

PLAYER INFORMATION PACK

WALK THE FIELD



UNIVERSITY
OF WOLLONGONG
AUSTRALIA



SATURDAY 24 MAY 2025

SIR IAN MCLENNAN PARK, KEMBLA GRANGE
WALKING@FOOTBALLSOUTHCOAST.COM



SEASIDE TRAVEL
your personalised journey



SCENIC°
LUXURY CRUISES & TOURS



DEPLOY



WALK THE FIELD SCHEDULE



8:30AM

Player Briefing



9:30AM

Mixed Comp /
Social - Round 1

9AM



Womens/Mens
Comp - Round 1

10AM



COMPETITION
ROUNDS CONTINUE

12.30 - 1PM



Womens/Mens
Comp - Lunch

LIVE
MUSIC

Enjoy lunch with some live music from the UOW Music Club, some snacks from the canteen and explore our sponsor stalls!

1PM - 1.30PM

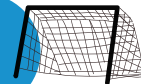
Mixed Comp/
Social - Lunch



3.30PM

Womens/Mens
Comp - Finish

4PM



Mixed Comp /
Social - Finish



4PM-5PM

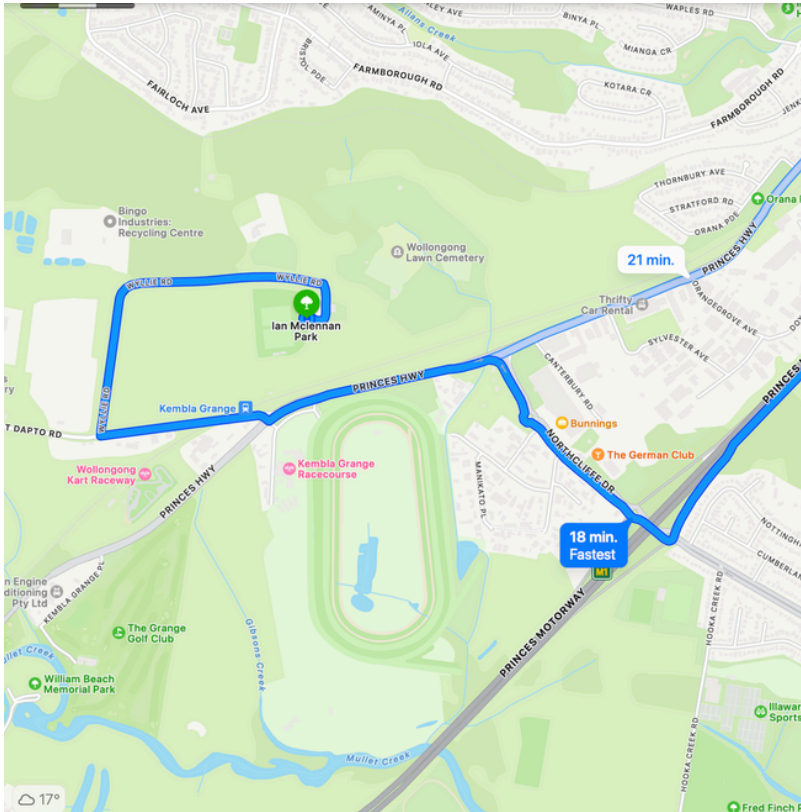
FINAL MATCHES

5PM



PRESENTATION
BEGINS

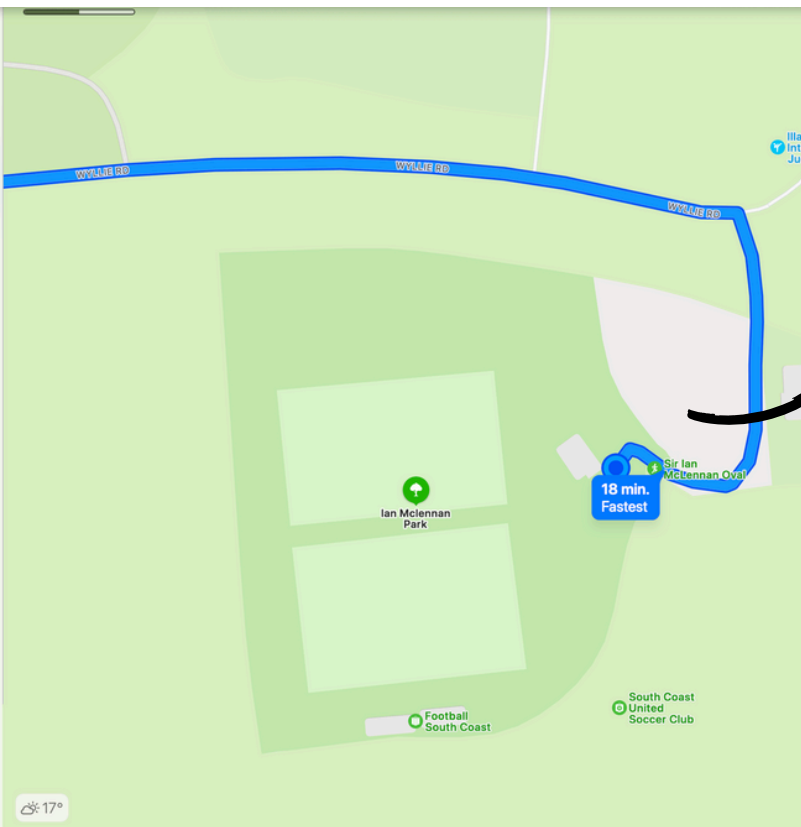
DIRECTIONS TO IAN MCLENNAN



Travelling from Sydney:

- Take the M1 south towards Wollongong, continue on M1 until you reach the Unanderra exit (Exit 83).
- Take the Northcliffe Dr exit towards Berkeley/Kembla Grange/Warrawong
- At the roundabout, take the 3rd exit onto Northcliffe Dr
- Turn left onto Princes Hwy
- Turn right onto W Dapto Rd
- Turn right onto Wyllie Rd
- Turn right in Park

- Sir Ian McLennan Park.
50 Wyllie Rd, Kembla Grange NSW 2526



- The sign is small & easy to miss so once keep an eye out for it.

Parking to the right of the field.

