Henk's Summer Comp 2026

Henk's Summer Comp is a social competition that runs for 8 weeks over Summer starting 19th of October and ending the 8th of December. It is a 6-a-side competition (U5 to U7 play 4-a-side). It is open to players of all abilities that are five years and over.

- **Juniors:** Open (mixed) and Girls
- **Seniors:** Women, Open and Mixed

Competitions are pending sufficient nominations.

Games are on Mondays (Juniors) and Tuesdays (Seniors) nights with the following kick off times:

- Junior Kick-Off times are 5:20 pm, 6:15 pm, 7:10 pm & 8:05 pm
- Senior Kick-Off times are 6:15 pm, 7:10 pm & 8:05 pm

Team Fees

- U5-U7 team fee: $406
- U8-U9 team fee: $580
- U10-U12 team fee: $620
- U13-U18 team fee: $650
- Senior team fee: $800

Nominations

- Teams, or individuals need to nominate before the end of their respective nomination windows. Nominations are done online via our Summer Page.
- Team nominations will be given priority over individual nominations.
- Players cannot be listed on multiple team lists within the same age group or division
- Junior team nominations require two non-playing Team Managers over the age of 18.
- Managers for Junior teams (or Senior teams with vulnerable players), must have a current WWVP card, or show proof of a WWVP application for team nominations to be accepted. No exceptions.
- Nominations will be conditionally accepted pending payment of invoices sent after the nomination window.
- U5-U7 team nominations require a minimum of 6 players. U8-U18 and Seniors require at least 8 players.
- Senior team are limited to a maximum of 3 NPL players in their squad.

- Belnorth FC reserves the right to decline player or team nominations based on previous disciplinary issues, frequent team forfeits, failure to comply with team duties, false nomination information and abuse of organisers/officials.
- Senior Teams will be asked for each player's skill/playing level. False skill/grading information may result in nominations being declined.
- Team names must not be offensive. Changes will be requested if required.

Team Fee Payment

After the nomination window closes, team managers will receive an email invoice from Xero. You will have 72 hours (3 days) to pay your invoice or your position may be forfeited to a team on the waiting list.

Payment is by Electronic Funds Transfer (EFT). Payment must be made as one transaction by the team manager. Instructions for payment will be provided on the invoice.

Registration

- All players must register through PlayFootball after the team fee payment.
- PlayFootball registration is free for players that participate in Capital Football winter competitions in 2026.
- For players that didn't play in 2026, they will be subject to an insurance fee, payable through PlayFootball. See details below.
- Players must have a genuine profile photo attached to their PlayFootball account.
- Players must register before participating in the competition, i.e. the first round.
- Once the season begins, U8-U18 and Senior teams with fewer than eight (8) registered players will forfeit games until eight (8) players are registered. U5-U7 teams will need six (6) players registered, or they will forfeit games.

Player Insurance

Players who have already played in a Capital Football Competition in 2026 will be covered for insurance.

For each player who didn't play in a Capital Football Competition in 2026, they will be subject to an insurance fee when registering on PlayFootball. Those fees are to be below.

- Juniors: $21 plus transaction fees
- Seniors: $40 plus transaction fees

Season

- Both Juniors and Seniors will play an 8-week season.
- Divisions/Age Groups will generally consist of 6 to 12 teams.

In the event of cancellation, no games will be rescheduled. Competition organisers will endeavour to let teams know ASAP when ACT Sportsgrounds has closed the fields. We will use Dribl, email and social media to notify you of game changes, so please ensure you use a valid email when nominating your team.

Player Eligibility

1. Players need to be registered to play.
2. Only players who are listed on a team's list are eligible to play on that team.
3. Players are only allowed to be listed on one team list per competition, i.e. division or age group.
4. Fill-ins are permitted, provided that:
    a. fill-in players are registered for the competition on PlayFootball
    b. Junior fill-ins are eligible for the team/competition e.g. age and gender
    c. Senior Open fill-ins aren't on another team in the same division
    d. Senior Open fill-ins aren't filling-in for a team more than 2 divisions below the highest team they are in e.g. division 1 players can fill in for division 2 and 3 teams, but not div 4 and below
    e. Women and Senior Mixed players can fill in for teams within the same competition/division.

Rules

Please remember this is a social competition and is to be played in that spirit.

