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 Juniors (U9-U11)	Len Sorbara	vp.juniors@wakehurstfc.com.au
VP Youth: U12 – U16	Zoe Topham	vp.youth@wakehurstfc.com.au
VP Youth Women: WU12 – WO/40	Rachelle Sorbara	vp.women@wakehurstfc.com.au
VP Seniors	Scott Skene	vp.seniors@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

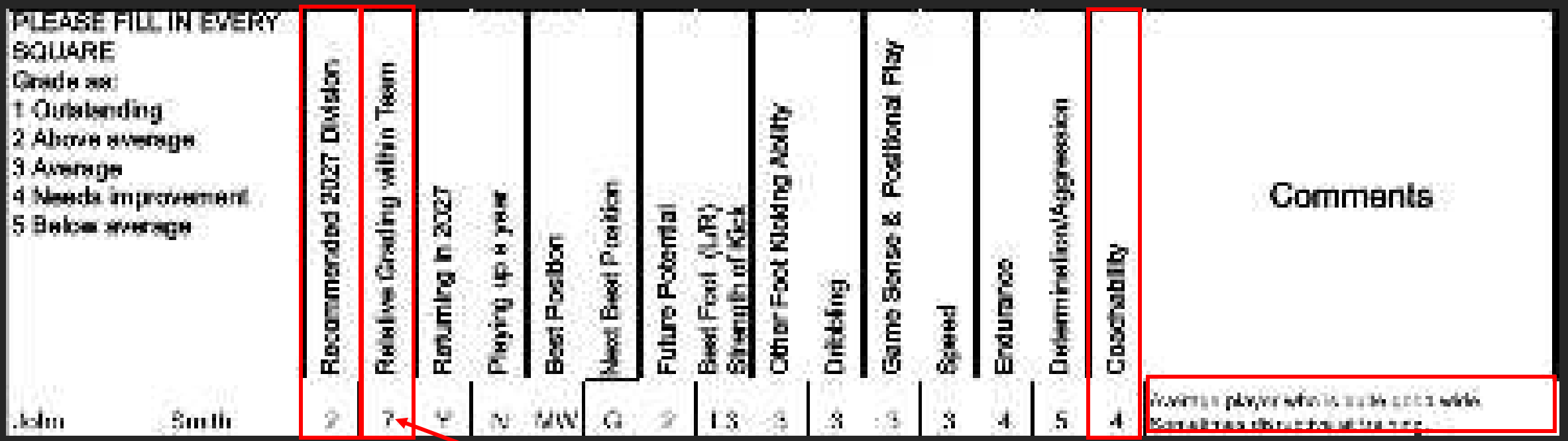
Officials ensure fair play and create a safe, respectful environment for all participants.

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)



Each Player Ranked 1 - 16

COURSES

MWFA Foundations of Football

The Foundations of Football is aimed at volunteer parents and coaches working with advanced beginner to competent level players or players aged up to approximately fifteen (15) years old.

Coaches will participate in practical sessions covering the basics of techniques as well as learning about basic playing principles of the game.

Date: March 29, 2026

Start Time: 9:00 AM

End Time: 5:00 PM

Location: Cromer Park

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)

