



Guide to Playing Football for the Rams (2026 EDITION)

A family-friendly guide to joining and enjoying football at EGFC.

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1. Age & Eligibility

Players must be **turning 5 in the calendar year** to register.

We offer football from **Under 5s through to All Age**, including **Over 35s** and **Over 45s**.



2. Registration Fees & Costs

2026 Registration Fees

Ages	Fees
Under 5s through to Under 9s	\$240.00
Under 10s and Under 11s	\$250.00
Under 12s through to Under 18s	\$285.00
All Age (Turning 19 and over)	\$460.00

Why fees exist

Your registration covers:

- Playing shirts
- Referee fees
- Ground hire
- Line marking
- Equipment (balls, nets, flags, training gear)
- Trophies & awards
- Clubhouse maintenance

Plus Central Coast Football services:

- Competition management
- Weekly scheduling
- Judiciary
- Referee development
- Pluim Park maintenance
- **New in 2025:** \$10 Facility Levy per player



Additional Player Costs

Item	Cost
Club Socks	\$15.00
Club Shorts	\$30.00
Football Boots and Shin Pads	Player supplied



3. How to Register

Registrations open **6 January 2026** and pause on **30 January** to allow the committee to assess player numbers. Registrations are usually only accepted after that time to fill vacancies.

Register online via **PlayFootball**, accessed through the **Central Coast Football** website.



4. After You Register

New players

Attend our **Registration Follow-Up Day**:

 *31 January, EGFC Clubhouse (Cnr Wattle & Althorp Streets, East Gosford) Between 10.00am and 2.00pm*

Meet committee members, purchase shorts/socks, ask questions. If you cannot attend, we'll communicate via email.

Returning Players

We'll communicate via social media and email regarding key dates.

Team Muster Days

Typically held in early March — your first chance to meet teammates and coaches.



5. Season Dates & Game Days

Season Start - 10 April 2026

Season End - MiniRoos (U5–U11): **August**. Comp teams (U12+): **September**

Game Days

Age Group	When
Miniroos (Under 5s to Under 11s)	Saturdays
Mixed Juniors (U12s to U16s)	Saturdays
Men's 35s and 45s	Saturdays
Women's W12s to W18s and Women's All Age	Sundays
Women's 35s	Friday Nights
Men's U18s and Men's All Age	Sundays



6. Game Format

Team Sizes by Age

Age Group	Players	Reserves	Field Size
U5-U7	4	2-3	Small
U8-U9	7	2-3	Medium
U10-U11	9	2-3	3/4 Full Field
U12+	11	2-5	Full Field

Game Duration

Age Group	Duration
U5-U7	2 x 15 mins
U8-U9	2 x 20 mins
U10-U12	2 x 25 mins
U13-U14	2 x 30 mins
U15-U16	2 x 35 mins
All Age, 35s and 45s	2 x 40 mins
Premier League and Division 1	2 x 45 mins



7. Grading & Team Formation

Non-Competitive (U5–U7)

- No grading
- Focus on fun, friendships, and learning



Soft Grading (U8)

- Light ability grouping to balance competitions

Ability-Based Grading (U9+)

- Players grouped by skill level
- Ensures fair, competitive football
- Grading becomes more structured approaching U12

Team Continuity

As team sizes increase (e.g., 6 → 9 players), some reshuffling is unavoidable.



8. Girls-Only Football

Girls-only teams available in:

- U5–U11 (Saturdays)
- U12, U13, U14, U16, U18, Women's All Age (Sundays)

Mixed teams are available up to U16 and are played on Saturdays.



9. Training

- Training is held **Tuesday or Thursday** (club ground access days).
- Coaches set training times based on availability.
- Coaches may offer options to accommodate families.



10. Coaches & Volunteers

- Most coaches are parent volunteers.
- Many return each year; new volunteers are always welcome.
- **If no coach is assigned by Muster Day**, we call for volunteers.
- Must have a valid Working With Children Check ID.



11. Where Games Are Played

You may play at approximately **8–9 of the 23 different clubs** across the Central Coast.

Range:

- **North:** Gwandalan
- **South:** Umina
- **West:** Mangrove Mountain
- **East:** Terrigal

Don't despair yet mums and dads, MiniRoos usually play in **local hubs** to reduce travel.



12. Contacts & Support

Every club has a **Member Protection Information Officer** for guidance on issues and concerns throughout the season.

For general enquiries, please contact us at: info@eastgosfordfc.com