



Highadmit Projects South Wales Premier League

X @SWPLInfo

www.southwalespremierleague.co.uk

**HIGHADMIT
PROJECTS**

www.highadmitprojects.co.uk

SOUTH WALES PREMIER LEAGUE NEWSLETTER

JULY 2025





SW Premier League News

New Season - Continual Competitiveness

**The SWPL starts on Saturday 9th August 2025
- with some huge local derby games!**

PREMIER DIVISION

This season we see an increased number of teams in the Premier Division. With Cardiff Airport and Caerphilly Athletic moving to the Ardal West and East respectively we have 3 teams joining the league. Treharris Athletic Western FC, Pontyclun FC and Bridgend Street FC in what is a hugely competitive division!

Penydarren BGC, Llantwit Fardre will be looking to step up, double cup winners Port Talbot Town will also be looking to bring their end of season form into this season, as will Porthcawl Town Athletic and Pencoed Athletic BGC. Aber Valley, Ely Rangers and FC Cwmaman will be looking to up the pace and all to be joined by promoted Afan United and Clwb Cymric! With the additional teams and with so many of the Premier Division teams doing so well in the respective cups last season we are taking the necessity of playing 2 sets of midweek games in August to kick-start the league games.

CHAMPIONSHIP

The Championship sees 6 new teams in total. Both Tonyrefail BGC and the Ton Pentre Bulldogs will be looking for a swift return to the Premier Division as will their Rhondda rivals AFC Wattstown and FAW Trophy finalists Penygraig United both having an eye on promotion. The 2 Vale of Glamorgan teams Vale United (who are always seen there or thereabouts) and Dinas Powys will be looking to improve. Bettws will be joined by promoted rivals Llangeinor alongside Cardiff teams Cardiff Cosmos and Cardiff Bay Warriors (who did the great escape last season!). Promoted AFC Penrhiwceiber and Tata Steel United will be looking for 2 successive promotions too!

DIVISION ONE WEST

Both Division 1s will be a unknown entity this season with 6 newly promoted teams and 4 relegated down from the Championship. In D1W Caerau All Whites will be looking to go one better and get into the promotion places. The 3 Vale of Glamorgan teams - Sully Sports, Cogan Coronation and Holton Road - all had inconsistent spells throughout last season so will be hoping for more consistency. Grange Albion had a vastly improved season whilst Margam YC had a steady first season and will be aware of the standard to improve. The 3 newly promoted teams Brynna, Cardiff Hibernian and FC Porthcawl are all unknown quantities at this level. Treforest are the only relegated team in the division and will be looking for a quick return to the Championship.

DIVISION ONE EAST

D1E will be interesting with 3 relegated teams Aberdare Town, Cwmbach Royal Stars and Llanrumney United. The former 2 have new coaches whilst Llanrumney will be back on their home ground with a new pitch and facilities. Splott just missed out last season finishing 3rd will be expected as there or thereabouts as will the 3 teams who finished directly below them - Cwm Welfare (who had a strong finish), Cwrt Rawlin and Nelson Cavaliers. Fairwater and Tongwnlais make up the remaining Cardiff contingent along with St Josephs who won't want to be in the final game "must win" situation again! Treorchy BGC, like Llanrumney, will be back on their own ground after a season at Pentre 3G.

This leaves the 3 promoted teams. Pentyrch Rangers, although winners of the Cardiff & Dist League, will be playing at Cambrian United's 3G. Heolgerrig Red Lion Community and Porth Harlequins although both new teams in the SWPL are playing in former SWPL grounds - ICI Rife Field and Dinas Park (Merthyr Saints & AFC Porth)



ONCE AGAIN THE SW PREMIER LEAGUE ARE DELIGHTED TO ANNOUNCE HIGHADMIT PROJECTS AS THE SWPL SPONSOR FOR THE 2025 -2026 SEASON



The SWPL is pleased to announce that we will once again be sponsored by Highadmit Projects Ltd.

Our massive thanks go to Mekola Tuchli the CEO of Highadmit Projects for his longstanding support and financial sponsorship of the League

Photo: SWPL Secretary Phil Sweet (left) with Highadmit Projects CEO Mekola Tuchli (right)



We are electrical and mechanical contractors

Highadmit undertake large, medium and small contracts throughout the UK offering a complete design service in all aspects of Mechanical and Electrical systems.



Contracting

We are a vastly experienced mechanical and electrical contracting team that specialise in delivering projects across public and private sectors.

Design & BIM

We carry in-house design and engineering facilities working alongside our BIM co-ordinators to deliver a design consultancy solution for all project needs.

