

# Football For All — Gala Day —

30th August 2025



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# Acknowledgment of Country

Aspect acknowledges the Traditional Owners and Custodians of Country throughout Australia and recognises their continuing connection to the land, sea, waterways and community. We pay our respects to them and their cultures; and to their Elders past and present.



*The Home of the Matildas, Badjurr Murrup, Arist: Alex Kerr*

## Statement of Inclusion

It is okay to be authentically myself. I can let Football Victoria Staff or my coach know if there is anything that helps me feel included during Football for All Gala Day.

I am welcome to use my own strategies to help feel comfortable, so I can keep participating and having fun.



# What is a Visual Story?

Visual stories help me to become **more familiar with a place or event**, and know **what to expect** before I attend.

Being prepared and knowing what to expect can help **to reduce my anxiety and stress**.

Visual stories are written in an easy read format and use pictures to provide greater accessibility for everyone.

This Visual Story has been developed in collaboration with Aspect.  
I can find out more about Aspect on their website:

<https://www.aspect.org.au>





# About Football for All Gala Day

Football For All Gala Day is a fun and inclusive event for:

- Players with a disability
- All ages
- Diverse backgrounds
- All skill levels.

This year, the Gala Day takes place on Saturday, August 30th, 2025.

There will be between 200 to 250 players from all over Victoria taking part.

Football For All Gala Day brings together people of all abilities to enjoy football in a supportive and friendly environment.

# About Home of the Matildas

The Home of the Matildas is a football centre with indoor and outdoor sport facilities. The Australian women's national soccer team The Matildas train here! (but they won't be training during Gala Day)

**Football for All Gala Day is held at Home of the Matildas.**

**Where: Sports Drive, Bundoora VIC 3083**

The football centre has:

- Full-size soccer pitches
- Bathrooms and changerooms
- Changing places
- Plenty of carparking



# Football Victoria Staff and Volunteers for Gala Day

Football Victoria are hosting the event. Football Victoria are the main organisation for football (soccer) in Victoria. They support clubs running All Abilities programs.

Football Victoria staff will be wearing navy blue uniforms. Some staff will also wear orange vests. All the staff will wear a lanyard.

Volunteers will be wearing dark coloured clothing and a lanyard.

I can go to Football Victoria staff or volunteers if I have a question.

There will also be a first aid officer at the event. I can go to them if I need help or if I hurt myself. They will be wearing a yellow vest.



# Gala Day Map

## EVENT MAP KEY:

- |   |                                 |   |   |   |                              |
|---|---------------------------------|---|---|---|------------------------------|
|    | <b>Drop off zone</b>            |    | <b>Food / Drink</b>   |    | <b>Facepainting</b>          |
|    | <b>Accessible parking</b>       |    | <b>Activity zone</b>  |    | <b>First Aid</b>             |
|    | <b>Car park</b>                 |    | <b>Information /<br/>Lost and Found /<br/>Raffle ticket sales</b> |    | <b>Men's Changerooms</b>     |
|  | <b>Toilets</b>                  |  | <b>Quiet room</b>   |  | <b>Women's Changerooms</b>   |
|  | <b>Changing places facility</b> |  | <b>Quiet Spaces</b>   |  | <b>Evacuation point</b>      |
|  | <b>Parents room</b>             |  | <b>Stalls</b>   |  | <b>Entry and exit points</b> |
|  | <b>Drinking water taps</b>      |   |   |  | <b>Path to Venue Entry</b>   |





# Getting to Home of the Matildas

# Getting here

I can get to the Football for All Gala Day by different modes of transport. I can type Home of the Matildas & Victorian State Football Centre into my maps app to help me plan my trip.

The address is The Home of the Matildas, Sports Dr, Bundoora VIC 3083

<https://maps.app.goo.gl/5UwtW9n9Wq6eYu11A>

## Travelling by car

There are step by step directions included this Visual Story to make wayfinding easier.

