Northern Gold Coast Touch

Juniors and Seniors

CONDITIONS OF ENTRY

2026 – V11

TERM DATES

TERM 1 – FAST FOUR

Round	Senior Mixed	Mens / Womens	Juniors / Little Legends
1	Monday, 9 Mar	Thursday, 5 Mar	Friday, 6 Mar
2	Monday, 16 Mar	Thursday, 12 Mar	Friday, 13 Mar
3	Monday, 23 Mar	Thursday, 19 Mar	Friday, 20 Mar
4	Monday, 30 Mar	Thursday, 26 Mar	Friday, 27 Mar

***No Grand Final*

TERM 2

Round	Senior Mixed	Mens / Womens	Juniors / Little Legends
1	Monday, 27 Apr	Thursday, 30 Apr	Friday, 1 May
2	Monday, 11 May	Thursday, 7 May	Friday, 8 May
3	Monday, 18 May	Thursday, 14 May	Friday, 15 May
4	Monday, 25 May	Thursday, 21 May	Friday, 22 May
WASH OUT DAY – Sunday, 25 May			
5	Monday, 1 Jun	Thursday, 28 May	Friday, 29 May
6	Monday, 8 Jun	Thursday, 4 Jun	Friday, 5 Jun
WASH OUT DAY – Sunday, 8 Jun			
7	Monday, 15 Jun	Thursday, 11 Jun	Friday, 12 Jun
GF	Monday, 22 Jun	Thursday, 18 Jun	Friday, 19 Jun

TERM 3

Round	Senior Mixed	Mens / Womens	Juniors / Little Legends
1	Monday, 27 Jul	Thursday, 30 Jul	Friday, 24 Jul
2	Monday, 3 Aug	Thursday, 6 Aug	Friday, 31 Jul
3	Monday, 10 Aug	Thursday, 13 Aug	Friday, 7 Aug
4	Monday, 17 Aug	Thursday, 20 Aug	Friday, 14 Aug
5	Monday, 24 Aug	Thursday, 27 Aug	Friday, 21 Aug
6	Monday, 31 Aug	Thursday, 3 Sep	Friday, 28 Aug
WASH OUT DAY – Sunday, 30 Aug			
7	Monday, 7 Sep	Thursday, 10 Sep	Friday, 4 Sep
GF	Monday, 14 Sep	Thursday, 17 Sep	Friday, 11 Sep

TERM 4

Round	Senior Mixed	Mens / Womens	Juniors / Little Legends
1	Monday, 12 Oct	Thursday, 15 Oct	Friday, 16 Oct
2	Monday, 19 Oct	Thursday, 22 Oct	Friday, 23 Oct
3	Monday, 26 Oct	Thursday, 29 Oct	Friday, 30 Oct
4	Monday, 2 Nov	Thursday, 5 Nov	Friday, 6 Nov
WASH OUT DAY – Sunday, 8 Nov			
5	Monday, 9 Nov	Thursday, 12 Nov	Friday, 13 Nov
WASH OUT DAY – Sunday, 15 Nov			
6	Monday, 16 Nov	Thursday, 19 Nov	Friday, 20 Nov
7	Monday, 23 Nov	Thursday, 26 Nov	Friday, 27 Nov
GF	Monday, 30 Nov	Thursday, 3 Dec	Friday, 4 Dec

THE COSTS

JUNIORS

$80 per individual per team

LITTLE LEGENDS

$75 per individual per team

SENIORS Mixed

$90 per individual per team

MENS-WOMENS

$90 per individual per team

- ONLINE PAYMENTS only through MySideline
- Play on Vouchers can be used

RESPONSIBILITIES

TEAM DELEGATE

- Nominate a team at www.ngctouch.au
- Have players register in accordance with the terms and conditions with their correct information.
- Ensure all players are familiar with the conditions of entry and 8th edition rules.
- Ensure no team members take the field that are not registered on the team sheet
- Must provide a committed member of the team to become a duty referee to assist. 1 competition point will be deducted per week if a duty referee is not supplied by round 1.
- Be responsible that all players in the team behave in an appropriate manner on and off the field before, during and after the game.
- Attend any Team Delegate meeting.
- Make sure all team members are in correct uniform.
- Report any facility concerns to Competition Coordinator.
- Must provide your own touch footy match ball for all games due to the constant loss of NGCT match balls provided.

COACHES and MANAGERS

- Must register online as a coach.
- If any players under the age of 18, coaches must have a Qld Blue card or if a Teacher must have an 'exemption' card EVEN if their child is in the team.

