



Nepean Summer Competition Regulations 2026

V.2026

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2 INTRODUCTION

At the Nepean Summer Football, our main goals are to create a welcoming football atmosphere where players and spectators treat each other with respect and engage in the spirit of fair play, enjoyment, and fun.

The following rules and guidelines are for Summer Football program run by Nepean Football Association. The **Nepean Summer Football Penrith** competition from 2025 onwards will be a **7 a-side competition** running from September to December.

MANAGEMENT ABBREVIATIONS:

- Nepean Football Association is known as NFA.
- Nepean Referees Group is known as NRG.
- Football New South Wales is known as FNSW.

Where the rules are unclear the final decision will be at the absolute discretion of the Competition administrators.

Nepean Summer Football maintains a strict zero tolerance policy regarding disruptive, abusive, or anti-social behaviour. The organisation reserves the right to take any necessary action to manage such behaviour in order to ensure a safe and respectful environment for all participants, spectators, and staff.

Any individual or team engaging in such behaviour may be directed to leave the premises immediately upon request by the Nepean Summer Football Manager, staff member, or authorised representative. In such instances, a formal report will be submitted to management for further review and action as deemed appropriate.

3 FORMING COMPETITIONS

3.1 COMPETITION TIMELINE:

The NFA summer football season runs from September to December at Jamison Park Synthetic Fields Penrith operating 5 weeknights as per published schedule.

- Nepean Summer Football Penrith plays all weeks except the Spring School Holidays, there will be NO GAMES these 2 weeks
- For 12 & above Semi-Finals and Finals will be played in the final 2 week of the competition. Please note that ALL other teams will play during this week even if they do not make the final.

3.2 AGE GROUPS:

The age groups at Penrith Summer Football will be as follows:

3.2.1 Junior

NON-COMPETITION

- MIXED U6, U7, U8, U9, U10, U11 U12
Junior teams entered in to mixed competition may be all female, all male or any combination female and male players
- GIRLS U8/9, U10/11 U12

COMPETITION

- BOYS U13, U14, U15, U16
- GIRLS U13, U14, U16,

3.2.2 Senior

- MEN U21 Men All age men, Over 35 men
- WOMEN All Age women, Over 30's women
- MIXED All age mixed and WALKING O40 (or medical exemption)

NFA management has the right to reduce or increase teams subject to those registered to play, NFA management has the right to delete an age group if not enough players register. A competition or non-competition will be deemed viable if a minimum of 4 teams in an age group registered. Maximum teams in any division will be 10 unless stated otherwise.

4 TEAM/PLAYER ELIGIBILITY

4.1 Team numbers and playing format

U6 to U7

- 4 v 4 format, no goalkeeper
- No competition tables or points; and No finals series.
- Minimum players per team 4 and maximum players per team is 7

U8 to U11,

- 7 a-side - 7 v 7 format including goalkeeper.
- No competition tables or points; or finals series.
- Minimum players per team 7 and maximum players per team is 12

U12 and upwards

- 7 a-side - 7 v 7 format including goalkeeper,
- **Except U13 and U14 boys and girls which will be 6 a-side – 6 v 6**
- There will be points and competition tables and final series
- Minimum players per team 7 and maximum players per team is 12

All Age mixed teams must have a minimum of 3 female players registered and that the number of male players on the field during play cannot exceed 4.

Written approval is required to register more than the maximum number of players per team.

4.2 Age Eligibility

Player age eligibility: A player is eligible to play, based on the following requirements:

- U6: must be minimum age of 5 years, turn 5- or 6-year-old the year of the competition
- U7 to 16: the player does not play more than 2 years above the age player turns the year of the competition
- U21 Men minimum turning 16 years of age up to turning 21 the year of the competition
- All age Mixed: Must be minimum 16 years of age.
- All Age Men: Must be minimum 16 years of age.
- All Age Women: Must be minimum 15 years of age.
- Over 30 Women: Must be minimum 30 years of age.
- Over 35 Men: Must be minimum 35 years of age.
- Walking Football Mixed O45. Participants must be at least **45 years of age**, exceptions may be granted for medical reasons, provided a **valid medical certificate** is submitted.

