Rules of Competition

Ballarat Girls Cup

2-4 October 2026

1. COMPETITION FORMAT

	GIRLS			
	U7	**U8 & U9**	**U10, U11, U12 & U13**	**U14, U15, U16, Youth & Open**
Player Numbers	5v5	7v7	9v9	11v11
Field size	30m x 20m	40m x320m	60m x 40m	Full Pitch
Goal size	3m x 2m	3m x 2m	5mX2m	7mX2m
Ball Size	3	3	4	5
Playing Time	2x15min			2x20min
Maximum players on the bench	5			7
Offside	No		No for U10 & U11 Yes for U12 & U13	Yes
Format	Group games - no finals	Group games and play-offs		

The tournament will be played as show on table 1

Table 1 - Tournament Structure

Some important rules to note for U7 – U11 games are:

- All free kicks are indirect, except for penalty kicks
- Throw ins will be used to restart play when the ball goes out on the sidelines
- Goalkeepers are not allowed to kick the ball directly out of their hands after they have gained possession, they must throw it or place it on the ground to kick it. Once the ball is on the ground, it is "live" and GKs can be tackled.

All other rules as noted under the Miniroos FFA rules apply for the U8- U11 and Football Victoria Rules for U12/13. All other rules as noted under the FIFA Laws of the Game for the U14-15, Youth and Open Women age groups.

Miniroos Rules: https://playfootball.com.au/sites/default/files/2025-10/FA0708_MiniRoos_Doc_Update_2.pdf
Football Victoria Rules: https://www.footballvictoria.com.au/resources/clubs/policies-rules-and-regulations
FIFA Laws of the Game: https://www.ffa.com.au/get-involved/refereeing/resources.

Tournament Management reserves the right to modify the playing conditions above to facilitate a suitable competition for a particular age group.

2. FINAL PLACINGS

Final placing of teams after pool games is decided by applying the following:

1. Team with the most points
2. Best Goal Difference
3. Most Goals For
4. Least Goals Against
5. Team with the most wins

If all of the above is equal, then the following will occur:

1. The result of the game between the two equal teams
2. A coin toss will take place

3. GROUP PLAY-OFFS AND GRAND FINALS

In the event of the Play Offs and/or Grand Final being drawn at full time, a penalty shoot out will be conducted in accordance with FIFA regulations.

2. MATCH POINTS

Match Points are awarded as follows:

- Win 3 points
- Draw 1 point
- Loss 0 points
- Forfeit 3 points and 3-0 to Opposing Side

3. PLAYER REGISTRATION

3.1. TEAM SHEETS

All players need to be registered via the Cup Manager online system which can be accessed under the Team Login menu on the Ballarat Girls Cup website www.ballaratgirlscup.com.au

Registrations must now be completed by the players parent/guardian and not by the team manager. Team Managers are responsible to ensure that each player has registered

All team sheets must be completed online before your first game. Please ensure all players have with them proof of identification that includes a photo and date of birth.

Each player is required to have a number on their playing shirt that matches up with the team sheet.

If you are asked to provide proof of a players age you must do so with appropriate documentation that can be in the form of FFA ID card, school ID, passport, birth certificate, learners permit or drivers license where applicable.

If the opposing team requests for one of your players to prove their age and you cannot produce reasonable proof, the player in question will not be allowed to participate in that game. The required proof will be at the discretion of tournament management.

Players who are overage and provide written authorisation can be offered dispensation to play in a younger age group. The player needs to be registered online and completed the overage application for the player flagged as overage. Any documentation required, such as a Football Victoria dispensation letter or medical information, are to be emailed to registrations@footballskool.com.au.

3.2. AGE CATEGORIES

The age categories and requirements for the tournament are:

- U7 Born in 2019
- U8 Born in 2018
- U9 Born in 2017
- U10 Born in 2016
- U11 Born in 2015
- U12 Born in 2014
- U13 Born in 2013
- U14 Born in 2012
- U15 Born in 2011
- U16 Born in 2010
- Youth Born between 2005-2009
- Open Age Women Born after 2011

Players who provide written authorisation from their local federation can be offered dispensation to play in a younger age group. Should the local federation not be able to provide written confirmation, a letter from the club president can be considered.

Any teams that are found to be providing incorrect documentation or purposely playing older players to gain an unfair advantage will receive a 0-3 loss for any games the older players participated in. The ineligible players will also be disqualified from the tournament

Repeated offending teams will be disqualified and affect the participation of their other club's teams at future events at the discretion of tournament management.

