



**WELCOME
TO
SEASON 2018**

Mini Roos



- Glenmore Park Football Club (GPFC) has over 1300 registered players, coaches and managers.
- It is a member of the Nepean Football Association (NFA) which will have approximately 13,000 members.
- The NFA covers 4 LGA's from Warradale to Glossodia & St Mary's to Wentworth Falls.





- U5 to U7

Play all games at Mulgoa Rise

- U8 to U9

Play all home games at Mulgoa Rise and play against clubs in the Penrith LGA.

- U10

Play all home games at Mulgoa Rise, and will be asked to travel to all corners of the NFA area

MINI ROOS

Copy of the rules can be found on GPFC website under the 'officials' tab.





REGISTRATION OF COACHES & MANAGERS

Teams from U5 to U9 who do not have an accredited & registered coach will forfeit all games until such time a suitable coach has registered.

U10 – Must have a registered coach - forfeit rules apply

All Coaches and Managers must have a valid Working With Children Check and provide the number to the club



MINI ROOS

U5 to U7

1. On field players - 4 per team
2. Recommended formation: 0-1-2-1
3. **NO goal keeper**
4. Field Size – 30m x 20m
5. Ball Size – 3
6. Game duration – 2 x **20** minute halves
7. Referee – No. A game leader will be in place at each game to control kick offs, kick-ins etc.
8. Goal Size – Min: 1.5m x 0.90m - Max: 2.0m x 1.00m.
9. **Coaches are not permitted on the field**

MINI ROOS

U8 to U9



1. On field players - 7 per team
 2. Recommended formation: 1-3-3
 3. Goal Keeper - Yes
- Field Size 40m-50m x 30m-40m (¼ full sized pitch)
- Penalty area – 12m x 5m
4. Ball Size – 3
 5. Game duration – 2 x 20 minute halves & 5 minute half time break
 6. Referee – Instructing Referee
 7. Goal Size – 1.8m x 3m.
 8. No coaches permitted on the field during the game, unless invited by Instructing Referee to treat an injured player.

MINI ROOS



U10

1. On field players - 9 per team
 2. Recommended formation: 1-3-2-3
 - 3 Goal Keeper – Yes
 - 4 Field Size 60m-70m x 40m – 50m (½ full size pitch, generally across the full field if space permits)
 5. Penalty area – 12m x 5m
- Ball Size – 4
6. Game duration – 2 x 25 minute halves & 7.5 minute half time break
 7. Referee – Instructing Referee
 8. Goal Size – 1.8m x 5m.



Shirt Management

- Game Shirts are only to be worn at the fields
- Shirts are not to be worn to training or at home
- Shirts should be kept together and a roster for washing created
- In the case of girls and those who may have a reaction to some washing powders, consideration should be made.



CODES OF CONDUCT

- Players
- Coaches
- Managers
- Spectators

GPFC is bound by the codes of conduct of NFA, FNSW & FFA. All codes are found on the various websites, and you should make yourself familiar with them.



CODES OF CONDUCT

The following areas are covered by the codes are;

- Sexism
- Age
- Race
- Exclusion
- Child abuse
- Abuse of referees
- Abuse of match officials
- Abuse of ground officials.
- Conduct of spectators



CODES OF CONDUCT

Players, coaches, managers and spectators have no right under the laws of the game to question and argue with the referee.

If a parent is found to be intimidating a referee under 16yo, the NFA considers this to be child abuse and they will be dealt with.

If a parent is found to be abusing a ground official they can be charged with bringing the game into disrepute.



CODES OF CONDUCT

Under no circumstances are;

- Substitute players
- Coaches
- Managers
- Parents
- Spectators

Allow to enter the field of play without being invited by the referee.



CODES OF CONDUCT

**Remember the game is for
the benefit of your
children NOT you.**



CODES OF
CONDUCT

**NOBODY IS PERMITTED
TO SMOKE OR CONSUME
ALCOHOL AT
MULGOA RISE
WITHIN THE ENTIRE
RESERVE.**



CODES OF
CONDUCT

**WHEN VISITING OTHER
CLUBS ASK WHERE YOU
ARE ALLOWED TO
SMOKE.
DO NOT ASSUME WHERE.**



DRAW

U5 to U7

- The competition is conducted by GPFC.
- The draw is available on the website.



GLENMORE PARK FOOTBALL CLUB

Home of the Kookalurras!

- HOME
- DRAWs**
- GROUNDs
- OFFICIALs
- ROSTERs
- MERCHANDISE
- SPONSORs
- LINKs
- ABOUT GPFC
- CONTACT

- U5 MINIROOS DRAW
- U6 MINIROOS DRAW
- U7 MINIROOS DRAW
- UNDER 8 AND ABOVE



The main content area features a large background image of a soccer ball in front of a goal net. On the right side, there is a logo for Glenmore Park GPFC Football Club Inc, which includes a stylized kookaburra and a soccer ball.