If I am planning to travel on Plenty Road go to page:12 & 13.

## Travelling by public transport

Bus routes 301 & 561 and Tram stop 86 stop close by. I will need to walk 3-5 minutes to get to the venue from these bus and tram stops.





# Step by step **Wayfinding Directions** if I am coming from Plenty Road

1



Changes to look out for: After I turn from Plenty Road into Kingsbury Drive, 3 roads lanes will merge into 1 road lane.

2



Landmarks to look out for: Latrobe University on my left

3



Landmarks to look out for: Latrobe Sports Stadium on right hand side

4



Landmarks to look out for: Blue signage


# Continued - Step by step **Wayfinding Directions** if I am coming from Plenty Road

**5**




Changes to look out for: After I pass the blue sign, I will see a red sign indicating to turn left into the slip lane. This is where I need to turn, to get to Sports Drive.

**6**



Once I turn left, I will keep towards the right until I approach a round about and take the 3rd exit. Landmark to look out for: Big Tree and round about.

**7**



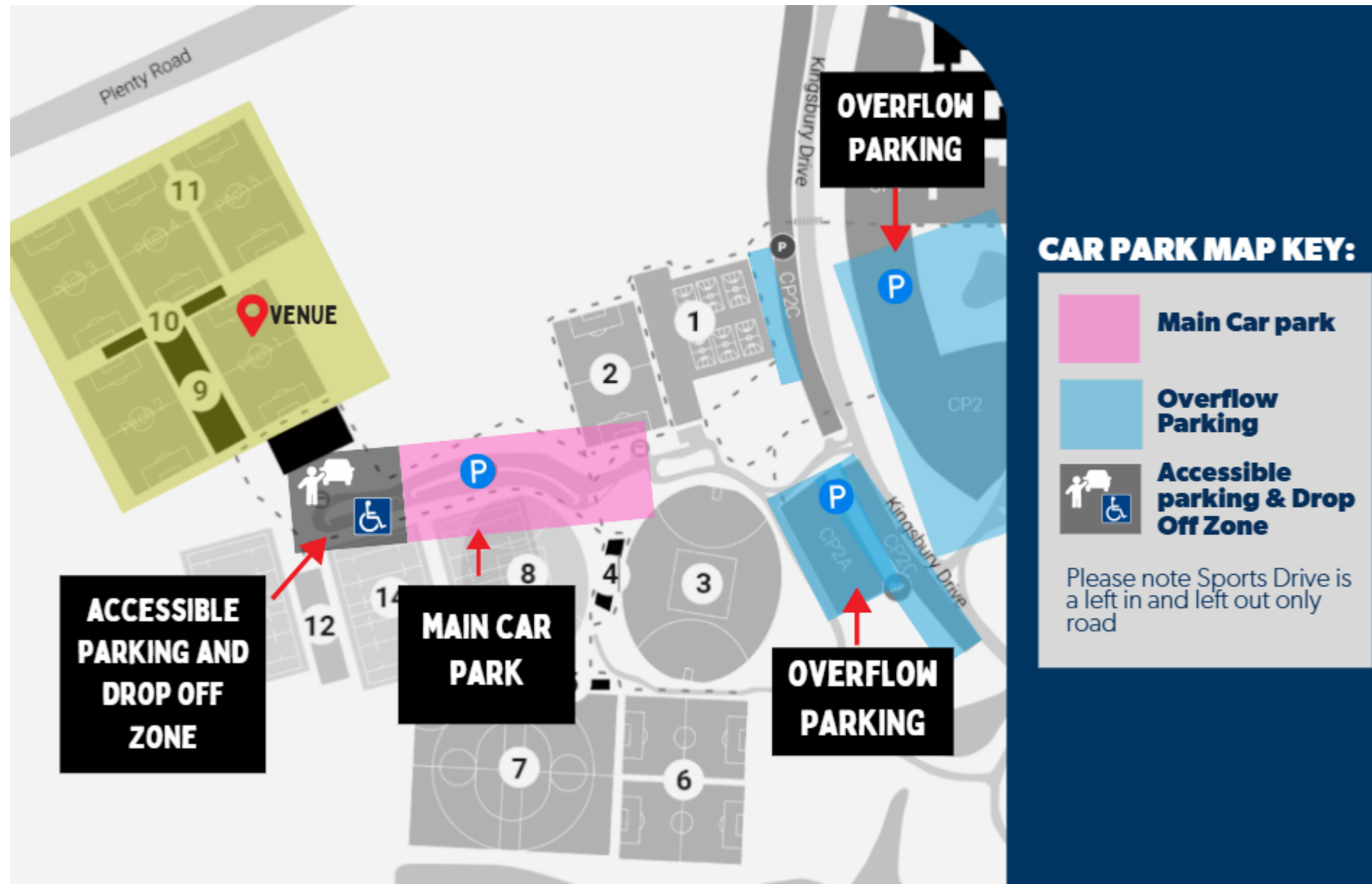
Once I take the third exit, I will drive past under the bridge. Landmark to look out for: Bridge

