



UNIVERSITY  
OF WOLLONGONG  
AUSTRALIA

FOOTBALL SOUTH COAST

# WALKING FOOTBALL TOURNAMENT

WALK THE FIELD

**SATURDAY  
MAY 16**

**2026**

SIR IAN MCLENNAN OVAL

50 WYLLIE RD, KEMBLA GRANGE NSW 2526

# PLAYER PACK

**DEPLOY**



**imb** bank

**SCION**  
ADVICE

FINANCIAL ADVICE FOR  
THE WHOLE FAMILY



# WALK THE FIELD - SCHEDULE

FILL IN OUR  
PRE-EVENT  
SURVEY!



8:30 AM -  
PLAYER ARRIVAL



9:00AM -  
TOURNAMENT BRIEFING



9:30AM -  
FIRST KICK OFF



12:15PM - 1:15PM  
LIVE MUSIC



12:30PM - 1:00PM  
LUNCH BREAK

1:00PM -  
GAMES RECOMMENCE

4:00PM -  
FINAL MATCHES

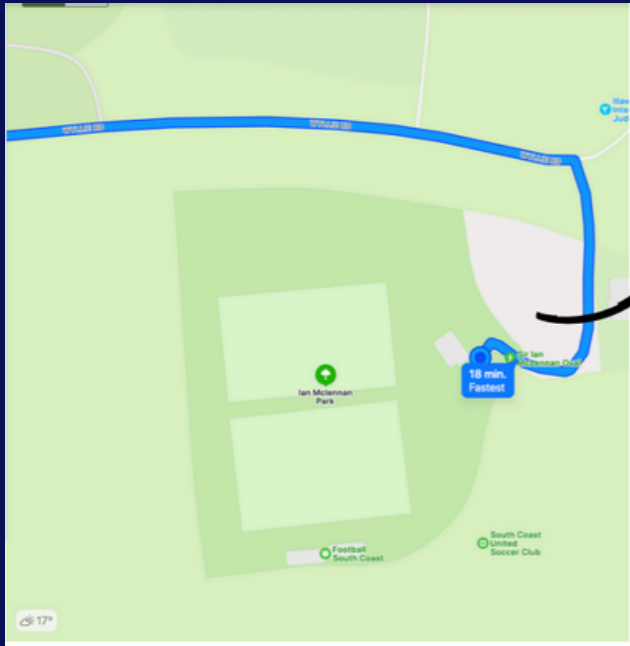
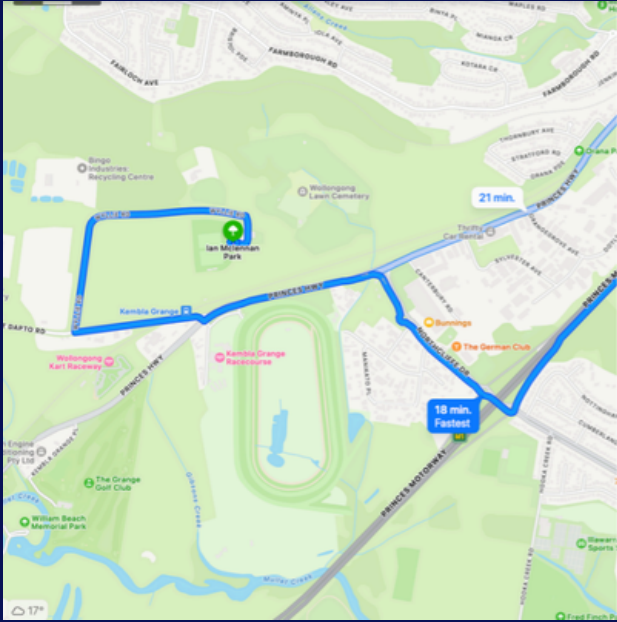