Public Transport



Nearest station is Kembla Grange station.

Taxi/Uber Address:

Sir Ian McLennan Oval, 50 Wyllie Rd, Kembla Grange, NSW, 2526

Illawarra Taxi Network: (02) 4254 2111

13CABS Wollongong: 1300 389 489

Walk the Field 2025 Event Map



KEY



Registrations
(Event HQ)



Emergency
Exit



Play
Fields



Seating



Music



First Aid



Canteen



Stalls/
Sponsors



Toilets/
Changerooms

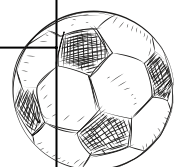


Team
Marquees

Womens Competition*

*Subject to change

GROUP MATCHES		Time	Field
Team 5: Wollongong Devils	Team 6: NB Footsloggers	9:00	1
Team 3 : Benchwarmers	Team 8 : Sydney Striders Sapphires	9:00	2
Team 4: FSC Tickers	Team 7: CCAM	9:00	5
Team 2: Sydney Striders Tiffany's	Team 1: Goalden Girls	9:00	6
Team 3: Benchwarmers	Team 4: FSC Tickers	10:00	1
Team 1: Goalden Girls	Team 7: CCAM	10:00	2
Team 8: Sydney Striders Sapphires	Team 6: NB Footsloggers	10:00	6
Team 2: Sydney Striders Tiffany's	Team 5: Wollongong Devils	10:00	7
Team 6: NB Footsloggers	Team 2: Sydney Striders Tiffany's	11:00	3
Team 7: CCAM	Team 8 : Sydney Striders Sapphires	11:00	4
Team 4: FSC Tickers	Team 1: Goalden Girls	11:00	5
Team 5: Wollongong Devils	Team 3 : Benchwarmers	11:00	7
Team 7: CCAM	Team 5 : Wollongong Devils	12:00	1
Team 2: Sydney Striders Tiffany's	Team 3 : Benchwarmers	12:00	2
Team 8 : Sydney Striders Sapphires	Team 4 - FSC Tickers	12:00	5
Team 6: NB Footsloggers	Team 1: Goalden Girls	12:00	6