**8**



After I pass under the bridge, I turn right onto sports drive. This will lead me to the venue.

# Car Park Map and Parking Instructions



I'll know I've arrived at the Gala Day venue when I see the yellow grandstand.

Football Victoria support staff and security guards will be at the carpark to help direct people. They will be wearing hi-vis vests or lanyards.

There is a main car park and around 40 accessible parking bays near the Home of the Matildas building. I can enter the accessible parking area by showing my Accessible Parking Permit to the security guard at the gate.

If I'm being dropped off, there's a 5-minute drop-off zone near the entrance to Home of the Matildas.



If the main car park is full, I can use overflow parking by driving back out of Sports Drive, turning towards Kingsbury Drive, and following signs to Car Park 2A or 2C.

# I can choose to bring things to help me enjoy Football for All Gala Day



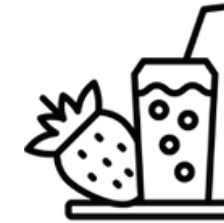
## What I should bring



Bag or backpack to carry my belongings



Hat



Snacks



Refillable water bottle



Sunscreen



## What I can choose to bring



Activities for in between games (e.g. books, card games, devices)



Any items I need to support my sensory needs (e.g. headphones, sunglasses)



Spare clothes/shoes if I prefer to change before I go home

# Clothing for the day

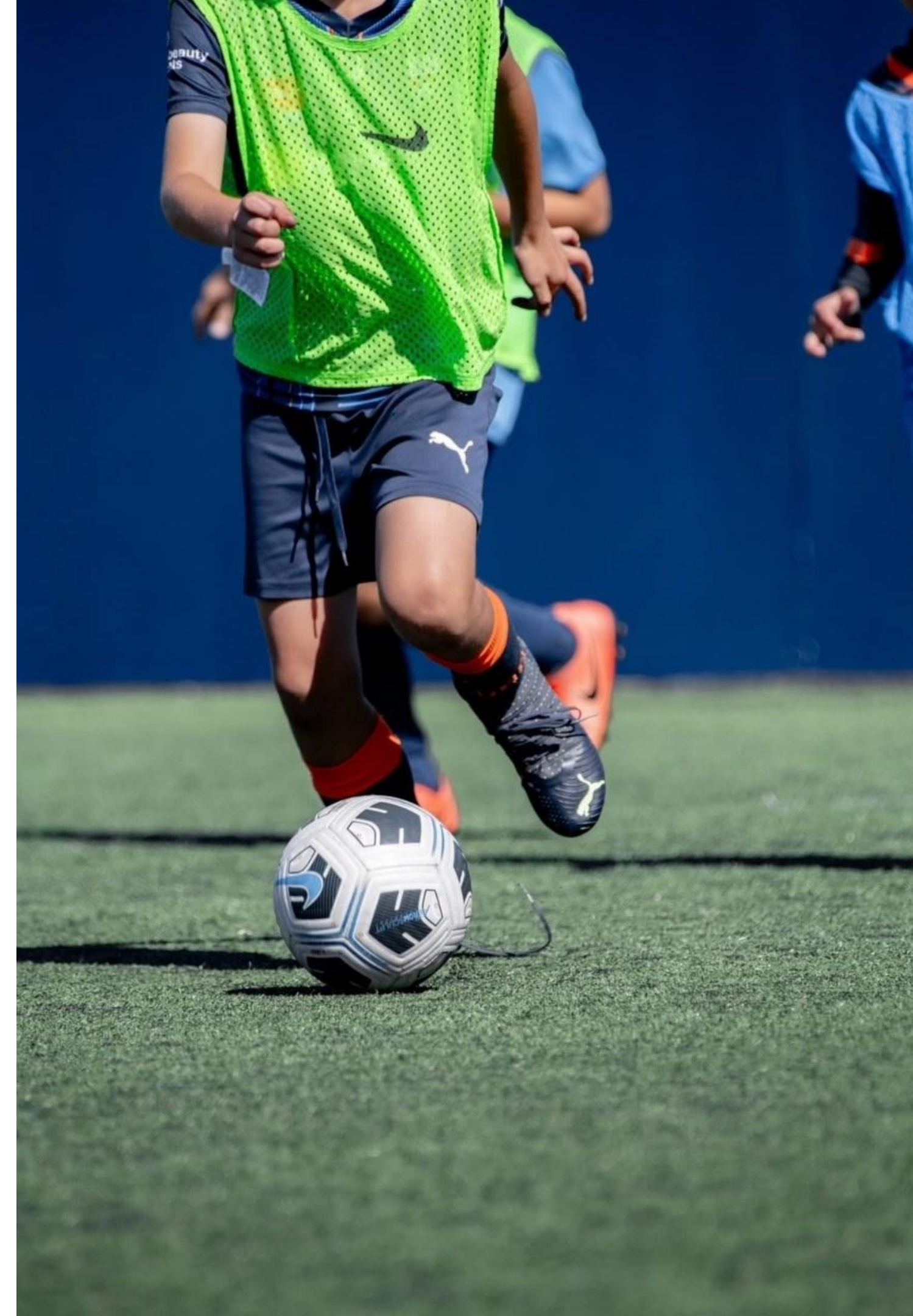
When I am at the Football for All Gala Day I will be moving my body a lot in the activities and games.

