



Supplementary Rules for Joint Competitions

April 2025

1. SCOPE

These Supplementary Rules for Joint Competitions (**the Rules**) apply to the following competitions (**the Joint Competitions**) in the 2025 season that are being delivered in cooperation by North West Sydney Football (**NWSF**) and the Northern Suburbs Football Association (**NSFA**);

- Over 30 Women Division 1.
- Over 45 Men Division 1.
- Over 45 Men Division 2.
- Over 55 Men Division 1.
- Over 55 Men Division 2.

2. APPLICATION

These Rules supersede the respective competition regulations of NWSF and NSFA for the Joint Competitions only.

All other aspects of competition delivery (such as but not limited to regulations for registration of players and coaches, affiliation with the respective Associations) remain as per the current competition regulations of NWSF and NSFA.

Where these rules are silent on a matter that relates to the Joint Competitions, NWSF and NSFA will adjudicate on the outcome. The decision of NWSF and NSFA is not subject to protest or appeal, regardless of what provisions for protest or appeal exist in the separate competition regulations.

3. ADMINISTRATION

Administration of the Joint Competitions will be shared by the Associations, per the following table;

Competition	Administrator
Over 30 Women Division 1	NSFA
Over 30 Women Division 2	NSFA
Over 45 Men Division 1	NSFA
Over 45 Men Division 2	NSFA
Over 55 Men Division 1	NSFA
Over 55 Men Division 2	NWSF

4. BREACH AND DISCIPLINARY SANCTIONS

4.1 Application

Breaches of these Rules will be considered within the disciplinary processes of the Association that is administering the relevant competition.

Breaches of other policies, rules, or regulations will be considered within the disciplinary process of the Association the club is affiliated to, or in the case of a player or official, registered to.

In all scenarios, the Associations agree to jointly apply the disciplinary sanctions determined for any player, official or club found guilty of an offence.

4.2 Yellow and Red Cards

a) Yellow Cards

- i. The rules relating to yellow cards, including the number of cards that can be accumulated in a competition before a suspension is issued, are per the regulations of the Association that is administering the competition.
- ii. For ease of reference, in NWSF administered competitions;
 - 1) A player who accumulates four (4) yellow cards in the Premiership shall serve a mandatory one (1) fixture suspension and any player receiving six (6) yellow cards in the Premiership shall serve a mandatory two (2) fixture suspension.
 - 2) A player who accumulates eight (8) or more yellow cards in the Premiership shall be referred by the CEO to the GPT.
 - 3) A Player who accumulates two (2) yellow cards in the Championship and/or Pennant rounds shall serve a mandatory one (1) fixture suspension.

- iii. For ease of reference, in NSFA administered competitions;
 - 1) When a player or official receives four (4) official cautions in the Premiership season for a competition team, they shall serve a mandatory one (1) match suspension. When a player or official has received a further two (2) official cautions in the Premiership season for any competition team, making a total of six (6), they shall serve a mandatory two (2) match suspension.
 - 2) Any player or official who receives seven (7) or more cautions in the Premiership season for any competition team will receive a mandatory one (1) fixture suspension and will receive notification to appear before the PD&DC, which may apply a further sanction.
 - 3) The accumulation of cautions does not continue for the Championship series.

b) Red Cards

- i. The rules relating to red cards, including the number of cards that can be accumulated in a competition before a suspension is issued, are per the disciplinary regulations of the Association that is administering the competition.
- ii. For ease of reference, in both Associations;
 - 1) There is no specific rule regarding the accumulation of red cards in the Premiership or Championship series.
 - 2) For NWSF administered competitions, the sanctions in the table of offences in the [NWSF Grievance and Disciplinary Regulations](#) define increased minimum and maximum ranges for the second and subsequent red cards received in a season.
 - 3) For NSFA administered competitions, the sanctions in the table of offences in the [NSFA Grievance and Disciplinary Regulations](#) define increased minimum and maximum ranges for the second and subsequent red cards received in a season.

c) Temporary Dismissals

- i. Temporary dismissals are issued by referees in all Joint Competitions for *Y2 dissent by word or action* offences.
- ii. The issuing of a temporary dismissal results in the player being required to leave the field of play for a 10-minute period.
- iii. For all Joint Competitions, temporary dismissals are considered a yellow card for the purpose of accumulating cautions.
- iv. This in application means that any combination of two (2) yellow cards or temporary dismissals in a single match results in an R7 red card.
- v. Yellow cards and temporary dismissals also accumulate for the purpose of applying additional suspensions where an individual accumulates more than the allowed yellow cards in a season.