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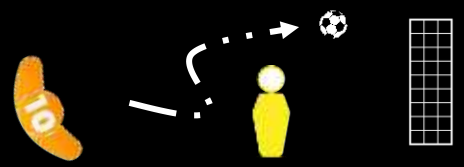
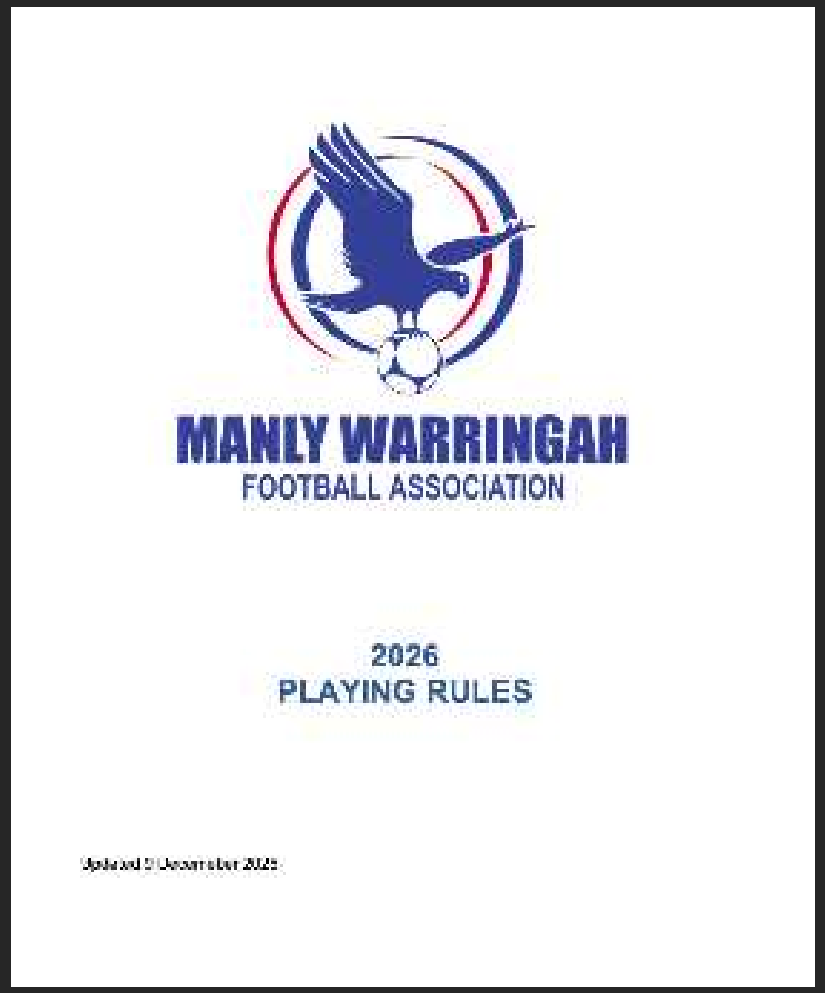
E: ccc@wakehurstfc.com.au



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.
- Complete ALL match sheet requirements in Dribl.
- If away or unable to enter results, text the result to the Competition Secretary.

Competition Rules & Formats



Laws of the Game Changes 2026

LAW 3 – THE PLAYERS

LAW 5 – THE REFEREE

LAW 8 – THE START AND RESTART OF PLAY

TEAM CAPTAINS (LAW 3.10)	REFEREE SIGNALS (LAW 5.6)	DROPPED BALL (LAW 8.2)
Captains only may approach referees in specific moments. The team captain has no special status or privileges but has a degree of responsibility for the behaviour of the team.	Countdown for the last five seconds of the eight second restriction on goalkeepers controlling the ball with their hand(s)/arm(s).	If ball was inside penalty area when play stopped – Drop ball for defending goalkeeper If ball was outside of penalty area when play stopped – Drop ball for team who had/should have had possession.

Laws of the Game Changes 2026

LAW 9 – BALL IN AND OUT OF PLAY

THE BALL IN AN OUT OF PLAY (LAW 9.2)

Indirect free kick on the line, no disciplinary sanction for a player or team official who is off the field of play and touches the ball as it is leaving the field of play and there is no intent on to interfere unfairly

LAW 11 - OFFSIDE

OFFSIED OFFENCE (LAW 12.2)

Clarification with goalkeeper throwing the ball

When GK throws the ball, offside judged at **last point of contact**

LAW 12 – FOULS AND MISCONDUCT

GOALKEEPER TIME-WASTING (LAW 12.2)

GK now has **8 seconds** to release the ball from hands

Referee counts down last 5 seconds visually. If exceeded:

1st offence → Corner kick awarded

2nd offence → Corner kick and warning

3rd offence → Corner kick and caution

Season Format

- Teams (U12 and above) compete in graded divisions set by MWFA
- Season played as a points-based round-robin competition (home & away where possible)
- League ladder maintained throughout the season
- Major Premiership awarded to the team finishing top of the ladder
- Finals series may be conducted in selected divisions, as determined by MWFA
- MWFA may regrade teams or split large divisions during the season to maintain competitive balance
- All fixtures, venues, scheduling, forfeits and rescheduling are controlled by MWFA

