



FOOTBALL
NSW

2026 FOOTBALL NSW YOUTH COMPETITIONS

CLUB INFORMATION
GIRLS

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1. OVERVIEW

The National Premier Leagues FNSW Girls' Youth League One, FNSW Girls' Youth League Two are the official Football NSW (**FNSW**) Girls' Youth Competitions for the state's potentially talented players aged U14's to U18.

The following information provides details of the structure of the 2026 FNSW Girls' Youth Competitions.

2. CLUB STANDARDS & BENCHMARKING FRAMEWORK

Through the implementation of the Club Standards & Benchmarking Framework, Football NSW sets a definitive point of reference for evolving the program towards enhanced club capability, the exchange of best practice initiatives, and a stronger culture of accountability between Clubs and Football NSW. This will be achieved through the implementation of the Club Standards & Benchmarking framework which was first introduced during the 2024 season.

The Club Standards & Benchmarking framework is the Football NSW benchmarking, quality assurance and club support process to provide better services for our players, coaches and Clubs across the state. The Club Standards focus on youth development committed clubs by understanding their Planning, Delivery and anticipated Outcomes.

Club will be accountable to the football criteria and deliverables within the Club Standards and Benchmarking Framework – [Click Here](#).

3. FNSW GIRLS' YOUTH VISION STATEMENT

FNSW will guide clubs in adopting best practice approaches that provide talented youth players with an enhanced football environment offering higher quality training and playing opportunities than those available in community football. This approach aims to better prepare players for the technical, tactical, physical, psychological, and social demands of football in NSW and in national talent development programs and competitions.

4. TALENTED PLAYER PATHWAY

The Girls' Youth Competitions are an integral component of the state and national talented player pathway.

They provide a clear pathway to NPL and senior competitions, as well as links to other talented player programs conducted by FNSW, A-League Women's clubs and FA National Teams.

5. PARTICIPATING CLUBS

2026 FNSW Girls' Youth League One and Girls' Youth League Two Clubs.

- Includes A League Women's Academies, Central Coast Mariners FC, Newcastle Jets FC and Western Sydney Wanderers FC.

6. AGE GRADES

The FNSW Women's and Girls' Youth Competitions will cater for the following age groups in 2026:

Age Group	Date of Birth	Leagues
U14's	U14's (for players born on or after 1 January 2012)	Girls' Youth League One & Two
U15's	U15's (for players born on or after 1 January 2011)	Girls' Youth League One & Two
U16's	U16's (for players born on or after 1 January 2010)	Girls' Youth League One & Two
U18's	U18's (for players born on or after 1 January 2009)	Girls' Youth League One & Two

Consideration will be given for Biological Maturation (**BM**) factors. Players deemed as late developers, in accordance with FNSW's regulations may play "down" an age group. Only one player per team will be permitted to register as a BM player. Decisions on BM will be made in collaboration with the FNSW Technical Director and the relevant club.

Further information about BM can be found here: [Click Here](#).

7. NUMBER OF TEAMS AND PLAYERS PER TEAM

Each club will be required to have one team in each age grade the club participates in. Following is a table identifying the maximum squad numbers per team in each age group:

Age Group	Squad Size	Bio Maturation	Number of Teams
U14's	18	1 Max	1
U15's	18	1 Max	1
U16's	18	N/A	1
U18's	18	N/A	1

Please Note: It is recommended that two (2) Goalkeeper positions are allocated to the U15's age grade.

8. GIRLS' YOUTH ANNUAL SCHEDULE

As recommended by the FNSW Technical Department, best practise for Girls' Youth clubs is to provide, at a minimum, the following annual schedule for their Youth programs:

- 40-week training and competition program (for example, 6-8 weeks October/November to December plus 32-34 weeks January to September);
- Compulsory three training sessions per week (plus one game a week in the competition phase);
- For players selected into the FNSW Talent Support Program (**TSP**), training may be replaced by TSP games on a fortnightly basis; and
- With TSP taking place on Tuesday evenings, where possible, it is recommended that training nights are to take place on Monday, Wednesday, Thursday or Friday evenings.

All coaching/training/game-related costs associated with the implementation of a talented player development program, for the schedule as detailed above, must be included within the capped Player Registration Fee (**PRF**).

If a quality training and playing environment is provided, programs based on the above schedule deliver sufficient football training and playing opportunities for potentially talented young players to develop optimally. There should be no need to seek additional football-specific training for the majority of players (noting that cross-training in other non-football activities would be suitable for talented young players). FNSW encourages clubs to clearly provide information to parents about these principles.

Accordingly, clubs are **NOT PERMITTED** to charge players for extra football training over and above the recommended number of training nights detailed above. If they wish to offer additional sessions as part of their program, they must be included within the capped PRF.