JUNIOR PLAYERS

- Parent/Guardian Nominates Child online and agrees to TFA & NGCT Declarations
- Parent/Guardian of participants must be present at the venue

PARENTS – GUARDIANS - SPECTATORS

- Must not spectate within the sub box area
- Must remain 5m back from all field lines.
- Parent/Guardian Nominates Child online and agrees to TFA, QTF & NGCT declarations
- Parent/Guardian of participants must be present at the venue
- Parent/Guardian must abide by all club & sport policies
- Parent/Guardian can not drink at the venue other than licensed areas.
- Parent/Guardian can not smoke at the venue
- All pets must remain on a leash and be held in your control.

PLAYERS ATTIRE

- All teams must be in uniform by round 2.
- Teams not in matching uniform will have their game forfeited.
- Shirts must be numbered on the back with a 16cm number.
- Shorts must not have external pockets.
- Lighter leather with synthetic boots with moulded soles are permitted.
- Teams with new players can have have a shirt/singlet with predominantly the same colour and number on the back (only applicable for players first term)

REFEREES

- Must be registered with Sportsm8 each term.
- Sign and return Terms and Conditions form.
- Referee in accordance with the 8th edition rules Be at the field 5 minutes before their game
- Mark the scorecard or game sheet correctly
- Seniors: Ensure Captains or coaches sign off on scorecard
- Juniors: Ensure Coach or Team Delegate sign off on scorecard

NGCT JUNIOR TEAMS

SIDE 1 SIDE 2

All our NGCT teams wear our reversible NGCT singlet.

Other teams are welcome to purchase these if they wish OR order their own playing strips.

All our NGCT Phoenix teams wear our NGCT Phoenix Shirts.

Current teams are Phoenix Fire, Phoenix Ice, Phoenix Fury, Phoenix Ferns, Phoenix Steel and Phoenix Black

FAMILY FUN DIVISION

Our Family Fun Division offers a friendly, non-competitive environment for all ages to enjoy.

Every team must have at least three Junior players (under 12 years old) registered and actively participating on the field at all times.

LITTLE LEGENDS

This program aims to prepare our younger participants with all the necessary skills to advance to the competitive level. It is structured around TFA designed drills and activities within a playful environment.

Our Little Legends is an 8 week program for kids 5 to 7 years and old teaching everyone the rules and skills of Touch Football

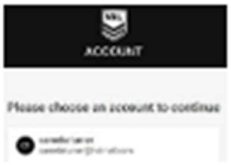
Our friendly club coaches provide an 8 week program allowing our Little Legends to take part in fun drills while making new friends

All Little Legends will receive a presentation in the final week of our program

NORTHERN GOLD COAST TOUCH

HOW TO USE
MYSIDELINE MANAGER

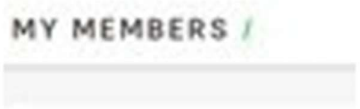
1 Go to www.manager.mysideline.com.au/loginand use your NRL login details to gain access



2 Click on menu at the top left corner for more options

3 Click on SWITCH ROLE to select the correctteam you require and then enter the MYMEMBERS option for your current registered

4 Your current list will display registered players. You may need to refresh your role to update the list



COMPLETE

THE FINE PRINT

GAME TIMES

- Seniors - Games are scheduled 20 minutes each way. 3 minute half time & 7 minutes between games.
- Senior Timeslots: 6:00pm / 6:50pm / 7:40pm / 8:30pm
- Juniors - Games are scheduled 20 minutes each way. 3 minute half time & 7 minutes between games.
- Junior Timeslots can vary depending on teams in the competition: 5:00pm is usually the first game.
- Little Legends- 4:00pm (1 hour session)

MINIMUM AGE & DIVISIONS

- Juniors- At request of the Competition Coordinator or Committee, parents must be able to provide birth certificate if needed.
- All players must not be over the age of the division nominated as of 31st December. E.g. If you are born in 2013, in the year 2026 you are turning 13, you must play U14 not U12.
- Any junior team may not consist of more than 5 representative players. *Conditions will apply.

WEATHER POLICY

- The committee reserves the right to nominate date or dates that may be required to play rounds that may be called off due to weather conditions.
- Wet weather policy is displayed on the NGCT website.
- It is the team delegates responsibility to check the website and inform players of cancellations.
- Games will be cancelled no earlier than 3pm of game day.
- Should a round wash out, no forfeit wins will be awarded to a team.