Season Key Dates

Key Dates

Season Start Date

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

Mid-Week Games Week Starting 20th April

ANZAC Day Long Weekend

- No Saturday Games
- Monday - Miniroos

School Holidays (July)

- All three weekends of school holidays

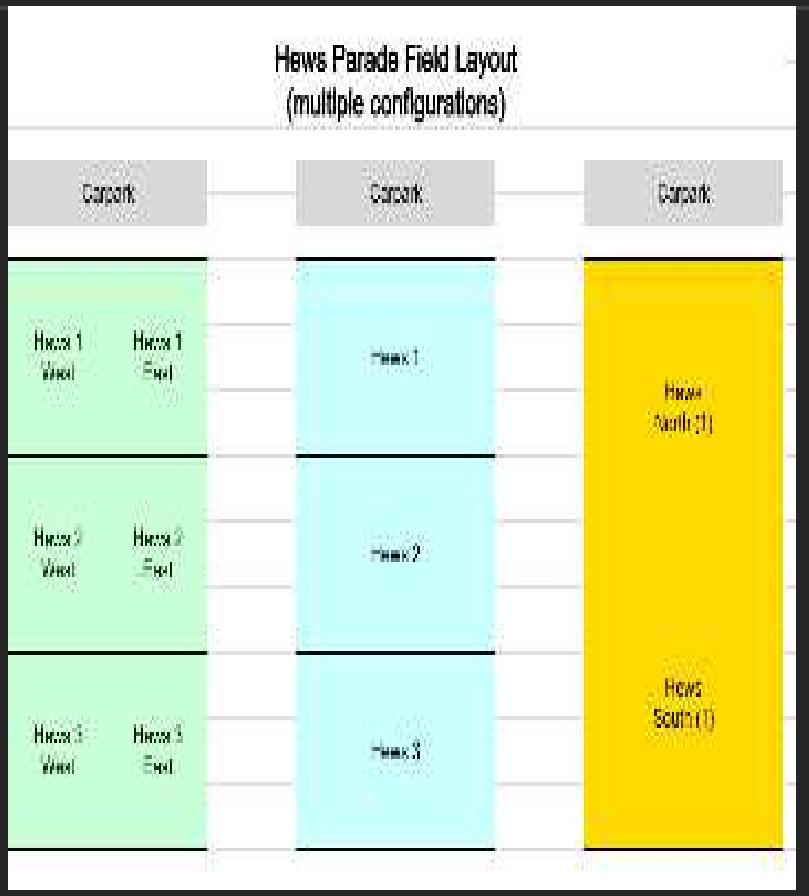
Season Finish Date

- 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 – Low Impact" are not available for football activities.

Training Allocation



PRE-MATCH REQUIREMENTS

- Field Setup & Equipment
- Field sizes, goal sizes, ball sizes as per rules.
- Shin pads are mandatory for all age groups.
- Manager Preparation
  - Access to Dribl is required.
  - ID checks and match sheet required for all competition teams.
- Equitable playing time is expected; rotate positions.

PRE-MATCH REQUIREMENTS (U12 & ABOVE)

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.

Washouts

- Washout matches are replayed
- If a full round is washed out:
    - Games are replayed on scheduled wet-weather / catch-up dates
    - If multiple rounds are lost, MWFA may adjust the draw to fit replays

PRE-MATCH REQUIREMENTS

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. Managed via Dribl.
- Forfeiting - notify VP no later than 24 hours prior to match.
  - Forfeit = 0-5 Loss.
  - Teams receive a warning after two forfeits, lose three competition points after a third forfeit, and after a fourth forfeit must show cause to the MWFA Board, with possible further points deductions or removal from the competition.
- BBQ Roster - will be advised by VP. Share responsibility across all parents.

Identification Checks

All matches conducted under the Association are subject to the Identity System. All registered players, coaches, managers and officials must hold an Association-issued electronic ID (Rule A1).