9. COACHING QUALIFICATIONS

FNSW has set minimum coaching qualifications for Coaches in each League and grade of the FNSW Girls' Youth Competitions: [Click Here](#)

10. TRIAL PHASE

Girls' Youth clubs are responsible for conducting trials for their respective programs but must not do so prior to the trial date prescribed by FNSW.

The trial phase is **NOT** considered to be part of the 36 to 40-week training and competition programs indicated above.

It is also important to note that clubs are **NOT PERMITTED** to charge players a fee to trial.

Further, clubs cannot charge retention fees to players to secure a place in a program (unless those fees are to be offset against the capped PRF).

Failure to comply with these directives may result in sanctions being imposed on clubs (and on club staff) involved in these activities as determined by FNSW in its absolute discretion.

The date that clubs are permitted to commence trials is from the following:

Commencement: 12 October 2025

Please Note: Until and including 20 December 2025, clubs are not permitted to hold training or trials on Saturdays.

11. TRAINING PHASE

The **training phase** for the **2025/26** season, incorporating a break over the Christmas and New Year period, is as follows:

Commencement: October/November 2025

Conclusion: February 2026

As trial dates vary between clubs, a club's training phase can commence immediately following the completion of that club's trial phase.

During the training phase, it is expected that clubs deliver a detailed pre-season plan which includes both training and match day experiences. It is recommended that players are exposed to high performance programs that develop individuals to play as part of the team. It is important to note that clubs are **NOT PERMITTED** to charge players an additional fee for training during the November to March period (sometimes referred to as "pre-season" or "off-season"). Training from November to the start of the game phase must form part of the annual 40-week Girls' Youth League One and Girls' Youth League Two programs as detailed above.

Clubs will be permitted to coordinate their own friendly matches with FNSW-affiliated clubs or community clubs during the training phase period. These matches must be organised in accordance with FNSW regulations, with clubs required to submit trial match application forms for prior approval by FNSW.

Scheduling of friendly matches against non-affiliated teams is not permitted, as players would not be covered by the FNSW insurance program if such matches were to be played.

12. GAME PHASE

The **game phase** for the 2026 NPL, FNSW Girls' Youth League One and FNSW Girls' Youth League Two Competitions has been set for the following period:

Season	NPLWNSW and GYL 1	L1W and GYL 2
Premiership Commencement:	Weekend of 8 March 2026	Weekend of 1 March 2026
Premiership Conclusion:	Weekend of 30 August 2026	Weekend of 23 August 2026
Championship Series Commencement:	Weekend of 6 September 2026	Weekend of 30 August 2026
Championship Series Conclusion:	Weekend of 13 September 2026	Weekend of 6 September 2026

All training and matches must cease on the Championship Series Conclusion date. This will allow players a break between the end of the season and the commencement of trials for the 2026 season.

Match schedules for the NPL, FNSW Girls' Youth League One and FNSW Girls' Youth League Two Competitions are scheduled to be released during the first week of December 2025 and will be accessible via the Competitions page on the Football NSW website - [Click Here](#).

13. CHAMPIONSHIP SERIES

The following format will be used for the Championship Matches of the, FNSW Girls' Youth League One, FNSW Girls' Youth League Two, Competitions:

Round	Match Number	Title	Teams
1	1	Semi Final 1	1st v 4th
	2	Semi Final 2	2nd v 3rd
2	3	Grand Final	Winner Match 1 v Winner Match 2

14. MOVEMENT BETWEEN LEAGUES FROM 2025 TO 2026 – GIRLS YOUTH LEAGUE

The Club Standards & Benchmarking framework have been implemented across the Girls Youth Leagues in 2025 & 2026, with movement between Leagues occurring at the conclusion of the 2026 season.

For avoidance of doubt, there was no movement (promotion/relegation) between Girls Youth Leagues at the conclusion of the 2025 season.

The Club Standards & Benchmarking framework is comprised of five components;

- League compliance
- Club championship
- Football criteria
- Technical Qualifications
- Progression & Retention

Movement between Leagues within the Girls Youth environment will be based on the accumulation of assessment points given across the five components of the Club Standards & Benchmarking framework outlined above.

Each component is weighted differently, and Clubs will receive a final assessment score for the 2-year licence period at the conclusion of the 2026 season.

For further, detailed information on the Girls Youth League Club Standards & Benchmarking framework please find the document here – [Click Here](#)

15. PLAYER REGISTRATION FEES

Clubs participating in FNSW Competitions are required to comply with the capped Player Registration Fee (**PRF**) set by FNSW for certain Competitions and age grades:

Capped Player Registration Fee (GST Inclusive)			
Competition	Grade	Maximum Club Fee (exclusive of FA NRF and FNSW Fee)	*Maximum total amount a club can charge a player (inclusive of FFA NRF and FNSW Capitation)
Girls' Youth League One	U14's – U18's	\$2,572.00	**Up to \$2,689
Girls' Youth League Two	U14's – U18's	\$2,572.00	**Up to \$2,689

It is to be noted that the capped PRF is the **maximum** a club can charge and includes the FA National Registration Fee (**NRF**), the FNSW Capitation Fee and the Club Registration Fee. Clubs are free to set their own Club Registration Fee, however, the total PRF **cannot** exceed the capped PRF.