Renewables

We are MCS approved and our service covers all aspects of the commercial Solar PV design, installation, testing, commissioning and maintenance.

Why Highadmit?

We are a forward thinking and professional team of electrical and mechanical engineers.

Taking a pragmatic approach to all building project needs.

Our team has been hand selected to provide an exacting solution that ensure all works are completed on time and within budget.

<https://highadmitprojects.co.uk/>

E-mail: info@highadmit.co.uk

Call: 01443 218004

Address: Old Court House, Heol Y Gyfraith, Talbot Green, Pontyclun, CF72 8AJ



HIGHADMIT PROJECTS SW PREMIER LEAGUE ANNUAL GENERAL MEETING



**Wednesday 23rd July
@ Llantwit Fardre Sports Club - 7pm**



PRESEASON GAMES INVOLVING SWPL CLUBS

Click on the link below

<https://www.southwalespremierleague.co.uk/pre-season-matches-83718>



CMS TEAMWEAR

<https://cmsteamwear.shop/>



<https://cobra-workwear.co.uk/>

BESPOKE FOOTBALL KITS



JD WELSH CUP 2025 - 2026

-  **Qualifying Round 1 – 25-27 July 2025**
-  **Qualifying Round 2 – 22-24 August 2025**
-  **Round 1 – 19-21 September 2025**

273 Entrants - 41 SWPL Clubs



OPENING SWPL FIXTURES

Saturday 9th August 2025



PREMIER DIVISION



Port Talbot Town FC

v

Afan United FC



Llantwit Fardre FC

v

Aber Valley FC



FC Cwmaman

v

Bridgend Street FC



Treharris Athletic Western FC

v

Penydarren Seniors BGC



Pencoed Athletic BGC FC

v

Porthcawl Town Athletic FC



Pontyclun FC

v

Ely Rangers FC



CHAMPIONSHIP



Dinas Powys FC

v

Vale United FC



AFC Wattstown

v

Ton Pentre AFC



Cardiff Bay Warriors FC

v

Cardiff Cosmopolitan FC



Tonyrefail BGC FC SWAL

v

Penygraig United FC



Llangeinor FC

v

Bettws FC



Tata Steel United FC

v

AFC Penrhiwceiber FC



DIVISION ONE WEST



Caerau All Whites

v

Margam Youth Centre



Brynna FC

v

FC Porthcawl



Treforest FC

v

Cwm Welfare AFC



Cogan Coronation AFC

v

Sully Sports FC



Holton Road AFC

v

Cardiff Hibernian FC



Grange Albion FC

v

Fairwater FC



DIVISION ONE EAST



St Josephs FC

v

Llanrumney United



Aberdare Town FC

v

Cwmbach Royal Stars SC



Nelson Cavaliers

v

Cwrt Rawlin



Tongwynlais

v

Splott



Heolgerrig Red Lion Community v Pentyrch Rangers Seniors



**All fixtures are provisional and may be subject to change*

SWPL WEBSITE

Tables can be found here: <https://www.southwalespremierleague.co.uk/match-info/tables>

Fixtures can be found here: <https://www.southwalespremierleague.co.uk/match-info/fixtures>



