



U15 Girls (Orange) - 2025/26 Season

U15 Overview

Format: 11v11

Match Length: 40 mins each way (was 35 mins each way)

Half Time: 5 minutes

Pitch Size: 100yd x 60yd-70yd (full-size/senior) (was 90x55/100x60)

Ball Size: 5 (was 4)

Goal Size: 24ft x 8ft (full-size/senior) (was 21x7)

Team / Club Information

Matches: Every Sunday, with kick-off typically between 9:00-14:00

Home Ground: [Dulwich Village Sports Ground](#)/often assigned to alternative local venues.

Match Confirmation: Venue and arrival/KO time confirmed online via **tactico** by Wed.

Training: Mondays, 18:00-19:00 at [JAGS Sports Club](#)

Fixture Breaks: Sun 28 Dec, Sun 4 Jan and Sun 5 Apr (Easter)

Half Terms: There is no guarantee that half terms will feature a fixture break, there may even be knock out matches later on in the season during this time. Please plan for this. The expectation from the club is that we are committed to these matches.

Player Development Focus

The emphasis for U15 players is on **creating the complete player by developing tactical appreciation and decision-making under match pressure**. Players should understand how to balance team structure with individual creativity. Training should emphasise practical game scenarios, problem-solving, and self-awareness.

The League

We compete in the **Tandridge League**, an England Football accredited Sunday youth league. More information, including fixtures and tables can be found at tandridgeleague.co.uk.



This year the U15 girls league has been amalgamated into one Premiership Division where we will play league and cup games against the following teams:

Athenlay	Julian's
Blackheath Wanderers	Lewisham Tigers
Bromleians	R & R Cobras
Dulwich Village Black	Ten-Em-Bee
Girls United FC	Westerham Juniors Wildcats
Hillyfielders	Young Queens FC (prev. South London Girls)

Game Information & Rules

Equipment & Safety

Shin pads: All players must wear shin pads for training and matches and these must be covered entirely by knee-length socks.

Football boots: Appropriate footwear is required. No metal studs on artificial grass pitches (3G/4G/5G). Moulded studs or astro football boots are recommended.

Clothing: For matches, players must wear the official team kit (shirt, shorts, socks). Goalkeepers must wear a different coloured kit for clear identification. For training, appropriate sportswear is acceptable. In adverse weather, players may layer appropriately, but hooded tops are not permitted during matches.

Jewellery/watches: For safety/FA rules, all items of jewellery, including watches earrings, must be removed before a match. Taping or covering jewellery is not an acceptable alternative.

Laws of the Game / Offside Rules

- Full IFAB Laws of the Game apply.
- Standard offside rules enforced.

Substitutions

Roll-off/roll-on substitutions permitted, subject to referee permission. Players who have been substituted may re-enter.



The 'Bench'

This is a time to keep active, warm and ready to go on and make an impact. Substitute players will be watching, learning and supporting teammates on the field.

Playing Time & Competition Limits

U15 players may participate in up to 100 minutes of football per day during training or casual matches. Maximum permitted in competition: 150 minutes in a single day.

Competition Structure & Philosophy

Matches usually follow a league format with season-long tables, while cup competitions provide additional knockout challenges.

Disclaimer

The information provided in these templates is based on England Football and The FA's published guidelines for youth and adult football in England. While every effort has been made to ensure accuracy, rules and regulations may vary by county FA, league, or competition. Coaches and clubs should always check with their league or governing body for the most up-to-date and applicable rules.

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