**Norfolk Women’s & Girls Football League**

**Proposal for the Constitution of the Competition for 2023/2024 Season**

The full constitution proposal with 4 x Development Divisions from U8 to U11, with 6 x Youth Divisions U12 to U16, through to Ladies 7 and 11 aside, with no more than 250 Clubs in total, and no more than 14 teams in each Youth and Adult Division.

Currently the Constitution is set out with the Development Divisions in U8, U9, U10 & U11. Youth Divisions in U12, U13, U14, U15, U16 and U18 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.

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| **U8 Development Division** |
| Bure Valley Lionesses U8 |
| Kirkley and Pakefield Sapphires U8 |
| Attleborough Town Whites U8  |
| Attleborough Town Blues U8  |
| Cromer Youth Panthers U8  |
| Mulbarton Belles U8 |

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| **U9 Development Division** |
| Bure Valley Lionesses U9 |
| Horsford F.C. U9 Girls |
| Bure Valley Vixens |
| Blofield United Youth FC U9  |
| Waveney Wildcats U9 |
| Cromer Youth Panthers U9  |
| Harleston Youth FC Lionesses U9  |
| Old Catton Juniors F.C Lionesses U9  |
| Mulbarton Belles U9 |
| Bungay Town U9 |
| Beccles Town FC U9 Girls |
| Aylsham FC Ltd U9 |
| Red Rose FC U9 |
| Costessey FC U9 |

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| **U10 Development Division** |
| Horsford F.C. U10 Girls |
| Morley Youth F.C Bluebirds U10 |
| Thorpe St Andrews Griffins U10 |
| North Walsham Town U10 |
| Bure Valley Cheetahs U10 |
| Attleborough Town U10 |
| Waveney Foxes U10 |
| Mulbarton Belles U10 |
| Martham U10 |
| Costessey U10 Girls |
| Waveney Wildcats U10 |
| Gorleston Rangers Lionesses U10 |
| Beccles Town FC U10 Girls |
| Red Rose FC U10 |
| Fakenham Town Foxes U10 |
| Sprowston FC Owls U10 |
| Acle United Warriors U10 |

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| **U11 Development Division** |
| Loddon Lionesses U11 |
| Loddon Leopards U11 |
| Attleborough Town U11  |
| Thetford Bulldogs U11 |
| Brundall Bolts Brontēs U11  |
| Cromer Youth Lionesses U11  |
| Gorleston Rangers Falcons U11 |
| Heigham Park Rangers Pumas U11 |
| Bure Valley Jaguars U11 |
| Kirkley and Pakefield Jewels U11 |
| Blofield United Youth FC U11  |
| Taverham Steelers U11 |
| Waveney U11 Wildcats |
| Brandon Town CFC U11  |
| Waveney Foxes U11 |
| Fakenham Town Fireflies U11 |
| Fakenham Town U11 Town  |
| Mulbarton Belles U11 |
| Sprowston Bees U11 |
| Sprowston Hornets U11 |
| Sprowston Wasps U11 |
| Old Catton Juniors F.C Lionesses U11  |
| Bungay Town U11 |
| Bure Valley Lightning U11 |
| Red Rose FC U11 |
| Gorleston Rangers Falcons U11 |
| Hemsby FC U11 (New club) |

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| **U12 Division 1** | **U12 Division 2** |
| Bure Valley Wolves U12 | Aylsham FC Ltd Vixens U12 |
| Bure Valley Leopards U12 | Aylsham FC Ltd Kingfishers U12 |
| Beccles Town FC U12 Girls | Bure Valley Bengals U12  |
| Blofield United Youth FC U12 | Fakenham Town Ghosts |
| Gorleston FC Diamonds U12 | Kirkley and Pakefield Royals Girls U12 |
| Mulbarton Belles U12 | Loddon United U12 |
| Sprowston FC U12 | Long Stratton FC U12 |
| Taverham Hotshots Lionesses U12 | North Walsham Town U12 |
| Waveney Lionesses U12 | Tasburgh Utd Tigers U12 |
| WTUFC Wolves U12  | Taverham Warriors U12 |
| Waveney Foxes U12 | Taverham Hotshots Blues U12 |
|  | Thetford Bulldogs U12 |
|  | Thorpe St Andrews Dragons U12 |
|  | Yarmouth FC Phoenix U12 |

