



UNDER 10 GIRLS LIGHTNING CUP 2026

1. Aims and Objectives:

The Under 10 Girls Lightning Cup Day is a day of celebration for those who have played Under 10 Girls through the season. However, we encourage clubs to seek Auskickers who are age-appropriate from their aligned Auskick Centre to promote the transition to Junior Footy. We also encourage clubs that have significant number or interest of female players in their mixed teams, to submit a Girls teams.

The aim is to provide an environment in which:

- The players thoroughly enjoy themselves.
- All players are actively involved.
- Injury risk is minimal.

2. Grid Game Rules

All games will be played under Under 10 Girls

3. Expectations of Parents

Please make this a fun and positive experience for all the children involved. Here are some ways you can help make the Carnival a great success:

- Volunteer to be the goal umpire.
- Stay OFF the oval at all times – only umpires, coaches and players are allowed on the ground.
- Cheer on all the kids – from both teams!
- Do not dwell on the score/result; instead, focus on some of the things your child's team did well.

4. Coach's responsibilities on the day:

To make the day run as smoothly as possible, here are a few tips for the Coach:

- Coaches are responsible for making sure the players play in each of the three positions (Forward, Mid and Back) across the three matches. How you rotate the players in positions is up to each Coach.
- After the match, line your team up to thank the umpire/s and shake hands with the opposition team.

5. Umpires' responsibilities:

- Read the rules very carefully.
- Keep the game fun and fair.
- Communicate with the kids, for example, "Pass or kick now,", "Great mark", etc.





6. Siren/Timekeeping

- Timekeeping will be completed as per regular season. Teams must be ready or they will lose game time.
- One blast = start or finish of the half
- Two blasts = one-minute warning before the half is to start, players take their positions.
- An example of sirens: 8:59 (two blasts), 9:00 (one blast), 9:15 (one blast), 9:19 (two blasts), 9:20 (one blast), 9:35 (one blast).
- 2 x 15-minute halves with a 5-minute halftime break

7. Order of events

This will vary depending on number of teams entered.

