



**NATIONAL
PREMIER LEAGUES**
NORTHERN NSW



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2026

National Premier Leagues

Women's Northern NSW

Competition Rules



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1. SCOPE & DEFINITONS

- 1.1. The National Premier Leagues Women's NNSW 2026 Competition Rules are to be read in conjunction with Northern NSW Football 2026 Premier Competition Regulations.
- 1.2. All definitions as outlined in the Northern NSW Football 2026 Premier Competition Regulations will apply in this document.

2. FEES

2.1. Participation Fee

(a) The total Participation Fee is approximately \$14,447.90.

(b) This Fee includes the following:

(i)	Competition Fee	\$5,915.77
(ii)	Contribution to Match Official Appointments Officer	\$275.00
(iii)	Women's State Cup Entry Fee	\$300.00
(iv)	Disciplinary Levy	\$433.13
(v)	Match Officials Fee	\$7,524.00

(c) The Participation Fee will be paid over four instalments:

(i)	Instalment 1	\$3,612.00	30/03/2025
(ii)	Instalment 2	\$3,612.00	30/04/2025
(iii)	Instalment 3	\$3,612.00	31/05/2025
(iv)	Instalment 4	\$3,611.90	31/07/2025

3. COMPETITION STRUCTURE

3.1. Each Club will be required to field and maintain the following teams in National Premier Leagues Women's NNSW Competition:

(a) Senior Competition:

- (i) 1st Grade;
- (ii) Reserve Grade.

3.2. The Senior Competition is comprised of 7 Clubs and played on a home and away basis over 21 rounds.

3.3. The Senior League Cup is comprised of 7 Clubs and played on a knock-out basis.

3.4. Points will be awarded in accordance with the 2026 Premier Competition Regulations.



4. FINAL SERIES

4.1. The Finals Series will be conducted under the following format:

(a) Finals Series Competition Fixtures:

Week 1			
Major Semi-Final	1 st Placed Team	v	2 nd Placed Team
Minor Semi-Final	3 rd Placed Team	v	4 th Placed Team
	Loser Eliminated		
Week 2			
Preliminary Final	Loser Major SF	v	Winner Minor SF
	Loser Eliminated		
Bye	Winner MSF1	v	Bye
Week 3			
Grand Final	Winner Major SF	v	Winner PF

(b) Week 1 Competition Fixtures may be required played at a multi pitch venue to be determined by NNSWF.

(c) Preliminary Final host venue is determined solely on the basis of first named 1st Grade teams.

(d) Reserve Grade Semi-finals will take place at the same venue as their equivalent 1st Grade Competition Fixtures.

(e) The first named team in all Finals Series Competition Fixtures will be the designated home team.

(f) NNSWF reserves the right to allocate changerooms for all NPL Finals Series matches at its sole discretion.

(g) The highest placed team on the Officials Points Table reserves the right to nominate their preferred playing day.

(h) If the winning teams for the Reserve Grade grand final cannot be determined by the above criteria, then the following will occur immediately after the conclusion of the second semi-final leg;

(i) Penalty kicks will be taken in accordance with FIFA Laws of the Game to determine a winner;

(ii) For the avoidance of no extra time will be played in Reserve Grade Competition Fixtures for these matches

(i) If winners for the 1st Grade Finals Series Matches outlined in Rule 4.1 (a), Weeks 1-2 cannot be determined at the conclusion of normal time, then the following will occur immediately after the conclusion of the Match:

(i) Extra time of 2 equal periods of 15 minutes will be played in accordance with FIFA Law 8 for;



(ii) If at the conclusion of both periods of extra time, a winner has not been determined, penalty kicks will be taken in accordance with FIFA Laws of the Game to determine a winner.

(j) If winners for the Reserve Grade Finals Series Matches outlined in Rule 4.1 (a), Weeks 1-2 cannot be determined at the conclusion of normal time, then the following will occur immediately after the conclusion of the Match:

(i) Penalty kicks will be taken in accordance with FIFA Laws of the Game to determine a winner;

(ii) For the avoidance of doubt, no extra time will be played in Reserve Grade Competition Fixtures for these Matches.

4.2. Grand Final

(a) For all Grand Final Matches outlined in 4.1 (a) Week 3, if a winner cannot be determined at the conclusion of normal time, then the following will occur immediately after the conclusion of the Match:

(i) For 1st Grade extra time periods will be 2 equal periods of 10 minutes.

(ii) If at the conclusion of both periods of extra time, a winner has not been determined, penalty kicks will be taken in accordance with FIFA Laws of the Game to determine a winner.

(iii) For Reserve Grade no extra time will be played, penalty kicks will be taken in accordance with FIFA Laws of the Game to determine a winner.