What I need to wear:	What I can choose to wear:
<ul style="list-style-type: none"><li>• Shoes (either football boots or runners)</li><li>• Shin guards</li><li>• My team uniform</li></ul>	<ul style="list-style-type: none"><li>• Long socks</li><li>• Anything else that makes me feel comfortable (For example: layers under my uniform, gloves, sunglasses)</li></ul>

## Extra things to bring:

Warm layers in case I get cold

- Jumper
- Hoodie
- Tracksuit pants
- Spare clothes to change into if I get sweaty, wet or muddy
- Shoes and socks
- Pants or shorts
- T-shirt or long sleeve shirt





**Arriving on  
the day**



Once I have entered the Home of the Matildas carpark, next I will travel along the concrete path to the venue.



I will enter the main building. This is the entrance for Football for All Gala Day

Inside the building can be loud and bright. I can choose to put on my headphones or sunglasses before I enter.



When I enter the building, I will be in the foyer.

To get to the main pitches, I need to follow the signage. There will be navy blue signage around the venue.



Overlapping conversations  
Echos



Bright lights  
Tall ceiling



Smells from the cafe



Crowding  
People  
People moving quickly

# Arriving at the Home of the Matildas

1.



## Arriving at the Football for All Gala Day

When I arrive at the Gala Day, I will go through the building to get to the outside pitches.

Before the gala day, my manager will let me know where to meet the rest of my team.

