



2026 Junior Information Sheet



Mixed (U6-U11) and Women (W7-W11)

Junior Vice President	Anthony Moss	0423 796 555
------------------------------	---------------------	---------------------

Age Co-ordinators

U6	Anna Rudd	0425 211 080	U9/W9	Bridget Bolewski	0450 946 451
U7/W7	Kelly James	0421 993 697	U10/W10	Terri Diegelman	0403 744 854
U8/W8	Anna Rudd Linda Smyth	0425 211 080 0405 462 029	U11/W11	TBC	0423 796 555

Age Group Definition: Every age group operates to the same rules and follows the calendar year. The minimum age we allow a player to register is one who is turning 5 in the 2026 calendar year. We encourage all players to play within their age group, however the club is open to players playing out of their age group as per the below guidelines:

- Approval of a player playing up an age group is at the discretion of the club
- Requests to play up an age group must be at registration time and reported to the Age Co-ordinator
- Players can only play up one (1) age group. Any request to play up 2 age groups require MWFA approval
- New Players (without prior playing experience) are encouraged to play in their correct age group
- U10/W10+ players are graded. Consent for an underage player playing in the U10 /W10 age group (or older) will be subject to the player's ability and experience as assessed during the club's grading process

Working with Children Check (WWCC) All Managers and Coaches who register with the club must obtain a WWCC number. This should be provided during registration with expiry date. This is a mandatory Football NSW requirement. Please refer to the Service NSW website for more information and how to apply.

U6 Players will form teams of 10 to 12 and play an introductory form of football involving 8 players each game (4v4 players, no goal keepers). Team forming is an important exercise, so we encourage as many parents & children to attend the social team forming. You are encouraged to start forming a team as soon as possible if you know friends your child wishes to play with. This must include parent volunteers to Coach, Manager & Referee.

U7/W7 Players will continue to play 4v4 in the same format as U6 with player numbers as per last season (10-12 per team). The majority of this age group is a continuation of an U6 team from the previous year.

U8/W8 Players will play a modified version of football. They play 7v7 on a 50m x 30m field with proper goalposts and a goalkeeper. We will be forming teams of 9 or 10 (preferred) to a maximum of 11. In many cases there is a continuation of U7 teams from the previous season, while new for W8.

U9/W9 Players will continue to play 7v7 games on a 50m x 30m field with proper goalposts and a goalkeeper. We will be forming teams of 9 or 10 (preferred) to a maximum of 11. NO Grading in U9.

U10/11 and W10/11 Players Both age groups play 9v9 on an approximately 70m x 50m field. U11 may sometimes play 'box to box' on a full size field. We will be forming teams of 11 or 12 players. Every player must grade, and teams can be formed with friends if desired. The individual grading results allow us to appropriately place the team in the competition. Please be on time because we will be adhering to a strict schedule. All players must grade at the published date/time with their age group.

NOTE: New players (non-graded) will be placed with friends, school players or both where-ever possible.

Team Forming Date/Times

WE DO NOT TAKE REGISTRATIONS ON THIS DAY

U6	U7	U8/W8	U9/W9
Sun 15 Feb 09:00	Sun 15 Feb 09:00	Sun 15 Feb 10:00	Sun 15 Feb 10:00

If you are forming teams across U6, U7, U8/W8, U9/W9 age groups, all team players MUST be registered before the team forming day. The Coach & Manager must register online with WWCC (including expiry date). Referees currently do not need to register online or require a WWCC.

Grading Dates & Times

Grading is for ALL U10/11 & W10/11 to place teams in the correct divisions in the MWFA competition.

Please arrive on time, in correct attire (including shin pads and boots), sunscreen and water bottle. Register at the clubhouse noting preferred playing position. Collect your allocated numbered bib and wait to be called. The club will collate grading results with last season's Coaches Reports to decide final team make-up.

Age Group	Date	Registration	Grading
U10 / W10	Sun 16 Feb	08:45	09:00-10:30
U11 / W11	Sun 15 Feb	11:00	11:15-12:45

Frequently Asked Questions

Q. What do players need to supply?

A. All players receive an Avalon Playing Shirt. All players must have Avalon club shorts & socks, shin pads, football boots plus a training ball. All gear is available at the Club house during open days, team forming, grading, preseason matches and most weekends once the season commences.

Q. When are the games?

A. All mixed junior games are played on a Saturday morning, the first kick off is 8.30am, the last approx. 11.45am. All girl junior games are played on Sunday morning, across similar times. All age groups have games on the first & last weeknd of school holidays, but not the middle weekend.

Q. Do we play in the rain?

A. YES! All games must be considered "ON" unless you are notified to the contrary by the club. A team cannot decide to not show due to poor weather. Wet weather procedure is outlined fully on our website. When a game is called off, the team will be officially notified. Junior games are not replayed.

Q. When do we train?

A. Younger age groups are allocated a set training night by the club – U6 Tues 4-5, U7/W7 Wed 4-5 and U8/W8 Thurs 4-5. For U9-U11/W9-W11 teams train at a time agreed by the parents, coach & manager and is subject to field availability at CB. Requests are submitted via the Age Co-ordinator.

Q. If I coach or manage a team what do I need to do?

Managers: The club runs a specific information night for managers to ensure all volunteers are well informed in their role, will be hosted at AVSC on **Wednesday 25 March**, timing TBC.

Referees (i.e. Game Leaders) & Coaches: encourage attending introductory courses run by the MWFA on how to referee a junior game and the Mini Roos Coaching Course. The MWFA will run courses on the Northern Beaches which the club will advertise when dates are available.

Coaches: The club runs a specific information night for coaches to ensure all volunteers are well informed in their role, hosted at AVSC on **Thurs 26 March**, timing TBC. The MWFA will run a Skill Training Coach Certification course on the Northern Beaches which the club will advertise when dates are available.

The Avalon Soccer Club encourages all managers, coaches and team referees to attend courses

Important Playing Dates

Club Challenge Day	Avalon v Pittwater v Narrabeen	Sunday 29 March
Season Kick off	Mixed (U6-11) / Women (W7-11)	Sat 11 April / Sun 12 April

Equal Playing Time Policy for Juniors: The Club's policy is that all players be given a fair and equitable playing time over the course of the season. The manager and coach are responsible for this policy being enforced. If you feel your child is not getting fair and equitable playing time, please speak with your manager & coach in the first instance.

Volunteer Support & Rosters: Irrespective of our players being 5 or 50, we will be asking your team (i.e. parents) to help us during the year so please expect to spend an hour or two in our canteen, on the BBQ or doing some field set up or take down duty. Your assistance is greatly appreciated.