4.3 Serving of Suspensions

- a) Where a player is suspended from participating in football (match suspension) they remain ineligible to play in any other match, in any other competition, in either Association's competitions, until the match suspension has been served in the team in which they received the suspension.
- b) Where an official is suspended from participating in football (match suspension) they remain ineligible to act as an official in any other match, in any other competition, in either Association's competitions, until the match suspension has been served for the team in which they received the suspension.
- c) Where a player or official is suspended from participating in football (time suspension) they remain ineligible to participate in any football activities, in both Associations, until the time suspension has been served.
- d) "Football Activities" is as defined in the respective Association's disciplinary regulations.

- e) The application of any suspensions that remain following the conclusion of the 2025 season will be applied per the respective Association's disciplinary regulations.

5. COMPETITION FORMAT

5.1 Substitution and Interchange

Unlimited interchange is applied to all Joint Competitions.

5.2 Over 30 Women Format

The Over 30 Women's competition format comprises of;

- a) A conference system with two (2) groups of six (6) teams playing each other once.
- b) At the end of the conference system, the top three (3) teams from each group are placed into Division 1, and the bottom three (3) teams from each group are placed into Division 2.
- c) Competition points from the conference matches carry through and are included in final division competition points standings.
- d) Each Division then plays home and away matches (i.e., 10 matches).
- e) At the completion of the Premiership the top four (4) teams of each division play in a Championship series.
- f) The Championships series will comprise of the following matches;
 - i. Week 1;
 - 1) Match 1 – 1st placed v 2nd placed.
 - 2) Match 2 – 3rd placed v 4th placed.
 - 3) Match 3 – 5th placed v 6th placed (no qualification to week 2 of the Championship series).
 - ii. Week 2;
 - 1) Match 4 – Loser match 1 v winner match 2.
 - iii. Week 3;
 - 1) Match 5 – Winner match 1 v winner match 4.
- g) Where inclement weather results in the shortening of the season, the administering Association will determine how the Championship series will be conducted.

5.3 Over 45 Men Format

The Over 45 Men's competition format comprises of;

- a) A division 1 comprised of ten (10) teams and a division 2 comprised of ten (10) teams.
- b) Each division plays a home and away league.
- c) At the completion of the league the top four (4) teams of each division play in a Championship series.
- d) The Championships series will comprise of the following matches;
 - i. Week 1;
 - 1) Match 1 – 1st placed v 4th placed.
 - 2) Match 2 – 2nd placed v 3rd placed.
 - ii. Week 2;
 - 1) Match 3 – Winner match 1 v winner match 2.
- e) Where inclement weather results in the shortening of the season, the administering Association will determine how the Championship Series will be conducted.

5.4 Over 55 Men Format

The Over 55 Men's competition format comprises of;

- a) A division 1 comprised of eight (8) teams and a division 2 comprised of eleven (11) teams.
- b) In division 1 the Premiership series consists of a home and away league.
- c) In division 2 the Premiership series consists of teams playing each other once (11 rounds). The competition is then split into a top six (6) and a bottom five (5) division. The teams then play the other teams in their division once for the next five (5) rounds.
- d) At the completion of the Premiership the top four (4) teams of each division play in a Championship series, and the bottom four (4) teams of division 1 play in a Pennant series. There is no Pennant series for division 2.

- e) The Championship and Pennant series will use a round robin format, with each team playing the other teams in their respective series once.
- f) The points table from the Premiership does not carry over into the Championship and Pennant series. The Championship and Pennant series begins with all teams on zero (0) points.
- g) At the end of the Championship and Pennant series, the two (2) highest ranked teams will compete in a Championship final or Pennant final (whichever is relevant).
- h) The following process will be used to determine Championship and Pennant series ranking;
 - i. Team with the highest number of points in the Championship or Pennant series.
 - ii. Team with the highest total goal difference in the Championship or Pennant series.
 - iii. Team with the highest total goals scored in the Championship or Pennant series.
 - iv. Head-to-head between the teams in the Championship or Pennant series.
 - v. Highest position of the teams in the league.
 - vi. Drawing of lots by the administering Association.
- i) Where inclement weather results in the shortening of the season, the administering Association will determine how the Championship series will be conducted.