2.



## Finding my team

I will meet with my coach, team manager and teammates.

My parent, guardian or supports person can wait stay with me.

3.



## I will wait for my coach to tell me what to do next

My coach or team manager will tell me what to do next. We might hang around and wait for our other teammates. My coach or team manager will make all our teammates have come, and are dressed, and ready to play.

# Football Matches



# Where will the matches be?

My football matches will be on the outdoor football pitches





# Playing matches

On the day, my team will play two football matches.

There might be a break between games, depending on the schedule.

Before each match against another club, my team will do a warm-up together.

This helps us:

- Stretch our bodies
- Get our muscles ready
- Focus and prepare for the game
- Work together as a team

The warm-up is a quick, fun way to get ready so we can play our best in the match.



During the match against another club, I will use my skills to:

- Pass the ball to my teammates
- Dribble the ball to keep control while moving
- Kick the ball to try and score goals

Playing in the match helps me build confidence, work with my team, and have fun playing a football match.

	Junior Division	Youth Division	Social Division	Senior Metro Division
Length of game	20 minutes	40 minutes	40 minutes	40 minutes
Half time Break	5-minutes	5-minutes	5-minutes	5-minutes

# Rules Summary

JUNIOR DIVISION	YOUTH DEVELOPMENT DIVISION	SOCIAL DIVISION	SENIOR DIVISION
SOCIAL	PLAYING-ENVIRONMENT	SOCIAL	SEMI-COMPETITIVE
5-A-SIDE	5-A-SIDE	7-A-SIDE	7-A-SIDE
10-MINUTE HALVES	15-MINUTE HALVES	15-MINUTE HALVES	20-MINUTE HALVES
5-MINUTES HALF TIME	5-MINUTES HALF TIME	5-MINUTES HALF TIME	5-MINUTES HALF TIME
PHYSICAL SUPPORT ON PITCH ALLOWED (ASSISTANTS, SUPPORT EQUIPMENT ETC)	PHYSICAL SUPPORT ON PITCH ALLOWED (ASSISTANTS, SUPPORT EQUIPMENT ETC)	PHYSICAL SUPPORT ON PITCH ALLOWED (ASSISTANTS, SUPPORT EQUIPMENT ETC)	NO PHYSICAL SUPPORT ON PITCH
NO YELLOW & RED CARDS	NO YELLOW & RED CARDS	NO YELLOW & RED CARDS	RED & YELLOW CARDS
NO SLIDE TACKLE	NO SLIDE TACKLE	NO SLIDE TACKLE	NO SLIDE TACKLE
THROW IN ROLL IN OR KICK IN	THROW IN ROLL IN OR KICK IN	THROW IN ROLL IN OR KICK IN	THROW IN ROLL IN



# Referee's

During the football matches, there will be referees on the field. They will be wearing long socks, shorts and shirts that can be the colours Black, light blue or light green. Sometimes they might wear a jacket.

Their job is to help the game run safely and fairly for everyone.

I need to listen to the referee's instructions.

When the referee blows their whistle, everyone will stop and pause the game.

The referee might blow the whistle because:

- The ball went outside of the lines
- If someone gets hurt
- If a team scores a goal



# Receiving medals

On Gala Day there will be medal presentations for the different divisions:

- One presentation for the Junior and Youth teams
- One presentation for the Social and Senior teams

These presentations will be held between pitch 1 and the main building.

If I have played in the matches, I will receive a participation medal. This is to celebrate all the hard work and fun I had on the field.

Lots of different people from the All Abilities football community come to watch the presentation:

- Players
- Coaches
- Football Victoria staff
- families and friends

During the presentation, Football Victoria staff will make announcements and call teams up one by one.

When it is my team's turn, I will line up with my coach and teammates to receive my medal.

