest for the entire team will not be accepted.

§2-1.4 Fee

When submitting the protest, a fee of NOK 1500 must be paid. The fee will be refunded if the protest is approved. The decision of the jury is final.

§2-2 EXPELLING - RED CARD

Regulations from The Norwegian Football Association applies with the following adjustments and amendments:

§2-2.1 Red card suspension

The jury decides sanctions for the red card send off. The penalty is in accordance with guidelines from The Norwegian Football Association. The jury's decision is final. For this reason, it is important that the sanctioned player is given a written statement after the send-off. The jury can maximum sanction 3 (three) matches' suspension. If the offense requires a stricter sanction, the case will be sent to the national football association.

§2-2.2 Right to explain

Players that have been given a red card have the right to give the jury a written statement with regards to the expelling. Such statements must be given within two hours after the end of the game.

§2-2.3 One match suspension

When being expelled for one game, one game is to be served in the first game in the tournament after the sending off. If the expelling is in the last game of the tournament, there will be given no suspension.

§2-2.4 Several matches' suspension

If the player has committed an offence that implies suspension from two or more games, the player must serve all the games in the tournament. The club will receive a written warning. Games that cannot be served in the tournament, with exception of one game, will be transferred to obligatory games. The player's football district or National Football Association will automatically be alerted to sanctions not served in the tournament.

§2-3 WARNING - YELLOW CARD

Regulations from The Norwegian Football Association applies with the following adjustments and amendments:

§2-3.1 Suspension

In the class 19, players that have received two warnings will automatically be suspended from the team's next match. The player will then have to forfeit one game for each additional warning given.

§2-3.2 Temporary dismissals, yellow card penalty

In the other classes, a yellow card, will directly give time in the penalty box, following The Norwegian Football Associations rules §4-8. All temporary dismissals are completed by the end of the match. This means that a player who have been given a temporary dismissal can take part in a penalty shootout at the end of the game.

§2-3.3 Team Officials

The team officials and the player are independently responsible to enforce the suspension regulations when given a warning.

§2-3.4 Classes 11 and 12 y/o

There will be no cards used in classes 11 and 12 y/o. The Referee should approach players to give them guidance/directions after repeated offences.

§2-4 BEHAVIOUR OF SUPPORTERS, CLUBS, TEAMS, AND LEADERS

§2-4.1 Improper behaviour from leaders etc.

Referees and referee observers will report to the jury inappropriate behaviour from team officials, coaches, players, and the team's supporters in connection with matches. It is the responsibility of the team officials to make sure that everyone connected to the club/team, including fans and parents, do not behave in a manner that is obviously inappropriate, indecent, or damaging to the reputation of the sport. Clubs, teams, players, or team officials will be given sanctions from the tournament jury for breaking the tournaments rules.

§2-4.2 Improper behaviour from participants

The jury may sanction participants that are outside the jurisdiction of the referee when behaving openly inappropriate, indecent or in a way that may damage the reputation of the sport.

§2-4.3 Sanctions for improper behaviour

Behaviour that is seen as obviously inappropriate, indecent, or damaging to the reputation of the sport are when players, referees, team officials and supporters verbally or in other manners behave so that other players, referees, team officials or the spectator are exposed to insulting behaviour.

2-4.4 Procedure

The jury will call the involved parties, and the clubs are called to the jury to provide an explanation. If the clubs deny meeting the jury, this might be held against them when deciding the question of guilt – and punishment.

Jury may also use the report from the referee observes in cases where appropriate. The decision of the jury is final and cannot be appealed.

§2-4.5 Forwarded to the Norwegian Football Association

Abusive violations in law or regulations will be reported to the Norwegian Football Association for further consideration and decisions.

§ 2-4.6 Suspension

If the jury finds it necessary, it can suspend the concerned team immediately after a report is received. The suspension will be notified to the team as soon as possible and cannot be appealed.

§2-5 Expelled team official/coach

Regulations from The Norwegian Football Association apply for suspensions with the following adjustments and amendments:

§2-5.1 Automatically suspended

Coaches or team officials that by the referee is expelled from the field or the adjacent area for openly inappropriate behaviour, will lose the right to lead the team for the rest of the game and is expelled from the team's next game in the tournament, unless otherwise stated by the jury.

§2-5.2 Suspensions for several games

If the suspension is for two or more games, the coach or team official will not be able to have any function with regards to the club's teams before the penalty has been served. Such sanctions will be given in writing.

§2-5.3 Rights

Suspended trainer/ team official should give a written statement to the jury, at the latest 2 hours after end of match. If not, the jury's judgement will be based on the referee report.

§ 2-6 NO SHOW OR WITHDRAWAL FROM MATCH

Teams not meeting to a match without a valid reason will lose the game. The result is set at 3-0. If there are special reasons that the team did not meet for the game, it can be barred, and all the results of the team cancelled. It is the jury that always decides what a special reason is. A team that withdraws from an ongoing match will be treated as a no shown.