Womens Competition*

*Subject to change

GROUP MATCHES		Time	Field
Lunch 12.30PM - 1PM			
Team 1: Goalden Girls	Team 3 : Benchwarmers	13:00	1
Team 4: FSC Tickers	Team 2: Sydney Striders Tiffany's	13:00	2
Team 5: Wollongong Devils	Team 8: Sydney Striders Sapphires	13:00	6
Team 6: NB Footsloggers	Team 7: CCAM	13:00	7
Team 8: Sydney Striders Sapphires	Team 1: Goalden Girls	14:00	3
Team 4: FSC Tickers	Team 5: Wollongong Devils	14:00	4
Team 2: Sydney Striders Tiffany's	Team 7: CCAM	14:00	5
Team 3 : Benchwarmers	Team 6: NB Footsloggers	14:00	7
Team 8: Sydney Striders Sapphires	Team 2: Sydney Striders Tiffany's	15:00	3
Team 6: NB Footsloggers	Team 4: FSC Tickers	15:00	4
Team 1: Goalden Girls	Team 5: Wollongong Devils	15:00	5
Team 7: CCAM	Team 3: Benchwarmers	15:00	6

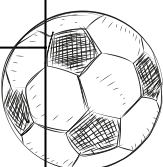
Finals match (1v2) at 4:00pm



Mens O50/O60 Competition*

*Subject to change

GROUP MATCHES		Time	Field
Team 1: FSC Tickers	Team 6: Sydney Striders Incepts	9:00	3
Team 2: Bayside Rockers	Team 5: Sydney Striders Navy	9:00	4
Team 3: CCAM Gold	Team 4: Sydney Striders Indigos	9:00	7
Team 7: CCAM Blue	BYE		
Team 4: Sydney Striders Indigos	Team 2: Bayside Rockers	10:00	3
Team 5: Sydney Striders Navy	Team 1: FSC Tickers	10:00	4
Team 6 : Sydney Striders Incepts	Team 7: CCAM Blue	10:00	5
Team 3: CCAM Gold	BYE		
Team 3: CCAM Gold	Team 6: Sydney Striders Incepts	11:00	1
Team 4: Sydney Striders Indigos	Team 5: Sydney Striders Navy	11:00	2
Team 2: Bayside Rockers	Team 7: CCAM Blue	11:00	6
Team 1 : FSC Tickers	BYE		
Team 6: Sydney Striders Incepts	Team 2: Bayside Rockers	12:00	3
Team 7: CCAM Blue	Team 1: FSC Tickers	12:00	4
Team 5: Sydney Striders Navy	Team 3: CCAM Gold	12:00	7
Team 4: Sydney Striders Indigos	BYE		



Mens O50/O60 Competition*

*Subject to change

GROUP MATCHES		Time	Field
Lunch 12.30PM - 1PM			
Team 3: CCAM Gold	Team 1: FSC Tickers	13:00	3
Team 4: Sydney Striders Indigos	Team 7: CCAM Blue	13:00	4
Team 5: Sydney Striders Navy	Team 6: Sydney Striders Incepts	13:00	5
Team 2: Bayside Rockers	BYE		
Team 6: Sydney Striders Incepts	Team 4: Sydney Striders Indigos	14:00	1
Team 7: CCAM Blue	Team 3: CCAM Gold	14:00	2
Team 1: FSC Tickers	Team 2: Bayside Rockers	14:00	6
Team 5: Sydney Striders Navy	BYE		
Team 1: FSC Tickers	Team 4: Sydney Striders Indigos	15:00	1
Team 2: Bayside Rockers	Team 3: CCAM Gold	15:00	2
Team 7: CCAM Blue	Team 5: Sydney Striders Navy	15:00	7
Team 6: Sydney Striders Incepts	BYE		

Finals match (1v2) at 4:00pm



Mixed Competition*

*Subject to change.

MATCHES		Time	Field
Team 5: Sydney Striders Royals	Team 6: Benchwarmers	9:30	1
Team 3: Sydney Striders Cobalts	Team 8: Fadetogrey	9:30	2
Team 4: Sydney Striders Electrics	Team 7: CCAM	9:30	5
Team 2: Sydney Striders Denims	Team 1: FSC Tickers	9:30	6
Team 1: FSC Tickers	Team 7: CCAM	10:30	1
Team 8: Fadetogrey	Team 6: Benchwarmers	10:30	2
Team 3: Sydney Striders Cobalts	Team 4: Sydney Striders Electrics	10:30	6
Team 2: Sydney Striders Denims	Team 5: Sydney Striders Royals	10:30	7
Team 7: CCAM	Team 8: Fadetogrey	11:30	3
Team 6: Benchwarmers	Team 2: Sydney Striders Denims	11:30	4
Team 4: Sydney Striders Electrics	Team 1: FSC Tickers	11:30	5
Team 5: Sydney Striders Royals	Team 3: Sydney Striders Cobalts	11:30	7
Team 2: Sydney Striders Denims	Team 3: Sydney Striders Cobalts	12:30	1
Team 8: Fadetogrey	Team 4: Sydney Striders Electrics	12:30	2
Team 7: CCAM	Team 5: Sydney Striders Royals	12:30	5
Team 6: Benchwarmers	Team 1: FSC Tickers	12:30	6
Lunch	1pm - 1.30pm		

