



WESTON MOLONGLO FC WOMEN and GIRLS' SUMMER SEVENS COMPETITION REGULATIONS

2026

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SECTION 1: PREAMBLE

1. Introduction

- 1.1. The Women and Girls' Summer Sevens Competition is a modified form of 11 aside football to provide women and girls with the opportunity to play football in a social and fun competition during the summer. It is suitable for players of all abilities and women and girls new to football are welcome.
- 1.2. The Women and Girls' Summer Sevens competition is run by Weston Molonglo Football Club (WMFC) and is sanctioned by Capital Football.

2. Purpose

- 2.1. The purpose of these Regulations is to:
 - 2.1.1. Provide a protocol which sets out the procedures, guidelines and sanctions for any Participant or Match Official who is involved with the activities associated with the Women's Summer Sevens.
 - 2.1.2. Ensure that all Participants and Match Officials observe the Regulations.
 - 2.1.3. Ensure that football is played competitively and fairly in accordance with principles of true sportsmanship and in accordance with the Regulations.
 - 2.1.4. Provide a safe and secure environment for everyone involved in Football Related Activities.

3. Definitions

- 3.1. Definitions of important words and phrases are set out in Schedule 1. Any capitalised terms used in these Regulations will have the meaning given to them in Schedule 1.

SECTION 2: TECHNICAL REGULATIONS

1. Matches Played in Accordance with the Laws of the Game

- 1.1. The Summer Sevens Competitions will be played under the Laws of the Game, adapted to the format of the competition.
- 1.2. The key changes to an 11 aside format are set out in Section 2 and include: the field size; match duration; and offside rules. All rules / laws regarding fouls and player and spectator behaviour are as per the Laws of the Game.

2. Number of players

- 2.1. The maximum number of players per team on the field at any time is seven (7) made up of six (6) field players and one (1) goal keeper.
- 2.2. The minimum number of players on the field at any time is five (5) made up of four (4) field players and one (1) goal keeper.

3. Fields

- 3.1. The Summer Sevens Competitions will be played on half sized fields.
- 3.2. A map of the Waramanga District Playing fields will be provided to Team Managers with the draw.

4. Field Set Up

- 4.1. The teams playing the first match of the evening will be responsible for setting up the fields, which includes the nets and corner flags. The teams in the last match will be responsible for packing up the nets and corner flags.

5. Match Balls

- 5.1. Both teams are required to supply a match ball for the game.
- 5.2. Before the scheduled start of a match, each team must give the Match Official one ball. The Match Official may choose to either ball or request that another ball be brought onto the pitch.

6. Duration of Match

- 6.1. The Summer Sevens Competitions will consist of two (2), 20 minute periods with a five (5) minute half time break.

7. Goal Area

- 7.1. The Goal Area is marked by an arch at each end of the field.
- 7.2. Goals can be scored from anywhere on the field. There is no restriction for goals to be scored from inside or outside the goal area.
- 7.3. Goal keepers can come out of the goal area but cannot use their hands outside the goal arch area.

8. Ball distribution from the goal area

- 8.1. Once a goalkeeper has controlled the ball with their hands, they have six seconds to distribute the ball.
- 8.2. To distribute the ball, the ball can be placed on the ground and kicked out, or rolled or thrown out. Where the ball is placed on the ground to be kicked, it is not live until it has been touched.
- 8.3. Drop kicks are not permitted.

9. Technical Area

- 9.1. A technical area is not marked out as Summer Sevens is a social competition.
- 9.2. Spectators are encouraged to watch the match from the opposite side of the field to where players and substitutes are located and be at least two metres from the sideline.

10. Interchanges

- 8.1. The Summer Sevens Competitions will have unlimited interchanges.
- 8.2. Interchanges must still take place when the ball is out of play, with the approval of the match official.

9. Jewellery

- 9.1. As per LOTG the wearing of jewellery is not permitted.
- 9.2. Medic Alert bracelets are the only jewellery approved to be worn. All Medic Alert bracelets and necklace must be securely taped to the body and the Match Officials informed of them being worn prior to the match.