16. APPAREL AND EQUIPMENT

All clothing, apparel and equipment costs must be included within the capped PRF. Training and match apparel is to be supplied by the club, and must include the following items as a minimum:

- Playing Shirt X 1
- Playing Short X 1
- Playing Socks X 1
- Tracksuit (Jacket and Pants) X 1
- Training Shirt X 1
- Training Shorts X 1
- Training Socks X 1
- Polo Shirt X 1
- Kit Bag X 1

The above apparel is to be provided within the cost of the program, i.e. a fee for this minimum level of apparel cannot be charged over and above the capped PRF. Clubs may choose to provide additional training and playing items to those listed above but must do so within the capped PRF. Any other "special" club apparel items, such as beanies etc, can only be offered for sale as an option (i.e. not mandatory) and at a reasonable cost.

If players are required to wear any technology devices (e.g. GPS units) for football analysis, then these must be provided by the club within the capped PRF – noting that these items would then be retained by the club for analysis and re-used in subsequent years. Players should be not charged an additional fee, nor should this be mandated by the club.

17. SUPPORT SERVICES

Should the club offer any other products and services such as video analysis, statistics, general dietary and wellbeing education etc., these are also considered part of a quality football program and must be provided within the capped PRF.

To clarify, all ancillary high-performance training and equipment costs (e.g. for sports science/sports medicine, physiotherapists and strength and conditioning) must be included within the capped PRF.

It should be noted that medical coverage at matches (Level 1 Sports Trainer at a minimum) must also be included within the capped PRF, however, one-one appointments with physiotherapists etc. outside the training/game day environment would be at the cost of the individual, with the practitioner that the individual chooses.

18. CLUB FUNCTIONS

Induction, pre-season and end-of-season presentations/functions, the cost of trophies/medals and a team photograph for every player in a club's youth program must be included within the capped PRF.

In relation to shirt presentations, season launches, end-of-season functions and other specific program-related functions, the capped PRF must cover the admission/participation of at least the player, and ideally one parent. Clubs may then charge a reasonable fee for additional family members and friends who wish to attend.

If a club cannot deliver these functions within the capped PRF, then attendance at the function must be optional for Youth players. Any cost for Youth players, and their families and friends must be reasonable and must be on a 'cost-recovery' basis and no higher.

Selection/game time must not be adversely affected by a player's non-participation in any function.

19. CLINICS AND CAMPS

- If clubs run school holiday clinics, they must be advertised to the general public and not just targeted at the club's own Youth and junior players. Participation in those clinics cannot be compulsory for players in the club's programs, and selection/game time cannot be adversely affected by non-participation.
- An activity (camp, tournament etc) that involves travel and overnight stays can be levied as an additional fee provided participation is not mandatory and that selection/game time is not adversely affected by non-participation. However, please note:

- The activity must be provided to players/parents as a separate and optional activity;
- The cost of participation in the activity cannot be charged at the time of registration;
- The fee charged must be on a 'cost recovery' basis and no higher; and
- Some of these activities need to be sanctioned by FNSW so that participants receive the benefit of FNSW's insurance program. We would urge participants to check with their club that such activities have been sanctioned by FNSW prior to participating.

20. ADDITIONAL INFORMATION

The capped PRF must also include the following:

- Other costs of registration, including the FNSW Capitation Fee (which includes insurance) and the FA NRF; and
- All club-related costs such as staff costs, pitch rental, referees fees, utilities and similar. That is, clubs cannot charge any additional "Club Administration Fee", "Facilities Levy", "Referees Levy", "Coaching Levy" etc.

Essentially, clubs cannot charge for any other goods or services that FNSW would reasonably expect a player would receive as part of their registration with a football club operating a high-quality Youth program.

Clubs are reminded that the capped PRF is a maximum, it is not also a minimum. Sanctions will apply for breaches. FNSW encourages clubs to develop business models that allow them to charge their players a PRF below the capped PRF.

The 2026 Girls' Youth League Competitions aim to deliver an enhanced football development opportunity to the state's talented youth coaches and players, providing them the platform and foundation to be the best they can be as individuals within the team environment. FNSW believes that this foundation is best delivered by clubs within the Girls' Youth League system.

FNSW will continue to provide "coaching the coaches" support and to monitor program delivery, ensuring the core principles are maintained, and our playing style statement is brought to life. Coaches and players that demonstrate high potential will also be supported through FNSW programs and pathways.



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