And keep updated as the goals go in on the FAW Cymru Football App



South Wales Premier League Divisional Teams of the Season 2024-2025



PREMIER DIVISION



GK Christopher Curtis
Port Talbot Town FC



2 Alex Lloyd
Penydarren Seniors BGC



3 Arron Hill
Caerphilly Athletic FC



4 Evan Price
Pencoed Athletic BGC



5 Alfie Slee
Cardiff Airport



6 Will Toms
Caerphilly Athletic FC



7 Troy Hiscock-Greening
Caerphilly Athletic FC



8 Johden De Meyer
Porthcawl Town Ath FC



9 Theo Richards
Cardiff Airport



10 Ryan Prosser
Llantwit Fardre FC



11 Jorge Crofts
Porthcawl Town Ath FC

CHAMPIONSHIP



GK Rory McCreesh
Afan United FC



2 Corey Fisher
AFC Wattstown



3 Matthew Beynon
Afan United FC



4 Lucas Murray
Dinas Powys FC



5 Ynyr Clwyd
Clwb Cymric FC



6 Rhys Jones
Clwb Cymric FC



7 Cameron Morgan
Afan United FC



8 Travis Monks-Landeg
Afan United FC



9 Nico Clwyd
Clwb Cymric FC



10 Izaac Follon
Dinas Powys FC



11 Yusuf Abdurazaq
Cardiff Bay Warriors FC

DIVISION ONE WEST



GK Keenan Bailey
Tata Steel United FC



2 Rhys Owen
Tata Steel United FC



3 Kai Lewis
Llangeinor FC



4 Jack Curry
Tata Steel United FC



5 Will Jones
Llangeinor FC



6 Rhys Thomas
Llangeinor FC



7 Adam Jenkins
Caerau All Whites



8 Luke Evans
Sully Sports FC



9 Chay Davies
Caerau All Whites



10 Lloyd Jones
Tata Steel United FC



11 Joshua Beckingham
Tata Steel United FC

DIVISION ONE EAST



GK Jonathan Bowden
AFC Penrhiwceiber FC



2 Kieran Davies
AFC Penrhiwceiber FC



3 Mark Crutch
Penygraig United FC



4 Ashley Power
Splott FC



5 Jack Harvey
Cwrt Rawlin FC



6 Liam Edwards
AFC Penrhiwceiber FC



7 Jordan Cicigoi
Penygraig United FC



8 Ellis Hodgkinson
Splott FC



9 Jack Kane
St Josephs FC



10 Tai Watts
Penygraig United FC



11 Drew Langdon
AFC Penrhiwceiber FC

CLUB NEWS

Congratulations

To Rhys Oakley on being named as the Cwmbach Royal Stars Sports Club first team manger for the coming 2025/2026 season



New Manager

CONOR JONES

Welcome to the gaffer

The Club are delighted to announce Conor Jones as our new manager ahead of the new 2025/26 season.

Conor has been a Street player for two seasons and has fitted in seamlessly since arriving from Fairwater FC.

He commands the respect of his fellow players and always leads by example on the pitch with his no nonsense approach and leadership qualities.

We are therefore thrilled he's accepted the position as we look to bounce back.

From everyone involved at The Street good luck Jonah!



Conor Jones takes over the the reigns at Bridgend Street



WELCOME

ALEX ARMSTRONG



Alex Armstrong
- new Director of Football at Pontyclun FC



Bettws FC
Managerial Update



Bettws FC are pleased to confirm the new managerial structure for the 2025/26 season.

Karl Miller becomes Bettws new first team coach



Treorchy BGC welcomes Kyle Davies as their new coach

1ST TEAM MANAGER

The club are delighted to announce the appointment of Matthew Evans as 1st Team Manager.

Matt, who has recently completed his A Licence, came highly recommended to the club and impressed the committee throughout the application process with his enthusiasm, knowledge and clear vision for the team.

An exciting appointment for the club, and we wish Matt all the best for the season ahead and beyond.

#UPINCAVS

Matthew Evans is Nelson Cavillers new First Team Manager



Aberdare Town announce Kevin Davies as their new coach



Nelson Cavaliers AFC

A new stand at Nelson's Wern Park

The new stand will be delivered and in place ahead of the 25/26 season.

#upthecavs



Llantwit Fardre FC

Improvements to changing rooms & spectator pathway / stand





AFC Penrhiwceiber

**A new 60 vehicle car park at Glassbrook
and an updated stand**



FAW Dragon Signs Amateur Trophy 2025 - 2026

-  **Qualifying Round 1 – 1-3 August 2025**
-  **Qualifying Round 2 – 5-7 September 2025**
-  **Round 1 – 3-5 October 2025**

251 Entrants - 43 SWPL Clubs



**Including
2025 Winners**

Port Talbot Town



New SWPL Clubs for 2025-2026



Treharris Athletic Western FC

Home Ground:
Parc Taf Bargoed (Treharris)

Treharris have a long history with the original club being formed in 1889 as not only one of the earliest association football clubs based in South Wales but also, in 1890, founding members of the South Wales League - a predecessor of the Welsh Football League. Treharris were one of the foremost association football sides in South Wales in the two decades before the First World War, winning the inaugural South Wales League title in 1891, adding further triumphs in 1905 and 1906. They were also winners of the South Wales Senior Cup in 1904, 1906, 1907 and 1911. Treharris Athletic incorporated Western Hotel FC into the club and were renamed Treharris Athletic Western FC



Bridgend Street AFC

Home Ground:
Willows Avenue (Cardiff)

Another club with a long history Bridgend Street have been established since 1899. Bridgend Street won multiple trophies under the management of Laurence "Lollar" Marshall and Edward Crawley throughout the 1970s and 1980s before joining the newly formed South Wales Senior League in 1993 where they went on to be record five-time winners of the title until their promotion to The Welsh Football League in 2010.



