
REGULATIONS



2025 RAROTONGA FOOTBALL SEASON

TABLE OF CONTENTS

1. Title	2
2. Participation	2
3. CIFA Competition Committee	2-3
4. Eligibility of Players	3
5. Registrations of Players	3-4
6. Transfer of Players	4-5
7. Withdrawal, Penalty for Failing to Play	5-6
8. Dispute & Disciplinary Committee	6
9. Protests	7
10. Matches Played in Accordance with the Laws of the Game	7-8
11. Team Kits and Colours	8-9
12. Release of Players – International Duty	9
13. Form of Competition	9
14. Matters Provided For	10

1. TITLE

- 1.1 This competition shall be officially called the **2025 Rarotonga Football Club Competition**.
- 1.2 The **2025 Rarotonga Football Club Competition** will consist of the following competitions:
- (i) CIFA Rarotonga Round Cup Competition
 - (ii) CIFA Rarotonga Knockout Cup
- 1.3 These shall be the following divisions in these two competitions:
- (i) Premier Men
 - (ii) Senior Women
 - (iii) Under 18 Men (born 1st January 2007 or after)
 - (iv) Under 15 Boys (born 1st January 2010 or after)
 - (v) Under 15 Girls (born 1st January 2010 or after)
 - (vi) Under 12 Mix (born 1st January 2013 or after)
 - (vii) Under 10 Mix (born 1st January 2015 or after)
 - (viii) Under 8 Mix (born 1st January 2017 or after)
 - (ix) Under 6 Mix (born 1st January 2019 or after)
- These divisions are compulsory for clubs to enter for the 2025 Football Season.***
- 1.4 These tournaments will be held on such dates approved by the Cook Islands Football Association ("CIFA") Executive Committee.

2. PARTICIPATION

- 2.1 The competition is open to all clubs on Rarotonga that have registered with CIFA. Each club may register one team only in any of the competition divisions.
- 2.2 When entering the **2025 Rarotonga Football Club Competition** the participating clubs shall undertake:
- a) To observe the regulations
 - b) To accept all the administrative, disciplinary and refereeing matters connected with the tournament which will be arranged by the CIFA in compliance with these regulations
 - c) To accept all the arrangements put in place for the local organisation by the respective host clubs for this competition in agreement with CIFA.

3. CIFA COMPETITION COMMITTEE

- 3.1 The organisation of the competition shall be under the general supervision of the CIFA Executive Committee who has the right to make the final decision in all matters.
- 3.2 The CIFA Competition Committee shall consist of:
- Grover Harmon (Chairperson)**
 - Terry Piri**
 - Macan Munoko**

3.3 The role of the CIFA Competition Committee is to:

- approve the match schedule, dates, venues and kick-off times of all matches for these competitions
- approve player transfers

4. ELIGIBILITY OF PLAYERS

4.1 For this competition each club shall take the following provisions into account when selecting its respective teams. This competition is open to all players who:

- (a) Reside in the Cook Islands (includes all locals and expatriates who have work permit or permanent residence) and are duly registered with a club on Rarotonga;

OR

- (b) Is a Cook Islander who Reside or Study overseas;

OR

- (c) Is a **Foreign Player** who resides overseas;
(A foreign player is a person who resides overseas and does not have Cook Islands descent)

- (i) a maximum of 4 Foreign Players are permitted to be registered in a team within a club;

OR

- (ii) is a foreign player registered overseas will need an International Transfer Certificate (ITC) before they can participate in the Rarotonga Competition;

- (d) Is a Cook Island player registered overseas will need an International Transfer Certificate (ITC) before they can participate in the Rarotonga Competition;

- (e) are not registered in a club overseas and has recently arrived in the Cook Islands to reside, work or on holiday must spend more than 14 consecutive days in the Cook Islands.

4.2 Any team that is found guilty of fielding an ineligible player for whatever reason shall forfeit the match. Instead, victory and the resultant three points will be awarded to the opposing team as well as the score of 3-0.

5. REGISTRATION OF PLAYERS

5.1 All clubs must register with CIFA and pay the Annual Membership fee of \$100 by **Wednesday 25th June 2025**. Clubs must also pay Player Registration fee of \$10 per player registered in the Premier Men and Senior Women divisions and \$5 per player registered in

the U-18 Men, U-15 Boys, U-15 Girls, U-12 Mix, U-10 Mix, U-8 Mix and U-6 Mix divisions by **Tuesday 8th July 2025** before any of your players can participate in the 2025 Rarotonga Football Season.