TEAM NUMBERS

- As per TFA conditions, all teams must have a minimum of 8 players to meet eligibility or your team will be withdrawn from the competition.
- NGCT recommends all teams to have a minimum of 10 players and a maximum of 14 players before the commencement of competition.
- Junior teams struggling for numbers can email competitions@ngctouch.au requesting more players but is not guaranteed.
- Any player under the age of 15 will require dispensation from the NGCT committee to play in the senior competition. Email competitions@ngctouch.au with the reasoning.
- A representative player is a DIVISION 1 player who participated in SQBD representative fixtures during the previous 12 months, representing any SQBD Affiliate.

REFUNDS

- Term fees can/will be refunded up to week 3 of the term. Monies will be refunded less games played, plus an administration fee of $2.50.

MUTUAL RESPECT POLICY

- Referees will be instructed to enforce zero tolerance rules regarding referee abuse from players, coaching staff and spectators.
- Teams/Players are bound by the Disciplinary Regulations Manual un-sportsman like behaviour eg sledging and or acting in an abusive manner towards the referee or opposing team.
- Teams/players/spectators that consume or introduce alcohol at the venue outside the laws associated with liquor license requirements will be asked to leave.

COMPETITION POINTS

- Win = 3
  Loss = 1
  Draw = 2
  Forfeit Loss = 0
  Forfeit Win = 3
  Result for forfeit is 5-0

INSURANCE

- Any player injured at the venue is to report through to manager.
- Claim forms are available online at www.ngctouch.au

GAME ATTENDANCE & FORFEITS

- Teams must be in attendance at their playing fields five (5) minutes before the commencement of their match.
- Any team that fails to give notice by 10am that day of the game will be bound by breaches.
- It is the responsibility of each captain to report to the referees two minutes before the start of the game so the coin toss can be affected without loss of time.
- If a team is not at the field at the advertised starting time of the game, the attending team can be awarded the winning of the toss.
- The offending team will receive a maximum of five (5) minutes from the commencement of the game (siren/whistle) to position the team on the field and be ready to commence play.
- If the offending team is not in attendance after the five (5) minutes has expired, the game will be deemed a forfeit and the non offending team will be awarded 4 competition points.
- If a team is late, 1 point may be awarded to the opposition team for every minute up to and including 5 points. Referee will determine allocated time.

- Any team that forfeits without notice more than once during the course of competition rounds WILL NOT be eligible for FINALS.

COMPETITION RULES

- All divisions are to play under the Touch Football Australia 8th Edition Rulebook.
- This is for the exception of the Under 10 division, who play modified rules:
- 5 a side
- Dummy half must not run with the ball
- Defense must wait for first receiver to catch the ball before moving up
- Coaches are allowed on the field up until the conclusion of Round 3

NRL ACCOUNT

- All participants are to create their own membership through www.nrl.com/account/signup

PROTEST

- Protests must be lodged in writing within 24 hours to the Competitions Manager.
- The protest is to be lodged and signed by the Team Manager or their nominated representative.
- The protest will then be investigated by the Competition Manager. The Team Manager or their nominated representative will be notified of the decision and whether any further action is to be taken.
- Any notice to be served on any person to attend a hearing, will be served on the Team Manager or nominated representative of the team involved, and any such service is deemed to be served on all parties or persons under the control of that Team Manager or their nominated representative.

FORCED MAJEURE

- If NGC Touch are unable to perform, in whole or part in any obligation under these regulations of a Force Majeure Event, NGC Touch is relieved of that obligation under these regulations to the extent, and the period it is unable to perform.
- In addition to this, NGC Touch has no obligation to refund to any individual or team any fees paid if it is unable to perform by reason of a Force Majeure Event.
- FORCE MAJEURE EVENT: for the purposes of these regulations a force majeure event includes but is not limited to any or all of the following:
- Acts of God including flood, drought, earthquake, storm, cyclone, fire, explosion, epidemic; or
- War or Act of Terrorism; or Riot or civil disturbances; or
- Permanent injunction of any duly constituted court of competent jurisdiction; or
- Any fact, circumstance, matter or thing beyond the reasonable control of NGCT / TFA.
- Should these events prevent finals from being played, the team at the top of the ladder shall win the division but will not receive a champions shirt due to Grand Finals not being played.

LOST & FOUND POLICY

- All items found at the fields are kept on premises for 7 days then discarded.

BLOOD BIN

- Any player with a bleeding cut or abrasion is to leave the field immediately and have the cut or abrasion cleaned and covered. At this time, any blood stained clothing must also be either cleaned or replaced.
- If the player does not leave the field immediately, the Referee will stop the game and ask the player to leave the field (normal substitution rules apply).
- Once the flow of blood has been stemmed, the cut or abrasion cleaned and covered and any blood stained clothing and equipment cleaned or replaced, the player may return to the field and continue play. If bleeding cannot be controlled and the wound securely covered, the player must not continue in the game.