Pontyclun FC

Home Ground:
Ivor Park (Pontyclun)

Pontyclun Football Club was founded in 1896. In its early years, the club played in the Bridgend League and the Cardiff & District League before - in 1922 - Pontyclun were admitted to the Football Association of Wales, one of the few amateur clubs at the time to achieve such status. Within a few years, the FAW adopted Pontyclun's motto '*Gorau chwarae, cyd chwarae*' (roughly translated as 'the best players play together') as its own. In 1968, the club was admitted to the Welsh Football League (then the premier league in Wales).



Porth Harlequins BGC

Home Ground:
Dinas Park (Tonypandy)



Porth Harlequins join the SWPL from having won the RCT League undefeated over their 24 games. Quins were automatically promoted to the SWPL as the 3rd ranked team.

They play at Dinas Park the ground they formerly shared with SWAL's AFC Porth.



FC Porthcawl

Home Ground:
Rest Bay Sports Ground, Porthcawl



FC Porthcawl qualified after winning the Port Talbot & District League, losing only 2 games in the process.

They entered the SWFA Play-Offs where they overcame AFC Abercynon 2-0



Heolgerrig Red Lion Community FC

Home Ground:
ICI Rifle Ground



Heolgerrig Red Lion were automatically promoted as the 2nd ranked team in the SWFA promotion group.

Red Lions won the Merthyr & District League losing just 1 game all season and will play at ICI Rifle Field - the home of former SWPL club Merthyr Saints.



Cardiff Hibernian FC

Home Ground:

Cardiff West Community HS 3G (Cardiff)



Former SWAL team Cardiff Hibs return to Tier 6 as the highest ranked team from the local leagues after winning the Cardiff Combination League undefeated winning 15 of their 16 games. They play at Cardiff West High School's 3G facility.



Pentyrch Rangers Seniors

Home Ground:

M&P Group 3G (Tonypandy)



Pentyrch Rangers won the Cardiff & District League win just the single league defeat. However they qualified through the play-off game Vs st Athan where they came out 4-2 winners. This season Rangers will be playing - not in Cardiff but at the M&P Group 3G in Tonypandy - the home of Cambrian United.



Brynna FC

Home Ground:

Brynna Welfare Ground



Having won the Bridgend & District League Brynna were the final team coming through the 3 SWFA Promotion Play-Off games - after their opponents went through a protracted appeal process - defeating Rhydyfelin 2-0. A return to Tier 6 football after Brynna still play at their Welfare Ground over looked by St Peters Church



FAW CLUB ACCREDITATION

The Club Accreditation program that will be implemented for the upcoming 2025/26 football season.

Due to an independent review of the program we have established that whilst the program drives standards in compliance it would not allow us to meet the objectives outlined within our Enhancing Lives Strategy

[Enhancing-Lives-Through-Football-Grassroots-Strategy.pdf](#)

In the next 12 months we will look to re-launch a new program that clubs can use as a development tool to become a sustainable club of the future. With the above in mind we will be introducing a new slimline approach to the auditing process for the 2025/26 session.

KEY HIGHLIGHTS OF THE NEW AUDITING APPROACH:

- All clubs will need to meet the minimum compliance requirements as mapped out below. Failure to meet these would result in no football for the club, until met.
- Clubs will retain their existing standard from the 2024/25 season. (Please note that clubs will not be able to achieve a higher standard throughout this window)
- Clubs will have from the 1st of June until the 30th of September to meet the requirements.
- Requirements will be audited internally at the FAW via the COMET system.

REQUIREMENTS TO PLAY FOOTBALL

Clubs must have clear evidence that they achieve the following:

- A club committee structure including as minimum a Secretary, Chairperson, Treasurer & Safeguarding Officer (who must hold valid FAW Safeguarding Award and FAW Enhanced Barred DBS Check). No more than 2 roles per person.
- All Coaches have a valid FAW Football Leaders Award or FAW Introduction to Coaching Football and a FAW Enhanced Barred DBS Check.
- All teams have an individual with a valid FAW Football Emergency Aid Award and a FAW Enhanced Barred DBS Check.
- All team helpers, first aiders and coaches must have an in-date FAW Enhanced Barred DBS Check.
- 1 coach per team as a minimum.
- Teams meet [NSPCC supervision ratios](#).
- Agreement to work within FAW Safeguarding policies and procedures, FAW codes of conduct & FAW small-side regs & FAW junior rules.

If clubs meet the compliance standards stated above they remain in the same standard that they achieved for the 2024/25 season.

