2026 SEASON OVERVIEW

Coach & Manager Information Night

WAKEHURST TIGERS

Presented by Scott Skene & Kay Worrell, Competition Secretaries

KEY COMMITTEE CONTACTS

Role	Name	Email
President / MPIO	Greg Dick	president@wakehurstfc.com.au
VP Sub Juniors (U6 – U8)	Bernadette Benjamin	vp.sub.juniors@wakehurstfc.com.au
VP Juniors (U9-U11)	Len Sorbara	**vp.juniors@wakehurstfc.com.au**
VP Sub Junior Women (WU7 – WU11)	Amy Williams	vp.subjuniors.women@wakehurstfc.com.au
Competition Secretary	Scott Skene / Kay Worrell	comp.secretary@wakehurstfc.com.au

General Information

- Thank you for volunteering as a Coach & Manager
- Encourage parents and players to support our Sponsors
- Encourage supporters to barrack for Wakehurst teams only in a positive, sportsman-like manner
- Absolutely no abuse of any referees or assistant referees
- Under no circumstances should direct contact be made with the Referees or the MWFA
- It is strongly emphasized that no unofficial arrangements are made between opposing teams.
- All Coaches & Managers must register on Play Football and have a valid Working with Children Check (needed as part of online registration process)

The name of the game is community sport.

Expectations for Players, Parents, and Officials

Player Conduct Expectations

Players must follow rules, demonstrate sportsmanship, and cooperate with teammates and referees.

Parental Support Guidelines

Parents should focus on enjoyment, avoid negativity, and support coaches and officials positively.

Coaches and Managers Role

Coaches must provide equal opportunities, encourage positivity, and act professionally at all times.

Officials' Responsibilities

Officials ensure fair play and create a safe, respectful environment for all participants.

General Responsibilities for Coaches

WFC Coaches are expected to coach the players in the team under their care to obtain the best results possible given their own ability, the ability of players in the team and the strength of the competition, whilst meeting the requirements for fairness to and for enjoyment of all players in the team.

- Equal amount of coaching.
- To instruct the team in the skills, principles and rules of the game and to encourage good sportsmanship.
- To make weekly team selections (based on replacement rules) ensuring that each player is given a fair and equitable selection and rotation during the season. Be aware of player medical conditions.
- Ensure equipment is properly maintained.
- Encourage players to drink adequate water before and during play.
- Complete coaches report

Coaches Report (U8 – U18)

PLEASE FILL IN EVERY SQUARE Grade as: 1 Outstanding 2 Above average 3 Average 4 Needs improvement 5 Below average		Recommended 2027 Division	Relative Grading within Team	Returning in 2027	Playing up a year	Best Position	Next Best Position	Future Potential	Best Foot (L/R) Strength of Kick	Other Foot Kicking Ability	Dribbling	Game Sense & Positional Play	Speed	Endurance	Determination/Aggression	Coachability	Comments
John	Smith	2	7	Y	N	MV	G	2	L3	3	3	3	3	4	5	4	Average player who is quite good with. Sometimes disruptive at training.

Each Player Ranked 1 - 16

WFC values and appreciates the time and effort required to coach a team.

We are committed to fostering an environment where our coaches feel supported and have ongoing opportunities to grow and develop in their coaching journey.

CCC Commitment

To develop a positive club coaching culture.

To promote inclusive practice within coaching.

To be a trusted resource for WFC coaches and provide relevant and valued coach support.

To ensure coaches (and players) have access to resources and development opportunities in partnership with the MWFA and with the support of the Elite Football Academy and T5 Football.

Kevin ROZARIO

Club Coach Coordinator (CCC)

M: 0411 474 221

E: ccc@wakehurstfc.com.au

General Responsibilities for Managers

- Players are wearing the correct Wakehurst uniform.
- Ensure all players have the correct shin pads and NO plaster casts
- Encourage players to drink adequate water before and during play. No glass bottles are allowed on fields
- To ensure that spectators and children are kept clear of the sidelines and goals.
- Match and training notifications including changes.
- Ensure that a roster is drawn up for parents to wash the shirts and BBQ duties.
- Encourage good sportsmanship.
- Results to be entered by 5pm on Match Day.
- If away or unable to enter results, text the result to the Competition Secretary

Non – Competition Rules & Formats

coles MINIROOS

National Playing Formats and Rules

Coles MiniRoos Club Football

UNDER 6 & 7

Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 6 & 7:

The number of players	4 a side with no goalkeeper Maximum of three substitutes
The field of play	30m x 20m
Goal size	Size 3 or 2m wide x 1m high
Ball size	Size 3
Duration of the game	20 min halves Minimum 5 min half-time break
Penalty area	No penalty area required

Goal type

It is preferable that pop-up style portable goals are used where possible. However, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using pop-up style portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au

Goalkeeper

There are no goalkeepers in Coles MiniRoos Under 6 & 7.
It is the responsibility of the Game Leader to discourage children from permanently standing in front of the goal.