Any age dispensation requests need to be submitted to tournament management at least 7 days before the tournament.

It is important to note that in both of the cases above the following conditions must apply for a dispensation to be considered:

- The player be registered in the 2026 winter season with the team that's making the dispensation request
- A note attesting this is the case on official club letterhead signed by the President or Technical Director will need to be submitted via email to registrations@footballskool.com.au

All requests must be completed online via Cup Manager when registering the player and any supportive documentation must be submitted by email to registrations@footballskool.com.au

Overage players cannot play until they have been officially approved in the Cup Manager portal. Tournament Management reserves the right to apply any conditions it deems reasonable.

Team managers and coaches must ensure all players are the correct age for their age group and have the necessary documentation in case they are required to provide it to prove a player's age. Please refer to section 3.1 for details.

Players are allowed to participate in more than one team, as long as they are not in the same age group and they meet the necessary age requirements. i.e. an U12 player can play in an U12 and U14 competition but not in two U12 teams.

3.3. ELIGIBILITY

To be eligible to participate in the tournament players must:

- Comply with the age eligibility as per section 3.2
- Be registered on an allocated team sheet for a participating team
- Ensure that the team has arranged full payment.
- Failure to comply with the eligibility criteria may result in the whole team being disqualified and expelled from competition.

3.4. INCOMPLETE SQUAD COMPLIMENTS

Squads with incomplete compliments are still required to participate in their scheduled matches. The opposition team does not have to reduce their numbers accordingly however can choose to do so.

Players from younger age groups can play up an age group in order to lessen this problem.

Players from another team that participates in the same age group cannot be used

3.5. INSURANCE COVER

3.5.1. PUBLIC LIABILITY

The tournament has a $20,000,000 Public Liability Insurance and has ensured the venue that stages match have adequate Public Liability Insurance.

3.5.2. PERSONAL INJURY

The tournament offers player accident insurance cover to any participant; players, parents and coaches choose to participate in the tournament at their own risk and will be liable for the costs that arise from suffering injury whilst participating.

4. TOURNAMENT RULES

4.1. PLAYER UNIFORMS

Each player is required to have a number on their playing shirt that matches up with the team sheet.

Should uniform colours clash, it is the responsibility of the away team to wear an alternate colour

All first named teams in the fixture will be deemed the "Home" team and therefore will play in their colours.

It is the responsibility of the away team to change into their strip, if there is still a clash, bibs will need to be used by the away team. Teams can use their own bibs or see the ground marshal in your area to obtain tournament bibs.

Goalkeepers shall wear any colour provided it does not clash with either team's outfield players.

4.2. MATCH BALLS

Match balls will be provided for each field. Only official match balls can be used for matches. The ball must be approved by the referee at the commencement of the match or at the re-start of every play if the ball is changed at any time during the game.

- Size 3 balls will be used for U7, U8 and U9
- Size 4 balls will be used for U10 and U11, U12 and U13.
- Size 5 balls will be used for all other age groups

4.3. REFEREES

Referees will be provided and appointed by Referees Australia .

All the decisions of the match referee are final and binding as far as the result of a match is concerned, and no protest can be lodged.

Under no circumstances are supporters allowed to approach, question or criticise referees during the tournament.

Any misconduct towards referees will not be tolerated and may result in teams losing points or being disqualified from the tournament and may affect future participation of teams from the same club. Any serious incidents will also be reported to Grievance and Disciplinary Committee for extra action to be taken.

4.4. ASSISTANT REFEREES

No assistant referees will be used for this tournament. The on field referee is the sole judge of if the ball goes out of play or offside (for U12 and above competitions)

Official referees may be appointed as Assistant Referees in finals matches if available

4.5. TOURNAMENT OFFICIALS

There will be Tournament Officials wearing branded apparel located on all fields to enable easy identification in case information needs to be relayed or clarification needs to be provided to coaches, parents or referees.

Any higher-level issues can be directed towards the Information Desk.

We ask all players, coaches, supporters and parents to respect and work with event officials to ensure a better experience for all involved in the tournament. Players, officials and supporters found to be displaying aggressive or abusive behaviour towards Tournament Officials may be subject to disciplinary action.

4.6. TECHNICAL AREAS

All fields will have clearly designated technical areas. These areas will be clearly identifiable by permanent or temporary fencing and/or ropes as well as signs.