4.3 Reps Team and player requirements

Rules relating to REP TEAMS from any district:

- a. **Team comprising of a majority of REP players MUST PLAY UP at least one year in age groups** to keep competitions fair for all participants, majority more than 50%
- b. Game nights will **NOT** be changed to accommodate training nights for rep teams. Junior REP TEAMS who register for Nepean Summer Football competition

5 VENUE

1. The Nepean Summer Football Penrith competition will be conducted at Jamison Park located on York Road South Penrith Monday to Friday between 5pm and 9.30pm as per the schedule published via Dribl

6 RULES, MATCH FORMATS & SCORING

6.1 Players and borrowing

1. A minimum of 4 players per team is required for a match to commence and continue, with the exception for U6-U7 age groups, the minimum number of players required per team is 3
2. Sharing of players if teams are short is encouraged in the non-competition format (U6-U12) with no limits, the maximum number of times you can **borrow a player is 3**, after 3 times the player must duel registered to play with the team
3. In U13 and upwards a team may only **borrow 3 players** from another team per match. If they borrow any more than 3 players, they can still play the match, but the match will be forfeited to the other team.
4. In competition matches U13 and upwards, the maximum number of times you can borrow **a player is 3**, after 3 times the player must duel registered to play with the team. Any team that borrows the player for the four time will be sanctioned by way of not being awarded any goals or points for that match. The opposing team will be awarded 3 points regardless of whether they won the match or not. The goals that the opposing team scored during the match will stand.
5. **Borrowed players must be identified to the admin team prior to the match, if not identified, the opposing team may be awarded 3 points regardless of whether they won the match or not. The goals that the opposing team scored during the match will stand.**
6. **No Advantage Rule:** Teams may borrow players only when genuinely short of numbers and at risk of forfeiting. Borrowed players must not be used to gain a competitive advantage, increase squad depth beyond normal team limits. Where a player is borrowed from a higher division, their participation is solely to enable the match to proceed, and the Competition Organiser may restrict or refuse their participation if deemed to have an undue impact on the match or the division.
7. **All Age Mixed** teams the number of male players on the field during play cannot **exceed 4**. Unless permission is requested from management and approval given, prior to the commencement of a match. This will be in consultation with the opposing team. An opposition may agree to this, and a forfeit will be declared by the team requesting the change
8. Only players who have participated in at least two (2) matches with the team during the regular season rounds are eligible to take the field during the Finals Series.

6.2 Points

1. The points per match are as follows:
 - Win = 3 points
 - Draw = 1 point
 - Loss = 0 points
2. If a match is not played at the schedule time, it is unlikely the match will be replayed.
3. If a match is abandoned the team that has not breached the laws will be awarded 3 points for the win and 3 goals.
4. If a match is abandoned due to a weather, venue malfunction or player injury that requires an ambulance to attend, the matter will be referred to the administrative team for adjudication. After investigation, consultation with both captains a decision will be made. Their decision is final.
5. If a match is forfeited the team that the forfeited team was playing will be awarded 3 points for the win and 3 goals.
6. If for whatever reason, there is a bye due to insufficient teams no points or goals will be awarded for this match.

6.3 Matchsheets

1. The referee will enter the final score
2. Match sheets will be electronic, teams are required to submit their teams in dribl, if unable to do so, make contact with the summer football admin team.
3. Team representative is required to identify any borrowed player before commencement of the match.
See 6.1 Borrowing players for information to avoid breaches

4. There will be regular matchsheet checks completed, and all players will be identified by the staff during the process.

