



Game Day Information



www.capalababulldogs.com



Capalaba Bulldogs
welcome's you to
John Frederick
Park, we hope you
enjoy the games
and our facilities.



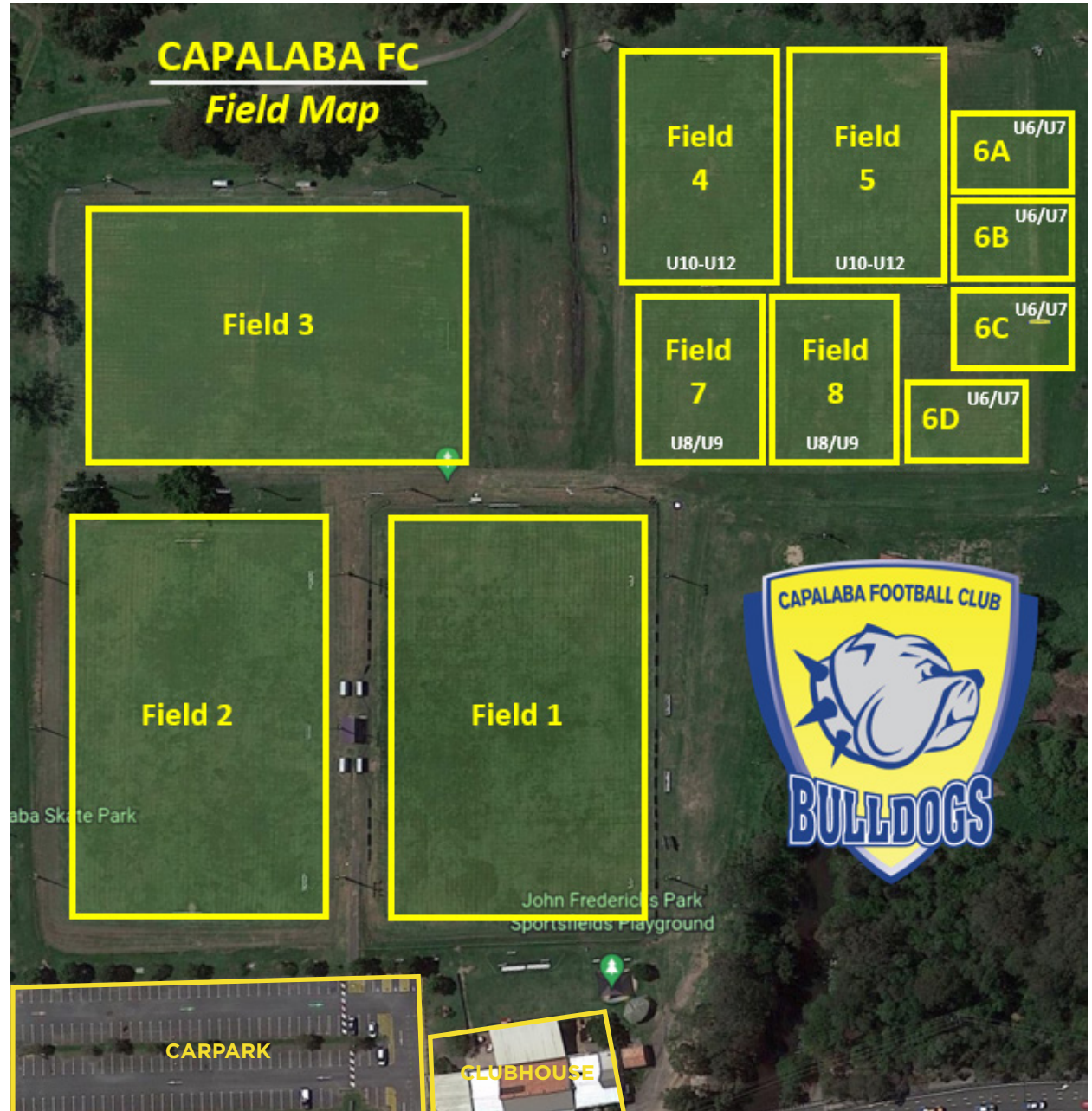
Venue Information

Address:

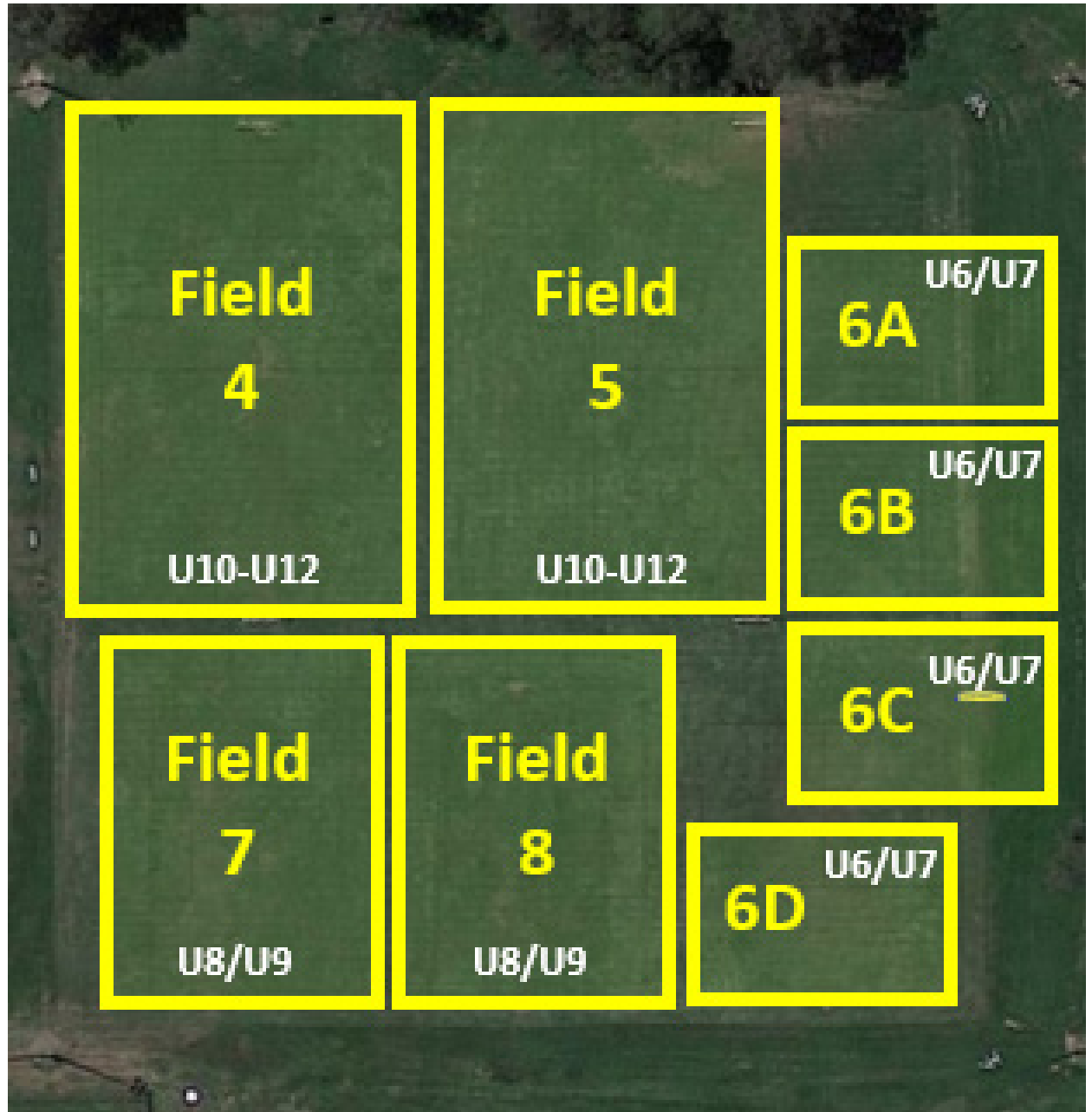
John Fredericks Park
Banfield Lane, Capalaba, Queensland 4157.

Parking:

Our car park holds 200 car parking spaces. When a bigger than normal crowd is expected, parking will be at a premium. We suggest considering car-pooling or If the car park is full we suggest parking in Capalaba Park Shopping Centre and walking across Old Cleveland Road.



FQ Academy SAP Fields



Facilities

Facilities:

There are currently 4 changerooms and 1 referee room. Notices of Room allocations will be placed in the A4 Signs on the wall outside of the changeroom. Please ask your team management to leave the rooms in a clean condition for the following team and please do not allow players to clean their boots inside the rooms or showers. Brooms, bins and dustpan & brush are available for each room.

We have 3 playing fields, and 2 SAP Fields. Field 1 is off limits to all persons until the scheduled match commences. Please do NOT warm-up on Field 1.

Warm-Up Requirements:

- Warm-up to be taken place off the main playing fields
- No Goal Keeper warm-up inside the goal mouth

Toilets:

Toilets (Male 7 Female) are located in the clubhouse; there are also public toilets at the entrance to Banfield Lane.

Canteen & Bar:

Capalaba FC has a licensed bar and canteen. The Bar will be open for the Main games, and is available from 12 noon onwards. Drinks must be consumed in the licenced area.

We do ask that you support the club Canteen & Bar and do not bring food in from outside businesses please.

Seating:

There is seating on the clubhouse deck, with tables and chairs. There are also some benches around Field 1 for seating. We recommend bringing your own seating, if possible. We have limited shade around the fields and suggest you bring umbrellas or small pop-up tents to protect yourself from the sun.



