

Junior Football Information Sheet.

Junior Football (9-12yrs) – Grade 9 (U9s) to Grade 12 (U12s)

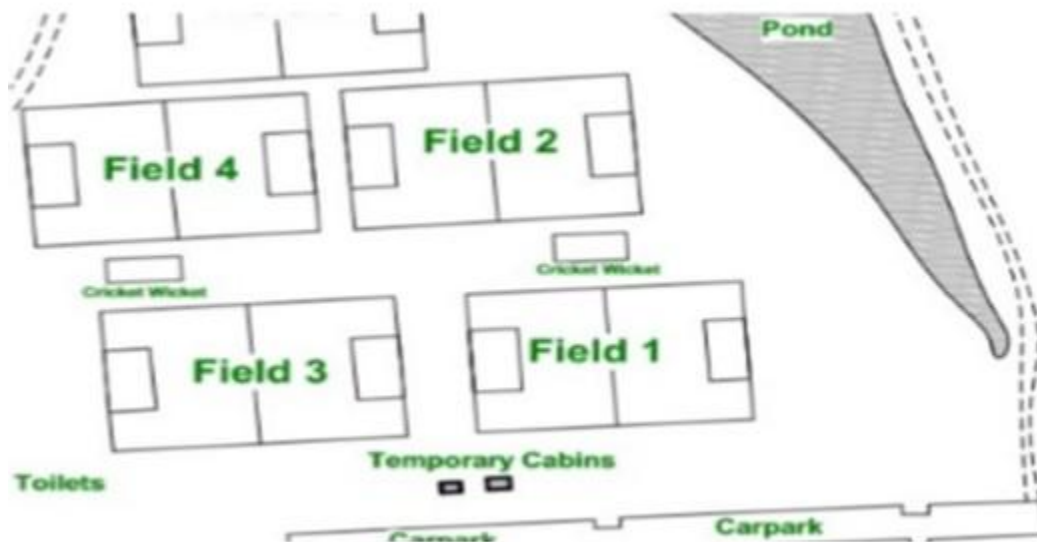
Age Grade explanation example: If a player turns 9, on any day up to and including 31st December of the year they are registered for, they are 9th grade.

Grade 9 and Grade 10 teams play 7 a side on ½ sized fields.

Grade 11 and Grade 12 teams play 9 a side on ¾ sized fields.

Location:

Games are played at Home – Metro Park Millwater and away. Teams play in the Northern Regional Football Competition, alternating between Home and Away games. Away games are usually based in the North Harbour and West Auckland regions.



Time:

Teams play on Saturday mornings. Grade 9 & 10 Kickoff is typically between 9am and 10am. Grade 11 & 12 Kickoff is typically 10am, 11am or 12pm.

Season Dates:

The 2025 football season starts on 5th April for Juniors. The season finishes in September. If a lot of games have been cancelled due to bad weather; the season may be extended slightly.

Uniform:

Players must wear their uniform as supplied by the club. Shinpads and boots to be provided by parents or guardians. Socks are RDS Purple, and available from the club for \$15/pair, or two for \$25.

Please take care of the uniform, so that it can be passed on when either not required, or replaced with a larger size. Wash in cold water, and air dry. Machine drying will ruin the sponsors decals. If damaged or lost, we will ask you to pay the replacement cost of \$90

Coach:

Usually a parent or grandparent volunteer, so be kind, and we love offers to help!. Duties can be shared between several people, if needed. No qualifications or previous experience as a coach is necessary and you don't have to know all the rules to start.

RDS has a number of licensed coaches among its members who can share their experience and knowledge. Coaching is easily learned by watching or helping others.

Manager:

Each NRF Competition Team needs a manager, who will deal with the administrative side of the team, ensuring that everyone knows where they need to be and when, whether the game is still on even though it's raining, and whose turn it is to bring oranges etc. Like coaching this is a volunteer role.

No prior experience is necessary and, as with coaches, we cannot run the club without you, so please volunteer.

Training:

Training Sessions will be arranged by the coach & manager for each team. These are usually a weekday late afternoon evening. Coach/Manager will notify players/contacts of when this will be.

Game Day Format:

1. Report In with Coach at the game venue. Be there at least 45 minutes before kick off. (Return POD trophy to be re-awarded)
2. Warm Up
3. Game Time (as appropriate to age)
4. End of Game – Player of the Day

Attendance:

Based on our team structure, it is important that we are made aware if you will not be attending a session due to whatever reason i.e. sickness, holiday. Coaches will note your absence, and if we are not aware of you being away it makes it difficult to ensure numbers within a team. If you are unable to attend a session, please notify your coach (your coach will advise their preferred contact method). Their details are available in Friendly Manager.

Cancellation:

As a winter sport, football will frequently go ahead even if it's raining. Please dress accordingly.

Match Day – NRF Competitions

Northern Football Federation (NRF) works with clubs and on assessment games will only be cancelled if it is deemed that the conditions or fields are unsafe. Any decisions to cancel will be notified on our [FB Group Page](#) and the Rodney District Sport web site.

Always check time and location of your games either on our FB Group/Page, NRF website or app or directly with your Coach or Manager.

Training Field Cancellations

Training will be cancelled if the fields have been closed by Auckland Council. You can check Auckland Council website [Sports Field Closures](#) which is updated daily by 1pm. Notification will be provided on the [FB Group page](#). If in doubt contact your Coach or Manager directly.

Setting Up / Packing Down:

For home games, Junior Teams will need to set out goals and put up nets as well as sponsor boards for your pitch, if you are the first team to play for the day.

If your pitch is not being used after your game, please return all nets and sponsor boards to the shed. Parents are asked to share this work around the team as the coach and manager have plenty of things to carry and arrange without having to worry about this job too.

Equipment:

Team coaches are supplied with balls, cones, bibs and nets (if required). The team's manager gets 'player of the day' trophy, and a supply of certificates to give the players during the season. Player of the Day trophy and certificates are for each team. Parent/Guardians to return the POD trophy the following game day when attendance is being taken.

Friendly Manager System:

RDS uses an application (Friendly Manager) which all parents will access to, using the email address that you provided during registration.

1. To gain access simply go to www.rdsports.co.nz, Click on the log-in/register option on the top right-hand side of the page.
2. Enter you email address in the username followed by the default password provided in your registration confirmation email received (some parents have reported this going to their Spam folders, so please check).
3. Update your password if prompted.
4. Once logged in, you will be able to see:
 - Your child's player profile
 - Update contact details
 - See your child's team and if you click on team name you will see your child's team, coach and contact details.
5. If you have any issues logging-in, please email info@rdsports.co.nz

Parking:

There is free parking at Metro Park and in the surrounding streets. Children must be supervised at all times, especially in the carpark areas.