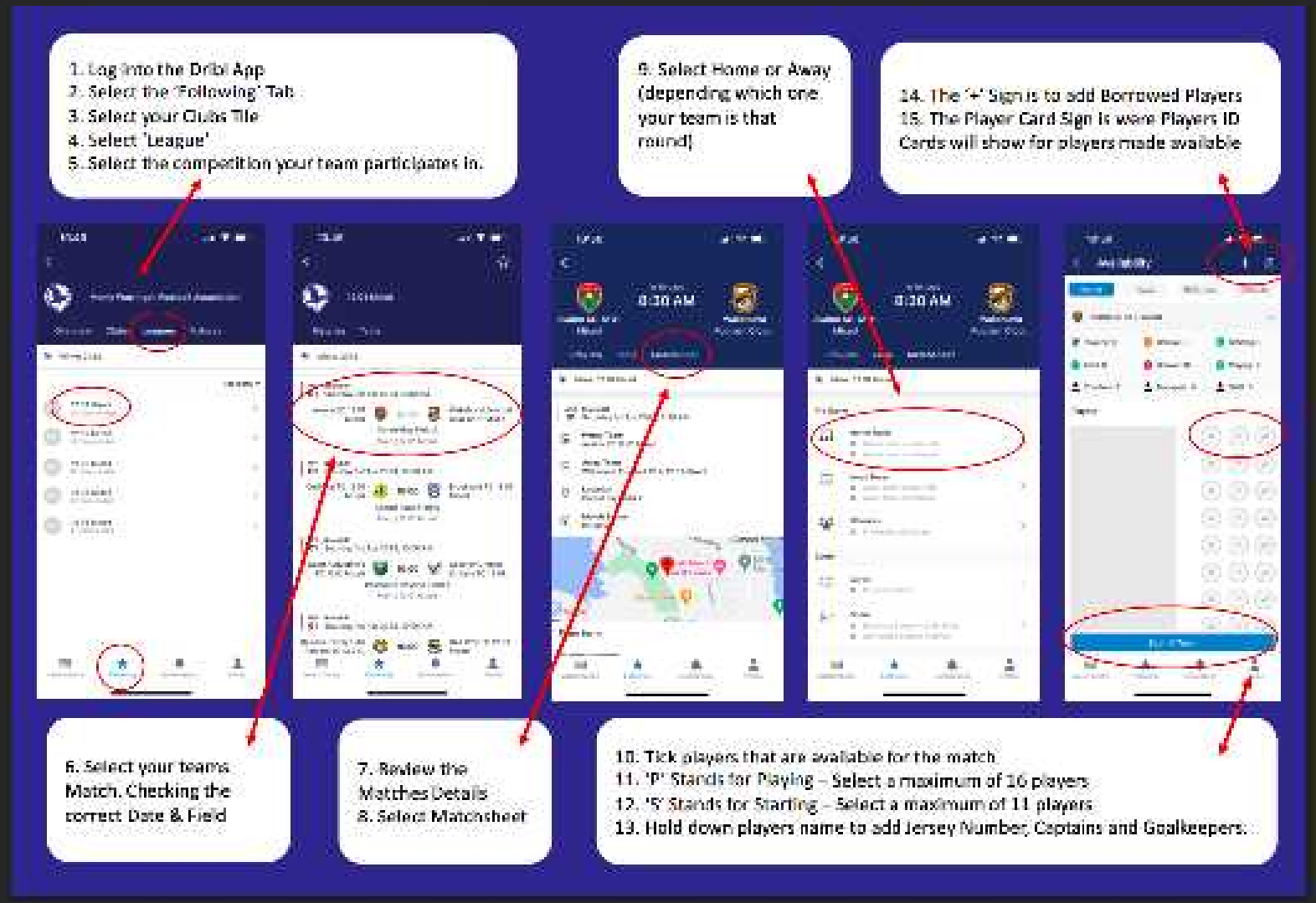
Pre-Match ID Check

At least 10 minutes before kick-off, each team manager or official must verify the opposition players listed on the Dribl match sheet by matching names and shirt numbers to photos.

After Verification, the Manager must:

- Confirm the opposition team list if satisfied with player eligibility; or
- Follow the dispute procedure if not satisfied; or
- Delay final confirmation if all listed players have not arrived. ID checks must be completed before those players take the field, with final confirmation at half-time or full-time.

