



Competition Rules Library

The uhlsport Hellenic Football League

2025-26 Season | Version 1.0

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Notes

- This competition rules library is provided as a *summary* of the main competition rules
- Please refer to the *2025-26 Hellenic League Standardised Rules* document for the full rules
- This can be found on the uhlsport Hellenic League website at www.hellenicleague.co.uk





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League Competitions



The uhlsport Hellenic League

Premier & Division One



Competition Rules Summary

Match Duration	90 minutes
Extra Time	N/A
Penalties	N/A
Team Sheets	45 minutes before kick-off with a management representative and team captains
Substitutions	5 from 5 named on the team sheet
Sin Bins	Yes
Match Balls	Home club to supply (minimum three Hellenic balls in the Match Officials' changing room)
Match Fees	Referee: £70; Assistant Referees: £50
Misconduct	Whole Game System

The uhlsport Hellenic League

Alliance Leagues



Competition Rules Summary

Match Duration	90 minutes
Extra Time	N/A
Penalties	N/A
Team Sheets	45 minutes before kick-off with a management representative and team captains
Substitutions	5 from 5 named on the team sheet, unlimited rolling (substituted player becomes a substitute)
Sin Bins	Yes
Match Balls	Home club to supply (minimum three Hellenic balls in the Match Officials' changing room)
Match Fees	Referee: £55; Assistant Referees: £N/A
Misconduct	Whole Game System

The uhlsport Hellenic League

Veterans



Competition Rules Summary

Match Duration	80 minutes
Extra Time	None
Penalties	N/A
Team Sheets	45 minutes before kick-off with a management representative and team captains
Substitutions	5 from 5 named on the team sheet, unlimited rolling (substituted player becomes a substitute)
Sin Bins	Yes
Match Balls	Home club to supply (minimum three Hellenic balls in the Match Officials' changing room)
Match Fees	Referee: £55; Assistant Referees: £N/A
Misconduct	Whole Game System

Cup Competitions



The uhlsport Hellenic League Challenge Cup



Competition Rules Summary

Entering the Competition	All Prem and Div One clubs in membership of The Hellenic League shall enter this cup competition, plus any club with only one team in the Alliance Leagues
	All Clubs defeated in the preliminary or first round of the Challenge Cup shall enter the Supplementary Cup
Match Duration	90 minutes
Team Sheets	45 minutes before kick-off with a management representative and team captains
Extra Time	None
Penalties	Straight to penalties at the end of normal time if scores are drawn
Substitutions	5 from 5 named on the team sheet
Sin Bins	Yes
Match Balls	Home club to supply (minimum three Hellenic balls in the Match Officials' changing room)
Match Fees	Referee: £70; Assistant Referees: £50; Fourth (if appointed): £70
Misconduct	Whole Game System

The uhlsport Hellenic League Supplementary Cup



Competition Rules Summary

Entering the Competition	All Clubs defeated in the Preliminary or First round of the Challenge Cup shall enter the Supplementary Cup
Match Duration	90 minutes
Team Sheets	45 minutes before kick-off with a management representative and team captains
Extra Time	None
Penalties	Straight to penalties at the end of normal time if scores are drawn
Substitutions	5 from 5 named on the team sheet
Sin Bins	Yes
Match Balls	Home club to supply (minimum three Hellenic balls in the Match Officials' changing room)
Match Fees	Referee: £70; Assistant Referees: £50; Fourth (if appointed): £70
Misconduct	Whole Game System

The Bateman's Sports Chairman's Challenge Cup

The Hellenic League Alliance League Challenge Cup



Competition Rules Summary

Entering the Competition	All Alliance League clubs in membership of The Hellenic League shall enter this cup competition. All Clubs defeated in the preliminary or first round of this Cup enter the Supplementary Cup
Match Duration	90 minutes
Team Sheets	45 minutes before kick-off with a management representative and team captains
Extra Time	None
Penalties	Straight to penalties at the end of normal time if scores are drawn
Substitutions	5 from 5 named on the team sheet, unlimited rolling (substituted player becomes a substitute)
Sin Bins	Yes
Match Balls	Home club to supply (minimum three Hellenic balls in the Match Officials' changing room)
Match Fees	Referee: £55; Assistant Referees (if appointed): £35; Fourth (if appointed): £55
Misconduct	Whole Game System

The Bateman's Sports President's Challenge Cup

The Hellenic League Alliance League Supplementary Challenge Cup



Competition Rules Summary

Entering the Competition	All Clubs defeated in the preliminary or first round of the Challenge Cup enter this Cup
Match Duration	90 minutes
Team Sheets	45 minutes before kick-off with a management representative and team captains
Extra Time	None
Penalties	Straight to penalties at the end of normal time if scores are drawn
Substitutions	5 from 5 named on the team sheet, unlimited rolling (substituted player becomes a substitute)
Sin Bins	Yes
Match Balls	Home club to supply (minimum three Hellenic balls in the Match Officials' changing room)
Match Fees	Referee: £55; Assistant Referees (if appointed): £35; Fourth (if appointed): £55
Misconduct	Whole Game System

The Veterans' Challenge Cup



Competition Rules Summary

Match Duration	80 minutes
Extra Time	None
Team Sheets	45 minutes before kick-off with a management representative and team captains
Penalties	Straight to penalties at the end of normal time if scores are drawn
Substitutions	5 from 5 named on the team sheet, unlimited rolling (substituted player becomes a substitute)
Sin Bins	Yes
Match Balls	Home club to supply (minimum three Hellenic balls in the Match Officials' changing room)
Match Fees	Referee: £55; Assistant Referees (if appointed): £35; Fourth (if appointed): £55
Misconduct	Whole Game System

The Wiseman Lighting Floodlit Cup



Competition Rules Summary

Entering the Competition	All uhlSport Hellenic League teams with approved flood lighting enter this competition
Match Duration	90 minutes
Team Sheets	45 minutes before kick-off with a management representative and team captains
Extra Time	None
Penalties	Straight to penalties at the end of normal time if scores are drawn
Substitutions	5 from 5 named on the team sheet
Sin Bins	Yes
Match Balls	Home club to supply (minimum three Hellenic balls in the Match Officials' changing room)
Match Fees	Referee: £70; Assistant Referees: £50; Fourth (if appointed): £70
Misconduct	Whole Game System