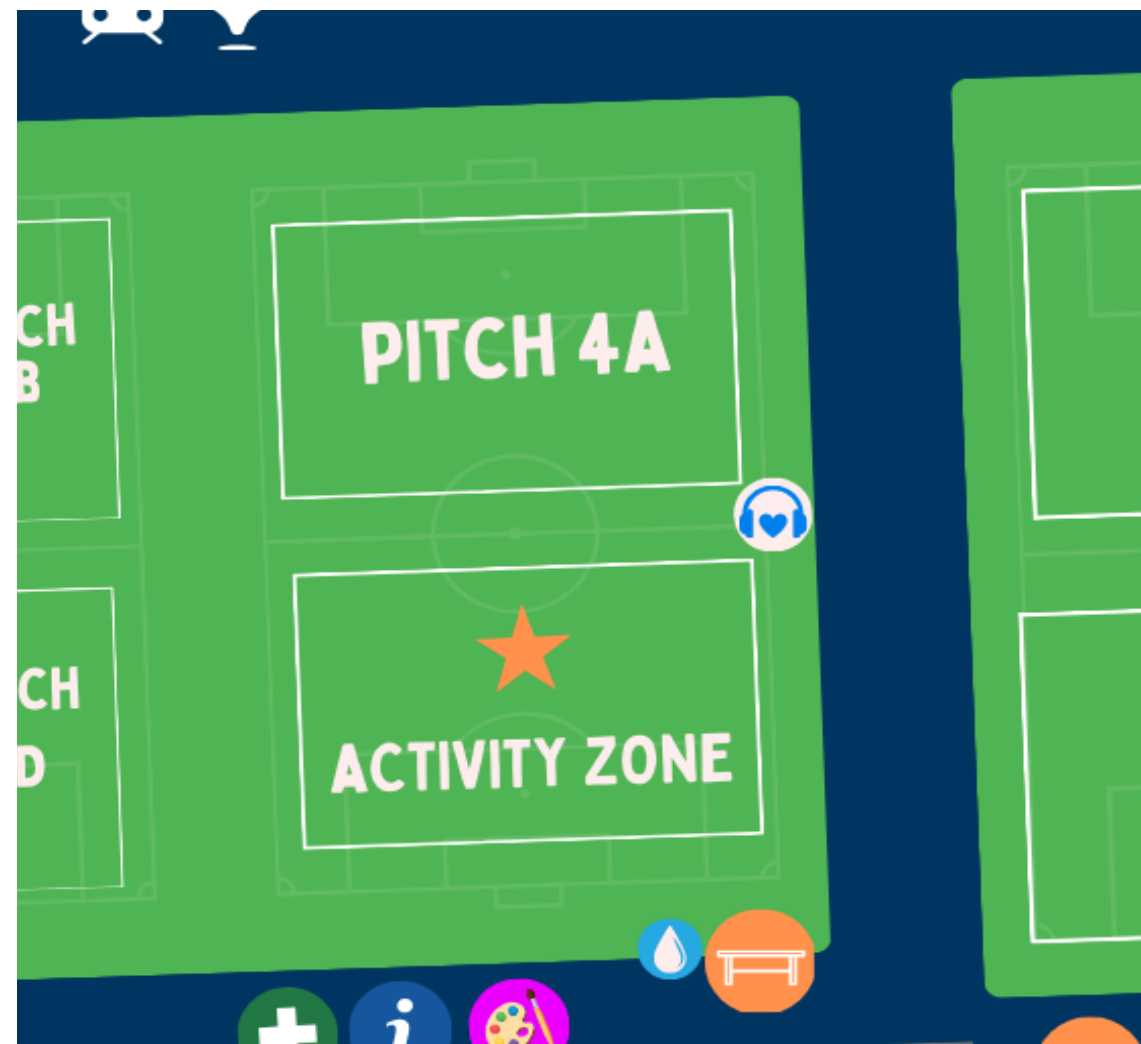
My medal is mine to keep. I can choose to wear my medal if I want to.