10. Uniform

10.1. Playing shirts:

10.1.1. Must have sleeves.

10.1.2. Must preferably be matching across the team or at a minimum the same colour across the team.

10.1.3. Shirt numbers are **not** required.

10.2. Playing shorts:

10.2.1. Must preferably be matching across the team or at a minimum the same colour across the team.

10.2.2. If they are numbered, they must be the same number as the playing shirt.

10.2.3. If undershorts are worn, they must be the same colour as the playing shorts.

10.3. Playing socks:

10.3.1. Must be matching across the team or at a minimum the same colour across the team.

10.3.2. Goal keepers can wear the same colour socks or sock in contrasting colour.

10.4. Goal keepers must wear a shirt or Bib that clearly contrast with the rest of the team and opposing team.

10.5. Where the playing shirt clashes with Match Official uniforms, the Match Official will change shirts or wear a bid.

10.6. Shin pads must be worn by all players, covered entirely by matching long socks as per LOTG.

10.7. Any game day uniform decisions made by the Match Officials or WMFC Staff are final and must be complied with.

11. Offside

11.1. Except for kick off's, there is no offside during Summer Sevens matches.

12. Penalties

12.1. Penalties will be taken from the top of the goal area.

SECTION 3: NOMINATIONS & REGISTRATION

1. Nominations

- 1.1. Team nominations shall be:
 - 1.1.1. Completed in accordance with the instructions provided by WMFC before the competition
 - 1.1.2. Accompanied by the appropriate fees and appropriate documentation.
- 1.2. WMFC reserves the right to refuse any team nomination. Nominations may be refused as a result of:
 - 1.2.1. Incomplete lodgement of nomination forms and/or payments.
 - 1.2.2. Lodging of fraudulent registration details.
 - 1.2.3. A team's un-financial status with the association, including individual players.
 - 1.2.4. A team playing status – i.e. outstanding suspensions etc.
- 1.3. Team nominations will only be accepted during the official nomination period, as determined by WMFC.
- 1.4. WMFC may accept late nominations for respective competitions provided that;
 - 1.4.1. The production of the draws will not be delayed.
 - 1.4.2. The resultant competition is not disadvantaged by the entry of one additional team.
 - 1.4.3. The team being entered late can be placed in a competition equivalent to the ability of the team.
 - 1.4.4. A late team nomination that could be placed instead of a bye may be accepted provided there is enough venue capacity available.

2. Nomination Fees

- 2.1. The team nomination fee is:
 - 2.1.1. \$660 per team for Senior and Masters competitions.
 - 2.1.2. \$600 per team for Junior competition.
- 2.2. Registration fees per team covers;
 - 2.2.1. Field hire costs
 - 2.2.2. Referees' fees
 - 2.2.3. WMFC staff and administration costs
 - 2.2.4. Equipment cost
 - 2.2.5. Field markings.

2.3. Insurance

- 2.3.1. Insurance fees may vary depending on competition type.
- 2.3.2. Individuals will not be required to pay the National Registration Fee as part of their registration through Play Football.
- 2.3.3. Players registered in the 2026 Premiership competition are covered by their winter registration insurance.
- 2.3.4. Players who did not play in the 2026 Senior Premiership competition are required to pay \$40 for insurance in Play Football as part of their registration.
- 2.3.5. Players aged 14 to 16 years who did not play in the 2026 Junior Premiership competition are required to pay \$25 for insurance in Play Football as part of their registration.
- 2.3.6. Where Insurance is required to be paid, the amount will be included in the relevant Registration package in Play Football with the funds going directly to Capital Football. If there is an increase in the amount to be paid at the time of registration, the amount in Play Football is the amount payable.

3. Team List Submission

- 3.1. Once your nomination has been confirmed each team is required to submit a squad list of all players to be used throughout the duration of the season.
- 3.2. Each team can have a maximum of 15 players.
- 3.3. Should there be any amendments to the squad list WMFC will need to be notified as soon as possible.

4. Withdrawal of Teams

- 4.1. If your team wishes to withdraw WMFC will need to be notified as soon as possible.
- 4.2. Notification must be in writing to senior_chair@wmfc.org.au

5. Individual Registrations

- 5.1. Players must be registered to be eligible to play in WMFC's Women's Summer Sevens competitions.
- 5.2. Registrations must be;
 - 5.2.1. Completed using the Play Football website.
 - 5.2.2. Accompanied by appropriate documentation for the purpose of verifying players' age (age-based competitions), if requested.

