

COSMO LEAGUE RULES & GUIDELINES 2016-2017

Participating teams:

1. The maximum number of teams in the Cosmo League is fifteen (unless the Committee deems it necessary to review this number, as per Rule 3).
2. Once a team is admitted, it can only be excluded from participation from the Cosmo League by an AGM or EGM, after taking votes by the Team Managers. Reasons for exclusion include repeated un-sportsmanlike behaviour of players, repeated late coming, no shows, illegal cancellations, failure to make payment of fines or fees, or breach of other Cosmo League rules as deemed by the Committee members.
3. In case of a vacancy, or if the Committee decides to review Rule 1, a new team(s) can make known their interest of participating in the Cosmo League to the Cosmo League Committee President. The Committee will make an assessment of the team and, if deemed necessary, the team will be asked to play at least three friendly games against three different current Cosmo League teams. The Cosmo League Committee will then assess the performance and attitude of the team as well as its management and determine whether the team is suitable for the Cosmo League. Should the applying team(s) be unsuccessful in its attempts to join the Cosmo League it should not make a further application until the following season.
4. The team finishing last in the Cosmo League table for two successive seasons will need to seek re-election to the League at the next AGM. The vote would be undertaken by the end of season in lieu of at the AGM.
5. Participating teams in the League are reminded to adhere to the rules at all times and adopt an attitude to support the League Committee in fulfilling its overriding objective, that is: "to keep the Cosmo League running as smoothly as possible." In this manner participating teams are reminded that at all times the spirit of the rules are to be acknowledged. No team should look to exploit possible oversights or gaps that the rules have not covered, for their own benefit. Any failure to comply with the spirit of the Cosmo League Rules may result in the disqualification of the team from the League.

Safety

6. Players are not allowed to wear jewellery. Referees must not allow players to play if they are wearing jewellery and if a team cannot field enough players to comply with this rule then the rule of "no show" will apply.
7. All players must wear shin pads Referees must not allow players to play if they are not wearing shin pads and if a team cannot field enough players with shin pads then the rule of "no show" will apply.
8. Players will not be allowed to continue to play with visibly bleeding wounds.

Playing schedule & Kick-off times:

9. Cosmo League games are played on a Friday night or Saturday afternoons, with exceptions made when necessary. Matches must be played according to the playing schedule determined by the Committee. This playing schedule will be published on the Cosmo League website and it is the responsibility of all teams to observe and adhere to the playing schedule, and any amendments thereto. Teams must be prepared to play on any weekend they have not notified

as a “black-out” or as long as 21 days notice is given to the teams. This will require Team Managers to check the website regularly.

10. The League will commence the 1st or 2nd Saturday after Singapore National Day (Aug 9th) and it will be finished by June.

11. The League reserves the right to schedule matches to be played on Singapore public holiday weekends (or so called "long weekends") as or when necessary but will do its utmost to not schedule games that conflict with such dates.

12. Midweek games will be scheduled, as and when possible, to prevent a backlog of games developing at the end of the season. However it is encouraged that all attempts to ensure that games are played on Fridays or Saturdays should at first be made.

13. The season's fixtures will be split into two (first round and second round). The end of the first round will be called the “midway point” of the season. The “midway point” will be at the end of the calendar year.

14. The Fixtures Secretary will ensure that the first round fixture dates are sent out to the participating teams at a minimum of 3 weeks prior to the start of the new season.

15. Kick-off times for the Saturday afternoon games should, whenever possible be played at 5pm. Alternatively, kick off times between 3pm and 5pm are deemed as acceptable. For Cup games teams should aim to kick off no later than 2.45pm or 4.45pm (in order to accommodate the possibility of extra time and/or penalties).

Fixtures Contact:

Managers are reminded that if you have any queries during the season regarding fixtures your first point of contact should be the Fixtures Secretary. In the event the Fixtures Secretary is not available Managers should contact the League President or in his absence the League Vice President.

Money, Fine Payments and General Finances:

16. League fees will be proposed by the Treasurer and approved by the AGM for the coming season. 50% of fees are due and payable two weeks prior to the start of the season and the balance payable no later than 31st December. Teams with money outstanding will not be given matches until payment is received, and will forfeit such games until outstanding fees are paid.

17. Any team joining the Cosmo League will need to pay an entry fee equivalent to its share of the Cosmo League Funds at the end of the previous season. The entry fee would be calculated by dividing the League Funds by the number of teams in the League prior to the new team. The entry fee would be payable within 2 weeks of the Treasurer advising the sum to the new team or two weeks before the season, whichever is later.

18. The Treasurer will endeavour to ensure that the income & expenditure account for each season does not result in a cumulative deficit to occur. Where a cumulative deficit is expected to occur, the Treasurer will advise Teams, at the earliest opportunity, of the additional payment due for that season.

19. League fees are inclusive of pitches, referees' fees and assistant referees' fees. The Treasurer will provide an advance to the Referee's Secretary to facilitate the payment to the referees and assistant referees. This payment by the Referee's Secretary will generally be made within two days of each match.

20. The Treasurer takes charge of a separate Cosmo League bank account, where all fees will be deposited, and from which payments will be made.

