



Norfolk Women's & Girls Football League

Proposal for the Constitution of the Competition for 2022/2023 Season

The full constitution proposal with 5 x Development Divisions from U7 to U11, with 5 x Youth Divisions U12 to U16, through to Ladies 7 and 11 aside, with no more than 168 Clubs in total, and no more than 14 teams in each Division.

Currently the Constitution is set out with one Division in U7, U8, U9, U14 U15 & U16, and two Divisions in U10, U11's, U12's, U13, and Ladies 7 and Ladies 11's, as set out below. This is subject to change if teams subsequently withdraw prior to the season commencing.

U7 Division x 1

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| Bure Valley Kittens U7 |
| Bungay Town U7 |

U8 Division x 1

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| Bure Valley Lionesses U8 |
| Beccles Town FC U8 Girls |

U9 Division x 1

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| Beccles Town FC U9 Girls |
| Bure Valley Pumas U9 |
| Costessey U9 Girls |
| Horsford F.C. U9 Girls |
| Morley Youth FC U9 |
| Mulbarton Belles U9 |
| North Walsham Angels U9 |
| Redrose U9 |
| WAVENEY U9 FOXES |
| WAVENEY U9 WILDCATS |



U10 Divisions x 2

| Division 1 | Division 2 |
|-------------------------|----------------------------------|
| Aylsham FC (Ltd) U10 | Fakenham Town U10 Girls |
| Bure Valley Jaguars U10 | Mulbarton Belles U10 |
| Loddon leopards U10 | Kirkley & Pakefield U10 Jewels |
| Loddon Lionesses U10 | Blofield United Youth FC U10 |
| Redrose FC U10 | Taverham U10 Steelers |
| Sprowston u10 Wasps | Gorleston Rangers Falcons U10 |
| WAVENEY U10 FOXES | Harleston Youth FC U10 |
| Bungay Town U10 | Sprowston U10 Hornets |
| | Heigham Park Rangers u10's Pumas |
| | Waveney Wildcats U10 |

U11 Divisions x 2

| Division 1 | Division 2 |
|------------------------------|----------------------------------|
| Beccles Town FC U11 Girls | Aylsham FC (Ltd) U11 Flames |
| Blofield United Youth FC U11 | Aylsham FC (Ltd) U11 Royals |
| Bure Valley Leopards U11 | Bure Valley Bengals U11 |
| Gorleston FC Diamonds U11 | Bure Valley Meercats U11 |
| Long Stratton FC U11 Girls | Harleston Youth FC U11 |
| Mulbarton Belles U11 | North Walsham Angels U11 |
| North Walsham Town U11 | Thetford Bulldogs Belles U11 |
| Taverham U11 Hotshots Blues | Sprowston U11 Girls |
| Taverham U11 Hotshots Whites | WAVENEY U11 FOXES |
| | Wymondham Town United Wolves U11 |
| | Waveney Lionesses U11 |

U12 Divisions x 2

| Division 1 | Division 2 |
|---------------------------------|----------------------------------|
| Dereham saints girls u12 Cobras | Bure Valley Lynx U12 |
| Dereham saints girls u12 Gold | Bure Valley Lionesses U12 |
| Redrose FC U12 | Bungay Town U12 |
| Sprowston U12 Girls | Harleston Youth FC U12 |
| Taverham U12 Toucans | Hopton Harriers u12 Piranha's |
| Gorleston Rangers Falcons U12 | Kirkley & Pakefield Royals U12 |
| Thorpe St Andrew Panthers U12 | Martham U12 |
| WAVENEY U12 FOXES | Thorpe St Andrew Lionesses U12 |
| WAVENEY U12 Lionesses | Thetford Bulldogs Belles U12 |
| WAVENEY U12 Wildcats | Wymondham Town United Ravens U12 |
| | Yarmouth Football Club U12 |
| | Gorleston Rangers Kestrels U12 |



