

# Welcme!





**As many as possible,  
for as long as possible,  
as good as possible.**

Football is Norway's largest sport with 2000 clubs participating with 28 000 teams, where 190 000 boys and 90 000 girls from ages 5 to 19 play football.

Football in Norway is organised by the Football Association of Norway (NFF) with the vision "Footballing joy, opportunities and challenges for all". Football is based on confidence, joy, respect and equality.

Football for children and youths is run with the motto: "As many as possible, for as long as possible, as good as possible." The most important thing is to have fun with friends – everyone is equal and must be treated with the same respect.



### **How is a football team run?**

Sports clubs play an important role in local communities, for both children and adults. Much of the spare time is spent in a healthy and positive environment where the entire family can win new friends and become part of the club.

A club is a democratic organisation where the members have the final say. Most clubs in Norway are run by parents, siblings and others who volunteer and work for free to provide children and youths with an opportunity to participate in sports.

The club has teams in all age groups. The players participate in teams with others their age, most commonly in separate girls' or boys' teams. The children's team are coached by parents or siblings.

Everyone with children who play football participate in running the team and the club. If everyone does some, no-one has to do a lot. If no-one does anything – there will be no team and no activity for the children.



# Football in 1-2-3!

## 1. Equipment

To play, you need football boots, shin pads and training clothing. The club supplies the rest. Playing football with long trousers and headress is not a problem.

## 2. Money

The club has no paid employees, but has other costs. Maintaining or renting a pitch, insurance, kits, balls and other equipment cost money. Playing matches costs money; whether league games (once a week) or tournaments (multiple matches in one day). The club receives financial support from the state and municipality and some clubs are paid for advertising around the pitch or on their kits. The rest of the costs must be covered by the team - partly through activities that raise money for the team and partly paid for by the parents.

There are three types of payments:

**Membership fee** – to be member in the club. Many clubs have family discounts.

**Training fee** – for pitch lease, insurance for the children and equipment for the team.

**Tournament fees** – for accommodation, food and transport.

## 3. Participation

It means a lot to the children that parents come to watch when they play. It is also a great way of getting to know other parents. The team and the club are run by volunteers; parents, siblings and others who work for no pay. Coaches spend many hours each week, and the players' families must contribute what they can. Transport to and from matches is an important task that the parents share.

There are several jobs that must be done for both the club and the team.

The club house must be kept tidy and clean, the kiosk must be staffed, some do the accounts, some sow curtains, others paint the dressing rooms,

some update the website - there are many jobs great and small to make the club a good place for everyone in the neighbourhood. This voluntary effort only takes a few hours per year, and none of the jobs are hard - there is something for everyone. This raises money for the children's activities, and we do this together to provide the children with a safe, healthy and fun place to be. This voluntary work is called "**dugnad**", which means a communal and ordinarily unpaid work effort of importance for the community.





### **Fair play** is

the name of football's ethical work. It is about respect - how we treat and interact with people, both on and off pitch. Fair play is at the centre of everything we do and is expressed by the fact that all teams must shake hands before and after matches.



### **Safe framework**

All football clubs are committed to providing children and youths with safe activities. The clubs have clear attitudes and work actively to combat drugs, doping, violence, racism and bullying. Football is safe and positive, fun and exciting, drug-free and healthy – and welcomes everybody, both adults and children.

### **Why do children play football?**

Everyone knows football, and most children say they want to play to "have fun with friends". The children experience a sense of community and have fun with their team mates. In football, the children win new friends and learn to take care of each other and cooperate. A body in good shape is also decisive for doing well in school.

### **Why do parents and siblings participate?**

The most important thing is that the parents and family come along to watch the matches. Teams and clubs are completely dependent on family participation. Many also have older siblings who accompany the youngest to football. The players' families can easily get to know each other and find friends among the other families. If you are new in Norway, football is an important road to finding a place in the community.

The Football Association of Norway's vision is FOOTBALL FOR EVERYONE – both children and adults.

Read more about NFF at [www.fotball.no](http://www.fotball.no)





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