Ball crossing the touch line

There is no throw in.

A player from the opposing team to the player that touched the ball last, before crossing the touch line will place the ball on the touch line and pass or dribble the ball into play. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

Ball crossing the goal line

There is no corner kick.

Regardless of which team touched the ball last, a player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.

Offside

There is no offside rule in Coles MiniRoos Under 6 & 7.

Game Leaders should strongly discourage children from permanently standing in distant offside positions.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball is subsequently touched by another player before it enters the goal).

Most acts of handball or fouls and misconduct at this level are caused by a lack of coordination, with no intent. In this case, try and give the advantage to the attacking team and continue play. If you decide a deliberate or serious act of handball, foul or misconduct has occurred explain to the child they have done the wrong thing and that they should not do this again. Free kicks should be awarded as appropriate.

Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 6 & 7 football and do not exist.

Register at miniroos.com.au

coles MINIROOS

National Playing Formats and Rules

Coles MiniRoos Club Football

UNDER 8 & 9

Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 8 & 9:

The number of players	7-a-side including a goalkeeper Maximum of four substitutes
The field of play	Minimum: 40m long x 30m wide Pool Practice: 45m long x 35m wide Maximum: 50m long x 40m wide
Goal size	3m wide x 2m high
Ball size	Size 3
Duration of the game	30 min halves Minimum 5 min half-time break
Penalty area	5m deep x 13m wide

Goal type

It is preferable that pop-up style portable goals are used where possible. However, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using pop-up style portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au

Offside

There is no offside rule in Coles MiniRoos Under 8 & 9.

Game Leaders should strongly discourage children from permanently standing in distant offside positions.

Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. On restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds.

The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is bounced and moves.

A goal may be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last

Goal kicks from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

Fouls and misconduct

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps at an opponent;
- charges at an opponent;
- strikes or attempts to strike an opponent;
- pushes an opponent;
- tackles an opponent from behind to gain possession of the ball;
- makes contact with the opponent before touching the ball;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player.

Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 8 & 9 football and do not exist.

coles MINIROOS

National Playing Formats and Rules

Coles MiniRoos Club Football

UNDER 10 & 11

Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 10 & 11:

The number of players	9-a-side including a goalkeeper Maximum of five substitutes
The field of play	Maximum: 70m long x 50m wide Pool Practice: 55m long x 45m wide Minimum: 50m long x 40m wide
Goal size	Maximum: 5m wide x 2m high
Ball size	Size 4
Duration of the game	25 min halves Minimum 5 min half time break
Penalty area	16m deep x 30m wide

Goal type

It is preferable that pop-up style portable goals are used where possible. However, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using pop-up style portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au

Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. On restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play once it enters the field of play.

A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last

Goal kicks from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball is subsequently touched by another player before it enters the goal).

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from the 'D' where penalty mark with only the goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

Fouls and misconduct are:

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps at an opponent;
- charges at an opponent;
- strikes or attempts to strike an opponent;
- pushes an opponent;
- tackles an opponent from behind to gain possession of the ball;
- makes contact with the opponent before touching the ball;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player.

Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 10 & 11 football and do not exist.

Season Format

Season Format

- Round Robin Format – Every team gets maximum game time in a rotating schedule designed for fun and development.
- No Replay for Washouts – If the weather wins, the round is simply skipped to keep the season flowing smoothly.
- No Competition Tables – The focus is on learning, teamwork and enjoyment—not ladder positions.
- Regrading (U8–U11) – Teams may be moved to ensure fair, balanced and enjoyable football for everyone.

