



Rules and Regulations

Fraser Girls with Goals! Gala 2025

Kirkvine Sports Club, Manchester, Jamaica

Saturday, July 26, 2025

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Board of Directors

The Fraser Football Foundation, Inc. and the Fraser Foundation, Ltd. are governed, managed, and operated by:



Dexter Fraser, President and Chief Executive Officer



Jason Frazer, Vice President and Director of Football



Amoy Fraser, Vice President and Director of Operations

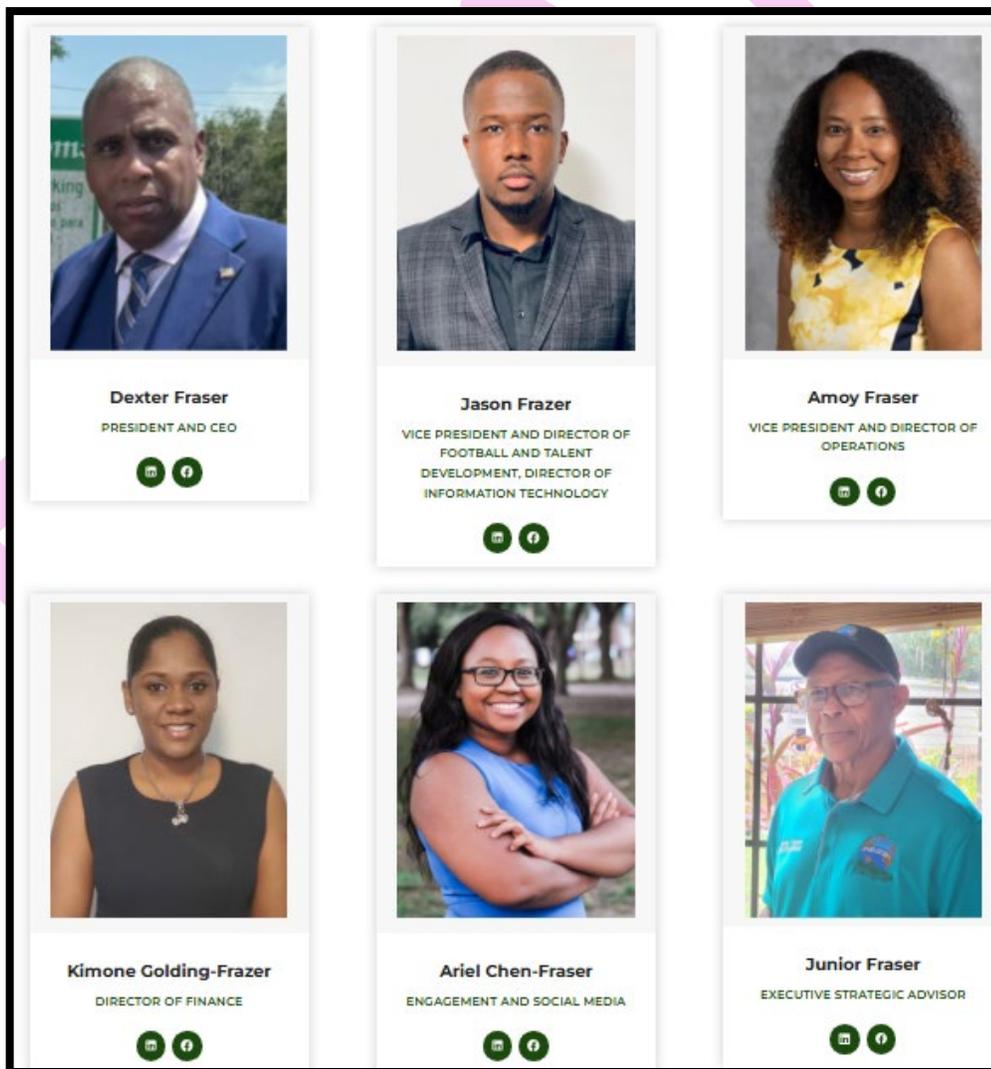


Kimone Golding-Frazer, Director of Finance



Junior Fraser, Executive Strategic Advisor

Our contact information is available at <https://fraserfootballfoundation.org/meet-the-team/>



Sponsors/ Business Partners

The Fraser Football Foundation, Inc. and the Fraser Foundation, Ltd. thanks the following gracious organizations for their immense support in making the *Fraser Girls with Goals! Gala* happen for our children.