21. The Treasurer will maintain a record of all cash received and paid out, and will prepare an Income and Expenditure Statement, Balance Sheet and Cash Flow Statement at the end of each season. The Financial Statements will be presented at the AGM. Prior to the AGM, the Financial Statements and related records will be audited by at least two independent team representatives, who are not members of the Cosmo League Committee, and who will confirm the Financial Statements are an accurate reflection of the records.

22. Any resulting fines incurred by teams during the season will be totalled up and used to cover the expenses of the Cosmo League and/or donated to a charity nominated by the Cosmo League Committee.

23. Teams must ensure that any fines incurred are paid in full to the League via the Cosmo League Treasurer within ten business days that the fine was given.

24. Failure to pay the initial amount detailed by the Cosmo League Committee will see the amount increased by 5% per day up to a maximum of 5 days. The increased amount must be paid in full within five business days (therefore 15 business days will have elapsed in total).

25. Failure to have paid the amount in full including interest, beyond 15 business days, will see the team in question deducted two points immediately. It will then be requested to explain to the Cosmo League Committee why they have not been forthcoming with the payment.

Treasurer Contact:

Managers are reminded that if you have any queries during the season regarding finances (i.e. payment of League fees, fines, referees, etc.) your first point of contact should be the Treasurer. In the event the Treasurer is not available Managers should contact the League President or in his absence the League Vice President.

Team Managers:

26. Every team must have a minimum of two representatives; one must be designated as the main team contact. Should both representatives be away from Singapore an alternative must be advised to the Cosmo League Committee. The team representatives must be kept up to date on the Cosmo League website. Teams failing to observe this rule will be fined up to a maximum \$200 or deduction of 3 points, or both, as deemed fit by the Cosmo League Committee.

27. Communication between the Team Managers and the Cosmo League Committee goes in principle via the Internet (E-mail and Cosmo League Website) and when needed by telephone.

28. The duty of the Team Managers is:

- i. To inform their players where and when to play and pass on the information of the Cosmo League Committee to players.
- ii. To ensure that the submission of their team's respective final scores and match reports in adherence of the guidelines as detailed under the section titled "Submission of Final Scores, Goal Scorers, Disciplinary Issues and Match Reports".
- iii. To organize their teams, in such a way that there will be no cancellations of games and no late comings.
- iv. To arrange payment of Cosmo League fees on time.

- v. To report concerns (bad pitches, no shows of referees, misbehaviour of players, etc.) to the Cosmo League Committee.
- vi. To make continuous efforts to acquire their own home pitch or better / cheaper pitches for use by the Cosmo League.
- vii. To send updates of Team contact names and numbers to the Cosmo League Committee, if necessary.
- viii. To maintain a good sportsmanlike relationship between all Cosmo League teams.
- ix. To inform President, Vice-President and Chairman of Disciplinary Committee (or any person designated by the Cosmo League Committee) in writing (email will suffice) of any players transferred to his team from another Cosmo League team regardless of whether it is pre-season or mid-season. The procedure outlined within Rule 91 should be followed.
- x. To ensure all players are registered on the Cosmo League website 24 hours before the kick off of any game.
- xi. To ensure their Team's Captain wears a Captain's armband for all fixtures - Cup and League.
- xii. To ensure their Team is wearing the League sponsor's logos for all fixtures – Cup and League games. In the event of non-compliance a fine will be imposed by the Disciplinary Committee in accordance with Rule 30.
- xiii. Ensure that their Team's representatives that are in attendance at either an AGM or EGM are able to vote on matters on their team's behalf. Team representatives attending either AGM or EGM may be required to vote and refusal to participate will result in the Team having one point deducted with immediate effect.
- xiv. To submit a completed team sheet in the format prescribed by the Cosmo League Committee to the referee prior to the game. The team sheet should contain all players in the squad with their respective jersey number. After the game, the Team Manager should sign the team sheet on which the referee has indicated goal scorers and red and yellow cards.

Constant failure to adhere to one - or a collection of the above responsibilities - will result in the League Committee requesting an explanation from the respective team's Manager and may result in disciplinary action being enforced by the League Committee.

Submission of Final Scores, Goal Scorers, Disciplinary issues, Match Reports and Match Day Team sheets:

- 29. As detailed previously under the "Team Managers" section: Rule 28 states the responsibilities of the Team Managers that includes the following:
 - i. Ensure that their respective teams match reports, including team line-up, are submitted no later than 2-3 days after the match (therefore for Friday and Saturday games, no later than 19:00hrs on Monday evening).
 - ii. Ensure the President, Vice-President and Chairman of Disciplinary Committee (or any person designated by the Cosmo League Committee) are informed in writing

(email will suffice) of any players signed who have previously played for another Cosmo League team.