Season Key Dates

Key Dates

Season Start Date

- Mixed – Saturday 11th April
- Women's – Sunday 12th April

ANZAC Day Long Weekend

- No Saturday Games
- Monday - Miniroos

School Holidays (July)

- All three weekends of school holidays

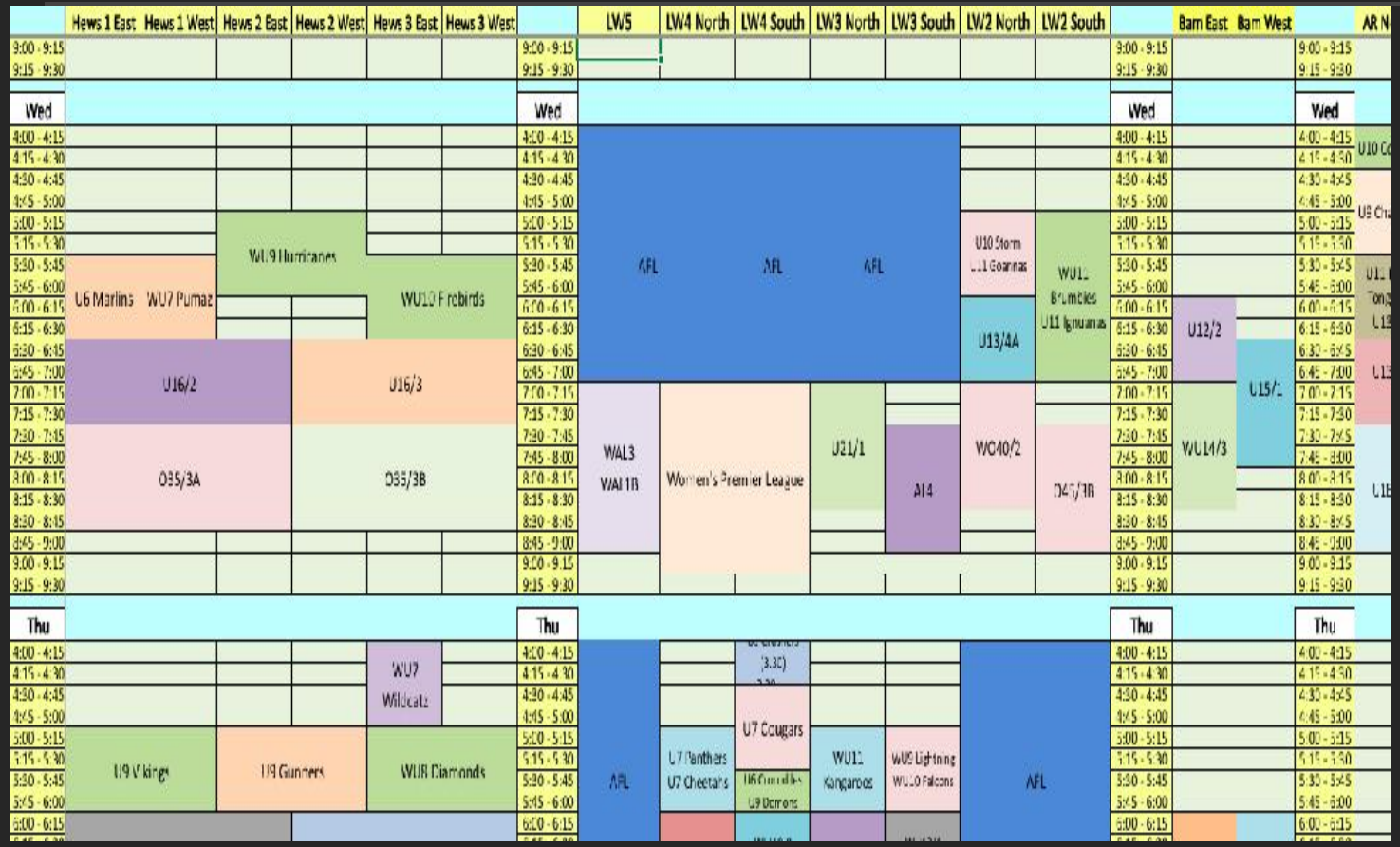
Season Finish Date

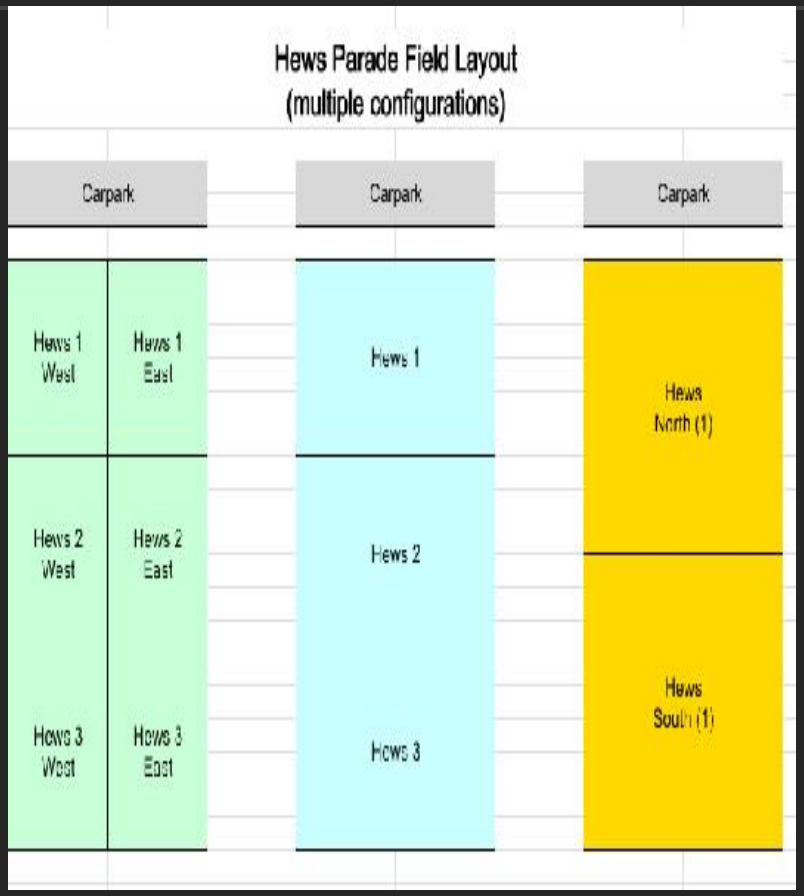
- 22nd August

Training

- Training must be aligned with the skill level and abilities of all players.
- Equal training opportunities must be provided.
- Training sessions must start and finish per the club's training allocation.
- During wet weather, field status must be checked via the Northern Beaches Council website.
- Fields listed as "partially open" are not available for football activities.

Training Allocation





PRE-MATCH REQUIREMENTS (U6–U11)

- Field Setup & Equipment
- Field sizes, goal sizes, ball sizes as per MiniRoos rules.
- Shin pads are mandatory for all age groups.
- Coach & Manager Preparation
- No ID checks or match sheet requirements for U6–U11.
- Access to Dribl is required (for results U8-U11).
- Equal playing time is expected; rotate positions.
- Game Leaders (coaches/parent volunteers) ensure safe, enjoyable environment.

PRE-MATCH REQUIREMENTS (U6–U11)

