



NORTHERN NSW
FOOTBALL

NORTHERN INLAND

2026

Northern NSW Football

Northern Inland

Competition Rules

Tamworth Senior

Tamworth Youth



NORTHERN
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FOOTBALL

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1. SCOPE & DEFINITIONS

- (a) These Northern Inland Competition Rules are to be read in conjunction with the Northern NSW Football – Northern Inland Competition Regulations.
- (b) All definitions in the Northern NSW Football – Northern Inland Competition Regulations will apply in this document.
- (c) These Competition Rules cover:
 - (a) Tamworth Senior Competitions
 - (b) Tamworth Youth Competitions

2. COMPETITION STRUCTURE

- (a) Tamworth Women's League
 - (a) The Tamworth Women's competition is comprised of 12 teams and 3 divisions (Division 1, Division 2, Division 3) of 4 teams.
 - (b) In all three phases of the competition: Teams will play each team in their respective division twice before a promotion/ relegation takes place
 - (c) Teams will be ranked within their own division based on the following
 - (i) Greatest number of points obtained in all Matches. If two or more teams are equal on the basis of the above criteria, their ranking shall be determined as follows:
 - (ii) The team with the highest goal difference
 - (iii) The team with the highest number of goals scored
 - (iv) Highest number of points accumulated in competition fixtures between the clubs concerned
 - (v) Lowest number of red cards accumulated
 - (vi) Lowest number of yellow cards accumulated; and
 - (vii) Toss of a coin in the event of a tie of 2 clubs or drawing of lots in the event of a tie of 3 or more clubs
 - (d) At the conclusion of both phase 1 and phase 2, the following promotion and relegation structure will be implemented
 - (i) The 4th ranked team in division 1 will be relegated to division 2
 - (ii) The 1st ranked team in division 2 will be promoted to division 1.
 - (iii) The 4th ranked team in division 2 will be relegated to division 3
 - (iv) The 1st ranked team in division 3 will be promoted to division 2.



(e) Promotion and relegation is compulsory, clubs cannot elect not to be promoted or relegated for the next phase.

(f) The final standing in phase 3, will dictate the starting league structures for season 2027, after the implementation of the promotion and relegation in line with rule 2.a.d.

(g) At the conclusion of each phase all points, goals and match statistics will be reset.

(b) Men's Senior Competitions

(a) 3rd Division

(i) The Tamworth 3rd Division is comprised of 8 teams.

(ii) Teams will play each other two or three times over the 18 rounds before the final series commence.

(b) 4th Division

(i) The Tamworth 4th Division is comprised of 10 teams.

(ii) Teams will play each other 2 times over the 18 rounds before the final series commence.

(c) Tamworth Youth Competitions

(a) Under 12 Competition

(i) The Under 12 Competition is comprised of 14 teams which have been split into division A and division B

2.c.a.i.1. Division A consists of 8 teams

2.c.a.i.1.1. Teams will play each other twice over the 16 rounds before the final series commences.

2.c.a.i.2. Division B consists of 6 teams

2.c.a.i.2.1. Teams will play each other twice or three times over the 16 rounds before the finals series commences

(b) Under 13 Competition

(i) The Under 13 Competition is comprised of 9 teams.

(ii) Teams will play each other 1 or 2 times over the 16 rounds before the final series commences.

(c) Under 14 Competition

(i) The Under 14 Competition is comprised of 7 teams.



(ii) Teams will play each other 2 or 3 times over the 15 rounds before the final series commences.

(d) Under 15/16 Competition

(i) The Under 15/16 Competition is comprised of 9 teams.

(ii) Teams will play each other 1 or 2 times over the 15 rounds before the final series commences.

(d) Northern NSW Football – Northern Inland reserve the right to alter the format of each competition structure.

(e) Points will be awarded in accordance the 2026 Northern NSW Football – Northern Inland Competition Regulations for all competitions

3. PLAYER REGISTRATIONS

(a) Players and Team Officials must be registered in accordance with Northern NSW Football – Northern Inland Competition Regulations 2026.

(b) A squad list must be submitted to Squadi before Round 1 of all Competition Fixtures.