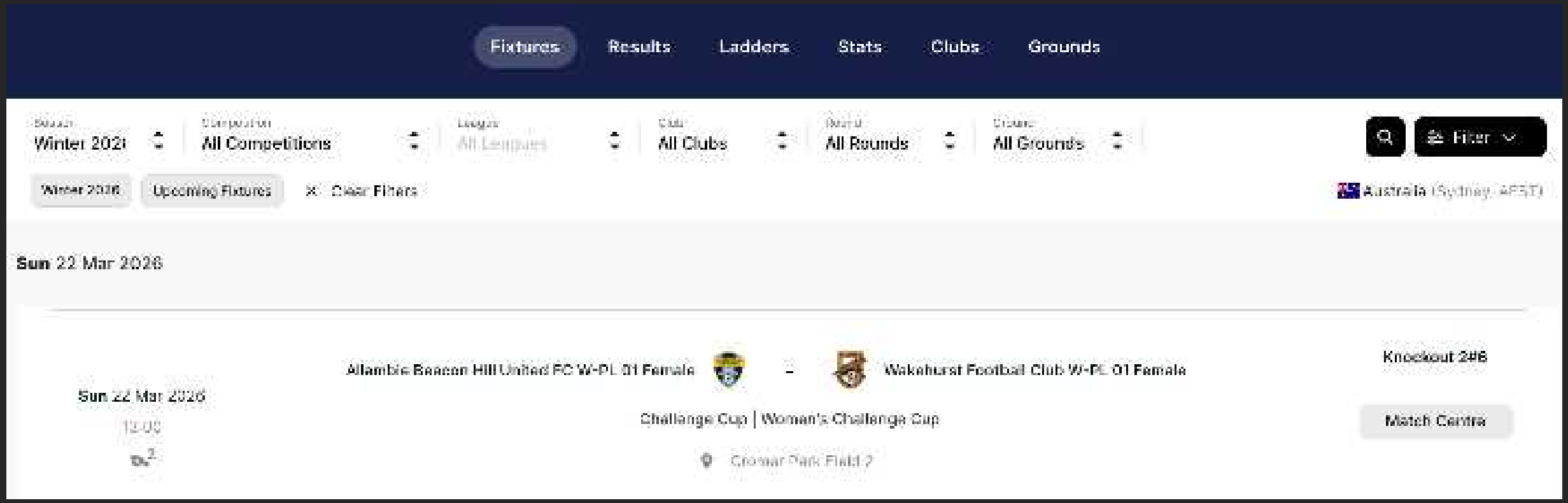
DRIBL PRE-MATCH REQUIREMENTS



Key Actions

- Ensure shirt numbers are correct and borrowed players added.
- Submit Team
- Confirm Opposition
  - Check Photos & Shirt Numbers
- Late Arrivals
  - Unsubmit sheet, ID Player and Resubmit Sheet.
  - Cannot be completed after half time.
- If in doubt raise a dispute.
  - Option in Dribl
  - Advise VP ASAP.

Draw


Fixtures
Results
Ladders
Stats
Clubs
Grounds
Winter 2026
All Competitions
All Clubs
All Rounds
All Grounds
Filter
Upcoming Fixtures
Clear Filters
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 | Woman's Challenge Cup
Match Centre

Field Maps

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

IN-MATCH REQUIREMENTS (U12 & ABOVE)

- Substitutions:
  - Made with the referee's permission and at a stoppage in play
  - Outgoing player may leave at the nearest boundary line (either side of the field), unless directed otherwise by the referee
  - Incoming player enters at halfway after the outgoing player has left and when signalled by the referee
- Instructions must be technical or tactical only
- Must always respect referee authority
- Manage the behaviour of parents and spectators
- Failure to comply may result in disciplinary action or team penalties