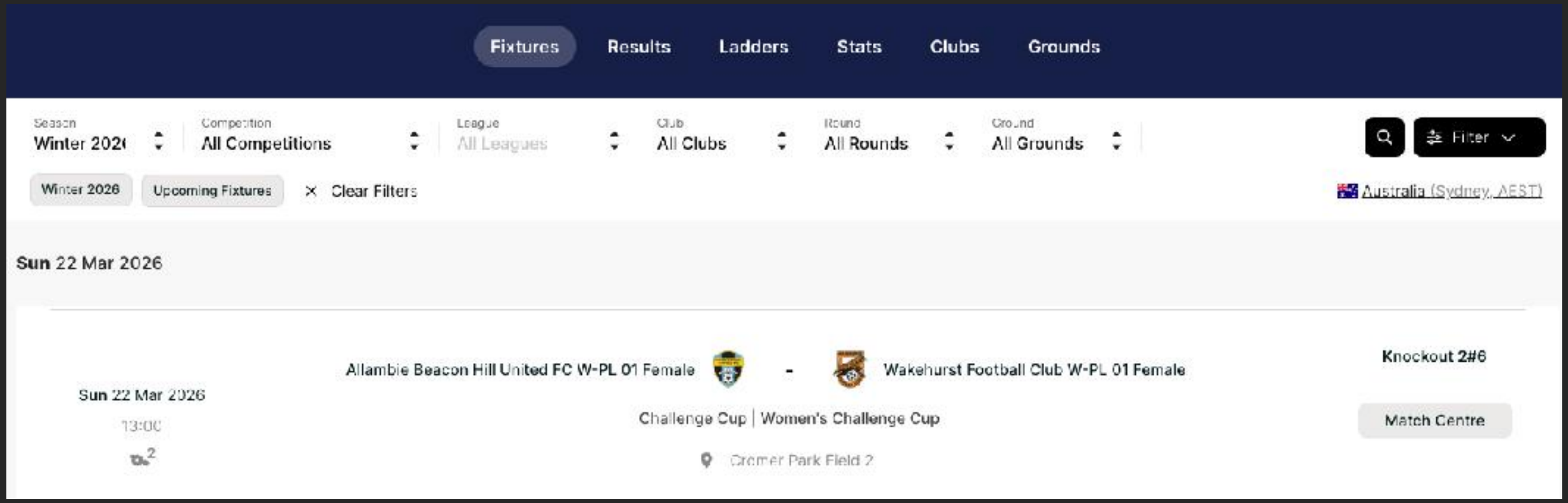
M3 Borrowing Eligibility Rules

	Borrowing Option A		Borrowing Option B		Borrowing Option C	
Borrowing Team	Age Group	Limit	Age Group	Limit	Age Group	Limit
U6	U6	NO				
U7	U7	NO	U6	NO		
U8	U8	NO	U7	NO	U6	NO
U9	U9	NO	U8	NO	U7	NO
U10	U10	NO	U9	NO	U8	NO
U11	U11	NO	U10	NO	U9	NO
U12	U12	4	U11	4	U10	4

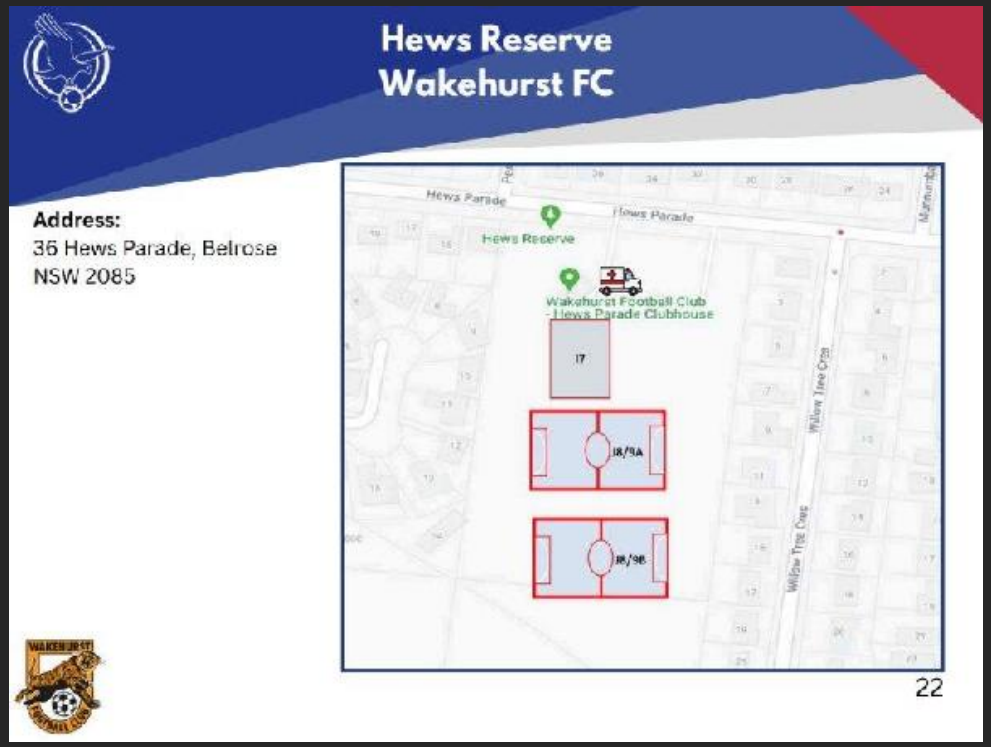
Borrowing Option	Allowed Divisions As Borrowed Player
Option A	Same or Lower Division
Option B	One Higher Division and Below
Option C and borrowing under (ii)	Any Division

- Borrowing Players - outlined in the MFWA Playing rules.
- Forfeiting - advise VP no later than 24 hours prior to match.
- Match Start - Kick-off is always a pass to a teammate (not a shot). Opponents must be 5m back at kick-off.
- BBQ Roster - will be advised by VP. Share responsibility across all parents.
- If your team is playing on LW 4 or LW4 6JA you have BBQ duty.