HOW TO BECOME ACCREDITED

At affiliation, clubs will be asked to confirm a number of questions, and the Club Developer for the region will then review the details along with the existing data on our COMET and coach education system. We advise all clubs keep these systems up to date to ensure its reflective of the people within the club.

Regional club developer will host an online briefing session in June to walk clubs through the COMET system and the process we will follow for the 25/26 season. Clubs are encouraged to attend.

CLWB CYMRIC LEAD THE WAY WITH THE WELSH LANGUAGE ON & OFF THE PITCH



A Cardiff football team, comprised entirely of Welsh language speakers, is continuing the success of its founders and proving the power of using Welsh in every aspect of daily life, over half a century since it was founded.

Clwb Cymric was established in September 1969, initially as a men's football team which competed in the Cardiff and District League Division 5.

The players who were all Welsh speakers and socialised in the New Ely pub (now called The Vulcan Lounge), Cathays, Cardiff, originally named the club as Clwb Pêl-droed Cymry Caerdydd, however the opposition soon referred to them as "The Cardiff Welsh".

In order to simplify matters and avoid a linguistic division, it was renamed as Clwb Cymric. Cymric is an adjective for Welsh in culture and language, something pivotal to all the team members, and that passion and ethos has remained firmly to the present day.

Green is the dominant colour of Clwb Cymric but the first game in the club's history was played in a red kit. Due to a lack of funding it was probably all they could muster at the time. However, for this first game, the opposition also played in red, which forced the Cymric players to play their first ever competitive game shirtless.

For members of Clwb Cymric, the need and desire to compete and socialise through the medium of Welsh in Cardiff was essential, and this passion has burned since day one.

Fast forward to 2025, with the team continuing to thrive, those original and pioneering players would scarcely believe how the club has developed.

From an original group of some 15 male players, Clwb Cymric now has over 850 registered players. Clwb Cymric has not only grown and widened its horizons numerically, it has also developed to be a truly competitive club with football teams now represented in the Cardiff and District League, South Wales Alliance Premier Division, netball in Division 2 of The Cardiff and District League, and hockey in the South Wales Hockey League Division 2 and won the Welsh Hockey Indoor Competition recently.



The football First team reached the Third Round of the Welsh Cup in 2025 losing 0-3 to Llanelli AFC who have since been promoted to the Welsh Premier. To have over 400 members of the public in attendance and the S4C TV cameras there was a further indication of the club's development.

For the full article click on the link below

<https://nation.cymru/feature/clwb-cymric-lead-the-way-with-welsh-language-on-and-off-the-pitch/>

SWFA REFEREES SUMMER SEMINAR

14 June 2025 @ Village Hotel, Cardiff



This summers seminar started off with an array of statistics!

MISCONDUCT - 2024-2025 SEASON - STATS & COMPARISON

	2024-25	2023-24	
Cautions	10,500	9,559	+ 941
Red Cards	1,358	1,313	+ 45
Misconduct Reports	360	465	- 105

BREAKDOWNS 2024-25

Cautions		Sending Offs/Dismissals	
C1 Unsporting Behaviour	5,775	S1 Serious Foul Play	134
C2 Dissent by word or Action	604	S2 Violent Conduct	268
C2* Sin Bins	761	S3 Spitting & / or biting an opponent	2
C3 Persistent infringement of the laws	880	S4 DOGSO	52
C4 Delaying the restart of play	581	S5 DOGSO	56
C5 Failing to respect the required distance	19	S6 Foul & / or abusive language	75
C6 Entering/Re-entering the FOP	49	S6A Foul & / or abusive language towards a match official	167
C7 Deliberately leaving the FOP	5	S7 Two cautions in a match	492

***24 issued were in the first 20 minutes of a match!**

DOGSO -

- S4 - denying the opposing team a goal or an obvious goal-scoring opportunity by committing a non-deliberate handball offence outside their own penalty area
- S5 - denying a goal or an obvious goal-scoring opportunity to an opponent whose overall movement is towards the offender's goal by an offence punishable by a free kick

ABANDONMENTS

- 56 cases dealt with in the 2024-25 season.
- Adult Football (Including , Youth, Sunday & Vets) – 32
- Junior Football (Including Girls football) - 24
- **SWPL - 1**

LAW CHANGES for the coming season were - as usual - part of the agenda.

Details of the changes are below



MIKE HARRIS gave a detailed and honest discussion on his experiences as a referee which included serious injuries, assaults and the subsequent trauma and stigma suffered during his refereeing career.