- iii. Referee grading must be included within the match report and must be submitted no later than 2-3 days of a match being played. This grading plays a significant part in referee monitoring, selection and discipline. The referee should be marked out of 10 and any rating below 5 must be accompanied with an explanation. If there are any issues with a referee's performance, then this should be raised, in writing, to the Cosmo League Committee.
- iv. A team listing of those players that participated in a fixture must be included in the match report that is submitted online by Team Managers. The match report must include the starting 11 and respective substitutes as well as giving a clear indication as to which substitutes, if any, were used.
- v. Ensure a completed team sheet in the format prescribed by the Cosmo League Committee is submitted to the referee prior to the game. The team sheet should contain all players in the squad with their respective jersey number. After the game, the Team Manager should sign the team sheet on which the referee has indicated goal scorers and red and yellow cards.
- vi. Ensure his team do not play in black shirts and shirts the same colour as the referees shirts as advised by the Committee as referees will have black shirts, sponsored by the Cosmo League

30. Failure to submit the final scores, complete the match reports, submit referee gradings or complete the team sheets in line with the above criteria or any other requirement stated within Rule 29 will result in the following fines: 1st time offence S\$50 fine, 2nd time offence: S\$100 and the 3rd and subsequent offences a S\$150 fine.

Pitches:

The view of the Cosmo League Committee on renting pitches is that the Cosmo League should be played on the highest quality of pitches whenever possible.

31. The assigning of pitches will be done by the pitches secretary who will have the final say on which pitch each match will be played. However rules 32-35 are the guidelines for pitch allocation.

32. If a team arranges its own home pitch for the whole season, the Pitches Secretary will endeavour to schedule all matches at that pitch, unless the team plays another team with its own home pitch. In that case a home game and an away game will be scheduled.

33. The "Home and Away" concept for fixtures should continue to be enforced although this is understandably not always possible when a team doesn't have its own pitch.

34. The Cosmo League pays up to S\$250 including GST per match for pitches, if a team wishes to play at a certain pitch, which costs more than S\$250 including GST, the team has to pay the balance.

35. Teams who do not have their own pitch will be scheduled to play at the available pitches, taking reasonable turns with the preferred pitches.

Pitches Contact:

Managers are reminded that if you have any queries during the season regarding pitches your first point of contact should be the Pitches Secretary. In the event the Pitches Secretary is not available Managers should contact the League President or in his absence the League Vice President.

The Cosmo League Website:

36. The Cosmo League Website plays a central role in the provision of information from the Cosmo League Committee to the Team Managers, players and other interested people. The Website, and the Cosmo League itself, depends on the prompt supply of information by Team Managers.

37. Website will be used, or alternatively email / telephone to keep teams informed of where and when they play. It is up to the Team Managers to inform their own respective teams of all relevant information. It is advised by the League Committee that Team Managers "touch base" with their opponents' Manager prior to their fixture to confirm match day details, directions to pitch, kick off time, etc.

Cancellation of Fixtures:

38. As previously stated in Cosmo League Rule 14; "The Fixtures Secretary will ensure that the first round of the season's fixtures are sent out to the participating teams at a minimum of 3 weeks prior to the start of the new season (although efforts to release the "First Round" of fixtures as early as possible to the team Managers will always be made.)

With regards to rescheduling of fixtures the following guidelines are to be adhered by each team:

39. Teams will be given a window (a minimum of two weeks) in which to identify a maximum of one weekend in the first round of games that they are unable to play (blackout) - i.e. Tours, Teammates' weddings, etc.

40. If a team does not use its blackout allocation (one match) for the first round of games (i.e. prior to "midway point" of the season) it may not "roll over" the balance and add it to their allocation for the remaining part of the season (i.e. second round matches).

41. Teams will also be able to highlight up to a maximum of one weekend in the second half of the season when the second round fixtures are released.

42. Once all teams have submitted their requests for blackouts within the two-week window, the Fixtures Secretary will distribute a finalised fixture list for the first round games of the season.

43. When the finalised fixture list has been distributed teams the fixtures will be "set in stone" and considered final for that round of games. In the event of an emergency teams are able to reschedule one other fixture for that half (round) of the season providing that they give 21 days notice prior to the date of the fixture.

44. Please note that the same process, as described in Rule 39 above, will apply to the second round games for the season (i.e. games played after the "midway point" of the season). Therefore teams will be able to request the Fixtures Secretary to reschedule one fixture in the second round of the season and also one other game in emergency circumstances provided the request is made 21 days prior to the fixtures date.

45. It is the League Committee's recommendation that each club appoint a member of their club (internally) to act as a Fixtures secretary to oversee their club's fixtures and schedule to ensure that there is no confusion/disappointment. Furthermore Team Managers are encouraged to make all attempts to get games played and that the rescheduling of fixtures should be a last alternative.

46. Team Managers are reminded that the "21 day rule" (outlined in Rule 43) is to be used in extreme cases i.e. when a Team Manager, for reasons that were not apparent at the time of the initial fixtures being sent out, believes they will not be able to field a team.

47. Teams are not permitted to use the 21 day rule to reschedule a Cup Final or Semi Final fixture.

48. Where a team cancels within 21 days of the original fixture date the offending team will have one point deducted automatically. The Fixtures Secretary will then reschedule the match at a later date, as and when possible.

49. Any team cancelling a game within 5 days of the original fixture (that is, on a Monday for the next Saturday game), the offending team will have one point deducted automatically, and the match shall be awarded to its opponents 3-0. This is inclusive of a "no-show" by a Team on the date of the fixture itself. The 3-0 loss will remain in effect unless BOTH teams are in agreement to play the game at a re-arranged date and venue that is acceptable to the Fixture's Secretary. The non-offending team is NOT obligated to re play the fixture.