Draw


Fixtures
Results
Ladders
Stats
Clubs
Grounds
Season
Winter 202
Competition
All Competitions
League
All Leagues
Club
All Clubs
Round
All Rounds
Ground
All Grounds
Filter
Winter 2026
Upcoming Fixtures
Clear Filters
Australia (Sydney, AEST)
Sun 22 Mar 2026
Allambie Beacon Hill United FC W-PL 01 Female
-
Wakehurst Football Club W-PL 01 Female
Knockout 2#6
Sun 22 Mar 2026
Challenge Cup | Women's Challenge Cup
Match Centre

Field Maps



https://www.mwfa.com.au/wp-content/uploads/sites/19/2026/01/MWFA-Fields-Maps-2026.pdf

PRE-MATCH REQUIREMENTS (U6–U11)

Wet Weather

- Council review grounds Friday then Saturday & Sunday mornings (if wet).
- Association determines games being played.

Dribl Notification

- Unpublish = association reviewing available fields.
- Washout Cancelled – match officially cancelled.

Matches Not Replayed

IN-MATCH REQUIREMENTS (U6–U11)

Key Rules by Age

U6–7:

- No goalkeeper
- No throw-ins
  ball dribbled or passed in from touchline
- No corners; ball restarted from goal line
- No offside

U8-9:

- Goalkeeper introduced; • GK cannot kick from hands
- Throw-ins & corners follow simple modified rules
- No offside, but “don’t camp” guidance

U10-11:

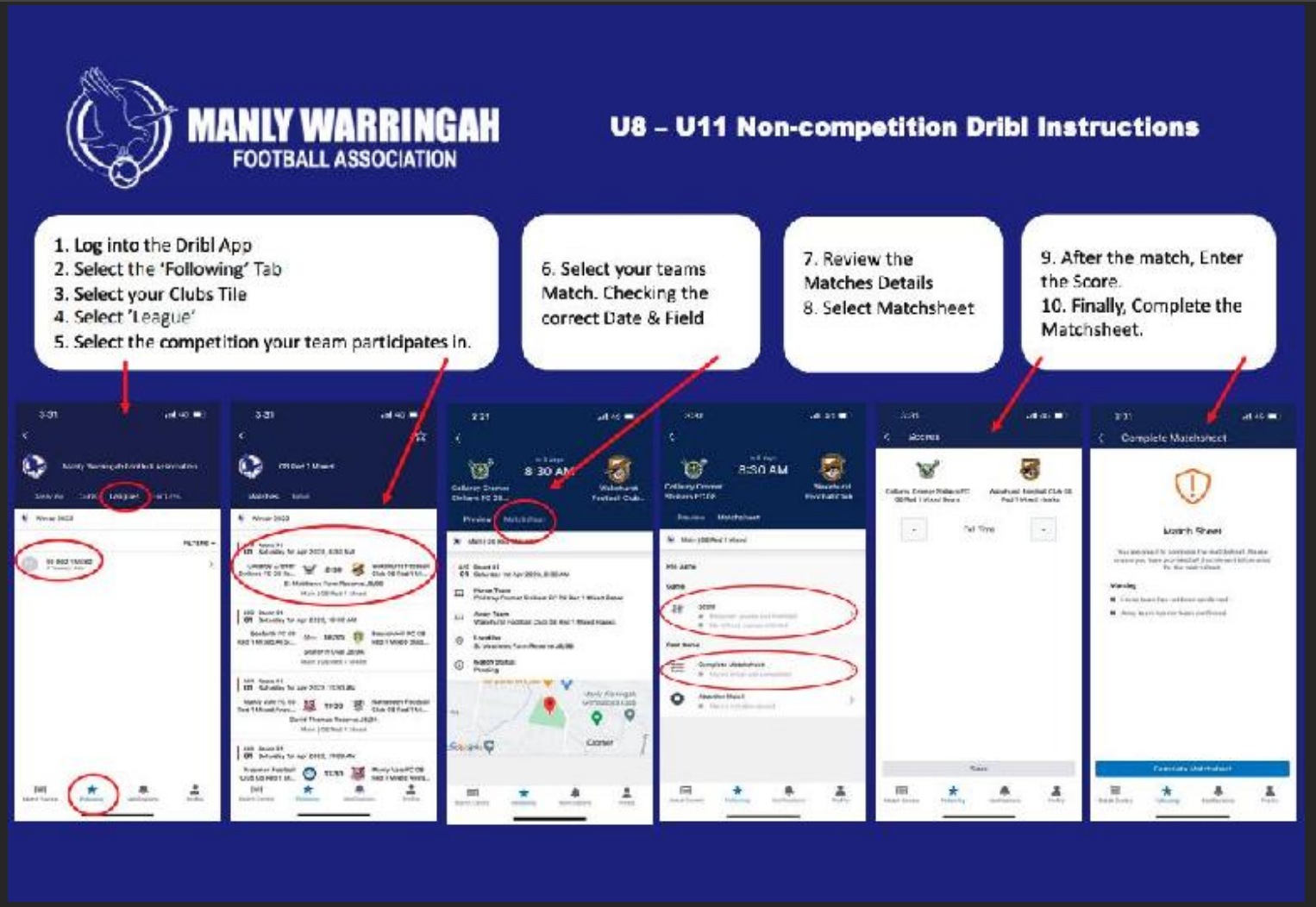
- Goalkeeper same rules as U8–9
- Throw-ins & corners as per LOTG
- No formal offside, but positional guidance expected

Player substitutions can be made at any time throughout the match.