ROGER WEBB from the FAW SAFEGUARDING team gave an update on Safeguarding changes coming into force this season and how this will effect referees. He also outlined referees responsibilities regarding Safeguarding



SIMON HOOPER – Premier League Referee



The main speaker was Premier League Referee Simon Hooper from Swindon

Simon's presentation included how he started refereeing, his journey to date, support and the preparation & background of a Premier League referee.

His also outlined how being a Premier League effects his private life and family

Simon's talk included

- Passing his referees exam 1996
- Refereed over 125 PL matches (Incl. North London & Merseyside derbies)
- Refereed over 350 EFL matches
- Multiple Play Off Final involvements
- 4th official in last years FA Cup Final



LAW CHANGES 2025 - 2026

Outline summary of *Main* Law changes

Law 3 – The Players

- Competitions have the option of implementing the ‘Only the captain’ guidelines

Explanation

Competitions are encouraged to use the ‘Only the captain’ guidelines to improve on-field behaviour and to enhance cooperation

Law 5 – The Referee

- Signal to be used by referees to count down the last five seconds of the eight-second restriction on goalkeepers controlling the ball with their hand(s)/arm(s) - **See Law 12 change**



Explanation

Countdown for the last five seconds of the eight-second restriction on goalkeepers controlling the ball with their hand(s) / arm(s)

Law 8 – The Start and Restart of Play – Dropped ball

- If, when play was stopped, the ball was:
- inside the penalty area – the ball is dropped for the defending team goalkeeper in their penalty area
- outside the penalty area – the ball is dropped for a player of the team that has or would have gained possession if this is clear to the referee; otherwise,
- it is dropped for a player of the team that last touched it. The ball is dropped at its position when play was stopped

Explanation

There are times when the ball would clearly have gone to an opponent of the team that last touched the ball. In such instances, it is fairer for the ball to be dropped for the team that would have gained possession, as long as this is clear to the referee. Outside the penalty area, the ball will now be dropped at its position when play was stopped.

Law 9 – The Ball in and out of Play

- Indirect free kick and no disciplinary sanction when a team official, substitute, substituted or sent-off player or player who is temporarily off the field of play touches the ball as it is leaving the field of play and there is no intention to interfere unfairly

Explanation

There are times when a coach, substitute or player who is temporarily off the field of play (among others) touches the ball as it is going out of play with the intention of helping the game restart quickly. In such cases, an indirect free kick will be awarded but there will be no disciplinary sanction, unless such a sanction is to be issued for persistently leaving the technical area.

Law 11 – Offside

- When the goalkeeper throws the ball, the last point of contact should be used for the purpose of determining an offside position

Explanation

The first point of contact with the ball is used when determining whether a player is in an offside position. However, when the ball is thrown by the goalkeeper, the last point of contact should be used, as this provides a clearer and more consistent reference point.

Law 12 – Fouls and Misconduct

- A goalkeeper who controls the ball with their hand(s) / arm(s) for more than eight seconds will be penalised, with a corner kick being awarded to the other team

Explanation

- *If a goalkeeper has control of the ball with their hand(s) / arm(s) for more than eight seconds, the referee will now award a corner kick (rather than an indirect free kick) on the side of the field closest to the goalkeeper's position when penalised. There is no disciplinary action unless the goalkeeper repeatedly commits the offence.*
- *To assist the goalkeeper, the referee will signal the final five seconds using a raised hand.*

For all changes click on the link below:

<https://downloads.theifab.com/downloads/changes-to-the-laws-of-the-game-2025-26?l=en>



Become a Ref

FAW Referee Award

The FAW Referee Award is a fully interactive, video-led online course which prepares you for the challenge of becoming a Referee.

Once you've passed your online Referee Award you will attend an in-person practical session with a refereeing expert who will put you through your paces and get you ready to begin your refereeing journey.

Become a fully qualified referee

- Purchase with or without full Macron referee kit (worth £85)
- Certificate on completion
- No previous experience needed
- 10 hours of online content with full support
- Qualify to officiate at any age group in Wales
- Earn match fees
- £95 with Macron kit
- £35 without Macron kit



CMS

CMS TEAMWEAR

<https://cmsteamwear.shop/>

JOMA REFEREE KITS FULLY BADGED

Shirt & Shorts

£24 + P&P



Shirts available in Black, Blue & Yellow

EVERYDAY COMFORT. BUILT TO LAST.

This short-sleeved shirt combines durability, breathability, and freedom of movement. A versatile essential that performs through every activity.

