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# English Schools' FA National Cup Programme Season 2022-2023

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# A message from the Chairman

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Schools' Football provides a unique experience for all - motivated children, committed and valued teachers and enthused parents/carers.

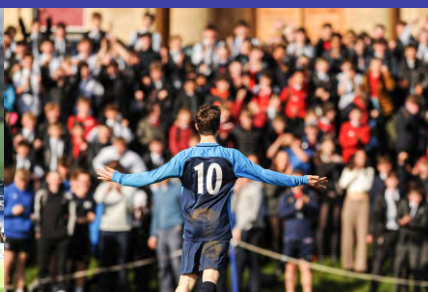
School representation in a National Cup Competition offers children the opportunity to develop their abilities and demonstrate their talent, but what should not be underestimated are the many other facets that schools' football provides.

Personal development of all children is vital as they grow and the positive values that children hold as they participate in schools' football, such as leadership, sportsmanship, integrity as well as their own character traits such as effort, determination and perseverance are key life skills that are honed through school sport. These are the very skills that children will need for the future in a very demanding world.

In the 2022/23 season, we have the chance to make schools' football a memorable experience for everyone involved in a safe and inclusive environment, that provides National Competitions for all schools and for children of all ages and abilities.

If your school has previously been involved in our National Cup Competitions, I know you will recognise their value and be keen to enter again this season. If you are considering entering for the first time, you have the opportunity to give your players the unique and special experience created by the English Schools' FA and showcased through the continual provision and improvement of their fantastic competition portfolio.

**Stuart Botham**  
ESFA Chairman



# About the English Schools' FA

The English Schools' Football Association (ESFA) is the National Governing Body for Schools' Football in England. Established in 1904, the ESFA now run over 60 National Competitions for schools, colleges and association representative teams for both boys and girls.

The ESFA also offers two highly successful International Squads each year, the Under 18 England Schoolboys and the U15 England Schoolgirls.

Apart from the fantastic opportunities for teams to get involved in National Cup competitions, the ESFA has a vast network of volunteers across England in the form of County and District Associations who run grassroots schools' football nationwide. Our members affiliate to us to ensure their activity is governed appropriately and have the opportunity to join the ESFA's Council to help lead the organisation.

The ESFA's ethos is based on educational principles and provides opportunities for students to progress and develop within football and education in England and reward those that choose to remain in further education with opportunities to progress through talent pathways.

## About ESFA National Cup Competitions

The ESFA's National Competition programme attracts around 16,000 team entries, at secondary school level each season, with teams entering year on year as a result of the exceptional provision of competitions offered. The ESFA carefully ensures that the competition offer meets the needs of the schools which enter and the friendly and professional approach of the ESFA National Competitions' Department, not only keeps teams returning, but encourages new schools and teams to take part in and experience our National Cup programme, season after season.

National Competitions are at the very heart of what the ESFA has to offer, in creating thousands of opportunities for children to play grassroots football at a National level. Each season culminates with a period of National Finals, in which finalists travel to various prestigious football stadia across England to compete to be crowned champion of England in their respective competitions.

The PlayStation F.C. Schools' Cup partnership, which covers the 20 Under 12 – Under 15 Schools' Cup competitions, ensures that the ESFA is able to offer additional opportunities to participating schools and create additional lasting memories for teams involved within the competitions. Heading into its 10th season, the partnership has provided incredible opportunities for schools, players and pupils and will continue to take competitions to the Next Level in the 22/23 season.

The ESFA prides itself in being able to showcase the abilities of the top players and teams, but also offers a variety of categories of competition that will be appropriate for differing levels of ability. National Finals over recent seasons have been hosted at venues such as West Bromwich Albion FC, Man City FC, Everton FC and Stoke City FC, all of which provide an incredible match day experience for those teams involved. We always strive to ensure that finalists receive a full match day experience and create memories that will last a lifetime.



# Elite Schools' Cups



This particular competition is our highest level of inter-school competition. It is open to all schools and there is no restriction on the number of Professional Club Academy players that can be fielded in a fixture. Schools can enter both the Schools' Cup and Elite Schools' Cup as long as they abide by the rules of the respective competitions. This is a knockout competition based on the cup-tie principle. All matches are played outdoor using age appropriate pitch and goal sizes in accord with FA rules.

## Age groups:

-  U12 Elite Schools' Cup (Y7 only)
-  U13 Elite Schools' Cup (Y8 only)
-  U14 Elite Schools' Cup (Y9 only)
-  U15 Elite Schools' Cup (Y10 only)
-  U16 Elite Schools' Cup (Year 11 only)
-  U18 Super League (Year 11 -13 only)\*\*

## Format:

9 v 9  
11 v 11  
11 v 11  
11 v 11  
11 v 11  
11 v 11

**\*\*This competition is designed for those schools, colleges and private providers which offer a football academy / development programme at sixth form level. See later in the brochure for more information relating to this competition.**

**Entry Fees:** £22 per competition

**Entry Deadline:** **Saturday 23 July 2022**

**How to enter:** Visit [www.esfa.co.uk/schools](http://www.esfa.co.uk/schools) and login using your school's ESFA number and password. This information has been sent to the teacher we have listed as a contact at your school. If you have not received this, then please contact us using the email address below.