5.3. WMFC reserves the right to refuse an individual registration. Registrations may be refused as a result of;

5.3.1. Incomplete lodgement of registration forms.

5.3.2. Lodging of fraudulent registration details.

5.3.3. An individual's un-financial status with the association.

5.3.4. An individual's playing status – i.e. outstanding suspensions etc.

6. Invalid Registrations due to False Statements

6.1. If it is deemed that a player's registration has been accepted as a result of false statement by the player or by the team through which they are registered, without which the registration would not have been approved, the player will be considered an unregistered player.

SECTION 4: COMPETITION ARRANGEMENTS

1. Competition dates

- 1.1. The Women and Girls' Summer Sevens will be a 10-week competition commencing on Sunday 11 October 2026 with the last game on Sunday 13 December 2026.

2. Divisions

- 2.1. WMFC is offering the following divisions:

Divisions	Playing level	Maximum Number of teams per Division
JG U15	U15 Girls	Six (6)
JG U16	U16 Girls	Six (6)
Div 1	SL1 / SL2	Six (6)
Div 2	SL3 / SL4	Six (6)
Div 3	SL5 / SL6	Six (6)
Masters – 40+	Age based	Ten (10)

- 2.2. A minimum of four teams is required per Division to have a competition, with ideal number of teams being six. Teams may be moved into a different division or divisions may be amalgamated to make a viable competition.

- 2.3. WMFC will contact Team Managers in the event a team needs to be moved to a different division.

3. Fixtures

- 3.1. Fixtures will be provided to Team Managers and be provided on the WMFC website.
- 3.2. Fixtures are subject to change at late notice. WMFC will endeavour to contact all teams affected by such changes but may not always be able to do so pending timeframe of late notice.
- 3.3. Teams are responsible for checking the draw regularly prior to their matches to ensure that they are aware of any draw changes.

4. Points Allocation

- 4.1. Points will only be allocated to WMFC scheduled matches across all Women's Summer Sevens Competitions.

4.2. Points will be allocated as follows:

Outcome	Points
Win	3
Draw	1
Bye/Null and Void	0
Loss	0
Forfeit Win	3

5. Late Start

- 5.1. Matches will commence at the appointed time.
- 5.2. Where a match starts after the prescribed kick off time, the playing time of the match shall be reduced at the Match Official's discretion; the match shall be played in two (2) equal periods.
- 5.3. If a team fails to enter the field of play or has an insufficient number of players (see Section 4, Regulation 6) for the match to proceed after five (5) minutes from kick off the Match Official shall inform both teams that the game is a forfeit.
- 5.4. Where both teams are at fault for the match not kicking off, the fixture will be deemed null and void.

6. Forfeiture of Matches

- 6.1. Teams must notify WMFC at least 48 hours prior to their match of their intention to forfeit.
- 6.2. Forfeiture of match will result in a score-line of 3-0 being recorded against the forfeiting team.

7. Abandonment of Matches

- 7.1. An abandoned match as a result of player, spectator, or team official's conduct will result in the awarding of a 3-0 result being recorded against the offending team.
- 7.2. Matches may be abandoned by the appointed referee on the grounds of;
 - 7.2.1. Threatening behaviour or conduct by player, team, spectator, or team officials.
 - 7.2.2. Insufficient players left on the field (see Section 2 Regulation 2).
 - 7.2.3. Physical violence against an appointed referee, player, spectator or team officials.

- 7.3. Teams or individuals found responsible for the abandonment of matches may also be subject to fines or suspensions as guided by CF.
- 7.4. Matches may also be abandoned due to circumstances beyond the control of the appointed referee such as;
- 7.4.1. Unsafe pitch conditions
 - 7.4.2. Insufficient lighting
 - 7.4.3. Fire, flood or bomb threat
 - 7.4.4. Or any other conditions that may endanger the player safety causing the abandonment of matches.
- 7.5. In circumstances described by Section 4 Regulation 5.4, neither team will be penalised as a result of the abandonment, the match will recommence once conditions are deemed satisfactory for play to recommence.
- 7.6. Matches will recommence from the point of abandonment and scores will commence unchanged from those recorded at the time of abandonment.
- 7.7. If matches are unable to recommence on the day of the abandonment due to time constrictions, matches may be rescheduled at the discretion of WMFC.
- 7.8. Where a match under Section 4 Regulation 5.4 has no bearing on the result of the competition, it may be cancelled by WMFC with the consent of both teams.
- 7.9. In the event of a walk-off by a team before the end of a match, that team will be considered to have forfeited the match. In the event that the score line against the offending team is greater than 0 – 3, the match will be abandoned, and the score will be recorded as it was prior to the walk-off.