6.4 Match Format

5. Match Duration
 - a. U 6 to 7 will play **2 x 12-minute halves**, on a **mini** field.
 - b. U 8 to 12 will play **2 x 12-minute halves**, on a **midi** field.
 - c. U 13 to U14 will play **2 x 15-minute halves** on a **midi** field
 - d. 16 will play **2 x 15-minute halves**, on a **half** field.
 - e. All senior matches will play **2 x 20-minute halves**, on a **half** field.
6. In all age groups there will be between a 2 and 5-minute break for half time. The referee will control the start and end of each half of football with their whistle.

6.5 Rules

FIFA Laws of the game apply where they have not been altered or affected by the “Rules”

1. **INTERCHANGE** are unlimited but must take place from the halfway line. The player being replaced **MUST** leave the field before the replacement player can enter play. Interchange can occur at any time and is not required to be during a stoppage of play
2. **OFFSIDE:** The off-side rule **DOES NOT** apply.
3. **SLIDE TACKLES:** No **slide tackles** permitted
4. **KICK OFF:**
 - a) Opposing players must be at least 5 metres away from the ball.
 - b) A goal cannot be scored directly from a kick off unless another player of the same team plays the ball.
5. **BALL CROSSES THE SIDELINE:**
 - a) The ball shall be kicked into the field from the sideline for all matches known as kick-ins, there are no throw ins.
 - b) A goal cannot be scored from a kick-in from the sideline. It must be touched by a player prior to entering the goal. If the ball is kicked directly into an opponent's goal from a kick in by the attacking team, a goal kick is awarded. If the ball is kicked into the players own goal from a kick in, a corner kick will be awarded to the opposing team.
6. **CORNERS:**
 - a) A goal can be scored directly from a corner.
 - b) Opposing players must be at least 5 metres away from the ball.
7. **FREE KICKS:**
 - a) All free kicks are deemed indirect free kicks. This means the ball must be touched by another player before it enters the goal.
 - b) If an infringement occurs inside the opponent's penalty area, the kick must be taken back to a minimum 5 meters from the opponents' goal line. There are no penalty kicks.
 - c) Opposing Players must be a least 5 metres away from the ball.
8. **GOAL KICKS:**
 - a) Goal kicks must be taken from inside the penalty area.
 - b) A goal cannot be scored directly from a goal kick.
 - c) Opposing players must be at least 5 metres away from the ball
9. **SCORING OPPORTUNITIES:**
 - a) A goal may be scored by the attacking team from any location on the field during general play, except within the penalty area. However, within the penalty area, a goal can only be scored if the ball makes contact with the attacking player's body—excluding the leg—such as through a header or chest. This restriction is designed to protect goalkeepers from potential injury during close-range play.
 - b) An own goal can be scored from any location on the fields
 - c) NO goal can be scored from a kick in.
 - d) A goal can be scored directly from a corner.
10. **GOAL KEEPERS**

- a) The goalkeeper can handle the ball anywhere inside the penalty area.
- b) The goalkeeper may leave the penalty area but can't handle the ball outside the penalty area.
- c) A goalkeeper cannot kick or throw the ball over the halfway line on the full, if this occurs this occurs the referee will award a kick on the halfway line to the opposing team at the closest point to where the ball landed.
- d) It would also be deemed as going over the halfway line on the full if, the goalkeeper rolls the ball on the ground and then kicks the ball, or a player from the same team as the goalkeeper heads, kicks, or chests the ball over the halfway line without it touching the ground first.
- e) **Exception**, if the Goalkeeper plays the ball outside the box as an outfield player this rule does not apply.
- f) The goalkeeper can handle the ball anywhere inside the penalty area.

11. WALKING FOOTBALL Addition or alterations to LOTG and regulation

- a) You must have at least one foot on the ground at all times; running or jogging results in an indirect free kick for the other team.
- b) Intentional physical contact, pushing, shoulder-charging, or blocking with the body is not allowed
- c) The ball must stay below head height (roughly 6 feet or crossbar level), or an indirect free kick is given.
- d) The goalkeeper isn't allowed outside of the goal area.
- e) The goalkeeper is not permitted to kick the ball from their hands after gathering the ball, they can throw, roll or drop the ball on the ground.