Duration of games

AGE GROUP	BALL SIZE	DURATION	BREAK PERIODS
Under 9	Size 3	2 x 25 min each half or 3 x 20 min thirds	For matches consisting of two periods of 25 minutes or 3 x 20 minutes there will be an interval of five minutes between periods.
Under 10	Size 4		
Under 11	Size 4		
Under 12	Size 4		
Under 13	Size 4	30 min each half	For matches consisting of two periods of 35/40 minutes there will be an interval of ten minutes between periods.
Under 14	Size 5	35 min each half	
Under 15	Size 5	40 min each half	
Under 16	Size 5		
Under 18	Size 5	45 min each half	For matches consisting of two periods of 45 minutes there will be an interval of fifteen minutes between periods.
Under 20	Size 5		
First Team	Size 5		

Medical

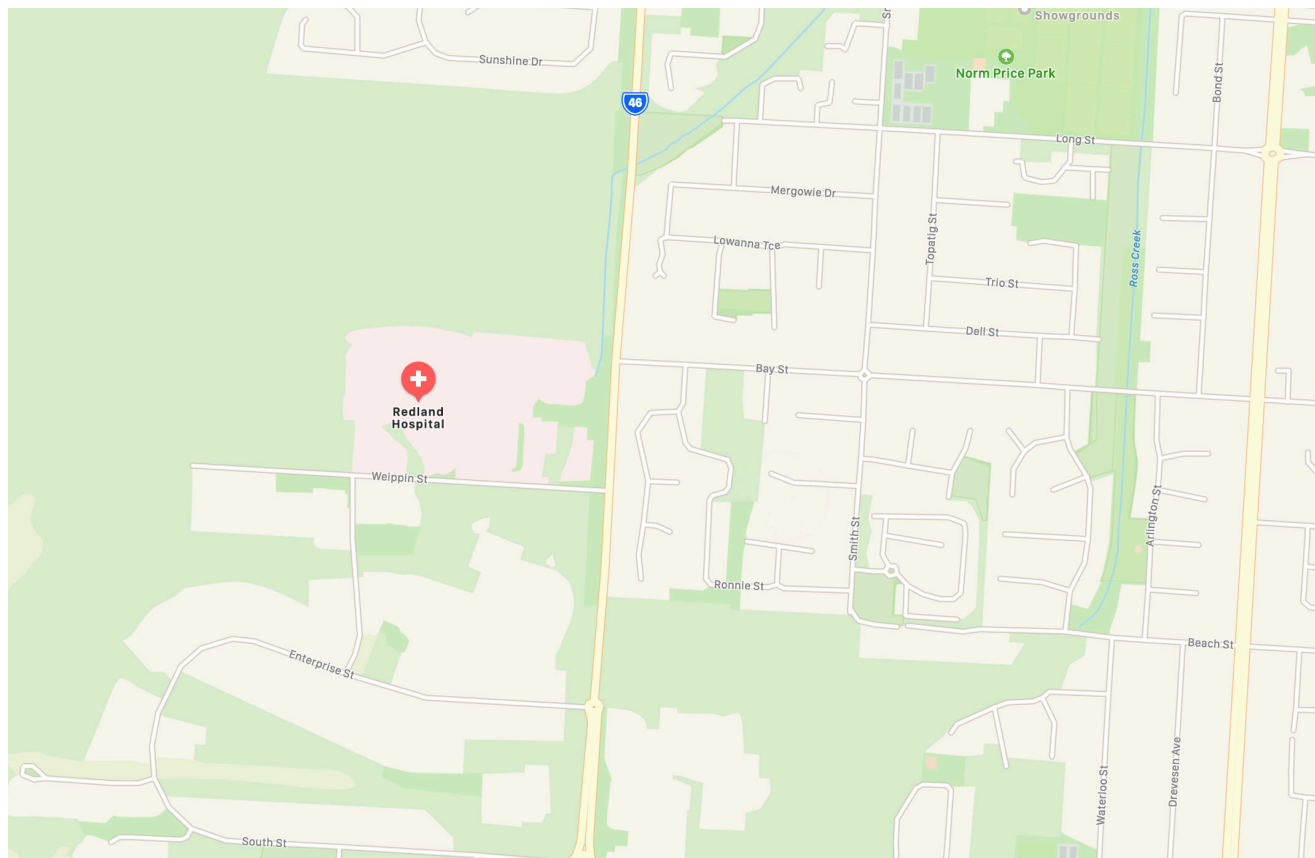
We have a Sports Trainer available for Junior games and a Club Physio for senior games. We have a medical room located next to the Referees room.

The Sports Trainers will attend to minor conditions and will provide advice on sports injuries; however they are not available for strapping. We also recommend that you seek professional medical advice as soon as possible.

Redland Hospital

The nearest hospital is Redland Hospital located at:

Weippin Street,
Cleveland Queensland 4163



Contacts

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**Be Brave. Be Proud.
Be a Bulldog**



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