DOUBLE DIPPING POLICY

- Players are not permitted to register for two different teams competing on the same night.
- An exception applies to NGCT representative players who are part of a Division 1 representative side — these players may also compete in a team one division lower.

PLAY ON VOUCHERS

How to register with a Voucher?

- Email Voucher to competitions@ngctouch.au or use the link on our website.
- Follow standard registration process and use code at the end

- The $200 Play On! Vouchers can be used for the Senior & Junior Competitions.
- Juniors & Seniors can be used for 'Back to Back' terms i.e. 1,2&3

NB: Vouchers cannot be used for merchandise or TFA & QTF Membership fees

LIGHTNING POLICY

- At any level of Touch Football, from grassroots all the way up to the professional game, understanding the dangers of lightning and the proper precautions to take will assist in minimising incidents from lightning strikes. The actions that should be taken, when there is a threat of a lightning strike, will depend on the level of information available to event/competition organisers or match officials.
- When the lightning strike is within 6 miles of the venue, it is recommended that players are removed from the pitch. The speed of sound through air is approximately 0.2 miles per second, so for every 5 seconds of time between the lightning flash and the associated thunder clap, the strike is 1 mile away. The approximate distance (in miles) can be calculated by counting the time (in seconds) between the two events and dividing it by 5. Recommended safe distances from the lightning event is 6 miles.
- For events/venues where live data direct from local weather services is not available, the 30/30 rule should be used to ensure participant and spectator safety:
    - **Shelter should be sought when there are 30 seconds or less between the flash and the associated thunder clap.**
    - Thunderstorms have a tendency to reverse course and come back over an area that that they have just passed. Recommendations on best practice also state that **it should only be considered safe to return to the field of play a minimum of 30 minutes after the final flash of lightning or clap of thunder has been seen/heard.**
- For example, a lightning strike is seen at 12.03pm and the associated thunder clap heard 28 seconds later. This means that the strike was 5.6 miles (28 seconds/0.2 miles per second) away. Action should now be taken to immediately move players to a safe location. The storm continues and the last strike is observed or heard at 12.18pm, return to the field of play should not be permitted until at least 12.48pm.
- Safe locations include:
    - Large substantial buildings (with permanent wiring and plumbing to provide safe pathways for current from strikes to go to ground);
    - Fully enclosed metal vehicles which are earthed (such as buses) to guide the current around the occupants.
- Unsafe areas and situations include:
    - Open spaces, especially where large numbers of people are assembled together;
    - Close vicinity to large structures or trees;
    - Small permanent and temporary structures and shelters especially metal structures;
    - Under a single tree or a small group of trees;
    - Close to a large body of water;
    - In open areas;
    - Close to antenna towers;
    - Anything that increases a person's height (umbrellas etc.);
    - Use of any type of telephone.
- For spectators, individual stadium safety protocols should be followed in the event of a strike risk. For events which are not taking place in a stadium, the same protocols as those for players should be followed.

RULES & DEVELOPMENT

MEMBER PARTICIPATION DECLARATION

https://touchfootball.com.au/media/4763/tfa-member-protection-policy-v2.pdf

JUDICIARY & SUSPENSIONS

https://touchfootball.com.au/media/4761/tfa-disciplinary-regulations-v1.pdf

CONCUSSION POLICY

www.touchfootball.com.au/rulesandpolicies

EXTREME WEATHER POLICY

- https://touchfootball.com.au/media/13138/20220610-tfa-electrical-storm-and-wet-weather-guidelines-2022-final.pdf
- https://touchfootball.com.au/media/13139/tfa_extreme-heat-guidelines-2022-final.pdf
- https://touchfootball.com.au/media/11298/tfa-air-quality-guidelines.pdf

---

LEARNING & MANAGEMENT SYSTEM
https://touchfootball.etrainu.com/

ENROL

Coaching courses
Referee Courses
Online Training

THE NEST

8TH EDITION RULES

https://tfa-cms.nrl.digital/media/4424/tfa-8th-edition-rulebook-a5-v6.pdf

VIDEO LINKS TO RULES

https://touchfootball.com.au/volunteer/8th-edition-rules/

QLD TOUCH UNDER 8 & UNDER 10 RULES

- Teams play five (5) a side at any one time, max 12 in a team
- Field Size is 50m x 35m
- Acting Half can not run with the ball, they must pass off
- Defense can not move up until first receiver has touched the ball