Nepean Summer Football Management reserve the right to alter rules as it deems necessary. No discussion will be entered into regarding rules that may be altered

6.6 Goal posts and balls

29. All match balls will be supplied by NFA. All match balls to be returned to the referee at the conclusion of the match.
30. Goalposts will be supplied as per FFA guidelines. Under no circumstances are players or spectators to climb or swing on Goal Posts at any time during the match or in between matches.
31. Ball Size U6-U9 Size 3, U10-U13 size 4, and U14 and above size 5.

7 COMPETITION AND FINAL FORMATS

1. **8 team competitions**, at the conclusion of 7 rounds of matches, play each team once, a pool-based tournament will be drawn based on ladder position
2. At the conclusion of the pool-based tournament final will be drawn based on ladder position
 - All teams will play the final week in a like final format.
 - Both pools will play the same format with the winners of the semi-final match for pool A (top 4) being declared the finalist for the age group for the season

8 Team Competition

Round 1 - 7	Main Rounds each team plays all teams in competition				
Round 8 - 10	Pools	Pool A – Pos 1-4 Plays each team once		Pool B – Pos 5-8 Plays each team once	
Semi Final	Semi F *	1 v 4 (1)	2 v 3 (2)	1 v 4 (1)	2 v 3 (2)
Final Week	Final	W1 v W2	L1 v L2	W1 v W2	L1 v L2

3. **6 team competition** at the conclusion of 10 rounds of matches, plays each team twice, a series of finals will be drawn based on ladder position

6 Team Competition

Round 1 - 10	Main Rounds each team plays all teams twice in competition				
Round 11	SF	1 v 4 (1)	2 v 3 (2)	5 v 6 (3)	
Round 12	Final	W1 v W2 GF	W3 v L1	L2 v L3	

4. The top two teams are determined using the following priorities.
 - 1) Team with the greater number of points
 - 2) Goal difference
 - 3) Goals scored
 - 4) Goals conceded
 - 5) forfeits.
 - 6) Highest placed team from round 1-7 or 1 to 10
5. Competition age groups (U12-Seniors), only the team that play in the top 4 final will be declared as the winners and runners up will be awarded a medallion in the Nepean Football Summer Competition.
6. If at the conclusion of regular time of a final a clear winner is not decided on goals,
 - a. 5-minutes each way will be played; Golden goal rule will apply.
 - b. If the match is still drawn after extra time the team that placed highest on the tables (pool A or Pool B) will be declared the winner.
7. Non-competition age groups, all players that play in U 6 to U 11 will receive a participation medal on the final day
8. Finals will be played week commencing the final 2 weeks of the competition. Please note that all other teams will play during this week even if they do not make the final.

8 FORFEITS:

1. If a team forfeits on 3 occasions, they may be withdrawn from the competition at the discretion of management. No refunds will be issued to any player on that team once they have been withdrawn from the competition.
2. A team must give a minimum 24-hour's notice of a forfeit. A forfeit does not mean that that portion of their registration fee will be reimbursed.

9 PLAYERS EQUIPMENT:

1. All players must wear boots, long socks, and shin pads, non-competition matches, U6 to U7 inclusive may wear running shoes.
2. Shin pads are compulsory for all ages includes non-competition age group and shin pads must be covered by socks.
3. No player is permitted to wear metal studs.
4. All players must have the same colour shirt.
5. All players for matches U 12 and above must be individually numbered and a list of player jersey numbers will be required to be added to matchsheet. Non-competition teams U6 –11 do not have to have to have numbered shirts although it is encouraged.
6. The purchase of same colour shirts is the responsibility of the individual players and/or sponsors.
7. If there is a clash of colours the team named as the home team, or first named team must wear bibs.
8. If in the case that players have not purchased shirts that team will be supplied bibs for that match until they've organised their shirts.
9. Sponsors are allowed on your shirts to assist teams in meeting the cost of shirts. All sponsorship must be tasteful.