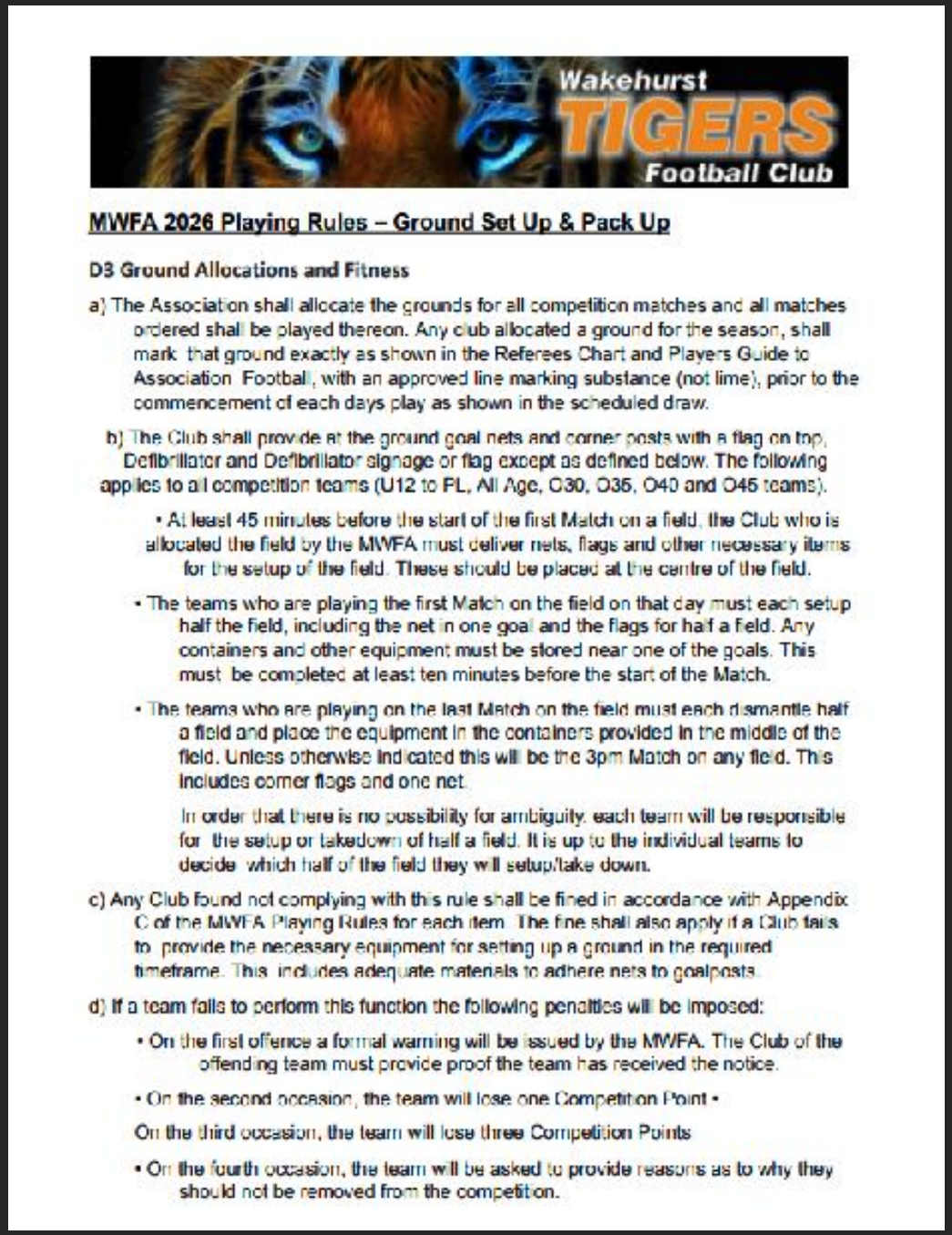
POST-MATCH REQUIREMENTS (U6–U11)

- Match Result to be entered in Dribl by 5pm match day.
- Encourage positive feedback to players and parents
- Record games played for your players and borrowed players – sheet on website.
- If you are the last game on the field, please help with the pack-up as directed
- Ensure players leave with a positive experience irrespective of the result.