50. Whenever a team cancels a game, that team will be fully responsible for the cost of the pitch when rescheduling the game, unless the Cosmo League Committee was able to cancel the booking of the original pitch. (Pitch cancellations are generally possible in case of Rule 48, but not in case of Rule 49.)

51. Should a team fail to turn up for a fixture on the date given by the Fixtures Secretary then that team will be responsible for the costs of said" pitch and match officials.

Fixtures Contact:

Managers are reminded that if you have any queries during the season regarding fixtures your first point of contact should be the Fixtures Secretary. In the event the Fixtures Secretary is not available Managers should contact the League President or in his absence the League Vice President.

Cancellation of Games Due To Bad Weather:

52. In case of bad weather the referee can cancel the game at any time, when the pitch becomes unplayable.

53. If both Team Managers agree that the pitch has become unsuitable to play, as a result of bad weather, they can decide to stop the game at any time, even if the referee is willing to keep playing.

54. If one Team Manager wants to stop the game, and the other Team Manager does not agree the referee decides.

55. If the game is abandoned due to bad weather prior to the 70th minute (by the Team Managers or the referee), the whole game will be replayed at a later date, unless the Cosmo League Committee determines otherwise, or both Team Managers determine otherwise. However if the game is abandoned after the 70th minute and a team is three (3) goals ahead or after the 80th minute and a team is two (2) goals ahead then the result will stand. The score-line and goal scorers will not be retained if stopped game is re-played but red and yellow cards will be retained regardless of whether the game is replayed or not.

56. If the game is not replayed the score stands as the final result and goal scorers, yellow and red cards received in the original game stand.

57. In case of lightning, teams and the referee are to stop playing immediately. Please be advised that per year approximately twenty people get hit by lightning in Singapore. In cases of replay, the Cosmo League Committee will try to find a date, time and pitch.

58. In case of haze, the following will be applied:

If the NEA 3 hour average PSI reading is in the range of 0 up to 150 the matches will proceed. If the NEA 3 hour average PSI reading is in excess of 150, the Cosmo League Executive Committee will take the decision to cancel the matches and all teams will be informed accordingly. However, should there be a downward trend on the PSI reading, the Cosmo League Executive Committee may require teams to proceed to the match venue. Once teams are at the venue, should there be a deterioration of conditions prior to the match start time, then the match referee will perform a spot check of the NEA 3 hour average PSI reading at kick off time. If the reading at kick off time is in excess of then the referee and/or the Cosmo league Executive Committee will have the authority to cancel the match.

Suspensions and yellow and red cards:

59. A Player receiving a yellow card in a game will receive one disciplinary point. A Player receiving two yellows in one match will be banned for the next match and receive two points. A player receiving a straight red card will be banned for the next two games and receive 3 disciplinary points.

60. A Player who accumulates 5 points from 5 separate yellow cards (not including a match where he receives two yellow cards) will receive a one-match ban. On serving his one match ban, he will continue to accumulate points.

{e.g. If a player has already received one yellow card, and then is sent off in the following match for two yellow card offences, he will serve his one match ban for the sending offence. After this he will resume playing with an existing total of one yellow card point and a total of three disciplinary points.)

61. The overall disciplinary points collected will still be monitored and a player reaching 10 disciplinary points will be called before the Cosmo League Disciplinary Committee, at which point further disciplinary measures may or may not be taken.

62. When a team accumulates disciplinary points reaching the thresholds of initially 35 points, then 45 points and then 55 points during a season, they will be fined in accordance with the Disciplinary Guidelines. For each disciplinary point accumulated after the disciplinary thresholds, there will be a further fine in accordance with the Disciplinary Guidelines.

63. Cosmo League Committee can set the levels of punishment for any player or team for any breach of the rules at levels beyond those of the Disciplinary Guidelines. This includes the suspension or banning of players and also the suspension of teams.

64. Suspensions will be served in both Cosmo League matches and Cup matches.

65. Team Managers MUST exchange information about names of goal scorers and recipients of yellow and red cards after the game with the opposing Manager and Referee (as per Rule 28 xiii).

66. Team Managers shall take notice of suspensions and act accordingly. Any Team playing a suspended player will result in that match being awarded to the opposition 3-0. If the actual result was a higher goal difference to the opposition, the original result will stand. In addition, the infringing

team will be deducted a further penalty of up to three points or higher if the Cosmo League Committee so decides.

67. All suspensions will be carried over to the following season, but all players' disciplinary points will be reset to zero for the new season.

Disputes with Officials

68. The team captain is responsible for trying to ensure that no member of his or her team, including supporters, argues with the match officials or shows dissent at their decisions and the team captain must take quick action to stop any dissent that occurs from members of his or her team.

69. Team management officials are also expected to take quick action to stop their players and supporters from showing dissent at the decisions of match officials.

70. The team captain is responsible for making sure that his or her players comply with the rules of the game and in particular he must take quick action to stop any of his or her players who are involved in violent conduct or verbal or physical abuse towards the match officials, opponents or whether such abuse is only directed at his or her own team's players.