4:30PM -  
PRESENTATION



# Directions to Ian McLennan Park

## TRAVELLING FROM SYDNEY?



1. Take the M1 south towards Wollongong, continue on M1 until you reach the Unanderra exit (Exit 83).
2. Take the Northcliffe Dr exit towards Berkeley/Kembla Grange/Warrawong
3. At the roundabout, take the 3rd exit onto Northcliffe Dr
4. Turn left onto Princes Hwy
5. Turn right onto W Dapto Rd
6. Turn right onto Wyllie Rd
7. Turn right in Park
8. Arrive at Sir Ian McLennan Park, 50 Wyllie Rd, Kembla Grange NSW 2526

*Note* – The sign is small & easy to miss so keep an eye out for it. Parking to the right of the field.

## Travelling via Public Transport?

**Nearest station** is Kembla Grange station.

**Closest bus stop** is on West Dapto Rd, approximately a 22-25 minute walk

**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

# EVENT MAP



WALK THE FIELD 2026



## MAP KEY

- |                |                 |                       |               |
|----------------|-----------------|-----------------------|---------------|
| PLAYING FIELDS | FIRST AID       | TOILET/CHANGEROOMS    | TEAM MARQUEES |
| CANTEEN        | EMERGENCY EXIT  | REGISTRATIONS         | SEATING       |
| LIVE MUSIC     | STALLS/SPONSORS | NURSING HEALTH CHECKS | PARKING       |



# WOMEN 40/50 COMPETITION

**'DRAW SUBJECT TO CHANGE**

Group Matches		Time	Field
CCAM	Kenthurst Strikers	9:30	1
Goalden Girls	Sydney Striders	9:30	2
Puss in Boots	NBWF Benchwarmers	9:30	3
Puss in Boots A Bye			
Puss in Boots A	Goalden Girls	10:30	4
NBWF Benchwarmers	Sydney Striders	10:30	5
Puss in Boots	CCAM	10:30	6
Kenthurst Strikers Bye			



# WOMEN 40/50 COMPETITION

**'DRAW SUBJECT TO CHANGE**

Group Matches		Time	Field
Kenthurst Strikers	Puss in Boots	11:30	6
Goalden Girls	NBWF Benchwarmers	11:30	7
CCAM	Puss in Boots A	11:30	8
Sydney Strikers Bye			
<b>Lunch Break 12:00 to 1:00</b>			
Goalden Girls	CCAM	13:00	8
Puss in Boots	Sydney Striders	13:00	1
Puss in Boots A	Kenthurst Strikers	13:00	2
NBWF Benchwarmers Bye			



# WOMEN 40/50 COMPETITION

**'DRAW SUBJECT TO CHANGE**

Group Matches		Time	Field
NBWF Benchwarmers	Puss in Boots A	14:00	3
Goalden Girls	Puss in Boots	14:00	4
Kenthurst Strikers	Sydney Striders	14:00	5
CCAM Bye			
Sydney Striders	CCAM	15:00	1
Puss in Boots	Puss in Boots A	15:00	4
Kenthurst Strikers	NBWF Benchwarmers	15:00	7
Goalden Girls Bye			
Kenthurst Strikers	Goalden Girls	16:00	1
NBWF Benchwarmers	CCAM	16:00	2
Sydney Striders	Puss in Boots A	16:00	3
Puss in Boots Bye			



# WOMEN 60/65 COMPETITION

**DRAW SUBJECT TO CHANGE**

<b>Group Matches</b>		<b>Time</b>	<b>Field</b>
Northern Beaches Star	Chimpanshees	9:30	4
CCAM	FSC Tickers	9:30	5
Northern Beaches Star	CCAM	10:30	7
Chimpanshees	FSC Tickers	10:30	8
Northern Beaches Star	FSC Tickers	11:30	1
Chimpanshees	CCAM	11:30	2
<b>Lunch Break 12:00 to 1:00</b>			