FULL CLUB TRIAL U8-035 THIS WEEKEND **OUR GROUNDS**

DRAW

U8 to U11

- The competition is conducted by NFA
- The draw is available from their website.





Nepean Football Association Incorporated



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NEWS FLASH!CI

Football news World Cup 2014: The Full-Time Whistle,

GRASSROOTS COACHING EXPO

Coaching, whether it's your first time or if you're returning for 2015, can be challenging. That's why **THE NEPEAN FOOTBALL ASSOCIATION** will run a **FREE** Miniroos Community Coaching Expo with Football NSW to offer practical advice for coaches and parents. You will see demonstrations, and receive information on how to run a training session and how to manage match day via the game leader session. You'll also cover tips on how to get kids to master the ball and how to get the best out of your players using growth mindset strategies.

Monday 23rd March, Cook Park, St Marys. 6.00- 8.30pm.

Receive your FFA Grassroots Coaching Certificate after completing the Expo and become a qualified coach. Register here:

<http://education.ffs.sportingrules.com/Entry/2510-11880>

Our Sponsors



Upcoming Events

[View Full Calendar](#)
No events



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CompMan
 Competitions Management Software

Nepean Football Association

iCompMan Version: 1.00Bn

Use your mobile - receive weekly next match remind

Standard Mobile

Fixtures & Results Tables Ground closures 'My Favourites' & 'SMS Alerts' setup Use My Favourites

Competition: 2003 Club: --- all --- Field: --- all ---
 Age Group: --- all --- Division: --- all --- Team: --- all ---
 Date from: 10/03/15 Date to: 17/03/15 Round:

Select from the above filter options and press the "Refresh Display" button

R	Date	Time	AG/Div	Home Team	Away Team	Ground/comments
No Fixtures found matching your selection criteria						

PREPARING FOR GAME DAY

AT HOME

- Get there early, impress upon all parents we need to start all games on time. It is frustrating if by the end of a busy day games are running 1 hour behind schedule.
- Make sure all parents have your mobile number and they get use to texting you if they are late or can't make the game



PREPARING FOR GAME DAY

AWAY

- The first thing you do in the morning is check the website for any late changes to the draw. In particular U8 to U11.
- Do not ring a committee member ALWAYS assume the game is on. Even if it is raining in Glenmore Park it could be sunshine at Bligh Park.





PREPARING FOR GAME DAY

- Litter – make sure all your litter is picked up. This is regardless whether you are at home or away visiting another club.
- When visiting another club you are our ambassadors. Your behaviour toward one another, the host club, and how you conduct yourself overall is on display.
- When given a directive by a ground official please follow it, and understand it is given in the interests of the children playing and general safety of the spectators.



Role of the Marshal

- U8 and above
- Must be 18yrs old or over
- Manages spectator conduct
- Must wear the Orange Vest
- May be called upon to provide evidence or testify in a disciplinary hearing



INJURIES



GPFC has the safety of players as its highest priority at all times.

- If there is a serious injury do not move the player
- Assess the surroundings and ensure all other players are ok.
- If the injury player requires an ambulance call one immediately. It will be up to the injured player if they wish to except a ride to hospital



WET WEATHER

- If heavy rain during the week PCC, will close grounds. Remember our area covers four council areas
- Toward the end of the week it is up to the club to close the ground.
- On game day a referee has the authority to close a field.



WET WEATHER

**DO NOT RING A COMMITTEE MEMBER, ASSUME
THE GAME IS ON.**

THE COMPETITION SECRETARY, PRESIDENT, VICE
PRESIDENT OR CLUB SECRETARY WILL ADVISE THE
COACH OR MANAGER.

GET THE NAME OF THE PERSON RINGING YOU



Communication

- Website
- FaceBook
- Team App
- MyGameGuru





TRAINING

- GPFC has organised group sessions at Mulgoa Rise
 - U5- Fridays
 - U6 – Thursdays
 - U7 – Wednesdays
- U8 to U9
 - Training at Mulgoa Rise or Blue Hills between the hours of 4.30pm to 7.30pm.
- U10
 - Training at Mulgoa Rise or Blue Hills between the hours of 4.30pm and 7.30pm.
- GPFC will also be hosting the Nepean football Development Program (NFDP) in 2018. Targeting U8-U11 players



Rosters

- Canteen, BBQ, Ground Duty
- Will be posted on the web.
- Maximum of 2 times per year
- Managers will also receive a confirmation of when team has been rostered.
- Make sure it is shared amongst team
- Penalties apply if team does not complete duty





Glenmore Park

GPFC

Football Club Inc

QUESTIONS