AmoDex Realty



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Overview

This document presents the Rules and Regulations for the *Fraser Girls with Goals! Gala 2025*, a one-day girls football festival being presented by the Fraser Football Foundation, Inc and Fraser Foundation, Ltd, faith-based, philanthropic co-organizations operating in the United States and Jamaica respectively with the united mission of promoting wellness, health, and citizenship for rural and inner-city youth in Jamaica through football.

The *Fraser Girls with Goals! Gala 2025* includes multiple age-limited friendly tournaments for girls of all skill levels. All the events are family-friendly with the focus on fun, development, and education. Teams and players can participate in the events at no cost. Participating girls get a free pair of football boots.

Applications

Applications are submitted online at FraserFootballFoundation.org. Only coaches can apply. **Coaches can go back to the application and make changes until May 31, 2025, at 11:59pm. At 11:59pm on May 31, 2025, the application window will close, and all applications will be considered final.** Coaches must be diligent in ensuring that the information is entered correctly; especially the spelling of the girl's name, the girl's birth date, and the girl's shoe size (US). Applications will open on May 1, 2025, and close on May 31, 2025.

Incomplete/inaccurate applications will not be considered.

No-show/withdraw teams from prior years will be automatically waitlisted.

The application can be found here:



The shoe size is used to ensure that the player gets the correct sized boots at check in. Girls will be fitted with their football boots and football jerseys to ensure the best fit.

Eligibility is determined by the player's actual age on the date of the event (July 26, 2025). This information must be accurate. Names and birthdates will be verified at check-in. Players must bring proof of age at check in.

Any person who is opposed to the use of her name or image should withdraw from participating in the *Fraser Girls with Goals! Gala 2025* immediately!

Age-Limits for the Divisions

The age-limits for the divisions are:

- ❖ **U12 Girls**
 - Girls ages 8-10
- ❖ **U14 Girls**
 - Girls ages 10-14
- ❖ **U16 Girls Invitational**
 - Girls ages 12-16
 - This event is by invitation only. Only two teams will complete.

Older players will never be allowed to play down (play in a younger division).

Roster

A girl can be registered on only one team at **Fraser Girls with Goals! Gala 2025**. A girl cannot play for two teams.

Teams for the U12 Girls can roster up to 10 girls. The teams will play 6-sided games (5 field players, 1 goalkeeper).

Teams for the U14 Girls can roster up to 10 girls. The teams will play 6-sided games (5 field players, 1 goalkeeper).

Teams for the U16 Girls Invitational can roster up to 16 girls. Girls must be between 12 to 16 years old. The teams will play 11-sided games (10 field players, 1 goalkeeper).

Each team can bring two team officials (coaches/managers) only. As teams in each division will face off, a **coach can only have one team in an event**.

Each team must bring a team parent to assist in fitting the children in **THE BOOTIQUE**.

Check-In

Coaches and players must arrive on time for check-in and verification of the player's age at **THE CHECK-IN STATION**. **Players must bring verification of age, such as school ID or birth certificate**. Only players confirmed for the final player line-up will be allowed to check in.

Players will then proceed to **THE BOOTIQUE** to receive their football boots and football jerseys for the **Fraser Girls with Goals! Gala 2025**. Teams should send one team parent volunteer to assist the players in **THE BOOTIQUE**. Players will be fitted with their football boots and football jerseys to ensure the best possible fit. The Fraser Football Foundation will make every effort to provide the best possible fit for the football boots. However, we offer no guarantees. The provided football boots and football jerseys become the property of the player. **THE PLAYER OWNS THE BOOTS**.

Activities in **THE BOOTIQUE** are captured on video and in photos.

Any person who is opposed to the use of her name or image should withdraw from participating in the Fraser Girls with Goals! Gala 2025 immediately!

Conflicts/ Discrepancies/ Dishonesty

Registration changes cannot be accommodated due to the provision of football boots and football jerseys.