**Queries:** If you have any queries, please email [competitions@schoolsfa.com](mailto:competitions@schoolsfa.com)

**What next:** In order to help you plan ahead for your return to school in September, the ESFA will make and publish the National Cup draws before the end of the school summer holidays via [www.esfa.co.uk/competitions](http://www.esfa.co.uk/competitions). We will notify you once draws are live. An email will also be sent at the start of September to officially kick-off the season with additional information as required. Schools and colleges will also receive an ESFA handbook through the post, which contains all the necessary information about the tournaments.

# Schools' Cups for Boys



This is the main category of boys' competition that we offer to our member schools and the emphasis is on participation rather than the Elite level of player. Therefore, in this category of competition a maximum of three players who are registered with a Professional Club Academy can participate in a match. This is a knockout competition based on the cup-tie principle. All matches are played outdoor using age appropriate pitch and goal sizes in accord with FA rules.

## Age groups:

 U12 9-a-side Schools' Cup (Y7 only)

 U13 Schools' Cup (Y8 only)

 U14 Schools' Cup (Y9 only)

 U15 Schools' Cup (Y10 only)

 U16 Schools' Cup (Y11 only)

 U18 Schools' Cup (Years 11-13 only)\*\*

## Format:

9 v 9

11 v 11

11 v 11

11 v 11

11 v 11

11 v 11

**\*\*Important Note - To be eligible to play in the U18 Schools' Trophy or the U18 B Team Schools' Cup, players must have been on roll at the school for the formal GCSE examinations in Year 11. A team may be permitted to field 4 players that joined the school post 16.**

**Players that are part of a school / college sixth form football academy / development programme are provided for via the U18 Super League. See later in the brochure for more information.**

**Entry Fees:** £22 per competition

**Entry Deadline:** **Saturday 23 July 2022**

**How to enter:** Visit [www.esfa.co.uk/schools](http://www.esfa.co.uk/schools) and login using your schools' ESFA number and password. This information has been sent to the teacher we have listed as a contact at your school. If you have not received this, then please contact us using the email address below.

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# Schools' Cups for Girls



This is a knockout competition based on the cup-tie principle. All matches are played outdoor using age appropriate pitch and goal sizes in accord with FA rules. Girls are eligible to play in any boys' competition up to the Under 18 age group. However, the ESFA runs the following competitions to specifically support the development of the girls' game:

## Age groups:

-  U12 9-a-side Girls Cup (Y6 & 7 only)\*\*
-  U13 9-a-side Girls' Cup (Y7 & 8 only)
-  U14 Girls' Cup (Y8 & 9 only)
-  U15 Girls' Cup (Y9 & 10 only)
-  U16 Girls' Cup (Y10 & 11 only)
-  U18 Girls' Cup (Years 11-13 only)\*\*\*
-  U18 Super League (Years 11-13 only)

## Format:

- 9 v 9
- 9 v 9
- 11 v 11
- 11 v 11
- 11 v 11
- 11 v 11
- 11 v 11

**\*\*The Under 12 9-side Cup will start in October to allow teachers and pupils the opportunity to establish a team to participate in the competition.**

**\*\*\*Important Note - To be eligible to play in the U18 Schools' Trophy or the U18 B Team Schools' Cup, players must have been on roll at the school for the formal GCSE examinations in Year 11. A team may be permitted to field 4 players that joined the school post 16.**

- Entry Fees:** £22 per competition
- Entry Deadline:** **Saturday 23 July 2022**
- How to enter:** Visit [www.esfa.co.uk/schools](http://www.esfa.co.uk/schools) and login using your schools' ESFA number and password. This information has been sent to the teacher we have listed as a contact at your school. If you have not received this, then please contact us using the email address below.

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# Small Schools' Cups



This category of competition is designed for those schools which find it difficult to compete with some of the larger schools across England. Therefore, we offer this competition to those schools which are considered 'smaller'. To be eligible to enter the Small Schools' Cup the school must have **fewer than 65 boys on roll in the specified age group**. A maximum of three players who are registered with a Professional Club Academy can participate in a match. This is a knockout competition based on the cup-tie principle. All matches are played outdoors using age appropriate pitch and goal sizes in accord with FA rules. We offer tournaments at the following age groups:

## Age groups:

-  U12 Small Schools' Cup (Y7 only)
-  U13 Small Schools' Cup (Y8 only)
-  U14 Small Schools' Cup (Y9 only)
-  U15 Small Schools' Cup (Y10 only)
-  U16 Small Schools' Cup (Y11 only)

## Format:

- 9 v 9
- 11 v 11
- 11 v 11
- 11 v 11
- 11 v 11

**Entry Fees:** £22 per competition

**Entry Deadline:** **Saturday 23 July 2022**

**How to enter:** Visit [www.esfa.co.uk/schools](http://www.esfa.co.uk/schools) and login using your schools' ESFA number and password. This information has been sent to the teacher we have listed as a contact at your school. If you have not received this, then please contact us using the email address below.