71. Team management officials are also expected to take quick action to stop their players and supporters from getting involved in violent conduct or verbal or physical abuse towards the match officials, opponents or whether such verbal abuse is only directed at their own team players.

72. When a violent incident or other disturbance occurs during a match teams must not attempt to influence match officials. Any teams found to have done this will be deemed to have committed a serious breach of the Regulations and may be suspended from the League and ultimately be subject to expulsion.

Fighting or Serious Misconduct

73. If for any reason fighting or serious misconduct occurs between any players, supporters or officials before, during or after the match both teams must submit a report to the League President and Chairman of the Disciplinary Committee within 48 hours of the scheduled start of the match.

Appeals of Red Cards:

74. If a player receives a red card, appeals must be made within 48 hours from the end of the game. That is, for a Saturday game an appeal must be made in writing by Monday to the President and the Chairman of the Disciplinary Committee. An appeal after 48 hours will not be entertained, unless the player or team making an appeal can demonstrate good reason for a late appeal. The League Committee consider such an appeal will be exceptional cases only.

75. The process for appealing red cards will be as follows:

- i. The Disciplinary Committee will try to provide a decision within 72 hours of an Appeal.
- ii. The Disciplinary Committee will obtain written evidence from the player concerned, both teams and from the referee or assistant referees and from whoever they consider appropriate to arrive at their decision. The decision will in the first instance be provided to the President of the Cosmo League who, if he concurs with the Final decision of the Disciplinary Committee, will disseminate the decision to the rest of the Cosmo League Committee who will have 24 hours to comment on the decision. This will allow any precedents to be considered (In the absence of the President, the Vice President will disseminate the decision to the Cosmo League Committee.)

iii. The President will then inform the player and his team together with the opposing team of the Disciplinary Committees decision.

As a reminder to Team Managers it should be stated that, generally speaking, appeals are not encouraged.

Disciplinary Committee & Procedures:

76. For the day to day running of the League a Disciplinary Committee will be formed each season, one member of which must be the League President, the League Vice-President or the Chairman of the Disciplinary Committee. The Disciplinary Committee will monitor all disciplinary issues that may arise on and off the field of play and make a determination as to an appropriate punishment. If the Disciplinary Committee decides that oral evidence is required it can call witnesses to give evidence.

77. Any person or any team asked by the Disciplinary Committee to attend a disciplinary hearing is required to attend the hearing and any person representing the team must be one of the officials responsible for the team when the incident under consideration occurred.

78. If after review the Disciplinary Committee feels that it would be more appropriate for a Disciplinary Enquiry to be set up then such an Enquiry Board will be formed, where at least one member of such Board will be a member of the Disciplinary Committee. Such Board will consist of at least two independent members of the League and will be formed by the Chairman of the Disciplinary Committee. This Board will hold the same powers of decision as the Disciplinary Committee.

Disciplinary Punishments

79. Cosmo League Committee has the power to vary a punishment in cases that have a direct bearing on promotion, relegation or prizes by taking into consideration whether or not the rules were broken for the purposes of obtaining an unfair advantage.

Appeals

80. An appeal against any disciplinary decision, including automatic suspensions for red cards, must be made in writing and sent to the League President and Chairman of the Disciplinary Committee within 48 hours of the red card being issued or of the team or player being made aware of the subsequent disciplinary decision. The required appeal fee of S\$200 must be deposited in the League account and the pay-in slip sent to the League together with the written appeal. If the appeal is rejected the S\$200 will be subject to Rule 22.

81. As a first step the Disciplinary Committee or Disciplinary Enquiry Board shall review the original decision based on any change of evidence or on any further information submitted.

82. If a team or individual does not accept the findings of the Disciplinary Committee or Disciplinary Enquiry Board after review they may appeal to Cosmo League Committee in writing to the League President or in his absence the League Vice-President, not later than three days after notification of the decision from the Disciplinary Committee or Disciplinary Enquiry Board.

83. Cosmo League Committee will consider such an appeal and will notify the team or individual of their decision in accordance with procedure outlined in Rule75 (ii) and (iii).

84. An appeal against a decision of Cosmo League Committee can only be made to an Extraordinary General Meeting ("EGM").

85. An EGM can only be called by application in writing to the committee from at least 50% of the members. Cosmo League Committee must then call the EGM within one month of receipt of such application.

86. Decisions taken by an EGM are final.

Change of Decision by a Referee:

87. If for any reason, post match, a referee changes his decision to award a red card to a player or team official, he must inform the President or Vice President and Chairman of Disciplinary Committee within 48 hours of the match being played. No further action by the Cosmo League Committee is necessary, except to ensure that the change of mind appears reasonable given all the circumstances.

88. Should the team affected disagree with the change of decision, for whatever reason, Rule 74 will be followed.

89. Team Managers are reminded that they should not be in contact with Referees or their Assistant post match to discuss disciplinary matters. Should they be unhappy with a decision made by the Referee during a game they are guided to Rule 74. Teams found to have approached Referee's post match inappropriately, will be asked to explain their actions to the League Committee.