A player whose registration is tainted by dishonesty or discrepancy may be removed from the final player line-up. The responsible coach may be suspended from participating in the next annual *Fraser Girls with Goals! Gala*. The use of an improperly registered player will result in a forfeit of the game for the team.

Players' Uniforms and Equipment

Football boots and football jerseys will be provided to the final player line-up. Teams will play games in the football boots and football jerseys provided at the *Fraser Girls with Goals! Gala 2025*. At the end of the *Fraser Girls with Goals! Gala 2025*, the provided football boots and football jerseys become the properties of the player. **THE PLAYER OWNS THE BOOTS.**

The goalkeeper must wear a contrasting shirt/bib, which also must be different from the opposing team.

Teams are responsible for their own shorts, socks, shin guards, and goalkeeper gloves. If supplies are available, these may be provided, but these are not guaranteed or promised.

Shin guards must be worn at all times.

No cast or jewelry allowed.

Player's Ownership of Boots and Other Items

The football boots, football jersey, and other items distributed to the player at the *Fraser Girls with Goals! Gala 2025* become the properties of the player. **THE PLAYER OWNS THE BOOTS.**

Events

Teams are expected to arrive no later than their assigned check-in time in order to check in, verify age (documentation required), and be fitted and receive their football boots and their football jerseys. Teams that are not ready to play will forfeit.

Each event will be followed by an award ceremony for the first place and the second-place winners.

Tournament Games

The *Fraser Girls with Goals! Gala 2025* will include the following events as possible based on applications and feasibility. The U12 Girls and U14 Girls teams will play at least 3 games (as long as at least four teams are registered and available).

The fixtures will be distributed separately at least 2 weeks prior to the *Fraser Girls with Goals! Gala 2025*.

The field sizes are reduced to accommodate multiple simultaneous games.

The age-limited tournaments divisions are:

Under 12 Girls

Teams for the U12 Girls can roster up to 10 players. The teams will play 6-sided games (5 field players, 1 goalkeeper). The girls' ages must be 8-12 years old.

Under 14 Girls

Teams for the U14 Girls can roster up to 10 players. The teams will play 6-sided games (5 field players, 1 goalkeeper). The girls ages must be 8-14 years old.

U16 Girls Invitational

The U16 Girls Invitational is by invitation only. The Fraser Football Foundation will invite two teams to face off.

Any person who is opposed to the use of her name or image should withdraw from participating in the *Fraser Girls with Goals! Gala 2025* immediately!

Laws of the Game

All games shall be played in accordance with the Laws of the Game as observed by the Jamaica Football Federation and the Manchester Football Association.

The U16 Girls match will be 11 v 11 consistent with FIFA tradition and with all traditional FIFA rules and time. There will be 30-minute halves.

For U12 Girls and U14 Girls games, the following additional rules and regulations will be upheld.

Game Start and Duration

Teams must be ready at the kick-off of the game or forfeit the game. The minimum number of players needed to start the game is 8. In the event of a forfeit or disqualification, the score will be recorded as 6-0.

The duration of the U12 and U14 Girls games will be two 12-minute halves with a 1-minute halftime OR the game shall end when there is a 6-goal differential. Beforehand, the game durations may be shortened in order to stay on schedule.

The duration of the U16 Girls match will be two 30-minute halves with a 5-minute halftime.

For the U12 Girls and the U14 Girls divisions, once there is a 3-goal differential, the Good Sportsman Ship rule will apply.

The referee or Director of Football can end a game due to blatant misconduct (including violence/fighting) or poor sportsmanship. The game is over when the time expires, regardless of the flight of the ball or if an attack on goal is in progress.

To determine a clear winner in division or group finals, the time may be extended to two 5-minute halves for overtime and then again for a penalty shoot-out.

Good Sportsmanship Rule

The *Fraser Girls with Goals! Gala 2025* welcomes girls of all skill levels to participate in a supportive environment. It is possible for there to be a large skill differential between two teams in a match. The *Fraser Girls with Goals! Gala 2025* wants to avoid any girl being embarrassed or discouraged while simultaneously providing opportunities for teams to showcase their skills. The *Fraser Girls with Goals! Gala 2025* will employ the Good Sportsmanship Rule for the U12 Girls, and U14 Girls divisions as follows:

- ❖ Once a team is up by 3 goals (such as 4-1), both of the rules below will apply:
 1. the **team that is down is allowed to add one additional girl** until the score differential is less than 3 goals.