TECHNICAL AREAS

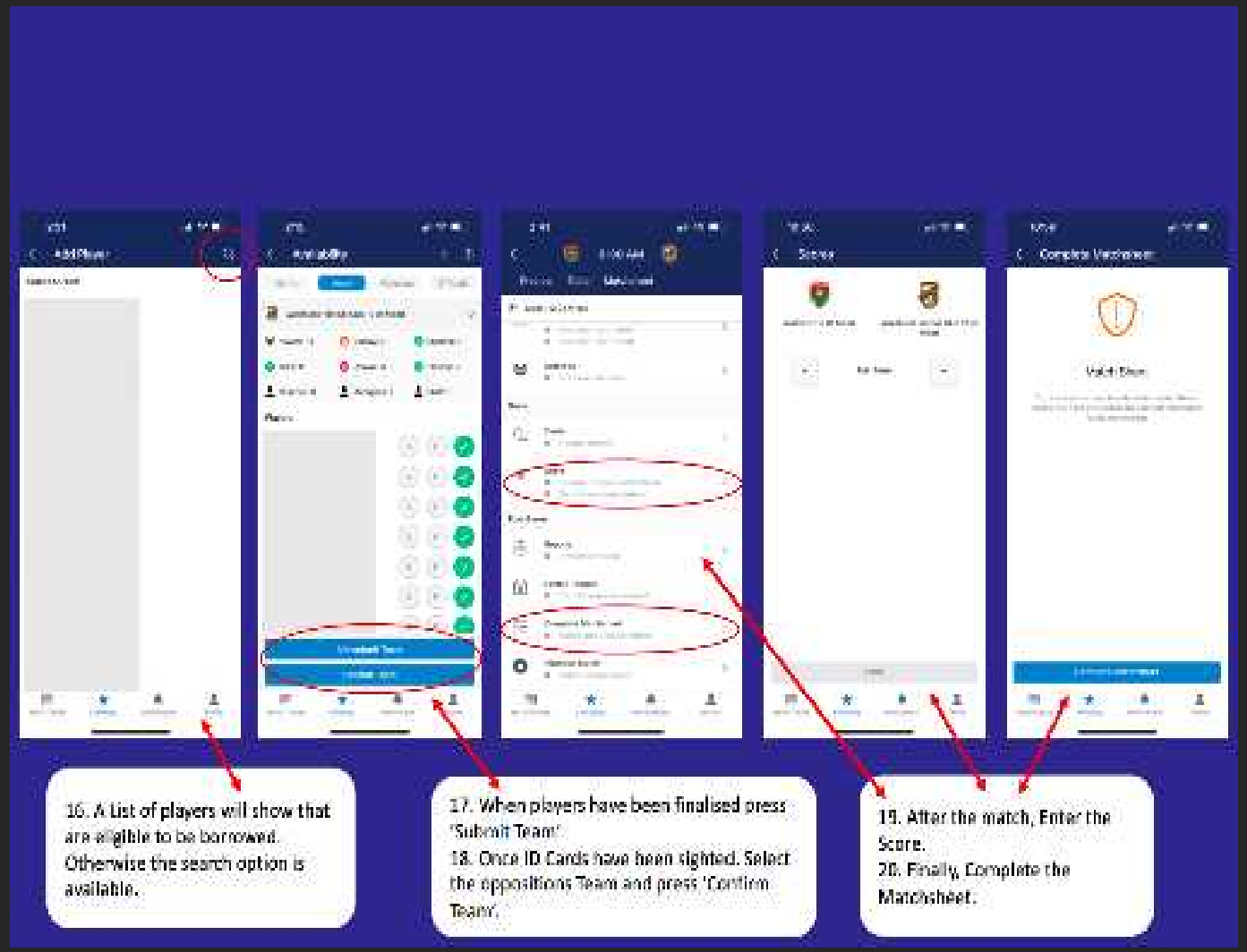
Technical areas are located on the same side of the field, positioned either side of the halfway line, with one designated area for each team, and must be used even if the areas are not physically marked.

- Only registered players & officials listed on the match sheet can be in technical area
- Maximum 4 team officials
- Suspended persons not permitted
- Substitutes must wear contrasting bibs
- Substitutes remain seated unless warming up
- Referee has authority to remove anyone
- Non-compliance may result in penalties

POST-MATCH REQUIREMENTS (U12 & ABOVE)