(c) Clubs must fill the minimum number of players per team:

Age Group / Division	Minimum Number of Players
Youth 12-18 Years	11
Senior (Men & Women)	11

4. AGE RESTRICTIONS

(a) A youth players age eligibility will be determined by the age they are turning during the calendar year of competition.

(b) A player must be turning 15 in the year of competition to play in the Senior Men’s Grades. Players born in the year 2011 or earlier may play in the 2026 Tamworth 3rd & 4th Grade Competitions.

(c) A female player must have turned 14 years of age prior to the commencement of competition to play in Senior Women’s Grades. For the 2026 Women’s Competition this date is Saturday 11th April

(d) A female player may play down 1 age group in any mixed/junior competition

(e) Age Exceptions can be granted to players and must have permission from NNSWF Northern Inland.

5. FINALS SERIES

(a) Finals Series Fixtures for Tamworth 3/4th Grade, Tamworth Womens League Division 1 & Youth Competitions



WEEK 1				
SF1	Qualifying Final	1 st Place Team	V	2 nd Place Team
SF2	Elimination Final (Loser Eliminated)	3 rd Place Team	V	4 th Place Team
WEEK 2				
PF	Preliminary Final (Loser Eliminated)	Loser SF1	V	Winner SF2
WEEK 3				
GF	Grand Final	Winner SF1	V	Winner EF

(b) Finals Series Fixtures for Tamworth Womens League Division 2 and Division 3

6. WEEK 1				
GF	Grand Final	1 st Place Team	V	2 nd Place Team

(b) NNSWF Northern Inland reserve the right to determine the venue for all Tamworth Competition Final Series Fixtures.

(c) NNSWF Northern Inland reserves the right to schedule Tamworth Competition Final Series at their sole discretion, taking into account all other Matches in Northern Inland Competitions.

(d) If winners for Finals Series Matches outlined in Rule 5.3(a), Weeks 1-3 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 will be played in accordance with FIFA Law 8.
- (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.

(e) The periods of extra time for each age grade / division in regard to Rule 5.3(d,i) are as follows:

Competition	Periods of Extra Time
Senior Competitions (Men's/Women's)	2x 10-minute periods
Under 15/16	2x 10-minute periods
Under 14	2x 7.5-minute periods



Under 13	2x 7.5-minute periods
Under 12	2x 7.5-minute periods

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

7. FINALS ELIGIBILITY

(a) Senior Finals Eligibility

(a) The grade a Player has played their highest percentage of their Matches in 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 rule 6.1(a) and any grade above.
- (ii) For the avoidance of doubt, percentage is calculated based on the number of individual games the Player has played, and not the number of games the Team has participated in.
- (iii) Should a player have played an equal percentage of their Matches in all grades they participated in, they will be considered eligible to participate in those grades.
- (iv) In the event of low numbers in the Final Series, any 15/16-year-old player who has not met the eligibility requirements for Senior Finals stated above, may be called upon to play Finals Football for any Senior Division.

(b) The highest grade in which a Player takes the field as a part of the starting 11, will be considered to be the grade in which that Player has participated in for that round.

(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 Northern Inland.

(b) Youth Finals Eligibility

(a) Youth players shall be eligible to participate in the final series in:

- (i) The team that they are registered.
- (ii) Any higher age youth team, from the same club, by a maximum of 2 years.

(b) Youth players playing into senior competitions are subject to the same final's eligibility as senior players for senior competitions. Playing in a senior competition does not affect their ability to play their youth finals series fixtures



8. MOVEMENT BETWEEN AGE GRADES/DIVISIONS

(a) Where clubs have teams competing in different age groups/division, payers may fill in for these teams during the season. There is no limit to have many times these players may fill in.

(b) Tamworth Youth Competitions

(a) When a player plays for a club team in a division with more than one team from the same Club, they are considered a member of that team and may not play for any other of their Club's teams in that same division.

(b) A youth player may play up, to fill in for a club team, a maximum of two (2) age grades (i.e. a 12-year-old player may fill in for the club's team in the 13 years and 14 years competition.)

(c) Tamworth Senior Competitions

(a) Players may fill in for other teams, in other divisions, for the club during the season but are reminded that finals eligibility applies.

(b) When a player plays for a club team in a division with more than one team from the same Club, they are considered a member of that team and may not play for any other of their Club's teams in that same division.