JUNIOR REP RULE

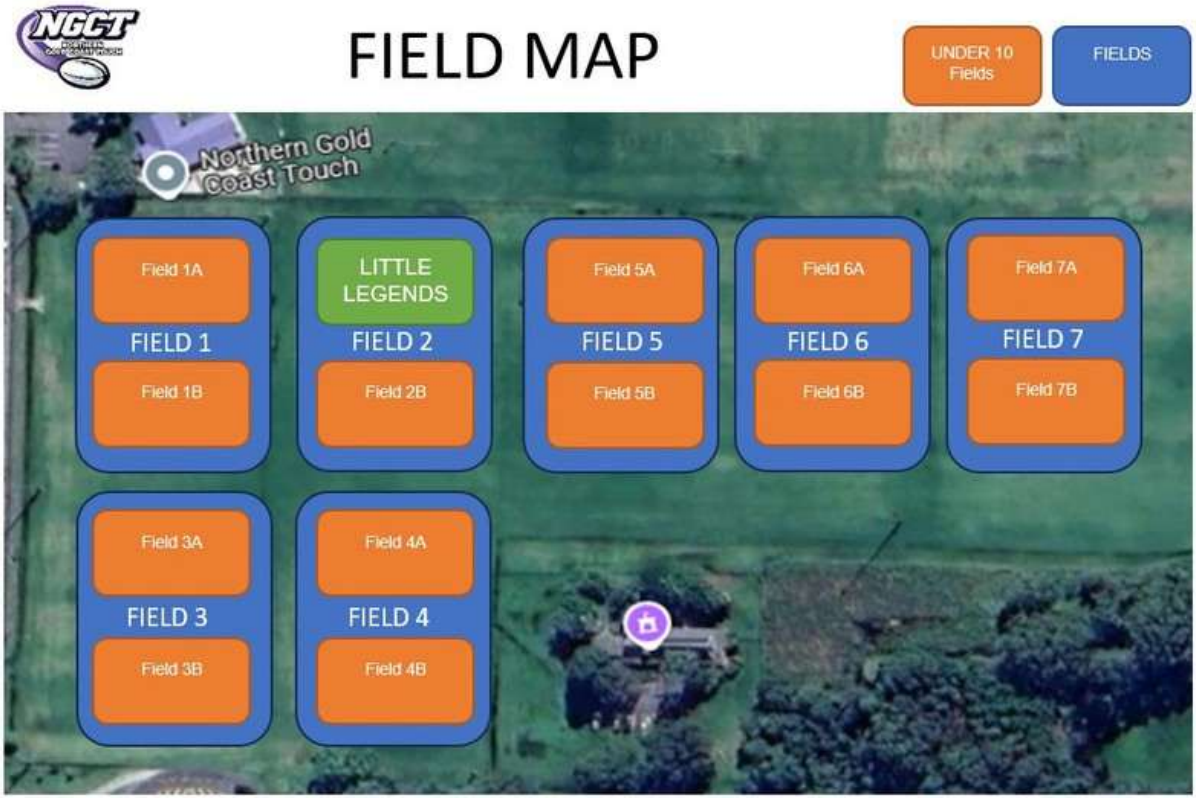
TERM TOUCH - JUNIOR COMPETITION

Any junior team may not consist of more than 5 representative players, conditions will apply

What are the conditions?

- Knowledge of the 'representative rule applies from the start of Term 1 to the start of the Term 4 yearly cycle.
- Brand new teams can only start with a maximum of 5 rep players.
- A player that has been selected in a 'B' or 'Development' rep team is not classed as a rep player.
- A player that plays rep for another association counts towards the 5-player rule.
- Any Schools that enter School teams into NGC Junior Touch, and are bonafide students of the school are exempt from the above rules
- Teams that have been together for the previous term and have more than 5 players selected for rep are exempt from the rule.
- Rep trials for the following year rep campaign are held early January or February each year. All players who wish to trial must be a current registered player to be eligible.
- All members of representative teams/squads must be registered in term 1 & term 2 to be eligible to play in the rep campaign.

OUR VENUE



Follow Us @ngctouch

BECOME A REFEREE

Become a Referee

We welcome any new or previous referees to join our wonderful group of officials

Referees get paid per game and paid into their account each Friday. Our club offers Referee coaching, Referee support and Panel members to upgrade your Badge level.

Contact: Competition Coordinator at competitions@ngctouch.au

WITH THANKS TO OUR PARTNERS

MAJOR PARTNER

CLUB PARTNER

CITYCAVE™
FLOAT & WELLNESS CENTRE