10 REFEREES:

1. Referees are accredited referees from the Nepean Referees Group.
2. NFA management whilst responsible for the Summer Football competition will not overturn any decision the referee has made during the match.
3. We have a zero policy when it comes to abuse of match officials. Summer Football is a fun, relaxed atmosphere and any person reported and found guilty of abusing a match official may be asked to leave the venue and play no further part in our competition. In the case that a player is reported and found guilty of abusing a match official and asked to leave the competition, he or she will not be eligible for a refund.

11 DISCIPLINARY & LOSS OF POINTS

11.1 Yellow and Red Cards

1. A player may be awarded a **yellow** card for dissent against a match official or if in the referee's opinion the player is being unsportsmanlike: That player will be removed from the field for a mandatory **3-minutes in the sin bin**. This can be applied when a player is showing dissent towards a referee, another player, or spectator, showing signs of potential anger or violent conduct towards a referee or another player or spectator. The player who is asked to leave the field, should leave the field immediately and he or she is not to be replaced in that three minutes. The referee is the sole timekeeper and will advise when that player can return to the field of play.
2. If a player receives two yellow cards in any one match, they must leave the field immediately and take no further part in the match. That player will automatically receive a one match suspension. They must also present themselves at the check in location and speak with one of the administrative team.
3. If a player receives a red card in any one match, they must leave the field immediately and take no further part in the match. That player must then report to the administrative team. At this point they will be advised of their minimum suspension. If the NFA believes that the minimum suspension is insufficient that player will be notified in writing as soon as practical.
4. If a player receives a red card during a match, it will be noted against their FFA number.
5. Any player who accumulates **three (3) yellow cards** during the Summer Football season will automatically receive a **one (1) match suspension**. The suspension must be served in the player's next scheduled fixture. Following the completion of the suspension, the player's accumulated yellow cards will continue to be recorded for the remainder of the season.

11.2 Players under suspension:

6. If any player plays, or attempts to play, in a game whilst under suspension: The player will be suspended for balance of the competition; and If such game involves the team for which the player is a registered player, that game shall be forfeited to the opposing team
7. If such game involves a team other than the team for which the player is a registered player, that game may be forfeited to the opposing team at the discretion of the Nepean Summer Football committee.

11.3 Unregistered Players

8. If a team plays an unregistered player, it will be deemed they have forfeited the game, and 3 points will be awarded to the opposition.
9. **The playing of unregistered players is a breach of our Insurance Policy with Regulations and if a player is discovered to be unregistered and playing in our competition, they will be asked to leave the competition and may not play any further part in our summer football season.**
 - a) The team that the illegal player was playing for will also be disciplined by way of not being awarded any goals or points for that match. The opposing team will be awarded 3 points regardless of whether they won the match or not. The goals that the opposing team scored during the match will stand.
 - b) On the 2nd occurrence of playing and illegal player the team will be removed from the competition and no refund will be given.

12 JUDICIARY and SUSPENSIONS:

1. All players sent from the field will receive sanctions as per the NFA Grievance and Disciplinary Regulations minimum guidelines.
2. Each player sent off must present themselves to the administrative location at the check in counter. That player will be notified of the suspension at that time, however in some cases the NFA disciplinary committee may deem there to be further sanctions. If this is the case that player will be notified as soon as practical.

13 PROTESTS:

1. If any team has any protest, against a referee or a result this is to be reported immediately to the administrative team located at the ground. This must be done the evening of the game in writing and clearly stating your reason or reasons for the protest. The administrative team will announce the outcome to each team within 24 hours. Any protest received outside that time will not be recognised.