2. the **team that is up is only allowed to score with the head** until the score differential is less than 3 goals.

Points

Points will be allotted as follows: 3 for a win, 1 for a draw, and 0 for a loss. The winner of the group (the team with the highest points) goes forward.

Tiebreakers

To determine a clear winner in division or group finals, the time may be extended to two 5-minute halves for overtime and then again for a penalty shoot-out.

Offsides

There is no offside rule.

Substitutions

Unlimited substitutions (among the rostered players) will be permitted. Substitutions may be made at the following times: goal kick; after a goal is scored; injury of a player; halftime; throw-ins; free kicks; and hydration breaks.

Both teams may substitute at that time at the discretion of the referee. Substitutes may only enter the game by notification to and permission of the referee.

Substitution of goalkeepers must be reported directly to and permitted in advance by the referee.

Repeated substitutions in an attempt to waste time may not be approved by the referee and may result in the issuance of cards.

Direct and Sideline Restarts

Corner kick and kick-offs are direct kicks. The kick-off may go in any direction.

In place of throw-ins, there will be kick-ins or dribble-ins with the ball placed stationary at the touchline. A player may not directly kick a ball into the goal from its stationary restart.

Penalty Kicks

Penalty kicks will be taken from the top of the arch or 7 yards from the goal. Physical fouls will result in direct free kicks. All others are indirect. Players on the defending team must remain at a minimum of 5 yards from the kick.

Goal Keeping and Goal Kicks

During the run of play when the ball is in the hands of the goalkeeper, it may be thrown anywhere or dropped and dribbled inside or outside the penalty area but cannot be drop-kicked or punted. The ball must leave the goalkeeper's penalty arc within 4 seconds or an indirect free kick from the top of the arc will be awarded to the opposing team. A goalkeeper may not throw the ball directly into an opponent's goal. Players may not initiate contact with the goalkeeper at any time while they are in the penalty arc. Infractions will result in a yellow card. A goalkeeper outside of the penalty arc is to be treated as a field player.

Any time a goal kick is required, the goalkeeper will execute a goal clearance (ball must leave the penalty arc). The goalkeeper will start with the ball in their hands and may (1) throw the ball; (2) put down the ball and pass/kick; or (3) put down the ball and dribble out of the penalty arc. Once the ball has been put down, the ball is effectively 'live'. The goalkeeper has 4 seconds to execute the goal clearance. Failure to execute the goal

clearance within 4 seconds will result in an indirect kick at the top of the arc for the opposition. A goal may not be scored directly from a goal clearance. Once the ball is outside the penalty arc, a goal may be scored from anywhere on the field. The ball may not be punted or drop-kicked.

Players' Bench

The players' bench/area is designated for players only. Only the players (registrants on that particular team) and team officials registered with Fraser Football Foundation are allowed on the players' bench/area during a match. Only players who are dressed to play in full uniform (the *Fraser Girls with Goals! Gala 2025* jerseys) are eligible to be on the players' bench/area and to play in the game.

Conduct and Discipline

Coaches are to lead by example and are responsible for the conduct of BOTH the players and parents of their teams. The Fraser Football Foundation will not tolerate unruly behavior. The referee and the Director of Football reserve the right to remove any coach, player, or parent from the premises.

The referee's decisions are final.

Red cards, yellow cards, free kicks, and penalty kicks will be issued in accordance with the Manchester Football Association's Laws of the Game. Ejection (red card) players may not play in the remainder of the current game and the team's next game in *Fraser Girls with Goals! Gala 2025*. The team of an ejected player may substitute for that player from the rostered players. Players sent off in two games will be ejected from the *Fraser Girls with Goals! Gala 2025*. The Director of Football shall decide if further disciplinary action is required.

If a player receives a red card or dismissal in a game, she will be disciplined in accordance with Manchester Football Association's Laws of the Game.