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# B Team Schools' Cups

If your school has entered a team into the Schools' Cup, Elite Schools' Cup or Small Schools' Cup, then it is eligible to enter an additional 'B' team into the same age group to compete in a separate competition. Players that play in any of the 'A' Team Cups will not be eligible to compete in the 'B' Cup. Players that are registered with a Professional Club Academy are not eligible to participate in the B Team Schools' Cup competitions. This is a knockout competition based on the cup-tie principle. All matches are played outdoor using age appropriate pitch and goal sizes in accord with FA rules.

## Age groups:

-  U12 9-a-side B Team Cup (Y7 only)
-  U13 B Team Cup (Y8 only)
-  U14 B Team Cup (Y9 only)
-  U15 B Team Cup (Y10 only)
-  U16 B Team Cup (Year 11 only)
-  U18 B Team Cup (Years 11-13 only)\*\*

## Format:

- 9 v 9
- 11 v 11
- 11 v 11
- 11 v 11
- 11 v 11
- 11 v 11

**\*\*For a school to be eligible to enter a U18 B Team into this category of competition, the school must have entered and played a game in the U18 Schools' Cup competition. The U18 Super League does not count as an A Team entry. To be eligible to play in the U18 Schools' Trophy or the U18 B Team Schools' Cup, players must have been on roll at the school for the formal GCSE examinations in Year 11. A team may be permitted to play 4 players which joined the school post 16.**

**Entry Fees:** £22 per competition

**Entry Deadline:** **Saturday 23 July 2022**

**How to enter:** Visit [www.esfa.co.uk/schools](http://www.esfa.co.uk/schools) and login using your schools' ESFA number and password. This information has been sent to the teacher we have listed as a contact at your school. If you have not received this, then please contact us using the email address below.

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# U18 Super League



This category of competition is designed for those schools, colleges and private providers which offer a football academy or development programme at the sixth form level. If your establishment offers such a programme that allows your students to benefit from regular football training, strength & conditioning and possibly analysis sessions, then this is the competition for you! All matches are played outdoor using age appropriate pitch and goal sizes in accord with FA rules.

## Age groups

 Under 18 Super League (Boys) - Y11, 12 & 13 only

 Under 18 Super League (Girls) - Y11, 12 & 13 only

## Format and date structure

**Group Phase:** This competition is based on the Champions League format. Teams will be drawn in groups of 4 - 6 teams with each team playing each other once before Christmas. In the group phase a win will gain 3 points a draw will gain 1 point and a defeat will gain 0 points. The winners and runners-up of the group phase will qualify to compete in the knockout phase which will begin after the Christmas holidays.

**Knockout Phase:** The winners and runners-up of each group will progress to the knockout phase. At this point matches will take place on the cup-tie principle, using extra time and penalties if necessary to determine which team progresses to the next round.

October - December 2022  
Group Phase

January - May 2023  
Knockout Phase

May 2023  
**National Final**  
To be hosted at a Premier League  
or Championship Stadium

**Referees:** The ESFA will appoint a neutral and qualified referee to all fixtures from the quarter final's stage onwards. Match fees will be paid by the home team.

**Entry Fees:** £125 per team

**Entry Deadline:** **Saturday 23 July 2022**

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# BENEFITS

## of playing Schools' Football

English Schools' Football Association



Improves cognitive, social, emotional & intellectual skills



Provides opportunities to develop positive relationships



Activity improves brain function



Positive impact on pupil behaviour & truancy



Helps children to feel that they are part of a team



Can enhance academic achievement



Teaches respect



Encourages teamwork



Enhances positive decision making



Improves communication skills



Improves problem solving



Reduces anxiety & stress



Helps build resilience



Reduces obesity



Provides a sense of pride to represent their school

## ESFA MISSION

The English Schools' Football Association promotes these 15, plus many more, benefits to hundreds of thousands of school children across England each year. Working with a network of thousands of volunteers, schools and teachers, children in England are able to enjoy the competitive and engaging environment of schools' football. If you would like to volunteer for the Association, or find out more please take a look at our social channels and our website to get in touch

- Self-discipline, loyalty and resilience
- Respect for those around them
- Positive decision making
- A healthy lifestyle and physical skills
- A love and understanding of the game through enjoyment and achievement



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