(c) A player must not play back more than one division per round.

(i) For the avoidance of doubt a 'round' refers to the weekend of play. If the Northern Inland Premier League is at Round 16 and Tamworth 3rd Grade is at Round 14, but both occur on the same weekend, they are considered the same 'round' for the purpose of this rule.

(ii) Where a club does not have a team in the division immediately below, players may play back into the next available division.

(d) A player registered to a Women's team may play into their club's team in a Men's competition. Subject to any restrictions that otherwise apply.

9. YOUTH PLAYING INTO SENIOR COMPETITIONS

(a) Playing into a senior competition does not affect a youth players eligibility to play in their youth team.

(b) A youth player may play into a senior team and will be considered a senior player for that team. They will be subject to the same restrictions (finals eligibility) that apply to senior players in that competition.

(c) When a youth player plays for a club team in a division with more than one team from the same Club, they are considered a member of that team and may not play for any other of their Club's teams in that same division.



10. MATCH DURATION

(a) Tamworth Senior Competitions

Competition	Match Duration	Half-Time Interval
Women's Premier League	2x 45-minute halves	10-minute (max)
Women's 2 nd Division	2x 45-minute halves	10-minutes (max)
3 rd Grade	2x 45-minute halves	10-minute (max)
4 th Grade	2x 45-minute halves	10-minute (max)

(b) Tamworth Youth Competitions

Competition	Match Duration	Half-Time Interval
Under 12	2x 25-minute halves	10-minute (max)
Under 13	2x 30-minute halves	10-minutes (max)
Under 14	2x 30-minute halves	10-minute (max)
Under 15/16	2x 35-minute halves	10-minute (max)

11. MATCH BALLS

(a) Match ball sizes:

Age Group	Match Ball Size
10-13 Years	Size 4
14yrs+	Size 5

(b) The home team will supply a match ball for every fixture

12. TEAM OFFICIAL & TECHNICAL AREA

12.1. All Competitions

(a) Clubs will be permitted to allow a maximum three (3) registered Team Officials and five (5) registered substitute Players in the Technical Area during the fixture:

- (i) All Team Officials and substitute Players must be named on the Official Match Card.

(b) A Player or Team Official who has been expelled or is serving a suspension is not permitted in the Technical Area during a fixture in accordance with Regulation 32 of 2024 Northern NSW Football – Northern Inland Competition Regulations.

13. INTERCHANGE OF PLAYERS

13.1 Unlimited Interchange

(a) A team is permitted to list a maximum of five (5) interchange players on the match card and may make an unlimited number of interchanges during a fixture.



14. RESCHEDULED FIXTURES

13.1. Tamworth Senior Competitions

- (a) Where practical in the view of NNSWF Northern Inland, matches will be rescheduled as midweek matches as priority, or a Sunday agreed upon by clubs and NNSWF.
- (b) If no practical alternative is available to play the match, NNSWF Northern Inland at its discretion may declare the match cancelled in line with Regulation 25.2
- (c) Postpone fixtures for any other causes must be rescheduled and replayed within 3 weeks of the original postponement.
- (d) NNSWF Northern Inland will determine the playing date and time of the fixture at its discretion.

15. WINNERS MEDALLIONS / AWARDS

14.1 Tamworth Senior Competition

- (a) The Winner of the Minor Premiership will be awarded a set of 18 medallions per grade.
- (b) The Winner of the Grand Final will be awarded a set of 18 medallions per grade.
- (c) The Runner up of the Grand Final will be awarded a set of 18 medallions per grade.
- (d) Further medallions may be purchased from NNSWF by a qualifying team, at their own cost.

APPENDIX A – AWARDS

Award	Grades	Method
Golden Boot	Women's Premier League 3 rd Grade	<ul style="list-style-type: none">(a) Tamworth Womens League: will be awarded to the player who has scored the most goals in division 1 matches.(b) Tamworth Local 3rd Grade: Highest goal scorer during the regular Season.
Golden Glove	Women's Premier League 3 rd Grade	<ul style="list-style-type: none">(a) The Tamworth Women's league: Will be awarded to the player who has most clean sheets in division one matches.(b) Tamworth Local 3rd Grade: Goalkeeper with the most Clean Sheets