MORE DETAILS:

- Lightweight, breathable fabric keeps skin dry
- Reinforced round neck with inner covertape
- Comfortable fit allows full range of motion
- Highly resistant to wear and easy to maintain



Upcoming FAW Courses

FAW/UEFA GRASSROOTS LEADERS AWARD

To access this in-person award, candidates must have completed:

- FAW Football Leaders Award
- FAW Football Emergency Aid Award
- FAW Safeguarding Award

For more details about the course, including dates and locations, please follow this link: <https://www.fawcourses.com/category/grassroots-leaders-award>

Additional dates will be added to the calendar in July.

FAW FOOTBALL LEADERS AWARD

This OnDemand course can be accessed via the following link:

<https://www.fawcourses.com/category/leaders-award>

FAW GOALKEEPERS AWARD

This OnDemand course can be accessed via the following link:

<https://www.fawcourses.com/category/goalkeepers>

FAW SAFEGUARDING AWARD

To access this tutor-led online course, please follow this link:

<https://www.fawcourses.com/category/safeguarding>

FAW FOOTBALL EMERGENCY AID

This OnDemand course can be accessed via the following link:

<https://www.fawcourses.com/category/firstaid>

FAW/UEFA C LICENCE

Dates for this course will be published in July. Candidates must have completed the FAW/UEFA Grassroots Leaders Award to access this course.

An FAQ document has been created to address common questions regarding the changes to the FAW Coach Education pathway. Please follow this link:

https://www.fawcourses.com/documents/60_revised_coach_education_faqs_-_may_2025_.pdf

If you have any questions not covered in the FAQs, please do not hesitate to contact the Coach Education Team at coacheducation@faw.cymru



FAW Office Holder elections sees first female Vice President elected



From left to right: Gail Powell (Vice President), William Lloyd Williams (Deputy President), Mike Jones (President), Graham Evans (Vice President) & Mark Adams (Vice President).

At a meeting of the Football Association of Wales Council this week, the Office Holder Elections took place to appoint the President, Deputy & Vice Presidents, including the new position of Female Vice President.

Following a vote by the members of the FAW Council, the following Council Members were elected to office:

- **President: Mike Jones**
- **Deputy President: William Lloyd Williams**
- **Vice President (Female): Gail Powell**
- **Vice President (North): Graham Evans**
- **Vice President (South): Mark Adams**

The new office holders will commence their four-year term on 1 August 2025.

The appointment of Gail Powell to the new role of Female Vice President is a significant milestone for the FAW following the recent governance reforms outlined in ‘Together Stronger for the Future.’ Powell has become the first female Vice President in the history of the association.

On the appointment, Noel Mooney, Chief Executive said: “We are on a great journey at the FAW and Welsh football. I look forward to working closely with the newly elected officials to further the growth of our game. As we head towards our first ever participation in a Women’s International Finals, it is fitting that Gail Powell, who has given so much to the Women & Girls game, is named our first female Vice President. Soon we will establish a new Women & Girl’s Committee to oversee the strategic direction of the game here in Cymru – another big step in the right direction.”

Meanwhile, Mike Jones will be no stranger to the responsibilities that come with the role of President, as he has been performing the duties on an interim basis for the past year.

<https://faw.cymru/news/faw-office-holder-elections/>



TREFOREST FC V INTER LEGENDS FC

Saturday 19th July at 16:00 - 18:30

KO at 16:00. Doors open at 12:00.

Entertainment in the evening from 20:00

@ Treforest Football Club, Pontypridd

GET READY FOR AN EPIC CLASH!

🏆 TREFOREST FC VS INTER LEGENDS FC 🏆

📅 DATE: 19th JULY 2025

📍 LOCATION: WHITE TIPS STADIUM

🕒 KICK-OFF: 16:00

Two giants collide in a match you won't want to miss! Watch local heroes Treforest FC take on football royalty as the Inter Legends bring their iconic talent to the pitch. Expect stunning skills, heart-pounding action, and a celebration of the beautiful game. Come along enjoy the fun and raise some money for charity!!!

Highlights include:

- Legendary ex-pros from Man U, Liverpool, Arsenal and more.
- Family-friendly atmosphere with food & drink stalls, bouncy castle and face painting.
- Half-time entertainment and prizes.

📺 Tickets on Sale Now! Don't miss your chance to witness history – secure your spot and be part of an unforgettable evening!

CLICK ON THE LINK FOR TICKETS: <https://fienta.com/treforest-fc-v-inter-legends-fc>

#TreforestFC #InterLegends #FootballFans #MatchDayMagic #GrassrootsFootball #CharityFootball

The "Jeymar10" Memorial Fund.