Each team will be provided 3 ID lanyards for a coach, assistant coach and team manager to enter the Technical Areas for their respective game. Tournament officials will only grant access into the Technical Areas to those who are clearly displaying an official lanyard.

Team Officials (coaches and managers), with official event lanyards, are allowed within the technical areas however cannot enter the field of play unless approval is given by the referee (such as to attend an injured player).

Spectators are not permitted to enter the technical area at any time and will have full view of the games from behind the ropes or fences. Spectators will be required to stand clear of clearly marked out technical areas and must comply with any requests by the referee or Tournament staff in regards to this. If unsure of where the technical area is located below approach the closest staff member.

When permitted players or officials enter the technical areas, they may only do so via the clearly designated gates.

These rules are to ensure the game is able to proceed without obstruction and in a safe environment for players, team officials and referee. Please ask your supporters to respect the Technical Areas and all officials.

4.7. SCORE SIGN-OFF

Immediately at the conclusion for each game a tournament official will obtain the official score from the referee.

The official will require the coach or team manager from each team to sign off the game card before the score of the game is submitted.

Coaches are reminded not to leave the field without signing off the game card to make the score official.

5. GAMES FORMAT

5.1. FORFEIT

If a team is not on their allocated pitch ready to start, five minutes after their scheduled kick off time, they will forfeit the game, and a 3-0 loss will be listed as the official result for that particular game.

5.2. INJURY TIME

Generally, injury time will not apply however the referee and tournament officials reserve sole rights to add on injury stoppage time at their discretion.

5.3. INTERCHANGE OF PLAYERS

Interchanges may only take place during a stoppage in play and with the referee's permission.

Each team can make an unlimited amount of interchanges in any given fixture provided they only have a maximum of 5 players on the bench.

5.4. ROUND GAMES

Teams will be placed in groups where they will play a round robin format and accumulate points.

5.5. PLAY-OFFS FORMAT

Please refer to the fixtures for further information on the progression from the group phase to the knock-out stages. To be confirmed once all groups are finalised.

Cup and Plate

After the round robin games, for some of the age groups the teams are split in to the Cup and the Plate knock-out phase of the tournament. Cup being for the higher placed teams and plate for the lower placed teams.

The winning team of the Cup and Plate will receive a trophy and the players will receive medals, the runners up will receive medals.

6. EXTREME WEATHER CONDITIONS

In extreme weather conditions, tournament management or the appointed match official reserves the right to shorten, postpone, delay or abandon any fixture that in his/her opinion compromises player safety.

In extreme heat conditions, tournament management or the appointed match official reserves the right to include drink breaks at any time during a fixture. Matches may be, shortened, postponed or cancelled as a last resort.

7. OTHER IMPORTANT INFORMATION

7.1. RED AND YELLOW CARD OFFENCES

Red and yellow cards can be issued during a match at the discretion of the referee to players and team officials.

Red card serves an automatic 1-match suspension of the subsequent game. If a match official is assaulted or extreme violent or abusive behaviour is demonstrated the player/official or coach may be suspended from the tournament.

If the whole team demonstrates repeated abusive behaviour, they will be expelled from the competition and may be banned from future tournaments run by the Australian Football Skool or Western United FC.

Yellow cards in different games will not be accumulated for suspension throughout the tournament. However repeat offenders may be suspended at the discretion of tournament management.

7.2. CROWD BEHAVIOUR

The event takes crowd behaviour seriously therefore inappropriate behaviour from spectators will not be tolerated. Teams and Clubs will be held responsible for their supporter's behaviour. Matches may be forfeited at the referee and/or tournament officials' discretion. Teams may also be deducted points or disqualified from the tournament. Where multiple teams from a particular club are found to be displaying poor behaviour, tournament management reserves the right to suspend whole clubs from future Australian Football Skool and Western United FC tournaments.

Under **NO** circumstances are supporters allowed to approach, question or criticise referees during the tournament.

7.3. BLOOD RULE

In the event a player from either team suffers an injury resulting in the loss of blood, the appointed match official will request that the injured player receive attention outside the field of play. Only when the appointed match official is satisfied that the injury has been safely covered and contained, will the player be permitted to re-join the game.

In the event the player's uniform or attire contains with blood, the referee will instruct that player to change their attire before being permitted to re-join the game. Should the injured player be required to change their uniform, then the appointed match official will show discretion in allowing the player to wear an alternative numbered shirt if another shirt of the same number is unavailable.