SECTION 5: ELIGIBILITY & DISCIPLINARY

1. Player Eligibility

1.1. All Competitions:

1.1.1. No player may play for any team unless they are correctly registered in line with registration guidelines (see Section 3 Regulation 5).

1.2. The age requirements for each competition are:

Divisions	Playing level	Age Requirement
JG U15	U15 Girls	Born on or after 1 January 2011
JG U16	U16 Girls	Born on or after 1 January 2012
Div 1	SL1 / SL2	Over 16 years of age (Born on or after 1 January 2010)
Div 2	SL3 / SL4	Over 16 years of age (Born on or after 1 January 2010)
Div 3	SL5 / SL6	Over 16 years of age (Born on or after 1 January 2010)
Masters	Age based	Over 40 (born in 1986 or earlier)

1.2.1. The Masters Division is an aged based competition with the minimum age being 40 years of age. Age is determined as at 31 December 2026.

1.2.2. An age exemption for one (1) player per team in the Masters competition is permitted and is at the discretion of WMFC. The player must be over 35 years old.

1.2.3. An age exemption for players in JG U15 and U16, and Division 1-3 is at the discretion of WMFC.

2. Ineligible Players

2.1. Any team found guilty of playing an ineligible player will result in the match result overturned to a 3-0 forfeit win to the opposition team.

2.2. An ineligible player will be defined as the following:

2.2.1. A player who is not registered on Play Football.

2.2.2. A player that does not meet the age requirements or have received an exemption.

- 2.2.3. A player who has played under a name that is not their own.
- 2.2.4. A player currently serving a suspension.
- 2.2.5. Any player found to have willingly played as an ineligible player will be sanctioned as guided by CF.

3. Borrowing Players

- 3.1. A player must be fully registered in a Women's Summer Sevens Competitions to be permitted as a borrowed player.
- 3.2. Borrowed players must be age eligible as per Section 5 Regulation 1.
- 3.3. A borrowed player will be any player that is not named on the team list submitted upon nomination.
- 3.4. A player may be borrowed up to a total of five (5) times throughout an entire season for any one team.
- 3.5. Breaches of the above 'Borrowing Players' regulations will result in the team playing an ineligible player, a forfeit being awarded to the non-offending team.

4. Unregistered Players

- 4.1. Any player playing with a team in any competition who is not correctly registered in line with these regulations shall be deemed an unregistered player.
- 4.2. The playing of unregistered players is not permitted under any circumstances and will result in the offending team forfeiting the match.

5. Disciplinary Matters

- 5.1. Player Yellow Cards:
 - 5.1.1. If a player accrues four (4) yellow cards in a single competition during the same season, that player shall serve an automatic one (1) match ban in the next scheduled match in that competition.
 - 5.1.2. If a player accrues a further three (3) yellow cards in the same competition, that player must serve an automatic one (1) match ban in the next scheduled match in that competition.
- 5.2. Temporary Dismissals:
 - 5.2.1. For Women's Summer Sevens Competitions, the Temporary Dismissal period will be five (5) minutes in total

5.3. Red Cards:

- 5.3.1. Any player who receives a red card in a match must serve an automatic one (1) match ban in the next scheduled match in that competition. Further sanction may be imposed for serious offences as guided by CF.

5.4. Suspensions:

- 5.4.1. Any player who receives a suspension must serve that suspension in the next scheduled match(es) for their team until the suspension is served completely.
- 5.4.2. If a player is suspended and their team forfeits the next match, that player is deemed not to have served the suspension in the forfeited match. However, if the opposition forfeits the match, the player is deemed to have served the suspension.
- 5.4.3. Any player who is suspended and plays in a match before the period of their suspension has been served will receive an additional four (4) match suspension.
- 5.4.4. A suspended player is not permitted to register for another team or be borrowed under suspension.
- 5.4.5. If a player receives a suspension for a red card offence, they will not be permitted to participate in other competitions until the suspension is complete.

5.5. Spectators

- 5.5.1. Each team is responsible for the behaviour of its members and spectators, ensuring they prevent any disturbance amongst its spectators and generally assist WMFC in the preservation of law, order and good discipline at the match.
- 5.5.2. Any team that is found guilty of a breach of the Regulation will be liable to a fine or penalty as guided by CF and may be liable to lose competition point

6. Consequences for Breach

- 6.1. Any breach of these Regulations or failure to comply with any direction therein may result in action taken by WMFC in accordance with these Regulation and/or other sanctions as determined by Capital Football.

