

NATIONAL PERFORMANCE LEAGUE

STEP INTO
PERFORMANCE FOOTBALL



SCOTTISH WOMEN'S
FOOTBALL



SWF

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The Youth National Performance League is designed to introduce clubs to national competition on their journey towards NAP football. Clubs have agreed to attain set criteria that has been developed to not only enable girls to play structured football within a competitive league, but to also be coached and trained to a high level along with being supported with appropriate athletic development. In addition to performances on the pitch, clubs are encouraged to help support the holistic needs of girls playing football within this new setting. This is to recognise that the growth of the whole individual is important for sporting excellence.

The reason for supporting emerging sporting talent in this way is to ensure that players can participate in leagues that are competitive and stretching and that in the future we have strong and competitive clubs and domestic leagues along with a successful national team, that can compete on the global stage.

This programme will evolve and grow and be adaptable to the needs of players, coaches and teams.

The women's game is at a critical juncture – it's unique and as it grows we want our young players to exist within an approach that has excellent values:

- a) Fair – our game is fair with flourishing clubs and competitive leagues
- b) Equitable – resources help to grow the game in a sustainable and holistic way
- c) Ambitious – recognises the unlimited potential of women's football and to strive to ensure Scotland is viewed as a beacon of good practice respected domestically and internationally
- d) Agile – that our structures are responsive and adaptive to capitalise on opportunities and help cope with challenge
- e) People led – players, family, clubs, volunteers and leagues are respected and valued for what they contribute to the game
- f) Transparent – structures are robust and clear, decision making is understandable and fair, and communication is excellent
- g) Outward looking – thriving on being part of a broader sporting landscape that brings the best knowledge and experience to drive positive change
- h) Values driven – is ethical, responsible and a force for positive change on the pitch and in society

CLUBS & CRITERIA

Clubs have been invited to take part in the YPL and demonstrate they will attain a set of criteria that have been developed in consultation with clubs and performance advisors from the Scottish FA. The criteria is the first step on the way to NAP football, where criteria stretches clubs to create strong environments for player development.

APPROACH

The League will look to operate leagues across three different age groups – 14s, 16s and 18s

Teams to compete in a national league against the very best grass roots performance clubs across the country.

GOVERNANCE

The League is administered by Scottish Women's Football. The NAP utilises the knowledge and experience of the SFA Performance Manager and the High Performance Commission to ensure the aims and objectives of the programme meet the expanding demands of performance football, this knowledge will help to inform the Performance league as a tiered approach to performance football. The League Administrator governs the league. Stakeholder engagement sessions will be held through the season to gain feedback to continually develop the league.

PARTNERS



Clubs are critical partners with the individual and collective knowledge and expertise found across them all an invaluable resources.

Parents and carers are also critical for the good administration of the leagues. Families and carers entrust their young players with the clubs and within a system that should be safe, nurturing and respectful.

Entry Criteria

In the first instance Clubs must have a Pathway from Youth to Senior Football

1. Personnel

a. **Coach/Manager**

Each team shall have an individual in place.

This individual shall be qualified for the role. The minimum mandatory requirement is as follows:

Must have a 1.3 Coaching Award, completed Mental Health in Scottish Football E-Learning Course and Children's Wellbeing in Scottish Football E-Learning.

b. **Assistant Coach**

Must have a Level 1.2 Coaching Certificate, completed Mental Health in Scottish Football E-Learning Course and Children's Wellbeing in Scottish Football E-Learning.

c. **Goalkeeping**

In addition teams must have:

A Goalkeeping Coach with a minimum Level 1 Goalkeeping Certificate, completed Mental Health in Scottish Football E-Learning Course and Children's Wellbeing in Scottish Football E-Learning.

d. **First Aider**

A minimum of a sports first aider must be present at training and games with fully stocked first aid kit within suitable access to the pitch area. This individual must have attended a recognised sports first aid course and provided SWF with a copy of their certificate evidencing that their qualifications are up to date as part of the annual affiliation process.

e. **Child Wellbeing & Protection Officer**

Each club shall have an individual in place. This individual must attend a minimum of 3 SWF webinars over the season and have completed the following in accordance with SWF's Child Wellbeing & Protection Policy:

- Children's Wellbeing in Scottish Football Workshop or the sportscoach UK Safeguarding & Protecting Children Worksoop
- Managing Children's Wellbeing in Scottish Football workshop or **sportscotland's** Child Wellbeing and Protection in Sport training

In addition they must have completed the following and returned to SWF in accordance with SWF's Child Wellbeing & Protection Policy:

- PVG scheme record/update through SWF in past 3 years
- Self-Declaration form
- Fair Processing Notice form
- Official Declaration form



- 2 references approving their suitability to conduct regulated work
- SWF's code of conduct for safeguarding children's wellbeing

f. Club Secretary

Each club shall have a named Club Secretary. This individual should be named during the affiliation process and be in possession of an up to date job description outlining their duties.

2. Training

a. Frequency

Teams should train a minimum of 2 times per week.

All teams must have a minimum of 1 Specialist Goalkeeping training sessions per week

Players should additionally have a sport specific strength and conditioning program they should follow. This should be designed by an appropriately qualified person.

b. Performance Analysis

Match Coverage - All home teams are responsible for filming matches and sharing footage.

3. The Ground

a. Registered Ground

Mandatory perimeter pitch protection system shall surround the playing area separating it from spectators and employed as directed by the match officials on the day. At least 2m from touchline. All clubs must educate parents and spectators regarding side-line behaviour towards, players, coaches, officials, and all spectators.

Pitch Perimeter Barrier: refers to barrier or rail that separates spectators from playing area

b. The Field of Play

The field shall be in compliance with the Laws of the Game.

Any natural grass surface may be subject to tests, the field shall be in good condition and playable throughout the playing season. Artificial grass certification should be in good condition and playable throughout the playing season.

e. Health & Safety Regulations

The ground must comply with prevailing Health and Safety regulations, and, where applicable, have relevant certification issued by the local authority.

f. Access

Both clubs must have access to the match pitch for a minimum of 15 minutes before kick-off. In the event that this is not feasible, the home club must advise their opponent in advance of the fixture of the specific warm up arrangements in place as part of their confirmation of details communication in the week prior to the match.



4. Facilities

a. Teams

1 dressing room for each club (home and visiting team) with facilities to safely secure valuables and/or lock the dressing room is a minimum requirement. This should not be a communal changing area i.e. public changing room with general public access.

b. Match Officials

The match official's dressing room must be separate from the team dressing rooms but close by and has facility to safely secure valuables.

c. Technical Areas

Clubs shall provide a clearly marked technical area for up to 13 people next to the field, large enough for the technical team and substitutes.

d. Match Appurtenances

Clubs shall ensure goalposts, crossbars, nets, corner flags and other appurtenances are provided.

e. Match Arrangements Information Pack

Clubs shall ensure that, no later than 5 days before the scheduled match, an electronic match arrangements information pack is shared with the opposition club and the SWF Administrator including:

- Kick off time
- Venue (including travel directions)
- Team changing information
- Team kit colours
- Access to pitch
- Access to parking
- Spectator arrangements
- Nearest hospital (+ directions)
- Defibrillator arrangements
- coaches, officials, and all spectators
- All clubs must educate parents and spectators regarding side-line behaviour towards, players, officials, and coaches.

Clubs attaining these criteria will be admitted to the league. To move from this tier of football to the NAP tiers the NAP2 or NAP1 Criteria must be met. Clubs attaining NAP criteria are not necessarily guaranteed a place. The nature of the NAP is to create a place for the best teams in the country and such applications made will be assessed by SWF and the SFA.