(b) NNSWF will determine the Venue, kick-off time and playing date of all Grand Finals at its sole discretion.

(c) NNSWF reserves the right to allocate changerooms for all NPL Finals Series matches at its sole discretion.

4.3. Senior Finals Eligibility

(a) The highest grade in which a Player is named as a starting Player, will be considered to be the grade in which that Player has participated in for that round.

(b) The grade a Player has played the highest number of their Matches as shown in Squadi is the lowest grade in which they are eligible to participate in the Final's Series.

(i) A Player is eligible to participate in the lowest grade they qualify for in accordance with 4.3 (b) and grades above.

(ii) Should a player have played an equal number of their Matches in all grades they participated in, they will be considered eligible to participate in those grades.

(c) Subject to any suspension and/or age eligibility a Player is eligible to participate in the grade they have qualified for and grades above.



(d) Club may seek special dispensation for the specialist position of Goalkeeper. All requests will be considered on an individual basis by NNSWF.

(e) Should a Team be removed or withdrawn from a competition, NNSWF reserves the right to adjust finals eligibility requirements for remaining Clubs on the basis of a Player being eligible for the Team they have played the majority of matches for and the corresponding grades above.

5. ADMISSION CHARGES

5.1. Scheduled Fixture

(a) The following fees are the maximum admission fees which can be charged for senior Matches:

(i)	Adults	\$10.00
(ii)	Concession	\$5.00
(iii)	Vehicles	\$2.00

(b) Clubs are not required to charge admission fees; it is at the club's discretion.

(c) Admission fees may only be charged for senior football:

- (i) In the event of youth Matches (including 18 Years) occurring on the same day at the same Venue as senior Matches, admission fees may only apply from half time in the youth Match immediately preceding the first senior match.

5.2. Rescheduled Fixture

(a) Where a 1st Grade Team participates in a rescheduled fixture:

(i)	Adults	\$10.00
(ii)	Concession	\$5.00
(iii)	Vehicles	\$2.00

(b) Where only Reserve Grade participate in a rescheduled fixture:

(i)	Adults	\$5.00
(ii)	Concession	\$2.00
(iii)	Vehicles	\$1.00

6. CLUB PASSES

6.1. Each Club will be provided the following passes:

(a)	VIP	10
(b)	Committee	18
(c)	Players	60

6.2. Associates must adhere to the required terms and conditions noted on their specific passes.



7. LEAGUE CUP

7.1. The League Cup shall be conducted on a knock-out basis.

7.2. NNSWF shall conduct a draw inclusive of individual Team progression.

(a) The initial draw shall be conducted on the basis of a whole Club (inclusive of both PYL Girl's Teams and NPL Women's Teams)

7.3. Teams will play through the League as individual Teams and either progress or be eliminated.

7.4. In the event a Match is drawn at the conclusion of normal playing the result of the Match shall be decided by penalties as per FIFA Laws of the Game.

(a) The following conditions shall apply for the Cup Final only:

(i) Penalty kicks will be taken in accordance with FIFA Laws of the Game to determine a winner.

7.5. NNSWF will determine the Venue, kick-off time and playing date of all Grand Finals at its sole discretion.

8. AGE RESTRICTIONS

8.1. For all instances, with the exception of 8.2 (a) a Player's age is determined by the age they turn during that calendar year.

8.2. 2026 Senior Grades

(a) Minimum age to play in Senior Grades is 15 years old (must already be 15 years of age).

(b) All Clubs are required to register and maintain a minimum of 7 Players born 2006 or later on their Reserve Roster.

8.3. A Player registered in the 1st Grade Roster is not permitted to participate in a Youth Grade competition.

(a) Players born 2011 and before, are permitted to play into any higher age group, including senior grades an unlimited number of times (subject to Final Series qualification).

8.4. Player Eligibility Exemptions

(a) Players are not permitted to play down into an age group or grade lower than they are age eligible for with the exception of:

(i) In the event of an injury or unavailability to a Goalkeeper and the subsequent goalkeeper from the age group or grade below is unable to participate, Clubs must complete and submit the following form [Eligibility Form](#) allowing for permission to play the Goalkeeper from the corresponding next age group or grade above.



- (ii) The [Eligibility Form](#) must be completed and submitted by a Club Executive or the Club Technical Director by or before 9am the next Business Day following the completion of the Match.
- (iii) Clubs are responsible for collecting and storing applicable evidence to support the usage of a Goalkeeper from the higher age group which may be requested by NNSWF.
- (iv) In the event a Player or Goalkeeper does not meet the above criteria, Clubs may apply in writing to NNSWF to request special exemption.
- (v) Should a Club be found guilty of the using a Goalkeeper from a higher grade to gain Sporting Advantage, which may include taking adequate steps in assembling their squads appropriately, they may be subject to NNSWF Premier Competition Regulation 7.6 and corresponding sanctions.

