



Highadmit Projects South Wales Premier League

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www.highadmitprojects.co.uk

PRE-SEASON UPDATE 2025-2026

WEBSITE

The new SWPL website can be found here.
Everything a Club or Referee requires will be on the website
<https://www.southwalespremierleague.co.uk/>

Please search on the website in the Information / Downloads tabs for information regarding the SWPL & FAW / SWFA Cup Competitions. These are updated as and when new information is provided
<https://www.southwalespremierleague.co.uk/downloads>

REFEREES & CLUB DETAILS

Details will be updated & added as the season goes along. If the details are not in the SWPL Handbook then please check the website

SWPL GUIDANCE

Again this season the SWPL will provide a “Self-Help” guide for clubs to review prior to contacting the League.
It outlines what is expected and who to contact in the majority of situations.
<https://www.southwalespremierleague.co.uk/downloads/league-documents>

SIN BINS

Remember Sin Bins are now mandatory in all SWPL League & Cup games.
We strongly recommend everyone reviews the guidance
<https://faw.cymru/temporary-dismissals/>

ALCOHOL

Just a reminder regarding spectators drinking alcohol on the touchline.
Again, common sense, please ensure spectators refrain from doing this.
It could cost your club!

ADVICE TO CLUBS & REFEREES

COMMUNICATION IS KEY IN MATCHES THEREFORE, FOR THE 2025-2026 SEASON IT IS STRONGLY RECOMMENDED THAT REFEREES, CLUB REPRESENTATIVES & TEAM CAPTAINS MEET 45 mins - 30 mins BEFORE KICK OFF.

THIS ALLOWS ALL CONCERNED THE OPPORTUNITY TO PREPARE AND WARM UP PRIOR TO THE MATCH STARTING

Below is a *summary* of the SWPL Rules and expectations. It is important for everyone to take on the information to ensure the season is problem free!



PRE-MATCH

5 Business Days before the Match.....

The Home Team must confirm with the opposing team if they are providing post match hospitality. Their opponents must confirm their numbers attending. Basic curtesy. [\(SWPL Rule 7\)](#)

If opponents fail to attend the post-match hospitality after confirming there may, subsequently be is a request for the payment of lost meals. By retaining the correspondence it will ascertain if hospitality and location has been offered, and accepted, which will assist in the reclaim. [\(SWPL Rule 5\)](#)

Should the visiting club not confirm in writing that they intend to stay for post-match hospitality then the home club is under no obligation to provide it.

The method of match confirmation can be via email or text. Whatever method you chose you must retain this confirmation for 40 days. [\(SWPL Rule 7\)](#)

Match officials must accept or reject the appointment on Comet within 3 days notification of a match appointment by the League Secretary or Comet Champion. Failure to do so could affect any future match appointments from the League. [\(SWPL Rule 5\)](#)

MATCH DAY

Match Officials should attend the ground at least 45 minutes before kick-off. (SWPL Rule 5)

Match Officials Expenses

The home club shall pay the fee and the expenses of the appointed Match Officials on the day of the match prior to kick-off. (SWPL Rule 5)



Match Officials Travel Fees 2025 - 2026

SOUTH WALES PREMIER LEAGUE		Referee	Assistant Referee
SWPL League Games		£40	£20
SWPL WJO Cup Games		£40	£20
Referee's & Assistant Referee Travel Expenses			
By car, van, motorbike or taxi		£0.45p per mile	
By Cycle (Electric or Pedal), Scooters		£0.20p per mile	
Travel by rail and/or bus		Reimbursement of fare on production of a valid ticket(s)	

THE BASICS

All matches will be of 90 minutes duration. The home club must ensure teams have access to the pitch or a suitable area 45 minutes before kick-off to allow teams to warm-up.

Fitness of the ground – pre-match inspections for ground fitness must be a referee registered with the League. Please check the handbook or website. If in doubt check with the League Secretary (SWPL Rule 5)

BEWARE: Clubs need to be aware if their local authority postpones games this does not mean your game is automatically postponed or that you do not have a game - things can and often are fluid!

No game can be postponed without the confirmation of a SWPL League Officer.

No match can take place without secured goal nets & correct corner posts/flags

Team Colours - with the match confirmation no longer a requirement clubs need to be aware of their opponents colours. If there is a clash the HOME team changes.

Goalkeepers *are not allowed to colour clash with any player or referee*

Team Sheets

Each Club must complete electronic team sheets in accordance with Comet Rules. These should be submitted at least 30 minutes before the published kick-off time. (SWPL Rule 7.4.1 Team Sheets)

Substitutes – A total of 5 substitutions can be made individually at any time during the match (SWPL Rule 7)

Assistant Referee - Clubs must allocate a Club Assistant Referee who is to be named on the team sheet who cannot be a player or named substitute (SWPL Rules 5 & 7)

Should a named substitute also act as an Assistant Referees then they will not be allowed to take part in the match as a player.

Personnel in technical areas and behind barriers: It is a continual annoyance for everyone involved in SWPL games that clubs still have additional personnel in the technical area.

Its not there for additional spectators or to be used as a creche! All other personal must stand behind the barriers.

To clarify ALL personnel in the technical area MUST be listed on Comet - anyone NOT LISTED must stand behind the barrier

We have increased the number allowed to be listed in the Technical Area to 6. This is to allow an additional person to be named as Comet updater / Club Assistant.

Where the technical areas are on the same side of the pitch then the Home Club Assistant Referee is to go to the opposite side of the field – unless mutually agreed before the game. (SWPL Guidance)

In accordance with the Laws of the Game ONE Senior Official in the technical area must be noted on the team sheet.

Where an offence is committed and the offender cannot be identified, the Senior Official present in the technical area will receive the sanction. (Laws of the Game - Law 12)

Club Officials, players or spectators must not approach the Match Officials during the half-time interval unless invited to do so by the Match Official. (SWPL Rule 5)

Assistant Flags - To be provided by Home clubs (SWPL Rule 5)

Misconduct - Any player or technical area person sent from the field of play must leave the vicinity of the field of play & the technical area. (Laws of the Game - Laws 5 & 12)

Team Captains must have an armband to indicate their position. Also they have no right to question the referee however they have a responsibility for the behaviour of the team. (Laws of the Game - Law 3)

REMEMBER EVERYONE HAS A ROLE AND BOUNDARY IN FOOTBALL - COACHES, PLAYERS, REFEREES, SPECTATORS.

ITS WHEN THESE ROLES & BOUNDARIES ARE OVER-STEPPED THAT PROBLEMS OCCUR.

BE AWARE OF YOUR OWN ROLE & BOUNDARY IN THE GAME!



FINAL WHISTLE

Club Officials, players or spectators must not approach the Match Officials for 15 minutes following the final whistle unless invited to do so. (SWPL Rule 5)

POST-MATCH

Team Responsibilities

Clubs must ensure the match details are confirmed with the match referee before the game gets changed to 'Played'



Events such as goals & assists can be updated by the

SWPL Comet Champion

Email: swplcomet@outlook.com

Any changes to Misconduct needs to be reported to

SWFA Disciplinary Secretary

Email: discipline@southwalesfa.co.uk