# WOMEN 60/65 COMPETITION

**'DRAW SUBJECT TO CHANGE**

Group Matches		Time	Field
Northern Beaches Star	Chimpanshees	13:00	3
CCAM	FSC Tickers	13:00	4
Northern Beaches Star	CCAM	14:00	6
Chimpanshees	FSC Tickers	14:00	7
Northern Beaches Star	FSC Tickers	15:00	2
Chimpanshees	CCAM	15:00	5



# **MEN 60/65 COMPETITION**

**DRAW SUBJECT TO CHANGE**

<b>Group Matches</b>		<b>Time</b>	<b>Field</b>
NBWF Possums	NBWF Knights	9:30	6
Bayside	CCAM	9:30	7
Bankstown Redbacks	FSC Tickers	9:30	8
CCAM	NBWF Possums	10:30	1
NBWF Knights	Bankstown Redbacks	10:30	2
Bayside	FSC Tickers	10:30	3
Bankstown Redbacks	CCAM	11:30	3
NBWF Possums	Bayside	11:30	4
NBWF Knights	FSC Tickers	11:30	5

**Lunch Break 12:00pm to 1:00pm**



# **MEN 60/65 COMPETITION**

**DRAW SUBJECT TO CHANGE**

Bayside	Bankstown Redbacks	1:00	5
CCAM	NBWF Knights	1:00	6
NBWF Possums	FSC Tickers	1:00	7
Bankstown Redbacks	NBWF Possums	2:00	8
NBWF Knights	Bayside	2:00	1
CCAM	FSC Tickers	2:00	2
<b>Competition Table Round</b>			
Team 1	Team 4	3:00	3
Team 2	Team 3	3:00	6
Team 5	Team 6	3:00	8



# MIXED COMPETITIVE

**DRAW SUBJECT TO CHANGE**

Group Matches		Time	Field
NBWF Benchwarmers	Pittwalkers	10:00	4
FSC Tickers	CCAM	10:00	5
Sydney Striders	Kenthurst	10:00	6
CCAM	NBWF Benchwarmers	11:00	1
Pittwalkers	Sydney Striders	11:00	2
FSC Tickers	Kenthurst	11:00	3
Sydney Striders	CCAM	12:00	1
NBWF Benchwarmers	FSC Tickers	12:00	2
Pittwalkers	Kenthurst	12:00	3
<b>Lunch Break 12:30 to 1:30</b>			



# MIXED COMPETITIVE

DRAW SUBJECT TO CHANGE

FSC Tickers	Sydney Striders	1:30	5
CCAM	Pittwalkers	1:30	6
NBWF Benchwarmers	Kenthurst	1:30	4
Pittwalkers	FSC Tickers	2:30	1
Sydney Striders	NBWF Benchwarmers	2:30	2
CCAM	Kenthurst	2:30pm	3

## COMPETITION TABLE ROUND

Team 1	Team 4	3:30	1
Team 2	Team 3	3:30	2
Team 5	Team 6	3:30	6



# MIXED SOCIAL

DRAW SUBJECT TO CHANGE

Group Matches		Time	Field
FSC Tickers	Bayside Rockers	10:00	1
CCAM	Hobble Wobble Wine and Groan	10:00	2
Surf Brew Crew	Pittwalkers Social	10:00	3
Primates Bye			
Bayside Rockers	CCAM	11:00	4
Primates	FSC Tickers	11:00	5
Hobble Wobble Wine and Groan	Surf Brew Crew	11:00	6
Pittwalkers Social Bye			



# MIXED SOCIAL

DRAW SUBJECT TO CHANGE

Group Matches		Time	Field
Surf Brew Crew	Bayside Rockers	12:00	4
Pittwalkers Social	Hobble Wobble Wine and Groan	12:00	5
CCAM	Primates	12:00	6
FSC Tickers Bye			
<b>Lunch Break 12:30 - 1:30</b>			
FSC Tickers	Pittwalkers Social	13:30	1
CCAM	Surf Brew Crew	13:30	2
Primates	Hobble Wobble Wine and Groan	13:30	3
Bayside Rockers Bye			