9. PLAYER REGISTRATIONS

9.1. The minimum number of Players permitted to be registered per club is:

- (a) 30 – (1st Grade and Reserve Grade)

9.2. Clubs will be required to submit a player roster to NNSWF as below:

Final Roster	Friday 13th February 2026 (5pm)
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9.3. Clubs will be permitted to make unlimited changes to their original player roster during the following window:

Mid-Season Window	Monday 11th May 2026 to Friday 15th May 2026 (12pm).
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9.4. Player rosters must be submitted on the template provided by Northern NSW Football.

- (a) Any player over 20 must be registered within the windows to play in the first grade.

9.5. For the avoidance of doubt, any player who is on an A-League contract at the start of the season that you want on your roster, their name must be included on your NPL Women’s First Grade Pre-Season roster submitted by **Friday 13th February 2026**. The player can be registered with your club once their professional registration finishes but cannot take the field until 30 days after they were last on the team sheet in a professional match.

9.6. Clubs will be permitted to register a maximum of 3 A-League Women’s Players.

- (a) A-League Women’s Players are defined as Players who have registered with a A-League Women’s Club in the 2025/26 A-League season.

10. MATCH DURATION

10.1. Each Match shall consist of the following:

Competition	Match Duration	Half-Time Interval
1st Grade	2 x 45-minute halves	15 minutes (max)
Reserve Grade	2 x 45-minute halves	15 minutes (max.)

10.2. Additional time for injuries and stoppages in 1st Grade may be added at the discretion of the referee.

11. MATCH BALLS



11.1. Approved Match balls must be used in all Competition Fixtures.

11.2. Mitre is the approved Match ball for season 2026.

11.3. The following Match ball sizes must be used:

Competition	Match Ball Size	Match Ball Min. Quality
1 st Grade	5	Top of the range Mitre (NPL Ultimax Pro or similar)
Reserve Grade	5	Mid-range Mitre

12. TEAM OFFICIALS & TECHNICAL AREA

12.1. Clubs will be permitted to the following number of Team Officials, substitute and / or interchange Players within in the Technical Area during a fixture:

Competition	Maximum Officials Permitted	Maximum Players Permitted
1 st Grade	6 Registered Team Officials	7 Substitute Players
Reserve Grade		5 Substitute Players

(a) All Team Officials & Players must be eligible to participate in the Match and named accordingly on the Official Team Sheet on Squadi.

12.2. All registered Team Officials must display their NNSWF Accreditation Pass at all times.

12.3. A Player or Team Official who has been expelled or is serving a suspension is not permitted to be in the Technical Area during a fixture in accordance with Regulation 37 of 2026 Premier Competition Regulations.

12.4. Anyone in the Technical Area who should not be in the Technical is still subject to the same sanctions as if they were allowed to be in the Technical Area.

13. SUBSTITUTION OF PLAYERS

13.1. Substitution 1st Grade

(a) Each competing Team may name a maximum of 7 substitute Players on the Official Team Sheet and at its discretion use 5 substitutes during a Match, 1 of whom may be the Goalkeeper;

(b) To reduce disruption to the Match, each Team will have a maximum of 3 opportunities to make substitutions during the game; substitutions may also be made at half-time which does not count towards the maximum of 3 opportunities. If both teams make a substitution at the same time, this will count as 1 of the 3 opportunities for each team.

(i) For Matches where Extra Time is required (Rule 4.1) each Team will have 1 additional opportunity to make a substitution

13.2. Substitution Reserve Grade

(a) Each competing Team may name a maximum of 5 substitute Players on the Official Team Sheet and at its discretion use 5 substitutes during a Match, 1 of whom may be the Goalkeeper;



(b) To reduce disruption to the Match, each Team will have a maximum of 3 opportunities to make substitutions during the game; substitutions may also be made at half-time which does not count towards the maximum of 3 opportunities. If both teams make a substitution at the same time, this will count as 1 of the 3 opportunities for each team.

(i) For Matches where Extra Time is required (Rule 4.1) each Team will have 1 additional opportunity to make a substitution.

14. RESCHEDULED FIXTURES

14.1. Senior Competitions

(a) Senior Competition Fixtures postponed due to inclement weather, or any other causes will in the first instance be rescheduled to the next available catch-up round should that catch-up round fall within 30 days of the postponed fixture, with preference given to matchdays where multiple grades have been postponed.

