



Rouse Hill Rams Football

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WELCOME TO THE 2025 SEASON AT ROUSE HILL RAMS

Everyone at Rams is looking forward to the 2025 season, and we are delighted you can be part of it. Once again, the club will have upwards of 1,400 players, making us one of the biggest clubs within the Hills Football Association.

Important Dates & Information

Communication

For regular communication and updates, please visit our Facebook and Instagram pages. To stay up to date with all things relating to the Rams, make sure you like or follow our pages:

<https://www.facebook.com/rousehillramsfootball/>

<https://www.instagram.com/rousehillramscf/>

We also have our website: www.ramsfootball.com.au

Typically, information is cascaded from age coordinators to coaches and managers, who notify team members.

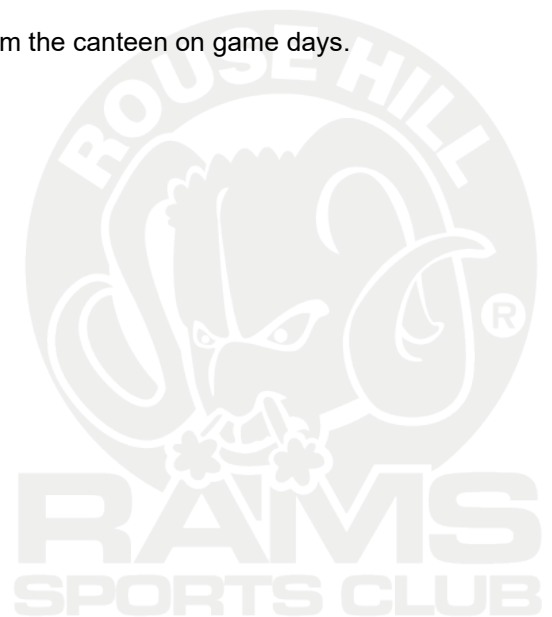
Uniform Sales

We will hold preseason uniform sales days at The Hills Centenary Park on Saturday, 1 March, and Saturday, 8 March, from 10 a.m. to 2 p.m.

Shorts (\$25), socks (\$15), and many other Rams merchandise, including hoodies, zip jackets, scarves, beanies, caps, and stubby holders, will be available.

EFTPOS facilities are available, and this is the preferred method of payment.

During the season, all Rams merchandise can be purchased from the canteen on game days.



Training

Training will be able to commence for all teams once the Hills Shire Council finishes their annual maintenance of the fields (this is scheduled for March 2025). Teams will be advised of the date when the Hills Shire Council gives the club the “all clear”.

Trial Games

The club works hard to secure trial games for all U8 – U18 + Youth Girls teams. Ground availability complicates this. Your coaches and manager will receive the details of any trial games allocated to your team.

There are no trial games for our U6 & U7 age groups.

Season Start Date

Friday 28 th March	Saturday 29 th March	Sunday 30 th March
<ul style="list-style-type: none">○ O30 Women○ O35 Men Friday Night	<ul style="list-style-type: none">○ U6 and U7○ U8 to U18 Mixed (Boys)○ U21 mixed○ All Age Men○ O35 Men○ O45 Men	<ul style="list-style-type: none">○ U8 to U15 Girls○ Youth Girls○ All Age Women○ Women's Premier League

Please note: Hills Football sets the season draw (fixture) except for the U6 and U7 age groups.

- There will be 18 rounds played, with the final round being played on Friday 1, Saturday 2 and Sunday 3 August
- The Semi-Finals are played for age groups from under 12 to above and will be played on Friday 8, Saturday 9 and Sunday 10 August
- Preliminary finals are played for age groups from under 12 to above and will be played on Friday 15, Saturday 16 and Saturday 17 August
- The Grand Finals, played for age groups from under 12 to above, will be played on Friday, August 22, Saturday, August 23, and Sunday, August 24.

Please note: U6 to U11 is non-competition football as mandated by Football Australia. Scores and ladders are not published, and there are no finals.