CHAPTER 3 - REGULATIONS FOR PLAYER'S ELIGIBILITY

§3-1 GENERAL

A player is eligible to play for his/her club in accordance with his/her countries regulations for playing eligibility, but in accordance with the age rules of Norway Cup. To be eligible to play a player must also follow the regulation for "Children's sports" chapter 2 for competitions in children's sports.

If the team does not have enough players to participate in the tournament, there is an opportunity to use up to to two- 2 - players registered in another club, from the same nation.

Norway Cup must approve the use of guest players. The approval is made in connection with the team's registration of the participant list. The team must show proof of the agreement between the clubs prior to the start of the tournament.

The teams must in good time, and before July 1st, have this documentation from their regional football association. The team must present a written agreement between the two clubs. In the agreement it must be noted that if the player is given a quarantine of 2 games or more, and this cannot be served at Norway Cup, the player can be required to serve the quarantine in regular season matches.

When requested by the opponent or the organizers the player's eligibility must be documented.

A player can play for two teams within the same club. However, they cannot participate in teams playing in the same age class. This rule does not apply for overage players or players playing for a team in a higher age bracket.

For classes 11 and 12 y/o players can play for two teams in the same class. The player should be added on both team's team lists.

§3-2 Cooperating teams

Cooperating teams are required to have a dispensation from either their district or their National Football Association given prior to the start of the season.

§3-3 Documentation

All players must document their age by providing satisfactory identification with photo. The jury always decides what identification is satisfactory. Random checks will be carried out during the tournament with regards to age and player's eligibility.

§3-4 TEAM LIST

All teams are required to submit, in ample time before the first game, a list naming the players the team will utilize in the tournament. The team list must contain name and birthdate, and year of birth for all players. In classes 11aside and 9aside it is possible to list up to 3 overaged players on the rooster. In all other playing forms, it is possible to list up to 2 overaged players on the team rooster. In the 11aside and the 9aside you may utilize two overaged players in each game. In the rest of the classes, you may utilize 1 overaged player in each game. For the use of overaged players please see § 3-5.2 in these regulations.

The team rooster may not contain more than 24 players without an acceptance from the Jury prior to the start of the tournament. A player is not eligible for play before he or she is entered on the team list.

Teams may not remove players from the team list after the first game is played. The team may enter more players on the list during the tournament, with a maximum of 24.

Teams that have not submitted team lists before their first game, can unless there is a valid reason, loose the right to participate in the play-offs. It is the Jury, that always, defines a valid reason.

The team list must indicate the player's suit number.

On each team list please enter the name and mobile telephone number to the leader in charge.

§3-5 USING OVERAGE PLAYERS §3-5.1

Norway Cup are following the Norwegian Football Association's rule § 2-3 (1) exception from rules about age.

§ 3-5.2 Number of overaged players

All classes a team can use up to 2 overage players in 9 and 11 aside games. In 7 aside teams can use up 1 overage player. Overage players cannot be used in a lower age group if the club has a team in the players own age group at Norway Cup. Overage players cannot be more than 1 year older in accordance with Norway Cups age grouping.

§3-5.3 Dispensation for age given by the regional football association

Girls who have been granted dispensation by their regional football association to play as an overage player on boys' teams, while playing in teams in their own year age group or higher, are also eligible to play in the tournament. Players who are granted exemption cannot be more than 2 years older. The limitation in the first and second sentences in § 3-5.3 applies.

General dispensation for age requirements, given by the players' regional football association, does not provide eligibility to play in the tournament if the dispensations go beyond Norway Cups rules for overage players. Norway Cup does not grant exemptions to this rule to any participating teams.

§3-5.4

In addition, a team has the possibility to use overage players who have a dispensation based on medical grounds given by the regional football association within the set deadline before the season start. Any dispensation must be enclosed with the team list. Exemption cannot be issued solely for participation in Norway Cup.

§3-5.5

Team leaders must inform the opponent of any overage players before the match and show them who these are. The lack of highlighting who the players are before the match is not a valid ground for protest.

Any dispensations must be submitted to the opponent's team management before the match.

§3-6 NOT ELIGIBLE PLAYER

Players must be eligible in accordance with the Norwegian Football Associations/FIFA's laws and regulations for the club or the team he/she is playing for. If a club or a team utilizes a player that is not eligible, the team using the not eligible player will lose the match. In addition, the jury may post sanctions. In cases where a team does not have enough players to participate in the tournament, it is possible to use up to two - 2 - players who are eligible to play for another club from the same nation. As a guideline for a team with the appropriate number of players, and what can be considered as "enough players" to participate in the tournament, the following starting point will be used: 16 players in 11-a-side football, 14 players in 9-a-side football - is football and 12 players in 7-a-side football.

§3-7 MOVING TEAMS

The jury may move a team from one class to another to enhance the cup from a sporting point of view.

It is allowed to use players from the same club on multiple teams during the tournament. However, they cannot play for two teams in the same age group. This rule does not extend to overage players or players who play in an age group higher than their age during the tournament.