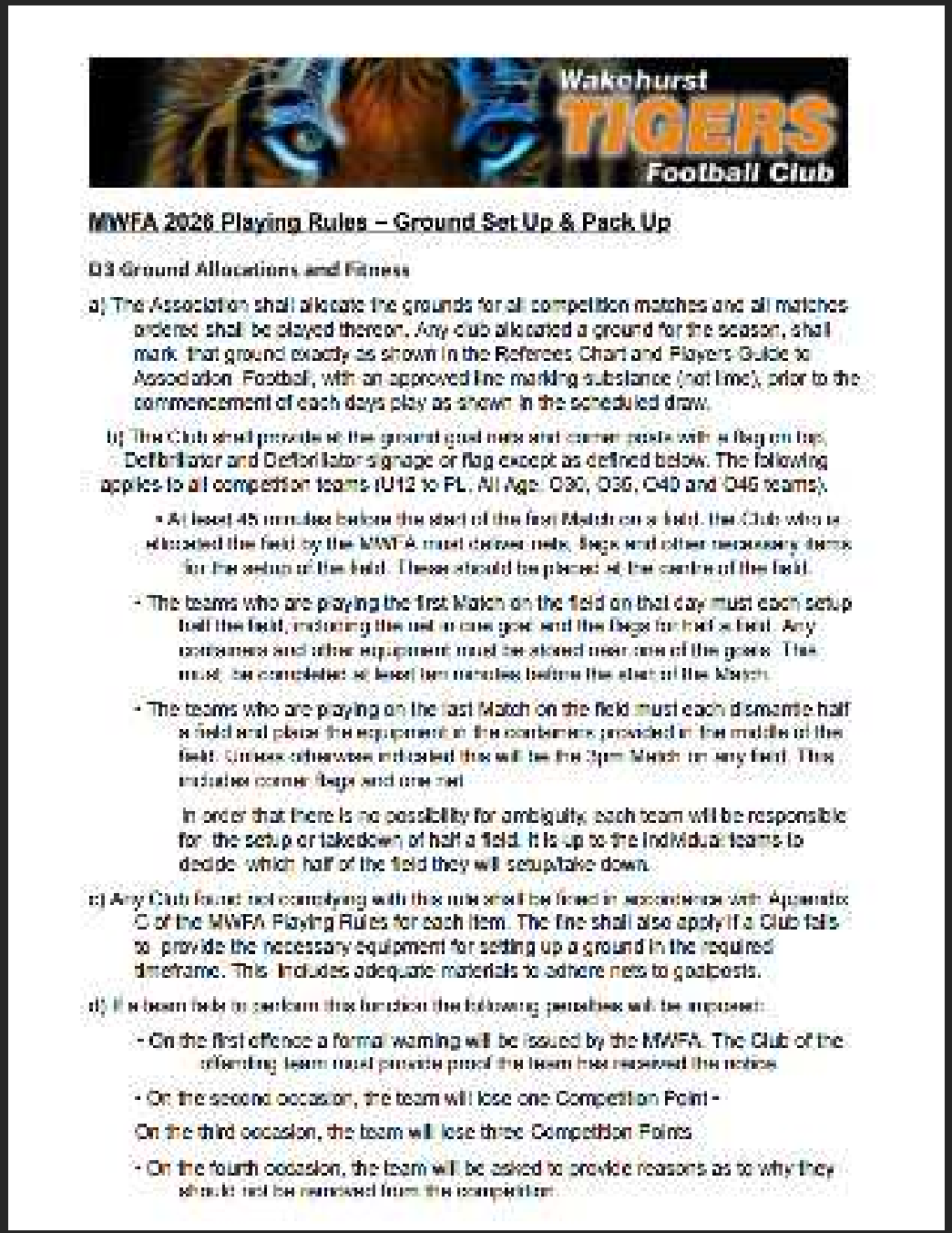
- Complete the Dribl Match Sheet with the Match Result.
- Ensure that all rubbish has been removed from the Technical Area.
- Encourage positive feedback to players and parents.
- Ensure players leave with a positive experience irrespective of the result.
- If you are the last game on the field, please help with the pack-up as directed.

MATCH RESULTS (U12 and Above)



Key Actions

- Confirm the result with the Referee.
- Enter the result paying attention to the home and away teams.
- If in doubt raise a dispute.
  - Option in Dribl
  - Advise VP ASAP.



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 that half field. Any containers and other equipment must be placed 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 2025

WFC Paid Coach Policy

Concussion Guideines 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.