14 PLAYER, OFFICIAL & TEAM REGISTRATION

14.1 Teams

1. Nominations will last Monday in July at 9am. One team representative will submit the nomination via JotForm

14.2 Players

1. Once team nomination has been approved, all players must be registered through for Nepean Summer Football **Do not select your winter club.**
2. All players will be required to answer 2 questions during registrations “Team Name” and “Name of Team Representative” for each team they register for.
3. Each player’s registration fee is a one-off registration fee which includes all administration charges, limited Football NSW insurance, ground hire, lighting, line marking and referee’s fees.
4. Player can register as a regular player for more than one team however that player must pay an additional registration fee. Multiple team packages are available.
5. All players must play in their nominated team unless the administration team has been notified.
7. If an **unregistered** player is played by any team that team will lose 3 competition points regardless of whether they won that match or not, On the 2nd occurrence of playing and illegal player the team will be removed from the competition and no refund will be given.

14.3 Coaches & Managers

All teams are required to have a team representative registered this can be either as a coach manager or team rep registration.

15 DE-REGISTRATIONS AND REFUND POLICY

1. In the event that a player de-registers due to the unavailability of a suitable team or competition corresponding to their age group and/or gender (gender considerations apply only to single-gender teams), a full refund will be issued via the registration platform.
2. Upon de-registration from Nepean Summer Football a minimum non-refundable administration fee of \$16.50 applies upon each cancellation of each registration with Nepean FA Inc. Any additional refund beyond this amount is at the sole discretion of the Summer Football Management.
3. Once a player has taken the field of play in any match, they are no longer entitled to any refund of the registration fee.
4. In the case of Juniors who have used an Active Kids rebate as part payment of their registration fee, any consideration of refunds will be decided based on
 - a)) If the player has participated in any match, any refund granted will exclude the value of the Active Kids rebate.
 - b) If the player has not participated in any match, a refund may be issued minus the \$16.50 de-registration administration fee. The full or remaining balance of the Active Kids rebate may be transferred to another club or sport. To facilitate this transfer, a letter on official letterhead from the alternate sporting club or organisation, including bank account details, must be provided.

16 WEATHER POLICY:

1. If play does not go ahead due to inclement weather this will be advertised on the Nepean Summer Football Facebook site. Our weather policy is in accordance with the Football NSW hot weather policy and the Football NSW lightening safety policy and the 30/30 rule.

17 INSURANCE:

1. Limited player injury insurance is provided through Football NSW and is included in your registration fee. The Association strongly advises all players to review the policy and address any perceived shortfalls in coverage by engaging their own Private Health Insurance and/or Income Protection Insurance.
2. The NFA does not accept responsibility to any player injured. All players are covered U the Football NSW limited insurance policy. This is found at the time of player registration online. The NFA does not accept responsibility or liability for any loss, theft or damage to personal possessions or equipment whilst attending the competition location. The management reserves the right to alter the rules of the competition.

Nepean Summer Football Management reserve the right to alter rules as it deems necessary. No discussion will be entered into regarding rules that may be altered.

11 June 2024	• Mixed Teams changed to Max number of male players is 3 on the field at any time • Added Laws of game are to apply with exceptions of summer football below. • Updated Interchange rule when the ball is out of play and from halfway • Removed 1-1 points for a washout or cancelled games • How a goal can be scored in PK area • Updated no slide tackle • Update NFA disciplinary committee may deem there to be further sanctions. If this is the case that player will be notified as soon as practical • Update team submission process in Dribl • Change of field size for U12 U 12 will play 2 x 15-minute halves on a midi field • Representative teams' information updated to majority of players must play up one age group • Updated comp and final format
12 June 2025	• Update to 7 a-side • Update to Mixed All Age team Max male players 4 • Updated Goalkeeper rules for more clarity • Updated Borrowing rules increase max borrowed players per match to 3 players and clarity on borrowing for finals • Update on outcome of finals remove penalty shoot-out and after extra time the team placed highest will be declared the winner. • Update Dribl referenced for registration tto Play Football • Update Refund policy inline with NFA
June 2026	• Update U13 & U14 will be played on Midi sized field and be 6 aside for these age groups. Half sized field will be from U16 and up • U12 will be non-competition • Removed reference to specific registration platform •