# MIXED SOCIAL

DRAW SUBJECT TO CHANGE

Group Matches		Time	Field
Hobble Wobble Wine and Groan	Bayside Rockers	2:30	4
Pittwalkers Social	Primates	2:30	5
Surf Brew Crew	FSC Tickers	2:30	6
CCAM Bye			
Bayside Rockers	Pittwalkers Social	3:30	4
Primates	Surf Brew Crew	3:30	5
FSC Tickers	CCAM	3:30	3
Hobble Wobble Wine and Groan Bye			

# 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.

The referee will, at their discretion, use Yellow or Red cards to penalise a player for repeated not walking infringements, foul play, reckless or dangerous contact and physical or verbal abuse of another player, spectator, referee or match official.

# 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 match will be played in the 6 team comps (1 v 4 , 2 v 3 and 5 v 6), and the draw will be subject to the competition table at the completion of round 5

## 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.

# Walk the Field Canteen Menu



## DRINKS

### 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 Bean	\$9.00
Apple Cider	\$9.00

### Coffee and 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
Chicken Ceasar Salad	\$8.00
GF Rocket Salad	\$8.00

## SNACKS

Fresh Fruit	\$1.50
Banana Bread(GF)& Banana Bread	\$3.00
Chips/Chocolate	\$3.00
Popcorn	\$2.00
Yoghurt Tub	\$4.00
Zooper Dooper	\$1.00

PRE ORDERS FOR LUNCH WILL BE ACCEPTED ON THE DAY UNTIL 10:00AM.  
ON ARRIVAL PLEASE SEE CANTEEN STAFF TO PLACE YOUR ORDER.

# Sponsors

Thank you to our valued partners for supporting Walk the Field 2026

## The Fraternity Club

The Fraternity Club welcomes players and spectators to enjoy food, live entertainment, and a laid-back social atmosphere as a valued partner of the 2026 tournament.



## IMB Bank

IMB is dedicated to providing intelligent digital banking and individualised support so that local families and communities can prosper. With pride, I support the South Coast Junior Football Competition.

## The Athlete's Foot

At The Athlete's Foot, we are passionate about health, fitness, and helping people of all ages and abilities reach their personal performance goals through correctly fitted footwear and personalised expert advice. As we celebrate 50 Years of Peak Performance, we are proud to continue our support for Walk The Field 2026 as an official Athlete Support Partner. Visit your local Athlete's Foot and get fitted by an expert today.



## Hallmark & Markka

Australia's Trusted Supplier of Legea Sportswear, Markka Equipment and Unipro Custom Apparel. Equip yourself and your team with everything needed for training and game day. Whether you need gear for yourself or for an association of 10000, we've got you covered. Hallmark is the official Legea gear supplier of Football South Coast.

## Deploy

Deploy Football is Australia's leading developer and manufacturer of performance sporting solutions. Their commitment to innovation, quality, and accessibility has established them as the official FSC match ball partner along with major football competitions and associations throughout Australia.



## Scion Advice

Scion Advice is a family-focused financial advisory business based in Nowra, providing personalised financial planning and wealth advice to individuals, couples and families across NSW and Australia. They take a practical, down-to-earth approach to helping clients make confident financial decisions – without the jargon. Services include retirement planning, superannuation, insurance, investments, tax strategies, estate planning, debt management and wealth accumulation.



# FUTURE RESEARCH

The University of Wollongong is exploring programs of research that support the growing walking football community. Participation is voluntary and details of each project will be provided at the time. If you are interested in participating, please register your details via the QR code.



## THANK YOU



UNIVERSITY  
OF WOLLONGONG  
AUSTRALIA

Football South Coast and the University of Wollongong would like to thank you for your support of Walk the Field 2026. We hope to see you again next year!

Thank you to our sponsors IMB Bank, Deploy, The Athlete's Foot, Scion Advice, Hallmark Sports, and the Fraternity Club.

**DEPLOY**

**imb** bank



**SCION**  
ADVICE  
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**The  
Athlete's  
Foot**