7. Disciplinary Sanctions and Proceedings

- 7.1. All Teams, Players, Team Officials, Match Officials, spectators or any person participating in any manner at a Summer Sevens match, or any associated event, will submit exclusively to the jurisdiction of these Regulations as applicable.

SECTION 6: TEAM SHEETS & RESULTS

1. Team Sheets

- 1.1. Team Sheets will be supplied by the WMFC staff prior to the match being played, but they are not responsible for ensuring team sheets are filled out.
- 1.2. Team Managers should 'mark' each player playing each week.
- 1.3. It is the responsibility of the respective teams to ensure that team sheets are correct and include all player's names, FFA numbers and shirt numbers at least five (5) minutes prior to the start of the match.
- 1.4. Only players correctly listed on the team sheets will be permitted to participate. Changes can be made to the team sheet up until the commencement of the second half of play.
- 1.5. Should a player take the field that is not listed on the team sheet they will be deemed ineligible, refer to Section 5 Regulation 2.
- 1.6. The referee may refuse to let a team take the field until that team's part of the team sheet has been presented to the referee.
- 1.7. A team's team sheet must be shown to the captain or manager of the opposing team at his or her request.
- 1.8. All players listed on the team sheet must have in their possession some legitimate form of photographic identification which must be produced at the request of the WMFC staff or referee. Legitimate forms of photographic identification may include a Driver's License, Proof of Age Card, School/University Issued ID Card, or Passport.
- 1.9. The detection of a breach against a status or registration regulation after viewing the opposing team's identification record may be the subject of a protest by that team but will not be cause for the match not to be played or to be abandoned. Such protests will only be considered if they are forwarded in writing to WMFC within forty-eight (48) hours of the event.
- 1.10. At the conclusion of the match, representatives from both teams are required to sign the team sheet to verify the score.
- 1.11. Any player under suspension from Capital Football will have their name noted on the team sheets under the section titled 'Players Stood Down' and will not be permitted to play. Any suspended player who takes to the field will be deemed ineligible, refer to Section 5 Regulation 2.

- 1.12. Any Team associate supplying false information shall be deemed to have been guilty of misconduct and dealt with under guidance by CF.

2. Results of Matches

- 2.1. WMFC staff will be responsible for keeping and recording match results and making them available for teams to access, within forty-eight (48) hours after the final match of the night.
- 2.2. If a team believes a score line to be incorrect, the team manager needs to contact WMFC staff by 5.00pm Tuesday after the fixture.
- 2.3. WMFC will contact the relevant parties to determine the score line and update the results as required.

SECTION 7: MATCH OFFICIALS

1. Appointments

- 1.1. WMFC will appoint referees to matches where possible.
- 1.2. A match may proceed with a minimum of one (1) appointed referee.
- 2. In the event of a match being played without an appointed referee, both teams will be notified where possible by WMFC and the home team will be responsible for supplying an individual to referee the match.

3. Reporting

- 3.1. If a player is sent off, the referee must complete a send-off report within 24 hours.
- 3.2. If a referee exercises his or her discretionary powers to suspend or abandon a match as per the guidelines in Regulation 4.11 or any other cause, they must submit an incident report within 24 hours.

SCHEDULE 1: TERMS

Association means Capital Football

Away team means the team listed second in the draw

CF means Capital Football

Delegate means the official representative for a team

Federation means Capital Football

FA means Football Australia

FIFA means Federation Internationale De Football Association

Home team means the team listed first on the draw

LOTG means Laws of the Game, the FIFA endorsed futsal laws for officials

Match or Matches means any match played in the WMFC Summer Sevens Competition, under WMFC's control

Match Official means a referee, assistant referee, third official or Referee Assessor

National Registration Regulations (NRR) means the set of regulations that govern registrations throughout Football in Australia

Participant means one or more of the following, whether individually or collectively:

- a) Club Officials.
- b) Players.
- c) Spectators.
- d) Supporters.
- e) Match Officials.
- f) Team Officials or Representatives.

Play Football means the national database administered by FFA for the purposes of registering all participants in Football in Australia

Player or Players means any person who participates in a Match (irrespective of whether they are registered with FA, junior or senior or an Amateur or Professional)

Team means a group of Players fielded to participate in the WMFC Summer Sevens Fixture

WMFC means Weston Molonglo Football Club