Disciplinary Contact:

Managers are reminded that if you have any queries during the season regarding Disciplinary matters your first points of contact should be the Cosmo League President and the Chairman of Disciplinary Committee. In the event that neither is available then Managers should contact the League Vice President.

Ineligible Players:

90. Any team playing an ineligible player (as deemed by either the Cosmo League Rules and Guidelines or the Cosmo League Committee), for any reason not covered above, will result in that match being awarded to the opposition 3-0. If the actual result was a higher goal difference to the opposition, the original result will stand. All goal scorers in the original fixture will not be retained but yellow and reds cards will be retained. In addition the infringing team will be deducted a further penalty of up to three points or higher if the Cosmo League Committee so decides. The maximum penalty for each ineligible player shall be 15 points.

Player Transfers:

91. A player can switch teams once a season. Once switched, he cannot play for his previous team anymore. The player shall inform both Team Managers involved, and the Team Manager of the new team shall inform the Cosmo League Committee of the transfer via the website or in writing 48 hours prior to the scheduled kick-off time. The player only becomes eligible to play for his new team when written confirmation is received from the President or Vice-President or Chairman of Disciplinary Committee (or any person designated by the Cosmo Committee). A player is never allowed to play for more than two Cosmo League teams in one season - unless both Managers of the Clubs involved are in agreement and there is no dispute.

92. No player may represent more than one team in the annual Cosmo Cup or Plate competition. In the event that there is any dispute or uncertainty the team Manager of the player must get clearance from the Cosmo League Committee first. This must be done within 48 hours of the game being played.

93. Before allowing a new player to play, Team Managers shall check whether the player has played for another Cosmo League team in the same season.

General Rules:

94. It is the responsibility of the away team to ensure they wear the away kit designated on the website that does not clash with their opponents. The team manager is advised to check with the opposing team manager in advance.

95. During the course of a match teams can substitute five players. Once a player has been substituted he is not allowed to return to the field of play.

96. The usual duration of matches is two 45 minute halves. Therefore a full game shall last 90 minutes. The minimum duration for a match to be played is 70 minutes. The minimum duration for a match is two 35 minute halves. If a game is delayed for whatever reason and it is not possible to play two 35 minute halves the game must be abandoned. If it is possible to play two 35 minute halves the game must be played.

97. Cup games ending in a draw will have 2 periods of 10 minutes extra time. Should the game remain tied after extra time, "the best of five" penalties will determine the winner. If the game is still tied, sudden death penalties shall be taken. The players involved in sudden death penalties, will be different from those taking the "best of five".

98. A Singaporean is considered a local player.

99. Teams are only allowed to field three "local players" within their match day squad. Team Managers please note that it will be considered a breach of the rules if a team has three "local players" starting the match and an additional number of local players on their substitute's bench. Managers requiring clarity on this rule please contact the League President or Vice President.

100. Teams are free to play as many players as needed over the course of a season.

101. S-League, Prime League & NFL (local) players are not allowed to play in the Cosmo League. However, if a player has played in the Cosmo League prior to playing in the S-League, Prime League or NFL (local), he may play in the Cosmo League at any time he is not registered as an S-League player, Prime League player or NFL (local) player. Approval is required from the Cosmo League Committee in writing (email will suffice) prior to the player participating in the Cosmo League. Failure to obtain written Committee approval will have the same effect as playing an ineligible player.

102. A player who has not played previously in the Cosmo League, may only play in the Cosmo League when he has not played in any S-League, NFL, Asean Football Federation, or Asian Football Confederation organised match for at least 6 months, i.e. the date of his last game, not the date of contract expiry. Approval is required from the Cosmo League Committee in writing prior to the player participating in the Cosmo League. Failure to obtain written committee approval will have the same effect as playing an ineligible player.

103. For action required if any team fields an ineligible player please revert to Rule 90 relating to "ineligible Players".

104. If a match official fails to appear on a match day Teams may provide a linesman for the whole match. The role of the linesman is to indicate ball in and out, but not offside decisions.

105. All games must commence at the scheduled kick off time. A game can commence once both teams have at least 8 players. If a team is unable to field eight players 10 minutes after the allotted kick-off time, the game shall be cancelled and awarded to the opposition on the basis of a 3-0 win.

106. If a team ends up with seven players or less as the result of sending-off or injuries, the game shall be stopped and awarded 3-0 to the opposition. If the actual score at the moment of abandoning the game was a higher goal difference to the opposition, the actual score will stand. If a team decides to abandon the game for whatever reason, in a League fixture, without the approval of the other team and / or the referee, it will be viewed on the same basis as a "no-show" (please see Rule 49) and one point will be deducted from the abandoning team and the result will be stated as 3-0 to their opponents favour.

If a team decides to abandon the game for whatever reason, without the approval of the other team and / or the referee, in a Cup game the team will be eliminated from the Competition regardless of what the score at the time of the stoppage may have been. The non-offending opponents will progress to the next round of the competition or, in the case of the Final, they will be awarded the Cup.

107. In both cases the abandoning team will also be asked by League Committee to provide a written explanation within 48 hours as to why they saw it fit to abandon the game - without the agreement of the Referee or their opponents.