Mixed Competition*

***Subject to change.**

MATCHES		Time	Field
Team 1: FSC Tickers	Team 3: Sydney Striders Cobalts	13:30	1
Team 4: Sydney Striders Electrics	Team 2: Sydney Striders Denims	13:30	2
Team 5: Sydney Striders Royals	Team 8: Fadetogrey	13:30	6
Team 6: Benchwarmers	Team 7: CCAM	13:30	7
Team 4: Sydney Striders Electrics	Team 5: Sydney Striders Royals	14:30	3
Team 3: Sydney Striders Cobalts	Team 6: Benchwarmers	14:30	4
Team 2: Sydney Striders Denims	Team 7: CCAM	14:30	5
Team 8: Fadetogrey	Team 1: FSC Tickers	14:30	7
Team 1: FSC Tickers	Team 5: Sydney Striders Royals	15:30	3
Team 7: CCAM	Team 3: Sydney Striders Cobalts	15:30	4
Team 8: Fadetogrey	Team 2: Sydney Striders Denims	15:30	5
Team 6: Benchwarmers	Team 4: Sydney Striders Electrics	15:30	6

Finals match (1v2) at 4:30pm

Mixed Social*

*Subject to change

GROUP MATCHES		Time	Field
Team 2: Walk, Talk and Drink	Team 1: FSC Tickers	9:30	3
Team 4: Newcastle Warbirds	Team 5: Bowlo Social	9:30	4
Team 3: Primates	Team 6: Sydney Striders Bye Byes	9:30	7
Team 6: Sydney Striders Bye Byes	Team 1: FSC Tickers	10:30	3
Team 3: Primates	Team 4: Newcastle Warbirds	10:30	4
Team 2: Walk, Talk and Drink	Team 5: Bowlo social	10:30	5
Team 2: Walk, Talk and Drink	Team 3: Primates	11:30	1
Team 1:FSC Tickers	Team 5: Bowlo social	11:30	2
Team 6: Sydney Striders Bye Byes	Team 4: Newcastle Warbirds	11:30	6
Team 5: Bowlo Social	Team 3: Primates	12:30	3
Team 6: Sydney Striders Bye Byes	Team 2: Walk, Talk and Drink	12:30	4
Team 4: Newcastle Warbirds	Team 1: FSC Tickers	12:30	7
Lunch	1pm - 1.30pm		



Mixed Social*

GROUP MATCHES		Time	Field
Team 1:FSC Tickers	Team 3: Primates	13:30	3
Team 5: Bowlo Social	Team 6: Sydney Striders Bye Byes	13:30	4
Team 4: Newcastle Warbirds	Team 2: Walk, Talk and Drink	13:30	5
Team 1: FSC Tickers	Team 2: Walk, Talk and Drink	14:30	1
Team 5: Bowlo Social	Team 4: Newcastle Warbirds	14:30	2
Team 6 : Sydney Striders Bye Byes	Team 3: Primates	14:30	6
Team 5: Bowlo social	Team 2: Walk, Talk and Drink	15:30	1
Team 4: Newcastle Warbirds	Team 3: Primates	15:30	2
Team 1: FSC Tickers	Team 6: Sydney Striders Bye Byes	15:30	7

Potential playoff match at 4:30pm



WALK THE FIELD

CANTEEN MENU



NON-ALCOHOLIC DRINKS

Water	\$3.00
Gatorade / Red Bull	\$5.00
Soft Drink	\$4.00
Poppers	\$2.00

ALCOHOLIC DRINKS

Great Northern	\$8.00
Carlton Dry	\$8.00
Coopers Pale Ale	\$8.00
Canadian Club/Jim Beam	\$9.00
Vodak Seltzer/Apple Cider	\$9.00

COFFEE & HOT DRINKS

Barista Coffee	\$5.00
Iced Coffee	\$5.00
Tea	\$3.00
Hot Chocolate	\$4.00
Iced Chocolate	\$4.00

FOOD

Bacon & Egg Roll	\$7.00
Sausage on a Roll	\$6.00
Double Bacon Roll	\$6.00
Double Egg Roll	\$5.00
Add Egg	+\$3.00
Add Sausage	+\$3.00
Hot Chips	\$5.00
Fish & Chips	\$8.00
Steak Sandwich	\$8.00
Chicken Burger	\$8.00
Salad Options	\$8.00