(b) Should there be no available catch-up rounds within the parameters set out in 14.1(a), the matches will be replayed the second week after the postponement as follows, with due consideration given to previously scheduled Competition Fixtures

1 st Grade	Wednesday	8:00pm
Reserve Grade	Wednesday	6:00pm

(c) Should a match not be able to be rescheduled in line with 14.1 (a) or (b) then NNSWF will determine the best available date within reasonable timeframes.

(d) The use of schedule catch-up rounds will be at the discretion of NNSWF.

(e) NNSWF reserves the right at its absolute discretion to consider all available options to ensure that as many fixtures as possible are played during a period of inclement weather or postponements, and where any fixture may have a bearing on a final's series position all endeavours will be made to reschedule fixture.

14.2. Should inclement weather persist and cause the postponement of rescheduled Competition Fixtures, NNSWF will liaise with the home club to determine new Competition Fixture dates.

14.3. The availability of Players or Team Officials will not be taken into consideration when determining rescheduled fixtures.



15. PRIZE MONEY

15.1. Prize money shall be awarded in accordance with the following table:

15.2.

1 st Grade Premiers	\$10,000.00
1 st Grade Second Place	\$ 2,000.00
1 st Grade Grand Final Winners	\$ 4,000.00
1 st Grade Grand Finalists	\$ 2,000.00
Club Championship	\$ 2,000.00
Club of the Year	\$ 1,000.00

16. MEDIA & MARKETING

16.1. Clubs will be required to actively operate Social Media accounts that are up to date, relevant and provide information to their members in accordance with NNSWF's Social Media Policy.

16.2. Clubs may be required to erect WPL sponsorship banners within their venue. NNSWF will advise Clubs of requirements prior to the commencement of the Competition Season.

16.3. Clubs who fail to adhere to this rule will be subject to a fine in accordance with Appendix A of the 2026 Premier Competitions Regulations.



APPENDIX A – AWARDS

The following awards shall be presented to eligible recipients.

Award	Criteria / System	Method
Emily Van Egmond Award (Player of the Year) * *	Ongoing dual 3-2-1 Vote System	One set of 3-2-1 votes submitted by Match Officials of each Premiership fixture plus one set of 3-2-1 votes by an expert from our independent panel
Players Player Award *	1 off singular Vote System	Following the completion of the Premiership each Player on the respective 1 st Grade Roster will vote for the player they believe is the best in the league.
Media Award *	1 off 3-2-1 Vote System	Following the completion of the Premiership selected media who have actively covered the league will vote for the best player in the league.
Goalkeeper of the Year *	1 off 3-2-1 Vote System	1 st Grade Head Coaches vote at the conclusion of the Premiership season.
Young Player of the Year *	Highest eligible vote getter	Highest vote getter in the Player of the Year tally who is 21 or younger. In the event this player has won the Player of the Year the next highest vote getter within the criteria would receive the award.
Coach of the Year *	1 off 3-2-1 Vote System	1 st Grade Head Coaches vote at the conclusion of the Premiership season.
Fair Play Award	Scaled Disciplinary Infringement System	Awarded to the Club with the best disciplinary record throughout the Premiership season considering yellow / red card infringements & Code of Conduct offences across all Competition Grades.
Golden Boot *	-	Highest goal scorer during the Premiership season.
Player of the Grand Final *	-	Technical panel assembled to determine the best player of the Grand Final.
Club of the Year	NNSWF Reporting System	Based on Club reporting system data.
NPL Women's & PYL Girls Club Championship		NPLW 1st Grade: Wins = 8 points / Draw = 4 points



		NPLW Reserve Grade: Wins = 4 points / Draw = 2 points PYL Girls 13, 15 & 17: Wins = 2 points / Draw = 1 points The club with the highest accumulated points based on the above will be the NPLW & PYLG Club Championship winners.
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***1st Grade only.**

(A) Clubs who fail to submit votes may be subject to financial sanctions in accordance with the NNSWF Competition Regulations Appendix A.

AWARD ELIGIBILITY CRITERIA

(1) A Player or Team Official is ineligible to win the following awards if the Player / Team Official is:

- (A) suspended as a result of receiving a Direct Red Card in Match;
- (B) suspended as a result of a determination of a body under the Disciplinary Regulations;
- (C) convicted of an anti-doping offence;
- (D) found guilty of serious misconduct as determined by FA; and / or
- (E) found guilty of breaching an FA Statute and NNSWF determines that as a result of such breach the Player is ineligible to win any of the aforementioned awards.

(2) Player / Team Official ineligibility only applies to the following categories:

- (A) Player of the Year;
- (B) Young Player of the Year;
- (C) Coach of the Year.