Skills Development Program – U6, U7, U8 and U9

The Rams club is pleased to announce that we are continuing our partnership with Kano Football. This skills development program is for our U6, U7, U8, and U9 age groups—Mixed (Boys) and Girls. Kano, which has professional coaches, will run 10 weekly sessions for each age group.

This will take place at The Hills Centenary Park at the following times:

- Monday nights U6 – team allocation and times to be confirmed
- Tuesday nights U7 - team allocation and times to be confirmed
- Wednesday nights U8 - team allocation and times to be confirmed
- Thursday nights U9 - team allocation and times to be confirmed

The 10-week program will start the week commencing Monday, 31 March.

There is no additional cost for this 10-week program; it is included in the registration fee.



MiniRoos (U6 to U11)

MiniRoos is the football format for the age groups U6 to U11. It is played with simplified rules, which results in more playing time, more touches of the ball, and more shots at goal.

MiniRoos is non-competitive, and the emphasis is not on winning or losing; it is about participation and enjoyment.

The table below provides more information on the format.

AGE	TYPE	TIME	LOCATION	FORMAT
U6	In-house 12 teams	9:00 am or 10:00 am Saturday	Hills Centenary Park	4 v 4 (no keeper), 30m x 20m pitch, Size 3 ball, 2 x 20 min halves, Game Leader, Mini Goals
U7	In-house 12 teams	8:00 am or 9:00 am Saturday	Hills Centenary Park	5 v 5 (no keeper) 30m x 20m pitch, Size 3 ball, 2 x 20 min halves, Game Leader, Mini Goals
U8	Hills Football	Various times Mixed (Boys) – Sat Girls - Sun	Various grounds within Hills Football	7 v 7 (incl. keeper), 50m x 40m pitch, Size 3 ball, 2 x 20 min halves, 3m x 2m Goals, Instructing Referee
U9	Hills Football	Various times Mixed (Boys) – Sat Girls - Sun	Various grounds within Hills Football	7 v 7 (incl. keeper), 50m x 40m pitch, Size 3 ball, 2 x 20 min halves, 3m x 2m Goals, Instructing Referee
U10	Hills Football	Various times Mixed (Boys) – Sat Girls - Sun	Various grounds within Hills Football	9 v 9 (incl. keeper), 60m x 40m pitch, Size 4 ball, 2 x 25 min halves, 5m x 2m Goals, Instructing Referee
U11	Hills Football	Various times Mixed (Boys) – Sat Girls - Sun	Various grounds within Hills Football	9 v 9 (incl. keeper), 60m x 40m pitch, Size 4 ball, 2 x 25 min halves, 5m x 2m Goals, Instructing Referee

U6 and U7 are in-house games, and under Football Australia rules, no scores or tables are permitted to be maintained or published.

U8, U9, U10, and U11 are non-competitive, and while individual game results are submitted to Hills Football, no scores or ladder tables are published—again, this is based on Football Australia rules.

Junior Football – U12 to U18 + Youth Girls

U12 and above age groups play for the League Winner title and Grand Champions, with scores and tables maintained and updated weekly by Hills Football.

AGE	TYPE	TIME	LOCATION	FORMAT
U12	Hills Football	Various times Mixed (Boys) – Sat Girls - Sun	Various grounds within Hills Football	9 v 9, 60m x 40m pitch, Size 4 ball, 2 x 25 min, 5m x 2m Goals, Hills Football Referee
U13 Girls	Hills Football	Various times On Sundays	Various grounds within Hills Football	9 v 9, 60m x 40m pitch, Size 4 ball, 2 x 25 min, 5m x 2m Goals, Hills Football Referee
U13 Mixed to U17	Hills Football	Various times Mixed (Boys) – Sat Girls - Sun	Various grounds within Hills Football	11 v 11, full-sized pitch, Size 4 ball for U13 and Size 5 ball for U14 and above, Hills Football Referee

We Need Your Help

Rams Soccer is a family-based, grassroots football club run by volunteers' generosity. Throughout the season, teams must supply volunteers to set up the fields, canteen, and BBQ duty.