Each participating club may register up to:

- **22 players** in the Under 12 Mix, Under 10 Mix, Under 8 Mix and Under 6 Mix divisions;
- **22 players** in the Under 15 Boys, Under 15 Girls, Under 18 Men, Senior Women and Premier Men's divisions.

CIFA Rarotonga Round Cup Registration Period

All clubs must register players from two Registration Periods:

Registration Period No. 1: 25th June – 29th August 2025

Registration Period No. 2: 29th September – 31st October 2025

For the Purpose of the Champions League for Men and Women:

18th June 2025 – 31st March 2026: Both Men and Women

No registration will be accepted in the weekend. All players must be registered during normal workdays before 4pm, i.e. Monday to Friday.

5.2 All registered players must play for one team throughout the entire 2025 Rarotonga Football Season except for players in the following categories who are permitted to be play for two teams within their club during the season:

- (a) Players registered in the Under 15 Boys competition are also permitted to play in the Under 18 Men competition.
- (b) Players registered in the Under 15 Girls are also permitted to play in the Open women's competition.
- (c) Players registered in the Under 18 Men competition are also permitted to play in the Premier Men's Division.
- (d) Female players registered in the Under 12 Mix competition are permitted to play in the Under 15 Girls division, and Male players registered in the Under 12 Mix competition are permitted to play in the Under 15 Boys division.
- (e) CIFA will award a match to the losing team if the winning team is found to have played a non-registered player.

6. TRANSFER OF PLAYERS

6.1 A player can transfer once during the 2025 Rarotonga Football Season. In order for a player to be transferred they must complete the following procedures:

- (a) **From Club to Club – (including the transfer from an outer island club to a Rarotonga club)**

- (i) A CIFA player transfer certificate must be completed and submitted to the Chairman of the CIFA Competitions Committee for consideration
 - (ii) The CIFA Competitions Committee must approve the transfer ensuring that the club transferring the player and the club receiving the player has both approved the transfer and the fee of \$10 be paid to CIFA for Administration fee.
 - (iii) The CIFA Competitions Committee must approve the transfer ensuring that the club transferring the player and the club receiving the player has both approved the transfer and the fee of **\$30 for a junior player, \$150 for senior women players and premier men players.**
 - a. Juniors are players aged 4 years to 18 years
 - b. Seniors are players aged 19 years and over
 - (iv) If there is a dispute between the two clubs relating to the transfer, the matter is referred to the CIFA Disputes and Disciplinary Committee for a decision.
 - (v) If the transfer is in order, the CIFA Secretariat shall advise the player and the two clubs concerned that the transfer is approved.
- (b) The last date of transfer of players is:
1. **Friday 31st October 2025 – National for Domestic Competition**
 2. **Tuesday 31st March 2026 – International for OFC Champions League: Men & Women**

7. WITHDRAWAL, PENALTY FOR FAILING TO PLAY

7.1 A Club will be fined \$500 if they:

Withdraw a team from any of the two competitions after the commencement of that competition.

7.2 If a team defaults their scheduled game for any reason, the registered club of which the team belongs to:

- (a) Will be fined \$300 and/or
- (b) Lose competition points and/or
- (c) Be withdrawn from the competition and/or
- (d) Liable to further penalties as decided by the CIFA Executive Committee
- (e) A win by default is worth 3 points and awarded 3 goals.

7.3 If the team defaults on subsequent occasions, then the registered club of which the team belongs may either be fined:

- (a) A minimum of \$300 up to a maximum of \$500 by CIFA and/or
- (b) Lose competition points and/or
- (c) Be withdrawn from the competition and/or
- (d) Liable to further penalties as decided by the CIFA Executive Committee

- 7.4 The CIFA Executive Committee shall decide on the fines or penalties or such other action to be imposed.
- 7.5 Exception is made in the case of force majeure, which will be decided by the CIFA Executive Committee.