108. Three points shall be awarded for a win and one point for a draw; teams losing receive no points. The League shall be awarded to the team with most points on the completion of the season. In the event of a tie, goal difference will decide the winner; in the event of a tie on goal difference, the team scoring the most goals wins and if still tied, the results of the two matches between the two tied teams decide the winners. If still tied, a play-off match will be organized.

109. Teams who arrive at a pitch, and for whatever reason agree to cancel the game, must remain at the pitch until the original kick-off time. At least one player or official should remain until 15 minutes after the kick-off time. If the referee is not at the venue within 15 minutes of the agreed kick-off time, the remaining player(s) or team official(s) may leave.

110. Teams who are allocated a pitch and then change the venue or time for whatever reason, must ensure that the other team, the Referees coordinator and at least one (if not all) of the League Committee are aware of the change. Failure to comply with this rule will result in the offending teams being deducted a maximum penalty of three points.

111. The Cosmo League does not condone swearing at referees. Such incidents are considered ungentlemanly, and the referees are instructed to dismiss players for such acts. This rule extends to players, officials and spectators who are not on the field of play. If the referee's report states that a player continued swearing at the referee after having been sent off (for whatever offence), the suspension will be considerably more than two matches, and will be decided by the Disciplinary Committee, after consulting the referee and both Team Managers.

112. Where the Cosmo League Rules do not cover a specific situation, the Cosmo League Committee or Disciplinary Committee will seek to apply existing rules consistently to the new situation. When necessary, both Committees will be influenced by prior decisions of the Singapore League or any other professional or non-professional League. In addition, consideration may be taken of FIFA interpretations or decisions.

113. As previously highlighted in Rule 5; Teams shall always act in a sportsmanlike manner and should respect the purpose of the League also referred to in Rule 5. If a Team persists, they can be expelled at an AGM or an EGM will be called to expel the team from the Cosmo League. No appeal against such a decision will be entertained.

114. If an incident is not covered in the Cosmo League Rules & Guidelines, the Cosmo League Committee and Disciplinary Committee will follow standard FIFA rules. For the official FIFA Rules, please go to: <http://www.fifa.com/worldfootball/lawsofthegame.html>

115. The Cosmo Cup Final & Plate Final date will be 'cast in stone' and ideally there will be no other COSMO related fixtures for that day. The Committee aims to ensure that both finals will take place at the best available neutral venue. Failing that a pitch that is deemed suitable by the Cosmo League Committee for the occasion will be selected.

116. In keeping with the amateur nature of the league, no team shall pay an allowance (either in cash or in kind) to players for playing for a Team or offer them any form of financial inducement. Any breach of this rule shall be dealt with severely by the Committee, with due cognisance of Rule 5 and Rule 113.

Prizes and Awards to be won:

117. At the end of the season and prior to the start of the next season the Cosmo League Committee will organise a prize giving evening, subject to the support of the Cosmo League teams.

118. There will be prizes / awards (at minimal costs) for the following:

- Cosmo League League winner
- Cosmo League League runner-up
- Cosmo League Cup winner
- Cosmo League Cup runner-up
- Cosmo League Plate winner
- Cosmo League Plate runner-up
- Cosmo League Top Scorer (League, Cup & Plate)
- Cosmo League Player of the Year
- Cosmo League Senior Player of the Year
- Cosmo League Junior Player of the Year
- Cosmo League Manager of the Year
- Cosmo League Referee of the Year
- Cosmo League Favourite Opponent
- Fair Play award - Team with the least disciplinary points.

119. Teams will be awarded the League and Cup trophies at the end of the season, which will be returned to the Cosmo League prior to the end of the following season. Teams damaging, defacing or misplacing the trophy will replace the trophy with a trophy of similar quality and will engrave the trophy for past winners.

120. The Cosmo League management committee has the right to charge each team a minimum of up to 15 attendees at the end of season dinner. That is, if actual attendees are 3, then the management committee has the right to charge up to 15 attendees at an amount up to \$40 per attendee.

End of Season

121. The Cosmo League Committee will determine the date the season officially ends and no League matches will be played after that date.

Cosmo League Committee Contact:

Managers are reminded that if you have any queries during the season regarding The Committee itself then the first point of contact should be the Cosmo League President. In the event the President is not available Managers should contact the League Vice President.

General Matters:

Managers are reminded that your first point of contact for all general or unspecified matters should be the President. In the event the President is not available Managers should contact the League Vice President.

Treasurer Contact:

Managers are reminded that if you have any queries during the season regarding finances (i.e. payment of League fees, fines, Referees, etc.) your first point of contact should be the Treasurer. In the event the Treasurer is not available Managers should contact the League President or in his absence the League Vice President.

Fixtures Contact:

Managers are reminded that if you have any queries during the season regarding fixtures your first point of contact should be the Fixtures Secretary. In the event the Fixtures Secretary is not available Managers should contact the League President or in his absence the League Vice President.

Pitches Contact:

Managers are reminded that if you have any queries during the season regarding pitches your first point of contact should be the Pitches Secretary. In the event the Pitches Secretary is not available Managers should contact the League President or in his absence the League Vice President.