CARDIFF AIRPORT FOOTBALL CLUB

#Jeymar10

Sunday 20th July 2025

The "JEYMAR10" Memorial Charity Fund

KO 2pm Jenner Park, Barry

In loving Memory of Jermalne Martyn

Funds to be donated to the "Cancer Research Wales"

Funds to be donated to the "Elijah Fund"



Cardiff Airport FC v Barry Liverpool FC





MonTimber For all your timber supplies Trade & DIY welcome Redfield Road, Click & Collect www.montimber.co.uk

Artistic Leisure PL

RIM MOTORS

WATERMAN GS

VOG Fire & Security

STAN STONE

www.gofundme.com/f/the-jeymar10-memorial-fund

Steve Jones and Cardiff Airport FC are raising money in aid of Cancer Research Wales and Jermaine's Son Elijah

EVERY DONATION WILL HELP!

Thank you in advance for your contribution to this cause that will honour the memory of Jermaine.

We are playing a charity football match at Jenner Park Barry on Sunday 20th July at 2.30pm and then a charity Golf match at Brynhill Golf Club in Barry on August 22nd

Should anyone wish to play in either event please contact Steve

steve@severnsidetdc.co.uk

THE ALEX MEEK MEMORIAL MATCH 2025

ADULT
TICKETS:
£5

19 JULY
SATURDAY
KICK OFF
1 PM

CHARITY FOOTBALL MATCH WITH
LIVE MUSIC, RAFFLE, AUCTION
AND MORE!

IN AID OF SIGNPOSTED CYMRU



VS



NEW PUBLICATION

'THE MARTYRS' AND 'THE MUSH'



THE FORTUNES OF MERTHYR TOWN AFC AND MID RHONDDA AFC IN THE 'VICTORY SEASON' OF 1919-1920

BY PHILIP SWEET

A 138 PAGE PUBLICATION WHICH INCLUDES:

- The formation and early history of both clubs
- A detailed month by month analysis of the 1919-20 season with full statistics
- The demise of both clubs

**COST - £12 OR £15 INCLUDING POSTAGE
AND PACKING**

Copies available from: 13, Nant Y Dall Avenue, Rhydyfelin,
Pontypridd CF37 5LE - Cheques payable to P. Sweet

For details of online payment contact the author on:

secretaryswal@gmail.com or call 07394 967881

WELSH FOOTBALL

THE NATIONAL FOOTBALL MAGAZINE OF WALES

<https://welsh-football.net/>

**AT THE HEART OF WELSH FOOTBALL
FOR OVER 30 YEARS.**

Welsh Football Magazine is a print publication devoted to all aspects of football (soccer) in Wales, run on an unpaid basis by football fans, for football fans.

We're a completely independent publication, with no connections to any media organisations or any governing body within football:

**"AN INDEPENDENT PUBLICATION FOR AN
INDEPENDENT FOOTBALL NATION"**

To Subscribe

<https://welsh-football.net/subscribe/>



**Remember each week a
SWAL game from the
Rhondda and Cynon Taff
area is featured on gt fm**

**Join Matt Rowley
to discuss the
weeks' football
round-up
@mattrowley1973
@gtfm_radio**



Gwyn John, a Life Member of the SWAL, has published his biography entitled "The Wrong Shaped Ball" - covering the story of Gwyn & his formation of Llantwit Major FC - from grass roots football to the heights of Welsh Tier 2.

If anyone is interested in obtaining a copy contact Gwyn Email: johngandg@gmail.com

THE HIGHADMIT PROJECTS
SOUTH WALES ALLIANCE
FOOTBALL LEAGUE

2015-2024



A HISTORY

PHILIP SWEET

Compiled by the SWPL Secretary
Phil Sweet

Cost £5 plus £2.50 P&P

Available from Phil -

Email: swplsecretary@gmail.com

Remember to check the website for updates as they come in!

www.southwalespremierleague.co.uk

or the new X account

twitter.com/SWPLInfo

**The SWPL website is continually updated with information
Go to the Downloads and check out the folders.**

www.southwalespremierleague.co.uk/downloads

PAST NEWSLETTERS CAN BE FOUND HERE:

www.southwalespremierleague.co.uk/downloads/newsletters

**If anyone has any suggestions or articles for the
SWPL Newsletter please let me know**

Terry

Terry Allday

SW Premier League [Comet]

T: 07966269457

E: swplcomet@outlook.com

W: www.southwalespremierleague.co.uk

X: @SWPLInfo



HIGHADMIT
PROJECTS