



Norfolk Cup Competition Rules 2016-17

1. Competitions for 2016-17 will be as follows:

Norfolk Senior Cup. Will be contested by the four clubs finishing the 2015-16 season in the highest positions in the RFU Leagues. (North Walsham, Diss, Norwich & Holt).

Norfolk Cup. Open to 1st XV's of clubs affiliated to Norfolk RFU but not entitled to enter the Senior Cup.

Norfolk Plate. Open to all 1st team entrants to the Norfolk Cup who lose in the 1st and 2nd rounds.

Norfolk Bowl. Open to all 2nd XV's of clubs affiliated to Norfolk RFU.

Norfolk Salver. Open to all 3rd XV's of clubs affiliated to Norfolk RFU.

Norfolk Women's Cup.

Norfolk Touch Cup.

Rules for the latter two cups will be specific to these competitions and will be separately issued.

All matches shall be played in accordance with the laws and spirit of Rugby Football and the relevant codes of practice. The Competition Chairman has the power to recommend action in accordance with established procedures against individuals or teams that are proven to have acted in a manner contrary to these or are considered to have brought the game or Norfolk RFU into disrepute.

2. The draw for the first round of each competition was made at the June 2016 Committee meeting of Norfolk RFU and is attached to this document. The draw for each subsequent round shall be made by the Competitions Committee as soon as possible after the completion of the previous round. The home team shall be the first team drawn in each round

3. Clubs may only enter one team in each of the above competitions.

4. A player representing a club in any of the above competitions must be a paid-up member of that club and appear on the club's GMS listing at the time he plays.

5. The team drawn at home shall be responsible for advising the Competition Chairman of the result of the match within 48 hours on the form specified.

6. In accordance with 4 above, the home team is responsible for ensuring that a match card (attached) is completed and signed by officials from each club together with the match referee. This form should be photographed /scanned and emailed to nrfucup@btinternet.com .

7. Players may only represent one club in any of the above competitions in any one season. Any infringement of this rule shall result in the player **and the second Team he plays for being disqualified from the 2016-17 Competition and also for the following season.** The Team shall also not be regarded as the winner for the purposes of any other competition.

8. Games must be played on the dates specified by the Competition Committee.



9. Kick-off times will be as follows:

Nov, Dec, Jan, Feb 13:30, Mar, April, May 14:30. Where the home club has floodlights **approved by the RFU**, kick off times may be varied by application to the Competition Chairman.

9. If weather conditions prevent a match being played on the due date, it shall be played as soon as possible thereafter. All options should be considered including playing midweek under floodlights or using a neutral ground. If it is not possible to play the match within 15 days, the home club must consult the Competition Chairman who may, after consultation, designate a date and venue which will be mandatory. If because of weather conditions a match is abandoned with not more than 20 minutes remaining, the score at the time of abandonment shall stand as the final result. If a match is abandoned before this stage, it shall be replayed under the arrangement outlined above.

10. Cancellation of a fixture by a team for any reason other than weather conditions, or without prior approval of the Competitions Chairman, will result in that team being disqualified from the Competition in the following season.

11. In the event of a draw at no side, extra time of seven minutes each way shall be played. If this does not produce a result, the team that has scored most tries shall go forward to the next round, and if these be equal then the team that has scored the most goals from tries goes forward to the next round. If a result is still not forthcoming, the team drawn away from home, whether or not they are playing away from home, shall go forward into the next round.

12. In the Final any extra time shall be 10 minutes each way and if the scores are level after extra time the team with the most tries and if these be equal then the team with the most goals from tries is declared the winner, and if a result is still not forthcoming the cup is shared.

13. Having nominated a team, a Club must ensure that such team shall consist of players who would normally be expected to play for that team. If, in the opinion of the Competitions Committee, any Club fields an unrepresentative team in any competition match, that team shall forfeit the Game and their opponents shall progress to the next round.

14. Up to three replacements will be permitted in all rounds of the Competition with eight interchanges. Each squad must contain at least 4 players who are able to play in the front row.

15. In the event of a dispute, objections must be received by email to the Competition Chairman (nrfucup@btinternet.com) within 48 hours of the event causing the dispute. The Competitions Chairman will, after examining any available evidence from the parties concerned, issue a ruling. Such ruling will normally be delivered within seven days of receiving the initial communication.

16. Should either party to the dispute wish to appeal the Chairman's decision, they must notify him within 48 hours of receiving the decision. An Appeal Panel shall be set up comprising the President of the Norfolk Rugby Football Union and two officials of the Union nominated by him. A representative of each club involved may be invited to attend and be heard. The decision of this Panel regarding the dispute shall be final.

17. The Competition Chairman shall be empowered to give interpretations of these rules but they may only be altered or amended by the Management Committee of the Norfolk Union.

18. Any questions should be directed to the Competition Chairman, John Mackay, at nrfucup@btinternet.com or by telephone: 07775 873040.



NORFOLK RFU MATCH REPORT FORM 2016-17

COMPETITION* : NORFOLK SENIOR CUP / NORFOLK CUP/ NORFOLK PLATE/ NORFOLK BOWL / NORFOLK SALVER			
Match Date:		Venue:	
Home Team:		Away Team:	
Score:		Score:	
No. of Tries Scored:		No. of Tries Scored:	
No. of conversions:		No of conversions:	

Please complete in **BLOCK CAPITALS**, stating surname followed by **FULL** first names of all players & replacements, using **Black ink**

15		15	
14		14	
13		13	
12		12	
11		11	
10		10	
9		9	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
Replacements		Replacements	
16		16	
17		17	
18		18	
Referee's Name		Referee's signature:	
		Society	
Signed:		Signed:	
Home Official:		Away Official:	
Name:		Name:	

Was match completed with or did it contain uncontested scrums? YES /NO*

FORM TO BE HANDED TO REFEREE BEFORE THE START OF THE GAME. HE WILL OBTAIN SIGNATURES AFTER MATCH COMPLETION.

ACTION: HOME TEAM to email result to nrfucup@btinternet.com no later than 48 hours after game.

***DELETE AS APPROPRIATE.**