SNACKS

Fresh Fruit	\$1.50
Banana Bread (GF)	\$3.00
Ice Blocks	\$2.00
Chips/Chocolate	\$3.00
Popcorn	\$2.00
Yoghurt tubs w/ granola	\$4.00

MATCH RULES

GENERAL RULES

- Walking only; not walking prohibited at all times when the ball is in play. If it looks like you are not walking, you probably **aren't!**
- Referee discretion for not walking; results in an indirect free kick and possession to the opposing team
- Unlimited substitutions allowed during play if not disruptive to immediate play
- No offside rule
- Immediate stoppage if player falls over; restart with indirect free kick to team last in possession or defending player on the goal line if doubt
- No heading of the ball allowed

PLAYER EQUIPMENT

- No studded football boots
- Shin guards must be worn
- Team tracksuit trousers are permitted.
- On the field soft-brimmed hats are preferred; peak caps are acceptable.
- Approved spectacles may be worn.
- Jewellery must be covered and worn safely

UNSPORTING BEHAVIOUR

YELLOW CARD



The Player must leave the pitch for 3 minutes and **cannot** be substituted by another player.

RED CARD



The player is excluded from the rest of the game and **cannot** be replaced by another player.

MATCH RULES

GAME STRUCTURE

- 5 vs 5 without goalkeepers
- Minimum 3 players required to start and continue the match
- All Competition group matches will be 20-minute games, ie: 2 x 9 minute halves and a 2 minute half time break. Start of matches, half time breaks and end of matches will be by a hooter.
- Semi-circle exclusion zone in front of goal for both teams
- Goals can only be scored from the attacking side of the shooting zone
- Additional Women's, Men's and Mixed Competition finals matches (1 v 2) will be 20 minutes duration
- Mixed social competition – no results recorded

BALL IN AND OUT OF PLAY

- **Kickoffs / Free Kicks** - until the ball is in play opponents must remain 3m from the ball, all free kicks are indirect except for a penalty.
- **Kick in / Roll-in** is awarded – when the whole of the ball passes over a touch line, players for the defending team must be at least 3m from the place where the kick-in is taken.
- **Exclusion goal zone** – A penalty is awarded if a defender deliberately enters the goal exclusion zone. Free Kick if an attacker enters.
- **Penalty** – is to be taken from the centre spot on the halfway line. Players are to be behind the penalty taker who is allowed a maximum 1m run up to take the penalty.
- **Tackling** – No tackling from the side or behind, no slide tackles, no lunging. Front on tackling with any contact is a foul. Block the pass or the shot instead.
- **Non – Contact** – minimal accidental contact may be “play on” all other contact will result in a free kick.
- **Semi – Circle exclusion zone** – If a free kick is awarded to the attacking team close to the exclusion zone, the ball must be moved back 3 metres to allow defenders to position themselves between the ball and the goal
- **Goal Kick** – to be taken from level with extremities of the semi-circle. A goal kick is awarded if a goal has been scored directly outside the shooting zone.
- **Corner kick** – A goal may be scored directly from a corner kick, but only against the opposing team.
- **Height restriction** – 1.2M height of the grounds perimeter fencing (If the whole of the ball exceeds the height limit, play is immediately stopped, and an indirect free kick is awarded against the team that last touched the ball, before it went high).

SPONSORS

Football South Coast and the University of Wollongong thank the following organisations for their support of Walk the Field 2025



The Athlete's Foot

Principle Athlete Support Partner

At The Athlete's Foot, we are passionate about health and fitness and are dedicated to helping people of all ages and abilities reach their personal fitness and performance goals by providing correctly fitted footwear and personalised service.

Looking at travelling? While at Walk the Field 2025, meet Cathy from Scenic and Karen from Seaside Travel. Cathy and Karen would love to chat to you about River Cruising throughout Europe, France and Southeast Asia.

SCENIC°

LUXURY CRUISES & TOURS



SEASIDE TRAVEL

your personalised journey



RELOCATABLE LIVING
COM.AU

Relocatable Living is Australia's leading marketplace for buying and selling Manufactured Homes in Lifestyle Communities. Whether you're a buyer, seller, Lifestyle Community Manager or Agent, our user-friendly platform makes it easy to:

- Explore homes for sale
- View past sales
- Browse over 250 Lifestyle Communities
- Connect with trusted Agents and Community Sales Managers to help sell your home

Chat with Jack and Luke at our sponsor stalls to learn how Relocatable Living can help you make your next move with confidence.

