

The Paul Newman Cup (Football Competition)

The Newman Shield

The Newman Cup
★ REMEMBRANCE COMPETITION ★

5-A-SIDE
FOOTBALL

Be Part of the Competition

THURSDAY
30TH JULY

12:00PM
– 2:00PM

SPORTS DOME
AIRCON
AL GHARRAFA

ONE TEAM.
ONE GOAL

COME ALONG!

TEAMWORK • FITNESS • FUN • RESPECT • REMEMBERING PAUL
EVERYONE WELCOME • BRING YOUR ENERGY • SUPPORT YOUR TEAM

The poster features four men in football kits (Manchester United, Liverpool, Chelsea, and Real Madrid) standing in front of a stadium. A large trophy is on the left, and a soccer ball is on the right. The background is a vibrant blue and yellow sky with stadium lights.

The Newman Shield and Objective

The Newman Shield is a quarterly, face-to-face sporting competition in the memory of Mr Paul Newman. Each quarter, teams will compete against each other in a set competition, with points contributing to the overall competition score. The main objective is to have fun, promote teamwork and friendly competition all while improving physical and mental well being.

Key Rules

- 5 players on the pitch.
- Rolling substitutions.
- Fairly contested football.
- No immediate passing back to the goalkeeper
- Yellow card equals two-minute sin bin
- Red card equals **Off** the pitch
- Keep stays in box
- Outfield players stay out of the box
- Head height

<https://www.powerleague.com/blog/5-a-side-football-rules>

Location



Al_Garaffa sports dome

https://maps.app.goo.gl/sLqdzBAQcd7CTvR17?g_st=iw

Facilities



- Cafe available for refreshments.
- Medic with First Aid or higher present.
- Respect officials and opponents.
- Help with administration if not playing.
- Bring your own water.
- Ice Bucket Provided
- Toilets and parking provided
- Bibs and footballs provided

Team Colours and Game/League Layout

Red, Blue, Gold, Silver and black and white



Equipment



- Personal shin pads
- Suitable footwear (hard ground boots or trainers)
- Footballs and bibs provided
- Any personal equipment (personal)
- Please bring own refreshments

Medical

Medical Coverage will be provided by SO, similar to G4 activities. As always, we have the opportunity to use local procedures offered by the Sports facility and the ambulance service if required (999).

Timings

The Booking is from 1200hrs to 1400hrs on the 30th of July 2026. Team captains please have your team ready warmed up and ready to go for 1200hrs to begin the first game. Your relevant team captains will create a group and have all information needed.

Please see below for the direction regarding games and League format but please remain slightly flexible.



THE NEWMAN CUP

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5-A-SIDE FOOTBALL

Be Part of the Competition



ONE TEAM, ONE GOAL

**RED****BLUE****GOLD****SILVER****KEYBOARD ATHLETICO**

FIXTURES

2 PITCHES – ROUND ROBIN

ROUND	PITCH 1	PITCH 2	BYE
1 (18 MINS)	RED vs BLUE	GOLD vs SILVER	KEYBOARD ATHLETICO
2 (18 MINS)	RED vs GOLD	SILVER vs KEYBOARD ATHLETICO	BLUE
3 (18 MINS)	RED vs SILVER	BLUE vs GOLD	KEYBOARD ATHLETICO
4 (18 MINS)	RED vs KEYBOARD ATHLETICO	BLUE vs SILVER	GOLD
5 (18 MINS)	BLUE vs KEYBOARD ATHLETICO	GOLD vs SILVER	RED

 EACH MATCH = 18 MINUTES | 2 MINUTES BETWEEN MATCHES
TOTAL TIME = 90 MINUTES

LEAGUE TABLE

TEAM	P	W	D	L	PTS
 RED					
 BLUE					
 GOLD					
 SILVER					
 KEYBOARD ATHLETICO					

WIN = 3 POINTS | DRAW = 1 POINT | LOSS = 0 POINTS
TIE BREAKER: 1. POINTS 2. HEAD TO HEAD 3. GOAL DIFFERENCE 4. MOST WINS

RESULTS BOARD

RECORD RESULT (WIN / DRAW) ONLY

MATCH	HOME TEAM	VS	AWAY TEAM	RESULT		
				HOME WIN	DRAW	AWAY WIN
1	RED	VS	BLUE	☐	☐	☐
2	GOLD	VS	SILVER	☐	☐	☐
3	RED	VS	GOLD	☐	☐	☐
4	SILVER	VS	KEYBOARD ATHLETICO	☐	☐	☐
5	RED	VS	SILVER	☐	☐	☐
6	BLUE	VS	GOLD	☐	☐	☐
7	RED	VS	KEYBOARD ATHLETICO	☐	☐	☐
8	BLUE	VS	SILVER	☐	☐	☐
9	BLUE	VS	KEYBOARD ATHLETICO	☐	☐	☐
10	GOLD	VS	KEYBOARD ATHLETICO	☐	☐	☐

GOLDEN BOOT



BEST GOALKEEPER



PLAYER OF THE TOURNAMENT



TOURNAMENT WINNERS

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Officiating

Refereeing as it stands will be conducted within the teams, please respect the on-field decisions and for any disagreements please submit them to the relevant members of the organizing committee.

Results

Results and points will be announced following the event and confirmed within 24 hours of event completion.

Map

What 3 Words - [///reverted.spits.skidding](https://www.what3words.com/reverted.spits.skidding)