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| **U13 Division 1** | **U13 Division 2** | **U13 Division 3** |
| Dereham Saints Blues U13 | Red Rose FC U13 | Sprowston Wasps U13 |
| Dereham Saints U13 Golds | Thorpe St Andrews Panthers U13 | Bure Valley Wildcats U13  |
| Gorleston Rangers Falcons U13 | Bungay Town U13 | Martham Oaks U13 |
| Kirkley and Pakefield Diamonds U13 | Thetford Bulldogs FC Belles U13 | Hopton Axolotls U13  |
| Martham U13 | Gorleston Rangers Kestrels U13 | Fakenham Town U13 Lionesses |
| Sprowston FC U13 | North Walsham Town FC U13 | Shrublands FC U13 |
| Taverham Toucans U13 | Bure Valley Lynx U13 | Great Yarmouth Town U13 |
| Waveney Lionesses U13 | Thorpe St Andrews Lionesses U13 | Cromer Youth Lionesses U13  |
| Waveney Wildcats U13 | Horsford F.C. U13 Girls U13  | Thetford Bulldogs Girls U13 |
| WTUFC Ravens U13 |  | Sprowston Boars FC U13 |
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| **U14 Division 1** | **U14 Division 2** |
| Blofield United Youth FC U14  | Gorleston FC Diamonds U14 |
| WTUFC Wolves U14 | Mulbarton Belles U14 |
| Thorpe St Andrews Saints U14 | Beccles Town FC U14 Girls |
| Brundall Bolts Brontēs U14 | Tasburgh Utd Tigers U14 |
| Long Stratton FC U14 | Yarmouth FC U14 Sirens |
| Blofield United Youth FC Reds U14 | Red Rose FC U14 |
| Gorleston Rangers Falcons U14 | North Walsham Town U14 |
| Bure Valley Bobcats U14 | WTUFC Ravens U14 |
| Sprowston FC U14 | Waveney FC U14 Foxes |

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| **U15 Division 1**  |
| Martham U15 |
| Bure Valley Panthers U15 |
| Gorleston FC Diamonds U15 |
| Beccles Town FC U15 Girls |
| Sprowston FC U15 |
| Costessey U15 Girls |
| Waveney Wildcats U15 |
| Waveney Foxes U15 |
| WTUFC Wolves U15 |
| Thetford Town FC U15  |
| Bungay Town U15 |
| Fakenham Town U15 Jem’s |

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| **U16 Division** |
| WTUFC Ravens U16 |
| Yarmouth FC U16 |
| Thetford Bulldogs FC U16 |
| Thorpe St Andrews U16 |
| Bure Valley Wildcats U16 |
| Blofield United Youth FC U16  |
| Waveney Girls U16 |
| Costessey U16 Girls |
| Beccles Town FC U16 Girls |
| Dussindale & Hellesdon Rovers U16 |
| Long Stratton FC U16 |

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| **Ladies 7 Division 1** | **Ladies 7 Division 2** |
| Mulbarton Wanderers F.C Women 7 | UEA F.C. Women's 7 |
| Horsford F.C. Women (7v7) | Hockering FC Ladies 7  |
| Rockland United Ladies 7 | Cawston ladies FC 7v7  |
| Taverham Ladies FC 7 | Yarmouth FC Ladies |
| Left Field FC | Red Rose FC Ladies 7 |
| Loddon United Ladies 7 | Aylsham FC (Ltd) 7 |
| Waveney Ladies 7 | FC Viking & Valkyries 7  |
| Dussindale & Hellesdon Rovers 7  | Thetford Bulldogs FC ladies 7 |
|  | Madra FC 7 |
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| **Ladies 11 Division 1** | **Ladies 11 Division 2** |
| Sprowston Ladies 11 | Horsford F.C. Women 11 v 11 |
| Long Stratton Ladies 1st 11 | Great Yarmouth Town Ladies 11  |
| Aylsham FC (Ltd) Women 11 | Shrublands Ladies 88s L11 |
| KLSC FC First 11 | Red Rose FC Ladies 11 |
| North Walsham Ladies 11 | FC Viking & Valkyries 11 |
| Bungay Town Ladies 11 | Bure Valley Women 11  |
| Caister FC ladies 11 | Freethorpe FC Ladies 11 |
| UEA WFC 11 | SWFC Lingwood L11  |
| Thorpe St Andrews L11 | Mundford FC Ladies 11  |
| Mulbarton Wanderers F.C Women Development 11  | Waveney Ladies 11 |
| Costessey Sports FC 11 | Beccles Town FC Ladies Development 11 |
|  | Stalham Town Ladies 11 |
|  | Martham Ladies 11  |
|  | Horsford Harriers Ladies 11 |