7.4. JEWELLERY

In accordance with FIFA 'Laws of the Game', a player is forbidden to wear jewellery of any kind. Players wearing jewellery will be required to leave the pitch until such time as the offending jewellery is removed and the player has gained the Match Official's permission to re enter the playing area.

7.5. FIRST AID

First Aid staff will be available during the tournament. Taping and strapping will not be part of the duties of the First Aid Staff. If your team requires assistance from first aid staff please approach the nearest Tournament Official.

Ambulances may be called by First Aid staff in case of emergency. It is the responsibility of the player or official to ensure they have adequate ambulance cover.

7.6. ALCOHOL AND SMOKING

The consumption of ALCOHOL is not permitted in the venue. Anyone found consuming alcohol will be instructed to move from the venue.

Smoking will not permitted around the pitches and should be kept to area designated for this purpose. In the case where there is no designated area; smoking is to be 20 metres away from any pitch when a game is in play and away from other tournament attendees.

8. CODES OF CONDUCT

The below Codes of Conduct shall apply to all players, team officials and supporters at the tournament. By entering or attending this tournament, you agree to abide by the relevant Code of Conduct below.

Any breach of the relevant Code of Conduct shall be subject to disciplinary action by the Grievance and Disciplinary Committee, this may include the offending individuals, teams and/or clubs being suspended and/or expelled from the premises and not be allowed into future events or programs operated by the AFS or affiliated tournaments.

8.1. PLAYERS' CODE OF CONDUCT

"For the good of the game"

- Winning at all costs isn't everything; at this age learning is more important than winning.
- I will only listen to my coaches' instructions during training and games. No one else.
- I will not engage in the use of crude, foul or abusive language that may be deemed offensive or engage in any conduct detrimental to the image of the game when on or off the field.
- I will never argue with the referee and/or assistant referees regarding decisions they make.
- I will treat participants, officials and spectators with respect.
- I will play by the laws of the game.
- I will cooperate with my coach, teammates, and referees ad officials at all times.
- I will not use any banned substance or drugs of dependence throughout my involvement in the tournament.
- I will display good sportsmanship at all times.
- I will play for the fun of it and not just to please parents and coaches.

8.2. PARENT AND SUPPORTERS' CODE OF CONDUCT

"For the good of the game"

- Under no circumstances are parents and supporters allowed to enter the field, before, during or after matches
- Do not coach your child during training sessions and games. That's what the coaches are there for; it sends mixed messages to the players creating confusion.
- Do not interfere with training sessions, stay clear of training areas.
- Cheer on and encourage the players at all times, including the opposition. Applaud good football all-round.

- Winning isn't everything. Players need to develop and at this age learning is more important than winning.
- Remember that children play sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing a game.
- Remember that children learn best by example, applaud good play by all teams.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation of coaches, officials and administrators. Without them, your child could not participate.
- Respect the facilities that are being used.
- Keep clear from technical areas, benches and change rooms during games and tournament. This is the ideal time for coaches to teach players without any interference
- Always follow the instructions of the referee and/or tournament staff

8.3. TEAM OFFICIALS' CODE OF CONDUCT

"For the good of the game"

- Remember that players participate for fun and winning is only part of the fun
- Never ridicule or yell at players for making mistakes or for not winning games
- Be reasonable in your demands on a player's time, energy and enthusiasm
- Always operate within the rules and spirit of the game and teach your players to do the same
- Ensure that the time players spend with you is a positive experience. All players are deserving of equal attention and opportunities
- Ensure that the equipment and facilities meet safety standards and are appropriate to the age and ability of all players
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same
- Show concern and caution towards sick and injured players. Follow the advice of a doctor or tournament first aid staff when determining whether an injured player is ready to recommence training or competition games
- Coaches: Obtain appropriate coaching qualifications and keep up to date with the latest coaching practices and the principles of growth development and conditioning of junior players
- Any physical contact with a player should be appropriate to the situation and necessary for the player's skill development.

- Respect the rights, dignity and worth of every player regardless of their gender, sexual orientation, playing ability, cultural background or religion
- Refrain from over coaching during games, let the players play and learn from their own mistakes
- Set the example. Players look up to coaches as role models. Display behaviours that you want your players to follow.
- Always follow the instructions of the referee and/or tournament staff