MATCH RESULTS (U8–U11)



https://help.dribl.com/space/TO/117440976/Team+Officials
https://www.mwfa.com.au/?s=dribl



Wakehurst TIGERS Football Club

MWFA 2026 Playing Rules – Ground Set Up & Pack Up

D3 Ground Allocations and Fitness

a) The Association shall allocate the grounds for all competition matches and all matches ordered shall be played thereon. Any club allocated a ground for the season, shall mark that ground exactly as shown in the Referees Chart and Players Guide to Association Football, with an approved line marking substance (not lime), prior to the commencement of each days play as shown in the scheduled draw.

b) The Club shall provide at the ground goal nets and corner posts with a flag on top, Defibrillator and Defibrillator signage or flag except as defined below. The following applies to all competition teams (U12 to PL, All Age, O30, O35, O40 and O45 teams).

- At least 45 minutes before the start of the first Match on a field, the Club who is allocated the field by the MWFA must deliver nets, flags and other necessary items for the setup of the field. These should be placed at the centre of the field.
- The teams who are playing the first Match on the field on that day must each setup half the field, including the net in one goal and the flags for half a field. Any containers and other equipment must be stored near one of the goals. This must be completed at least ten minutes before the start of the Match.
- The teams who are playing on the last Match on the field must each dismantle half a field and place the equipment in the containers provided in the middle of the field. Unless otherwise indicated this will be the 3pm Match on any field. This includes corner flags and one net.

In order that there is no possibility for ambiguity, each team will be responsible for the setup or takedown of half a field. It is up to the individual teams to decide which half of the field they will setup/take down.

c) Any Club found not complying with this rule shall be fined in accordance with Appendix C of the MWFA Playing Rules for each item. The fine shall also apply if a Club fails to provide the necessary equipment for setting up a ground in the required timeframe. This includes adequate materials to adhere nets to goalposts.

d) If a team fails to perform this function the following penalties will be imposed:

- On the first offence a formal warning will be issued by the MWFA. The Club of the offending team must provide proof the team has received the notice.
- On the second occasion, the team will lose one Competition Point •

On the third occasion, the team will lose three Competition Points

- On the fourth occasion, the team will be asked to provide reasons as to why they should not be removed from the competition.

GROUND LOGISTICS

SETUP (FIRST GAME)

Arrive 30 mins early. Set up nets, corner flags.

PACK UP (LAST GAME)

Remove all equipment. Ensure the ground is clean.

Place equipment in the designated storage bins.

VP will provide instruction and guidance.

Injury & Insurance

- Information on Injury Management available on the website.
- First Aid. Two-hour CPR course at Surf Life Saving Belrose 20 April
- First Aid kits and Defibrillators at LW, Hews, Ararat, County & Bambara.
- Information and link to start an Insurance claim is available on the website.
    - Requires Playfootball details to login.
    - Send the Club declaration to the VP for signoff

https://www.wakehurstfc.com.au/injury-insurance/

GEAR & MERCHANDISE

• Open Friday Nights @ Hews Pde 6:30 – 7:30 for the below Friday nights

- Friday 27th March
- Friday 10th April
- Friday 17th April

We are also looking into the possibility of opening one Saturday a month however details are still being finalised.

SUPPORT RESOURCES

Club Documents

Registration

2026 Registration Guide

Wakehurst FC Online Registration Instructions

MWFA Application to Register

Coaches & Managers

Coaches & Managers Night Presentation – General

Coaches & Managers Night Presentation

MFWA Playing Rules 2026

WFC Paid Coach Policy

Concussion Guicelines FFA

Concussion Recognition Tool

Insurance Policy Information 2024/25

Coaches Reports

Games Played

Season Information

MWFA FAQ

Playing Rules U6-U11

Playing Rules U12-O45

Training Allocations

Training Field Layout

WFC Ground Set Set-Up & Pack-up

Club Information

Code of Conduct

FNSW Child Protection Policy

FNSW Working with Kids Handbook

Working With Children Check

Reporting Child Abuse

MWFA Safety Glasses Approval Policy

QUESTIONS?

Thank you for volunteering!

Have a great 2026 Season.