

Tournament regulations Norway Cup 2026

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 compete under their school football association, those teams that are also registered with the national football association are permitted 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:

- Kjartan Berland, Lillestrøm SK, leader
- Pia Fjeld, Tofte Fremad IF
- Jan Olav Knutsen, Haugsbygd IF
- Gro Langdalen, Løvenstad FK

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

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CHAPTER 1 – TOURNAMENT REGULATION

AGE CATEGORIES

BOYS

11 aside

B19	born after 1.1.2007
B17	born after 1.1.2009
B16	born after 1.1.2010
B15	born after 1.1.2011
B14	born after 1.1.2012

9 aside

B13	born after 1.1.2013
B12	born after 1.1.2014 *only for teams from the Nordic countries/Barents region.

7 aside

B16	born after 1.1.2010
B14	born after 1.1.2012
B11	born after 1.1.2015 *only for teams from the Nordic countries/Barents region.
B10	born after 1.1.2016 *only for teams from the Nordic countries/Barents region.

GIRLS

11 aside

19	born after 1.1.2007
17	born after 1.1.2009
16	born after 1.1.2010
15	born after 1.1.2011
14	born after 1.1.2012

9 aside

13	born after 1.1.2013
12	born after 1.1.2014 *only for teams from the Nordic countries/Barents region

7 aside

G16	born after 1.1.2010
G14	born after 1.1.2012
G11	born after 1.1.2015 *only for teams from the Nordic countries/Barents region.
G10	born after 1.1.2016 *only for teams from the Nordic countries/Barents region.

Teams from countries that apply August 1st as the age limit may also include players born between August and December in the Norway Cup. However, these teams are not allowed to use additional overaged players

§ 1-2 PLAYING PERIOD

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

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§1-3 BALL SIZES

In the categories 15, 16, 17 and 19 y/o, ball size No. 5 is used. In all other categories, ball size No. 4 is used. The use of the wrong ball size is not a valid reason for protest. The Norway Cup ball should be used when possible. If that ball is not available, the team listed first in the schedule must provide an approved match ball. In the finals of the A-playoffs, the organizer will provide the necessary balls.

§1-4 PITCH HALF

The referee performs a coin toss, and the winner decides whether they want to kick off first or which goal they want to attack in the first half.

§1-5 PLAYERS UNIFORMS

The away team will change uniforms if the referee finds that the colours are too similar. Substitute uniforms may be borrowed in the tournament office, 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 roster. 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 Department 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, lose 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 valid reason for the team's lateness is if they encounter unforeseen travel delays. 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.

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§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 Tournament office with the two team leaders and a member of the jury, or a member of the Technical Department is present.

§1-13 DRAWN MATCHES IN THE PLAY-OFFS:

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

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§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.

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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:

Regarding questions concerning what may constitute grounds for a protest, reference is made to the NFF Disciplinary Regulations § 5-3. Who is entitled to lodge a protest is set out in § 5-4 of the Disciplinary Regulations.

§2-1.1 Time limits

Protest shall be delivered in writing at the Technical Department 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 impose a suspension of up to a maximum of 3 (three) matches. 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 match.

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§2-2.3 One match suspension

If a player is sent off due to an offense that, according to NFF's guidelines, results in a one-match suspension, the player must serve the suspension in the next match. If a player participates in multiple classes, the suspension shall be served in the class in which the player was sent off.

If the red card is given in the final match of the tournament, the player will not serve a suspension.

§2-2.4 Several matches' suspension

If a player is sent off due to an offense that, according to NFF's guidelines, results in more than a one-match suspension, all matches must be served during the tournament. Matches that cannot be served in the tournament, excluding one match, will be carried over to the next compulsory matches. The jury must inform the district association to which the club belongs about any unsatisfied suspension immediately after the team is eliminated from 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 age group 19 y/o, players that have received two warnings will automatically be suspended from the team's next match. The player will then have to forfeit one match 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 has 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 10, 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.

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

§2-4.1 Improper behaviour from leaders etc.

Referees must report to the jury any clearly inappropriate behavior from a team, supporters, coaches, and leaders in and around the matches. The report should be sent to the technical secretariat. Behavior considered clearly inappropriate, indecent, or likely to harm the reputation of the sport includes instances where players, referees, team leaders, and supporters act in a way that exposes other players, referees, team leaders, or spectators to offensive behavior, either verbally or in other ways.

It is the responsibility of the team management to ensure that everyone associated with the team, including supporters, does not behave in a manner that is clearly inappropriate, indecent, or likely to harm the reputation of the sport. Clubs and teams may face sanctions from the tournament jury in accordance with NFF's regulations.

§2-4.2 Improper behaviour from participants

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.

The 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.

§2-4.3 Sanctions for improper behaviour

Behavior that is clearly inappropriate, indecent, or harmful to the sport's reputation includes instances where players, referees, team officials, or supporters engage in verbal or other forms of conduct that insult or demean other players, referees, team officials, or spectators.

2-4.4 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.

§2-4.5 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.

§2-5 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 and officials who are sent off (given a red card) by the referee from the vicinity of the playing field or from the team officials' area during a match lose the right to manage the team for the remainder of the match and are excluded from the next match in the tournament for the same team, unless otherwise notified by the jury.

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§2-5.2 Suspensions for several matches

If the suspension is for two or more matches, 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. The team also loses the right to participate in the A finals. 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.

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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 2 two players registered in another club, **from the same nation.**

Norway Cup must approve the use of guest players. The approval is made in accordance 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 have 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.

§ 3-2 Players on multiple teams within the same club

A player can participate in multiple teams from the same club in the tournament, but it is limited to a maximum of 5 players on one team who can participate on another team. 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 10, 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.

§3-3 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.

§3-4 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.

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§3-5 TEAM ROOSTER

All teams are required to submit their list of players for the tournament well in advance of their first match. The list must include the phone number and email address of the responsible team leader.

The team rooster must include the players' names, birthdates and shirt number.

In the age categories 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. For the use of overaged players please see § 3-5.2 in these regulations.

The team rooster may not contain more than 24 players. A player is not eligible for play before he or she is entered on the team list. As stated in § 3-2, it is only permitted to have up to 5 players who are also listed on other teams within the club.

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 their team lists before their first game may lose the right to participate in the play-offs unless there is a valid reason. The Jury always defines what constitutes a valid reason.

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§3-6 USING OVERAGE PLAYERS §3-5.1

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

§ 3-6.2 Number of overaged players

In the age categories 11aside and 9aside it is possible to list up to 3 overaged players on the roster.

In all other playing forms, it is possible to list up to 2 overaged players on the team roster

It is allowed to have up to 2 over-age players on the field at the same time in 11-a-side and 9-a-side football. In other game formats, 1 over-age player can be used at any time.

This means that an over-age player can be substituted with another over-age player from the bench so that the maximum limit is not exceeded. Over-age players are not allowed to play for teams in their own age group or older in the tournament. Overaged 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.

§3-6.3 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 § 2-3(2) 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.

§3-6.4

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.

§3-6.5

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.

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§3-7 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.

§3-8 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.