6. PLAYER ELIGIBILITY

6.1 Over 30 Women

- a) To be age eligible, players must turn 30 years of age by 31 December 2025.
- b) Teams can register up to two (2) players who turn 29 years of age by 31 December 2025.

6.2 Over 45 Men

- a) To be age eligible, players must turn 45 years of age by 31 December 2025.
- b) Teams can register up to two (2) players who turned 43 years of age by 31 December 2025.

6.3 Over 55 Men

- a) To be age eligible, players must turn 55 by 31 December 2025.
- b) Teams can register up to four (4) players who turned 51 years of age by 31 December 2025.

7. PLAYER ROSTER

7.1 Maximum Registrations

There is no maximum number of players that can be registered to a team in the Joint Competitions.

7.2 Players on a Team sheet

No more than eighteen (18) players can be listed on a team sheet for any single match in the Joint Competitions.

8. BORROWING PLAYERS

8.1 Limitation on the Number of Times a Player is Borrowed

- a) A player may be borrowed from the team they are registered to a total of seven (7) times without any consequence.
- b) On the eight time a player is borrowed from the team they are registered to, the player is automatically re-graded to the team that borrowed them in the Joint Competitions.
- c) Once re-graded, the player can no longer be borrowed in the Joint Competitions but may be borrowed in other competitions pursuant to any such allowance in the respective Association's competition regulations.

8.2 Over 30 Women

The following borrowing limitations apply to the Over 30 Women's Joint Competition;

- a) There is no limit to the number of eligible players that can be borrowed per match.
- b) Teams from the same club that are in the same conference or division cannot borrow players from each other.
- c) Teams in Over 30 Women Division 1 can borrow age eligible players from any women's team at their club.
- d) Teams in Over 30 Women Division 2 can borrow age eligible players from any team at their club that is competing in a division 2 competition or lower.

8.3 Over 45 Men

The following borrowing limitations apply to the Over 45 Men's Joint Competition;

- a) There is no limit to the number of eligible players that can be borrowed per match.
- b) Teams from the same club that are in the same division cannot borrow players from each other.
- c) Teams in Over 45 Men Division 1 can borrow age eligible players from any Men's team at their club.
- d) Teams in Over 45 Men Division 2 can borrow age eligible players from any team at their club that is competing in a division 2 competition or lower.

8.4 Over 55 Men

The following borrowing limitations apply to the Over 55 Men's Joint Competition;

- a) There is no limit to the number of eligible players that can be borrowed per match.
- b) Teams from the same club that are in the same division cannot borrow players from each other.
- c) Teams in Over 55 Men Division 1 can borrow age eligible players from any Men's team at their club.

- d) Teams in Over 55 Men Division 2 can borrow age eligible players from any team at their club that is competing in a division 2 competition or lower.

9. SLIDE TACKLES

9.1 Over 30 Women

Slide tackles are permitted in the Over 30 Women's Joint Competitions.

9.2 Over 45 Men

Slide tackles are permitted in the Over 45 Men's Joint Competitions.

9.3 Over 55 Men

Slide tackles are not permitted in the Over 55 Men's Joint Competitions.

10. REFEREES

10.1 Appointments

Appointment of referees is controlled by the Association in which the match is being played (i.e., if the match is being played on a NWSF ground, the appointments is managed by NWSF).

10.2 Games Uncovered

Where a match in the Joint Competitions is not covered by an official referee, the home team is responsible for appointing a "club match official" to referee the match.

The "club match official" retains the authority normally provided to official referees to control the match and issue disciplinary sanctions.

11. MATCH DURATION

11.1 Over 30 Women

Two forty-five (45) minute halves, with a half time that does not exceed five (5) minutes.

11.2 Over 45 Men

Two forty-five (45) minute halves, with a half time that does not exceed five (5) minutes.

11.3 Over 55 Men

Two forty-five (45) minute halves, with a half time that does not exceed five (5) minutes.