Disciplinary Contact:

Managers are reminded that if you have any queries during the season regarding Disciplinary matters your first points of contact should be the Cosmo League President and the Chairman of Disciplinary Committee. In the event that neither is available then Managers should contact the League Vice President.

Modified by Cosmo League Committee, 12-7-2016.

Approved by AGM, 26th July, 2016.

ADDENDUM

DISCIPLINARY GUIDELINES

These guidelines constitute an indication of the action that may be taken by Cosmo League Committee in respect of breaches of discipline. These guidelines may be varied by Cosmo League Committee, without any explanation being provided and are subject to normal appeal procedures:

1. RED CARDS

- Any player receiving a red card automatically receives a one match suspension, three disciplinary points
- Any player receiving two yellow cards in one match automatically receives a one match suspension and two disciplinary points
- Any player found guilty of serious foul play, as defined by F.I.F.A may be subject to a further suspension in addition to the automatic one match suspension.

- Any player found guilty of violent conduct, as defined by F.I.F.A. may be subject to a further suspension in addition to the automatic one match suspension
- Any player receiving two red cards during the course of any one season will be subject to a suspension of at least two matches.
- Any player receiving three red cards during the course of any one season will be subject to a suspension of at least five matches.

2. YELLOW CARDS AND DISCIPLINARY POINTS

- Any player receiving a yellow card receives one disciplinary point. Upon accumulation of five yellow cards during the course of any one season, the player is automatically suspended for one match
- Any player receiving eight yellow cards during the course of any one season will be suspended for two matches, fined \$100 and warned as to his or her future conduct.
- Any player who accumulates a total of ten disciplinary points through a combination of red and yellow cards will be suspended for one match and fined \$150 and will still be subject to the further disciplinary measures in respect of red and yellow cards outlined above.
- Any team reaching a total of 35 disciplinary points in any one season will be fined \$100
- Any team reaching a total of 45 disciplinary points in any one season will be fined a further \$150
- Any team reaching a total of 55 disciplinary points in any one season will be fined a further \$250
- Teams that reach a total of 50 disciplinary points in any one season will automatically have their conduct reviewed by the Disciplinary Sub Committee, which may recommend that further disciplinary action be imposed as deemed appropriate.
- Any team reaching a total of 50 points in two successive seasons will automatically place such teams on probation and may double the standard level of disciplinary fines for the following season and request a further review of the team's conduct by the Disciplinary Committee, with a view to further disciplinary action being taken as deemed appropriate.
- Any team reaching a total of 50 points in three successive seasons will automatically suspend such teams from playing in the League and such teams shall be required to re-apply to join the League together with other potential new applicants through a vote by members at the AGM.

3. FIGHTING

- Any player found guilty of fighting will be suspended for a minimum of three matches
- Any teams found to have been involved in a prolonged period of fighting without intervention from the team management to stop the incident may be subject to suspension from the League with a view to being expelled.
- Any teams found to have been involved in fighting, but where it can be clearly shown that the team management intervened to stop the incident may be subject to a fine of \$500 and may be placed on probation. Individual players involved in the incident should be identified by the team management so that appropriate disciplinary action can be taken in accordance with these guidelines.

4. ASSAULTS ON OFFICIALS

- Any such cases will be handled either by the Disciplinary Committee or Disciplinary Enquiry Board, although the following guidelines will apply

- Any player or team official found guilty of any form of intimidation or oral, written or other non-physical abuse of any referee, match official or Cosmo League Committee member at any time will be subject to a suspension of a minimum of two matches and a fine of a minimum of \$200.

- Any player or team official found guilty of physical abuse of any referee, match official or Cosmo League Committee member will be subject to a suspension of between three years to life ban and a fine of a minimum of \$1000.

These guidelines are subject to regular review by the Cosmo League Committee and may be amended without reference to the member clubs.

COSMO SELECT GUIDELINES

These Guidelines were voted and agreed by member clubs at the AGM in 2008:

1. Three 'selectors' will be appointed at the start of the Cosmo season.
2. All teams will be invited to put forward players to form the Select Team.
3. A squad of 18 to 20 players will be selected for each game.
4. For each game, a team manager will be appointed who may or may not be appointed for the season or alternatively for a number of games.
5. The team manager will invite all the players to the game and in the event that too many players are available [ideally 16 players would form a squad] the squad will be reduced in consultation with the Selectors. In the event that less than 16 players are available, additional players may be requested.
6. The Cosmo League website will have a section devoted to the select team which will report:
 - a) who was invited to each game
 - b) who played in each game
 - c) result of each game
 - d) match report submitted by the team manager
 - e) the names of the three selectors
 - f) any other appropriate information
7. Managers are invited to propose players to the selectors at any time.
8. Every player attending a Cosmo Select game will get at least one half whenever possible.
9. The match-fees will be S\$10 per game and will be paid to the Treasurer within a week of each game. Unpaid match fees will be added to the teams League Fees at the appropriate time.
10. The select team is not a team made up of players from each Cosmo side, it is the best team the league can put out for that particular game.

Prepared by the Cosmo League Committee
Approved by AGM on 26 July 2016