Your team must provide volunteers from parents to help with nominated duties. Please support our club and help with your allocated weeks. Teams will be given adequate notice of their allocated weeks; you may be required to do more than one shift during the season.

All our committee members are volunteers, and we need your assistance to ensure that game days run smoothly. The game day set-up at The Hills Centenary Park is the best within Hills Football, and we are so proud of what we have achieved. We need your help to continue this!

Playing Shirts

The club will supply your team with a set of playing shirts. Playing shirts must be kept together as a kit and are **not** to be sent home with the individual players.

The team Manager or Coach should collect the playing shirts at the end of each game. They may arrange a roster for parents to take turns washing the complete set to ensure they wear the same and remain together before being returned to the Manager or Coach at training.

The club purchased playing shirts at a considerable cost and must remain a complete set.

In the past, we have noticed several junior players wearing playing shirts at training, to and from games, at shopping centres, etc. Once again, each player will receive a training shirt for their registration fee. **The training shirt will be worn at training and to and from all games.** The diagram below provides examples of the training shirt and playing shirts.



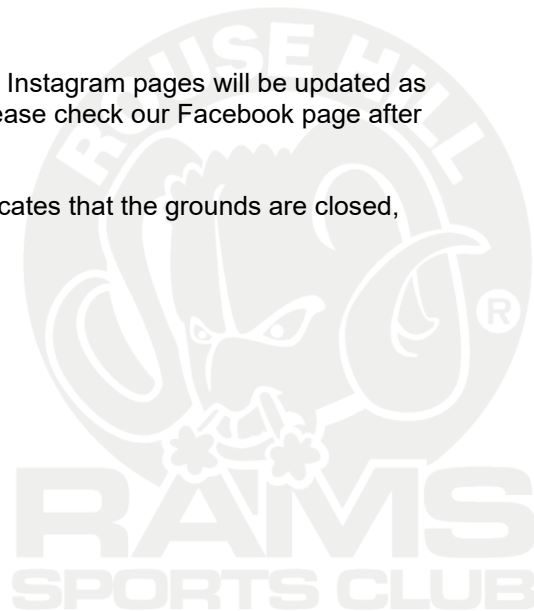
Wet Weather

During wet weather on game days, the club's Facebook and Instagram pages will be updated as soon as the council or the club decides to close the grounds. Please check our Facebook or Instagram page on Friday night and into Saturday/Sunday morning as required for wet weather updates, as decisions can be made to close grounds as late as 7:30 am on Saturday/Sunday morning.

Please do not assume your game is cancelled until you have received notification from your manager or co-ordinator via the competition secretary or an executive committee member. Please check Facebook or Instagram regularly for updates.

In the event of wet weather for training, the club's Facebook and Instagram pages will be updated as soon as the council or the club decides to close the grounds. Please check our Facebook page after 3:00 pm on weekdays as required.

Please note: If no post on our Facebook or Instagram page indicates that the grounds are closed, they are open for training.



Coach & Managers

The Rouse Hill Rams Soccer Club encourages and supports all our volunteer coaches & managers.

All coaches and managers will be provided details on upcoming coaches' and managers' meetings and grass-roots coaching courses. Each team must have a registered coach and manager. If you plan on volunteering as a coach or manager this season, apply for a Working with Children Check via Service NSW.

The rules have changed, and now all coaches and managers must register with a valid working with children check regardless of whether they have a child on the team.

If you are interested in volunteering as a coach or manager, please email secretary@ramsfootball.com.au

Contacts for 2025

The team coach or manager is your primary contact for training and game-day information. The coach and manager will receive information from the various age coordinators.

The age coordinators will contact all coaches and managers before the start of the season and will continue to contact them regularly throughout the season.

If you need to contact someone on the Rams Committee, please use the following email address: contactus@ramsfootball.com.au. Your question or enquiry will be forwarded to the relevant committee member.

And finally, have fun and enjoy the season!

2025 SPONSORS

