

Briefing Notes

London Unity Cup Competitions 2025/26

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Welcome to this season's LU Cup competitions - whether you are associated to a club or an appointed Match Official, we trust you'll enjoy any matches you are involved in. To make your experience as smooth as possible, we have noted below some important points.

Format, Dates, and Draw

Fifteen teams shall enter the first round of the competition. The seven victors shall progress to the London Unity Cup Quarter-Finals, with the remaining seven teams entering the Plate Quarter-Finals. The exact format of 'byes' and/or lucky losers shall be decided closer to the time.

Competition	Cup Round 1	Cup Quarter Finals	Cup Semi Finals	Cup Final
		Plate Quarter Finals	Plate Semi Finals	Plate Final
Draw Date	Tuesday 30 September	Weds 19 November	Weds 19 November	
Ties to be completed by	Sunday 16 November	Sunday 01 February	Sat 14 & Sun 15 March	TBC - May
Venue	Home Team	Home Team	Neutral Venue	Neutral Venue
Referee Payment	Away Team £45	Away Team £45	League Appointed	League Appointed

Competition Rules

Match Length	Team sheets?	Extra Time?	Penalty Kicks?	Rotating Subs?	Temporary Dismissals?
90 Minutes	Provided to league after final whistle				

Competition rules are explained in this grid above. Home team is to provide a minimum of three matchballs for the tie. All other usual LUL rules apply - see league website for league rules.

Reporting Results

Both teams are required to complete the result form as usual, but also must complete a teamsheet. The match referee must also complete an online report form - the link to which shall be provided by the home team.

Enjoy your game!