8. DISPUTES AND DISCIPLINARY COMMITTEE

- 8.1 The Disputes and Disciplinary Committee for this tournament shall be comprised of:
- **Mona Ioane (Chairperson)**
 - **Tuaine Manavaroa**
 - **John Taripo**
- 8.2 The duties of the Committee shall be to:
- caution, censure, fine, suspend or disqualify any player or official
 - consider any protests or disputes that may arise during the season
 - such other matter the CIFA Competition Committee or CIFA Executive Committee deem necessary
- Decisions of the Committee shall be based on the written reports of the match officials or CIFA Competition Committee members or such other person the committee deems relevant and even the availability of video footage. The Committee may call any person to a hearing and decide upon the procedure to be followed.
- 8.3 If required, the Committee shall convene within 24 hours of the termination of a match or when an offence occurred and should deal with a player or official's case before his team's next game (unless there were exceptional or unavoidable circumstances)
- 8.4 The decisions of the Committee shall be final and not subject to appeal if they concern the caution, censure, fine, suspension or disqualification of players in connection with match incidents reported by the referee or the assistant referee.
- 8.5 The Chairperson shall convene meetings of the Disputes and Disciplinary Committee.

CAUTIONS AND EXPULSIONS

- 8.6 A player who receives three cautions during any competition shall automatically be suspended until his/her team has played one further match in the tournament. A player who is sent off the field of play by a referee shall automatically be suspended until his team has played one further match in the tournament. Provided, however in the latter case the Disputes and Disciplinary Committee shall be entitled to suspend the player for further matches.
- 8.7 All double cautions are cleared at the end of each of the respective competitions.

9. PROTESTS

- 9.1 All protests shall be submitted in writing, within 72 hours (3 days) after the match, to the Chairman of the Disputes and Disciplinary Committee who shall determine the action to be taken and whether the Committee is to hear the protest.
- 9.2 Protests against incidents occurring during the match shall be directed at the referee by the team captain immediately after the disputed incident and before play has been resumed. Such protests shall be confirmed in writing by the Club representative and handed to the Chairman of the Disputes and Disciplinary Committee at the match or within 72 hours (3days) after the match.
- 9.3 Protests against the state of the pitch, the markings, installations (goals etc) or the footballs shall be made to the referee before the start of the match.
- 9.4 No protests may be made against the referee's decisions on points of fact connected with play, such decisions being final.

10. MATCHES PLAYED IN ACCORDANCE WITH THE LAWS OF THE GAME

- 10.1 All matches of this tournament shall be played in conformity with the Laws of the Game issued by the International Football Association Board and published by FIFA except for the following variations to the Laws of the Game:

(a) Substitutions:

- (i) The Under 10 Mix, Under 8 Mix and Under 6 Mix is a 7-a-side competition. Any number of substitutes may be used. A player who have been replaced may return to the playing area as a substitute for another player.
- (ii) The Under 12 Mix is a 9-a-side competition. Any number of substitutes may be used. A player who has been replaced may return to the playing area as a substitute for another player.
- (iii) Under 15 Girls and Under 15 Boys are allowed a maximum of **6 substitutions** per match.
- (iv) Each team in this competition (except Under 6 Mix, Under 8 Mix, Under 10 Mix, Under 12 Mix, Under 15 Girls and Under 15 Boys) is allowed a maximum of **5 substitutions** per match.

(b) Number of players on the field:

Under 10 Mix, Under 8 Mix and Under 6 Mix:

- (i). Must have a maximum of four (4) boys and a minimum of three (3) girls on the field at all times
- (ii). Must have five (5) players; i.e. 3 boys and 2 girls, on the field of play before the match can commence

Under 12 Mix:

- (iii). Must have a maximum of five (5) boys and a minimum of four (4) girls on the field at all times

- (iv). Must have seven (7) players; i.e. 4 boys and 3 girls, on the field of play before the match can commence.

2) Throw In

- (i). When the ball is out of play from the side lines, the ball is to be thrown in from the side-line to resume play. The ball is not to be kicked in.

3) Goalkeeper

- (i). When the ball has gone out of play on the goal line the Goalkeeper places the ball within the marked goal area and kicks the ball to resume play.

4) Off-sides

- (i). There are no off-sides in this competition.

5) Boots/Shoes

- (i). All players registered in the **U12 Mix** division **must** wear boots/shoes and shin guards.
- (ii). Players registered in the **U6 Mix, U8 Mix & U10 Mix** are to play barefoot. No boots/shoes are allowed to be worn.

