

# NORTH WEST LEICESTERSHIRE school sports partnership



## Rose (Bowl & Plate) & McDermott Shield Rules 2025/2026

### Which league should we enter?

Rose Bowl (Mixed Year 4/5)	Rose Plate (Mixed Year 4/5)	McDermott Shield (Girls Year 3/4)
Excel – For the strongest teams in the area to play in. All players should understand and be able to play football and likely play in clubs outside of school. This league is 7v7.	Excel – For teams who aren't as strong to play in, still competitive but likely to consist of smaller schools with a smaller pool of players to select from. Majority of players are able to play football & likely play in clubs outside of school. This league is 7v7.	Excel/Develop – Whilst we anticipate the majority of players at this age range will be beginners or those with limited playing experience, this league is open to all girls in Year 3/4. This league is 5v5.

- Schools can enter into EITHER the Rose Bowl (Div 1) or Rose Plate (Div 2).
- Schools can additionally enter into either Rose competition AND the McDermott Shield.
- By entering the Rose or McDermott competitions, your players & spectators are agreeing to adhere to the code of conduct below. Failure to do so may result in your team being removed from the competition. You must also share this code of conduct with all players and parents.

**There is no progression from the Plate to the Bowl in the Rose competition.**

- 7 players on pitch including goalkeeper, rolling subs are allowed from your squad of 10, for the Rose Bowl & Rose Plate. 5 players on the pitch including the goalkeeper, rolling subs from a squad of 8 for the McDermott Shield. The referee must be informed of any changes that are made. **Please note the squad size must not be exceeded.**

- League group games to be 20 minutes each way (knockout stages- if in the event of a draw after normal time, 5 minutes each way of extra time. If still tied then 5 penalties per team with sudden death to follow.
- NO HEADING is allowed in ANY primary age competition, in line with the local county ESFA rules. See below rules on deliberate headers.

If a player heads the ball an indirect free kick will be awarded from where the ball was headed. If the player heads the ball inside their own penalty area the free kick will take place from the nearest side line of the penalty area where the header took place.

- NO THROW INS allowed in ANY primary age competition, instead the below rules apply when the ball leaves the field of play from the side line.

When the whole of the ball passes over the whole of the touchline, on the ground or in the air, instead of a throw-in, a pass-in/dribble-in is awarded.

The kicker that takes the pass-in/dribble-in may touch the ball again before it is touched by another player.

At the moment of delivering the ball:

The ball must be stationary on the touchline at the point where it left the pitch; only the kicker may be off the pitch.

All opponents must stand at least five yards from the point on the touchline where the pass-in/dribble-in is to be taken from.

A goal CANNOT be scored directly from a pass-in.

The ball is in play when it is kicked and clearly moves.

- Other normal football rules for these age groups apply, including no offside.

- From a goal kick the opposing team must retreat behind the half way line.
- All players must be outside the box when goalkeepers are taking a goal kick.
- Back pass rules applies (Goalkeepers cannot pick up the ball when receiving it from a player deliberately). An indirect free kick will be awarded.
- The winners of the group will go through to the knockout stage. Depending on group size top 2 may advance, this will be clarified when the groups are drawn.
- League games - 3 points for a win, 2 for draw and 1 for a loss.
- If two teams are joint on points at the end of all of the group games, the head to head result will decide which team goes through. If tied on head to head then the team who have **conceded the least number of goals will progress**. If tied on this then goal difference will be used, and if still tied then a play off game will take place.
- **If a team achieves a 5 goal lead in any match the match is officially over at that point with that score being brought forward. Schools are encouraged to continue playing but to change the rules, e.g. mix the teams or add more players onto the losing side or implement different rule restrictions for the winning side, however the game MUST NOT continue as it had been prior.**
- Deadlines are final and any games not played will be registered as 0-0, unless a school can show they have tried to arrange the game and the opposition have either not replied or pulled out on an arranged date and been unable to agree upon a new date. In this scenario the team who did not pull out will be awarded a 1-0 win.
- If you are withdrawing from the competition inform both contacts below and any schools you are due to play.
- If you are having problems getting in touch with schools let us know and we may be able to help,

Any enquiries on rules or fixtures contact Kirsty at  
[kirsty.naismith@castlerock.org.uk](mailto:kirsty.naismith@castlerock.org.uk)

**Rose Bowl, Rose Plate & McDermott Shield Deadlines**

- Entries close 30th January 2026 12pm- enter via website
- Group games to be played by April 24<sup>th</sup>.
- Quarter/Semi Finals to be played by June 10<sup>th</sup>.
- Finals to be played at Coalville Town on the 24th June 2026.
- Play with a size 3 ball

## Respect Code of Conduct/ Spirit of the Games



We all have a responsibility to promote high standards of behaviour in the game. This event is supporting The FA's 'Respect' programme to ensure football can be enjoyed by everyone in a safe and positive environment.

### For players - when playing football, I will:

- Always do my best, even if we're losing or the other team is stronger
- Play fairly - I won't cheat, complain or waste time
- Never be rude to my team-mates, the other team, the referee, spectators or my coach/team manager
- Do what the referee tells me
- Shake hands with the other team and referee at the end of the game
- Listen to my coach/team manager and respect what he/she says

I understand that if I don't follow this code of conduct the following actions might happen; I may be removed from the game, I may be removed from the team, my team may be removed from the competition, I may not be allowed to play again.

Name: \_\_\_\_\_

Signed: \_\_\_\_\_

### For spectators and parents/carers I will:

- Remain outside the field of play and behind the Designated Spectator Area (where provided)
- Not stand behind the goal
- Never engage in, or tolerate, offensive, insulting or abusive language or behaviour
- Always respect the match officials' decisions
- Applaud effort and good play as well as success

**In addition, when attending youth games I will:**

- Remember that children play for FUN
- Let the coaches do their job and not confuse the players by telling them what to do
- Encourage the players to respect the opposition and match officials
- Never criticise a player for making a mistake: mistakes are part of learning

I understand that failure to follow this code of conduct may result in any of the following actions; my removal from the pitch side, my child being unable to continue paying, the team being removed from the competition, my ban from future games.

Name: \_\_\_\_\_

Signed: \_\_\_\_\_