U13 Divisions x 2

| Division 1 | Division 2 |
|-------------------------------------|-------------------------------------|
| Blofield United Youth FC Reds U13 | Beccles Town FC U13 Girls |
| Blofield United Youth FC U13 | Mulbarton Belles U13 |
| Bure Valley Bobcats U13 | North Walsham Angels U13 |
| Gorleston FC Diamonds U13 | Norwich United U13 |
| Gorleston Rangers Falcons U13 | Redrose FC U13 |
| Long Stratton FC U13 Girls | Sprowston U13 Girls |
| Thorpe St Andrew Saints U13 | Tasburgh United Girls U13 |
| WAVENEY U13 Wildcats | WAVENEY U13 FOXES |
| Wymondham Town United FC Wolves U13 | Wymondham Town United FC Ravens U13 |
| | Yarmouth Football Club U13 |
| | Harleston Youth FC U13 |

D14 Division

| Division 1 |
|--------------------------------|
| Beccles Town FC U14 Girls |
| Bungay Town U14 |
| Bure Valley Panthers U14 |
| Costessey Girls U14 |
| Fakenham Town U14 Girls |
| Gorleston FC Diamonds U14 |
| Gorleston Rangers Kestrels U14 |
| Harleston Youth FC U14 |
| KLSC Lionesses U14 |
| Martham U14 |
| Sprowston U14 Girls |
| Thetford Bulldogs Belles U14 |
| WAVENEY U14 FOXES |
| WAVENEY U14 Wildcats |



U15 Division

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| Division 1 |
| Blofield United Youth FC U15 |
| Bure Valley Wildcats U15 |
| Costessey Girls U15 |
| Gorleston FC Emeralds U15 |
| Harleston Youth FC U15 |
| Hockering F.C U15 The Ravens U15 |
| Rockland's Girls U15 |
| Thetford Bulldogs Belles U15 |
| Thorpe St Andrew Saints U15 |
| Wymondham Town United FC Ravens U15 |
| WAVENEY U15 Wildcats |
| WAVENEY U15 Lionesses |
| Wymondham Town United FC Wolves U15 |
| Yarmouth Football Club U15 |

U16 Division

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| Bawdeswell Youth F.C U16 |
| Beccles Town FC U16 Girls |
| Blofield United Youth FC U16 |
| Bure Valley Wildcats U16 |
| Costessey Girls U16 |
| Gorleston Rangers Falcons U16 |
| Horsford F.C. U16 Girls |
| KLSC Lionesses U16 |
| Long Stratton FC U16 Girls |
| Martham U16 |
| North Walsham Angels U16 |
| Sprowston U16 Girls |
| WAVENEY U16 FOXES |



Ladies 7 Divisions x 2

| Division 1 | Division 2 |
|-----------------------------------|---------------------------------------|
| Costessey Sports 7 | Aylsham FC (Ltd) Women's 7s |
| Dussindale and Hellesdon Ladies 7 | Beccles Town FC U18 Girls or Ladies 7 |
| Horsford F.C. Women (7v7) | FC Viking Valkyries 7's |
| Kirkley and Pakefield Ladies FC 7 | Loddon Ladies 7 |
| Left Field F.C. 7 | Redrose FC Ladies 7 |
| Mulbarton Wanderers F.C Women's 7 | Taverham Ladies 7 |
| Rockland United Ladies 7 | Yarmouth Football Club Ladies 7 |
| UEAWFC Ladies 7 | |

Ladies 11 x 2 Divisions

| Division 1 | Division 2 |
|-----------------------------------|----------------------------------------------|
| Beccles town ladies 11 | Aylsham FC (Ltd) Women 11 |
| Bungay Town Ladies 11 | Blofield United Ladies 11 |
| Caister FC Ladies 11 | FC Viking Valkyries 11 |
| Dussindale and Hellesdon Women 11 | FREETHORPE FC LADIES 11 |
| KLSC Ladies 11 | Great Yarmouth Town Ladies FC |
| Long Stratton FC Women 11 | Gorleston Ladies 11 |
| Mulbarton Wanderers F.C Women 11 | Horsford F.C. Women (11v11) |
| Sprowston FC Ladies 11 | Mulbarton Wanderers F.C Women Development 11 |
| Stalham Ladies 11 | North Walsham Angels Ladies 11 |
| Thetford Town Ladies 11 | Shrublands ladies 1988s 11 |
| UEAWFC Ladies 11 | Thetford Bulldogs Ladies 11 |
| | Thorpe St Andrew Ladies 11 |
| | Wymondham Town Women Development 11 |