(c) Playing Time:

The playing time for each division in this competition is as follows:

- (i) All Premier Men matches shall be **45 minutes** each half
- (ii) All Senior Women matches shall be **45 minutes** each half
- (iii) All Under 18 Men matches shall be **40 minutes** each half
- (iv) All Under 15 Girls and Under 15 Boys matches shall be **30minutes** each half
- (v) All Under 12 Mix, Under 10 Mix, Under 8 Mix and Under 6 Mix matches shall be **10 minutes** for **four (4) quarters**

11. TEAM KITS AND COLOURS

The display of political, religious or personal messages or slogans of any nature in any language or form by players and official on their playing or team kits and equipment is prohibited.

For the Premier Men and Senior Women Divisions:

- 11.1 Each Club shall inform CIFA of two different and contrasting colours (on predominantly dark and other one predominantly light) for each of it first choice (home) and alternative (away) team playing kit items (jersey, shorts and socks). In addition, each team shall select three contrasting colours for the goalkeepers. This information shall be submitted via email to pauline@cookislandsfootball.com and cc: natasha@cookislandsfootball.com by the **27th June 2025**. Photos of Shirt, Short and Socks of players and goalkeepers

Numbers and Names:

- 11.2 Only the numbers 1-100 maybe allocated to the players, with number 1 being reserved exclusively for one of the goalkeepers.
- 11.3 Each club shall supply a set of goalkeeper shirt(s) without number. These shirts

will only be used in those special circumstances in which an outfield player must take the position of goalkeeper during a match.

Match colours designation:

11.4 CIFA's preference is for each team to wear its first-choice colours as submitted. If the two teams' colours and the match officials' colour might cause confusion, the following principles shall be applied by CIFA to allocate the match colours:

- a. Home Team playing kit
- b. Away Team playing kit
- c. Home Team goalkeeper kit
- d. Away Team goalkeeper kit
- e. Match officials (referees) kit

If the above order does not produce a clear colour contrast of the kits, then the away team will wear a different coloured bib

12. RELEASE OF PLAYERS – INTERNATIONAL DUTY

Clubs are obliged to release their registered players to the representative teams for international duty.

- i. To request for a match(s) to be played at an earlier or later date will require **three or more players** that have been selected for any request to be approved.
- ii. A request must be sent to the Competition Department.

13. FORM OF COMPETITION

13.1 The 2025 Rarotonga Football Season will consist of the following two competitions:

CIFA RAROTONGA ROUND CUP COMPETITION

13.2 This competition shall be based on the league system (addition of points) with each team playing three matches against each of the other team with three points for a win, one point for a draw and no points for a defeat.

13.3 The team that finishes first on the competition table will be declared the winner. The criteria for determining the final placing in this competition shall be as follows:

- (a) number of points
- (b) goal difference
- (c) number of goals scored
- (d) score of direct encounter
- (e) fair play
- (f) drawing lots

CIFA RAROTONGA KNOCKOUT COMPETITION

13.4 The competition is played under a knockout system. Teams are seeded as determined by the CIFA Competition Committee. If there are an uneven number of teams in a division, the top seeded team(s) will be awarded a bye in the first round.

- 13.5 Each match in this competition shall be played in accordance with the duration of play for each division as set out in Article 10.1. (c). If after the completion of the respective period of play for each division, a match ends in a draw. No extra time will be played. Penalty kick will take place to decide the winner.
- 13.6 A team that wins their respective match qualifies for the next round of the competition. Teams will play in each round until there are only two teams who will contest the final. The winner of the final will be declared the winner of this competition.

14. MATTERS NOT PROVIDED FOR

- 14.1 The CIFA Competitions Committee shall issue any instructions necessitated by special circumstances that might arise with respect to this tournament. These instructions shall form an integral part of these Regulations.
- 14.2 The CIFA Executive Committee shall take final decisions in all matters not provided for in these Regulations.

COOK ISLANDS FOOTBALL ASSOCIATION

PRESIDENT

GROVER HARMON

ACTING GENERAL SECRETARY

MII JOSEPH

Physical Address

**Matavera
Rarotonga
COOK ISLANDS**

Postal Address

**P.O. Box 29
Matavera
Rarotonga
COOK ISLANDS**

Telephone

(682) 28 980

Email

grover.harmon@cookislandsfootball.com

Website

www.cookislandsfootball.com

Facebook

www.facebook.com/Cook-Islands-Football-Association-283109330508

Instagram

[cifa_official_](#)

FOOTBALL FOR ALL