1. Games are 45 minutes: 20-minute halves with a 5-minute half-time break.
2. Teams must have four players on the field or will forfeit (U5-U7 there must be 3 players).
3. Junior Teams must have a designated jersey colour. All the team's players must wear the same uniform/colour.
4. Senior Teams must have a designated home jersey colour that is not white, either whole or part. Away teams will be required to wear a white jerseys to avoid clashes.
5. Junior Teams: In the case of a jersey clash, the away team must wear a different colour.
6. Goalkeepers must wear a different coloured jersey to their teammates.
7. Balls will be provided for all games and will be given to the referee by the game day staff. Ball sizes are as follows.
    a. U5-U9: Size 3
    b. U10-U13: Size 4
    c. U14-U18: Size 5
    d. Seniors: Size 5
8. Field Sizes:
    a. U5-U7: Mini-fields
    b. U8-U12: Quarter-fields

    c. U13-U18: Half-fields
    d. Seniors: Half-fields
9. Squad Sizes:
    a. U5-U7: 6-8 players (7 recommended)
    b. U8-U9: 8–12 players (9-10 recommended)
    c. U10-U13: 8–12 players (9-10 recommended)
    d. U14-U18: 8–12 players (10 recommended)
    e. Seniors: 8–12 players (10 recommended)
10. Regular football rules apply **EXCEPT**
    a. **Slide tackles within 2m of an opponent** will result in a caution and an indirect free kick. For Goalkeepers in the D, see section below for further information.
    b. No offsides.
    c. The goalkeeper is not allowed to kick or drop-kick the ball directly from their hands, neither on the volley nor half volley. The ball must be thrown or rolled from the hands or played from the ground with their feet, within 8 seconds.
    d. Substitutions are allowed at any time, but the player substituted must be off the field before the substitute player can enter.
11. Referees will be provided where possible and can caution and send players off.
12. In the event no referee is allocated, the home team will need to officiate.
13. Players receiving a yellow card will be required to leave the field for 5 minutes. Another player can replace them. Players sent off will be required to leave the field for the whole game. Further disciplinary action can result. Sent-off players can't be replaced.
14. Referees can "sin bin" players for 5 minutes due to disciplinary issues on the field. Another player can replace the player.
15. **Seniors Competitions:** Each division has a ladder with points given as follows
    a. Win: 3 points
    b. Draw: 1 point
    c. Loss: 0 points
16. **Senior Mixed Competitions:** Once a male player scores, a female player must score before a male can score again. This requirement resets at half-time. Female players can score at any time.
17. **Senior Mixed Competition:** 3 or more female players are to be on the field at all times.
18. **Junior and Senior Competitions:** When a team is winning by three goals, the trailing team will be allowed to have an extra player on the field.

To increase the enjoyment of the competition, we will endeavour to grade teams into similar levels of competition. Therefore, teams are asked to provide divisions or the skill levels of their players and previous team names on the team nomination form to assist in grading the teams.

Respect the referees

We are **ALL** responsible for supporting our referees. Together, we need to eliminate both physical and verbal abuse of match officials and provide a better experience for all participants in our game.

Everyone in the football community has a right to feel safe and supported when participating in our sport. As a community, we must respect our referees.

Officiating at matches is difficult, made even harder in an environment where verbal abuse and our junior referees are still developing. They need our support.

DO NOT stand by if you hear abuse of a match official. Call it out or look for a club official and report it immediately.

Junior Team Duties

Teams will be responsible for setting up and packing down fields and goals each night.

- U5 to U7: aluminium pop-up goals and corner flags provided
- U8 to U13: aluminium goals with the short (3m) crossbars, black nets and corner flags used on the smaller marked fields
- U14 to U18: swap over to the longer (5m) crossbars and white nets, plus move the corner flags to the larger marked fields.
- U8-U18 all use the same goal sides. The net and the crossbar vary.

See the image below for the correct setup of the goals for U8 to U18.

U10-U18 teams will be required to complete Dribl team sheets for each upcoming game.

Senior Team Duties

Teams playing in the first game of the evening will be responsible for setting up the field and goals. Teams playing the last game of the evening will be required to return the goals and corner flags.

Goals can be collected from the containers and returned after the last game.

Senior teams will be required to complete Dribl team sheets for each upcoming game.

Goalkeepers and sliding within the D

The slide tackle rule is there for safety reasons. The below guidelines are formed on that basis.

- Leading with the hands first is ok (unless it is a foul as defined by the Laws of the Game).

- Sliding whilst leading with the feet or knees is prohibited if towards an opposition player.
- Side to side sliding with feet/knees first across the goal, unless directly toward an opposition player is generally considered safe and ok.

Other factors to consider when making a determination are:

- the distance of the sliding action
- did the keeper drop directly to the ground in their action
- was the ball collected or saved/parried
- was the action aggressive or showed intent for injury

Wet and Extreme Weather Policies

For wet weather or extreme weather events, and how they affect games, please refer to the below policies.

- Wet Weather Policy
- Extreme Weather Policy (Heat/humidity, cold weather, hail, lightning & air quality)