NO violent behavior is allowed. In cases of violent actions against a game referee, staff member, other player, or any other person, the offending player will be dismissed from the *Fraser Girls with Goals! Gala 2025*. The Director of Football has the exclusive right to assign any added disciplinary decisions as he deems necessary.

NO expletives are allowed. Players and others who are in breach will be dismissed from the *Fraser Girls with Goals! Gala 2025* immediately.

Yellow cards are cumulative at the *Fraser Girls with Goals! Gala 2025*. A player receiving 2 yellow cards in a single match results in a red card and carry those sanctions. A player receiving 3 yellow cards in a day, will result in her being ineligible for her next match. Once the 3-card suspension match is served, the player may return if the team has more games that day.

Protests

The *Fraser Girls with Goals! Gala 2025* does not allow any protests. Officials' decisions are to be respected regarding the interpretation of facts, judgements or rules within the game. In the event of a misinterpretation of a rule, the Director of Football will have final say.

Injury

By agreeing to participate in any event at the *Fraser Girls with Goals! Gala 2025*, the players, their parents, the coaches, the volunteers, the Gala staff, and the attendees acknowledge that there is a risk of injury or harm and waives any liability or responsibility of the Fraser Football Foundation, Inc. and the Fraser Foundation, LLC. for any such injury or harm. **Everyone participates at his or her own risk.**

Injured players should report to the **MEDICAL STATION** immediately. The **MEDICAL STATION** staff may provide First Aid, ice packs, and bandages; apply anti-septic topical creams or analgesic skin protectant creams; and may give Panadol, ibuprofen or other over-the-counter pain relievers.

If a player is hit in the head, a concussion protocol will be followed. For the player's safety, the player who is concussed will not be allowed to participate in any further events.

Discipline

The **Fraser Girls with Goals! Gala 2025** is a family-friendly, supportive, and developmental event. Coaches, parents, team officials, referees, and players are expected to display respectful and supportive conduct at all times on or off the field.

NO violent behavior is allowed. In cases of violent actions against a game referee, staff member, other player, or any other person, the offending person will be dismissed from the **Fraser Girls with Goals! Gala 2025**.

NO weapons are allowed.

NO smoking allowed.

NO drugs are allowed. This includes alcohol and marijuana (ganja, weed) in any form.

NO expletives are allowed.

NO derogatory/bullying/booing/putting down language allowed. Spectators should cheer and support all the players of all skill levels.

Weapons

NO weapons (guns, knives, ice picks, etc.) are allowed. Attendees will be searched at the entrance. Persons with weapons will have to leave.

Press, Social Media, and Publications

The Fraser Football Foundation and the Fraser Foundation rely on donations, grants, and sponsorships and so must maintain a highly-publicized presence. By agreeing to participate in any event at the **Fraser Girls with Goals! Gala 2025**, coaches, participants and their parents agree to their image (in pictures or videos) being used on the Fraser Football Foundation's website (listed below), social media sites (inexhaustive list below), and publications. No compensation will be provided.

- FraserFootballFoundation.org
- <https://www.facebook.com/FraserFootballCleatsForJamaica/>
- <https://www.linkedin.com/company/fraser-football-foundation/>
- <https://www.instagram.com/fraserfootball.foundation/>

Additionally, coaches, participants and their parents are aware and agree that their image may be published in coverage by the press, including newspapers, radio stations, and television stations. No compensation will be provided. The **Fraser Girls with Goals! Gala 2025** has no control over what images or verbiage the press uses.

Any person who is opposed to the use of her name or image should withdraw from participating in the Fraser Girls with Goals! Gala 2025 immediately!

Explore our website!
FraserFootballFoundation.org



Omissions

If any matter has been overlooked or not addressed here, the Director of Football or the Director of Operations will make the final decision regarding the matter and such decision will be deemed the policy governing the *Fraser Girls with Goals! Gala 2025*.

Questions

Please direct football-related questions to Jason@FraserFootballFoundation.org.

Please direct sponsorship-related questions to Dexter@FraserFootballFoundation.org.

Please direct operational and other questions to Amoy@FraserFootballFoundation.org.

Notes

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Thank you for being a part of the

Fraser Girls with Goals! Gala 2025



Changing Lives...
... One Goal at a Time.