We encourage all of our players to head to the Fraternity Club to catch up and celebrate the day. As a partner of our 2025 tournament, the Fraternity Club offers live music and a range of dining options for you to refuel, relax and catch up with friends after a day of walking the field.



Deploy Football, Australian-owned and established in 2012, is renowned for designing and manufacturing high-performance footballs trusted by clubs, associations, and players nationwide. Their dedication to innovation, quality, and accessibility has made them the official match ball partner for leading Football competitions and associations, across Australia.

DEPLOY

IMB offers innovative digital banking solutions and a friendly team ready to help you achieve your financial goals. IMB is a proud partner of Football South Coast's Junior Competition.



PLACES TO EAT IN WOLLONGONG



THE FRATERNITY CLUB

Address: 11 Bourke St, Fairy Meadow

Website: Click [here](#).

Drive to Sir Ian McLennan Oval: 19 mins

We encourage all of our players to head to the Fraternity Club to catch up and celebrate the day. As a partner of our 2025 tournament, the Fraternity Club offers live music and a range of dining options for you to refuel, relax and catch up with friends after a day of walking the field.

Visit Wollongong provide information about other refueling options [here](#).

PLACES TO STAY IN WOLLONGONG



NOVOTEL WOLLONGONG NORTH BEACH

Address: 2/14 Cliff Rd, North Wollongong NSW 2500

Website: Click [here](#).

Drive to Sir Ian McLennan Oval: 16 mins



SAGE HOTEL WOLLONGONG

Address: 60-62 Harbour Street, 2500 Wollongong, Australia

Website: Click [here](#).

Drive to Sir Ian McLennan Oval: 18 mins

ACTIVITIES IN WOLLONGONG



BOTANICAL GARDENS

Address: 40 Murphys Ave, Keiraville
NSW 2500

Website: Click [here](#).

Price: Free entry

Drive to Sir Ian McLennan Oval: 16 mins



NAN TIEN TEMPLE

Address: 180 Berkeley Rd, Berkeley NSW
2506

Website: Click [here](#).

Price: Free entry

Drive to Sir Ian McLennan Oval: 18 mins



FLAGSTAFF POINT LIGHT HOUSE

Address: Lot 2500/LOT 2 Endeavour Dr,
Wollongong NSW 2500

Website: Click [here](#)

Price: Free entry

Drive to Sir Ian McLennan Oval: 18 mins



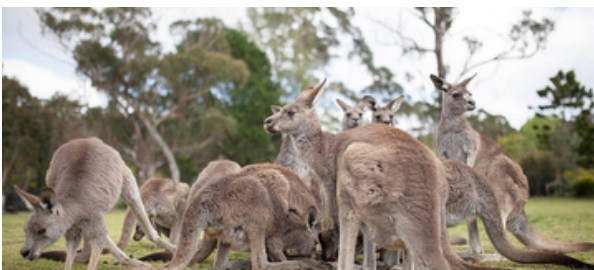
WOLLONGONG ART GALLERY

Address: 46 Burelli St, Wollongong NSW
2500

Website: Click [here](#)

Price: Free entry

Drive to Sir Ian McLennan Oval: 16 mins



SYMBIO WILDLIFE PARK

Address: 7/11 Lawrence Hargrave Dr,
Helensburgh NSW 2508

Website: Click [here](#)

Price: \$42 Adult, \$40 Senior/Pension

Drive to Sir Ian McLennan Oval: 28 mins



Kiama Blowhole

Address: Blowhole Point Road, Blowhole
Point, Kiama NSW 2533

Website: Click [here](#)

Price: Free

Drive to Sir Ian McLennan Oval: 31 mins

THANK YOU FOR PLAYING



Football South Coast and the University of Wollongong would like to thank you for your support of Walk the Field 2025. We hope to see you again next year!

Thank you to our sponsors:
IMB Bank, Deploy, The Athlete's Foot, Relocatable Living, Scenic Tours and Seaside Travel, and the Fraternity Club.



RELOCATABLE LIVING
COM.AU



 **The Athlete's Foot**



UNIVERSITY
OF WOLLONGONG
AUSTRALIA



SEASIDE TRAVEL
your personalised journey

DEPLOY

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LUXURY CRUISES & TOURS