# Melbourne Victory FC Clinic



# Where will the clinic be?

The Clinic will be on the outdoor football pitches on pitch 4A





## Before the clinic

I will meet the Melbourne Victory FC Coaches. The coach will run my session.

Before the clinic starts, I can get a ball and have a kick around the clinic area.

My coach will tell me when it is time to start the clinic. My coach will explain the activities we are going to do in the clinic.



# During the clinic

When it is time for the clinic to start, my coach will explain what activities we are going to do in the clinic.

I will need to listen to my coaches instructions.

We will start with some warm up activities. This means our body will be warm, and ready to do some more activities. My coach can help me.

After the warm up activity, we will do some games. Some games might be with the ball, and some might be without the ball.

I can ask questions if I am unsure about something.

My guardian can come on the pitch with me and help me during the clinic.



# Receiving my clinic certificate

After playing my two matches, there will be a presentation.

At this presentation, I will receive a participation certificate

It is to celebrate all the hard work and fun I had on the field.



# Gala Day Information

# When are things happening?

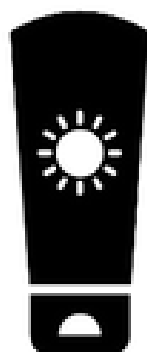
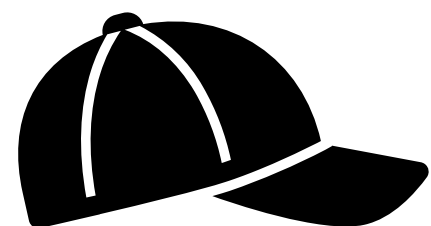
Activity Zone	9.30am till 2.00pm
Facepainting	10.30am till 1.00pm
Stalls	10.00am till 2.00pm
ParaMatildas Player Engagement	10.30am till 11.00am
ParaRoos Player Engagement	1.15pm till 1.30pm
Cafe	8.00am-3.00pm

If I want to find out more information about other activities at the gala day, my clinic or check the fixtures, I can visit the event booklet

# Sensory experiences

Some sounds I might hear at the event are:

- People talking
- Referee's blowing whistles
- Clapping and cheering
- Nearby cars and trams
- Speaker announcements



## What to Expect

Sounds, like microphones, music, and people talking.

The sun might feel bright. There will be a big bright screen.

It may feel crowded at the start and end when people are talking and eating.

Some seats may feel different to touch. The surroundings may be cold.

Food and drinks may have strong smells. Some people may wear perfume.

Some teammates might make noise. This is okay, football is fun!

The referee may use a whistle during games.

Pitches 1 and 5 are hybrid pitches (real and artificial grass). Pitches 2, 3, and 4 are artificial grass.

The weather might be cold and rainy or sunny with glare.

You can take a break anytime if you feel overwhelmed.



## What You Could Do

- Wear noise-cancelling headphones or earplugs
- Move to a booth or quiet room

- Wear sunglasses or a hat
- Use quiet room with soft lighting

- Sit at the edge of the room or near an exit
- Move to a quiet area
- Ask staff to help you find space

- Choose where you feel most comfortable
- Bring your own cushion, weighted item, or comfort tool

- Move near the entrance or to a quiet room or space
- Wear a mask or bring something comforting to smell

- If it gets too noisy or you don't like the whistle, you can tell your coach
- You can visit a quiet zone. There will be one located on each pitch

- If the whistle is uncomfortable, you can wear earplugs or let your coach know

- I can have a break or step away from pitch if I don't like the texture of the pitch.

- Bring a jacket or raincoat
- Use a hat, sunglasses, and sunscreen

- Talk to your coach or support person
- Step away whenever you need to

# Quiet Spaces



There will be a Quiet room set up at the Football for All Gala Day.

On each pitch, there will be a quiet space in the sheds.

If I feel overwhelmed or need a break, I can go to the quiet room or quiet space. I can ask my coach or a Football Victoria staff member to help me find it if I'm not sure.





# Activity Zone

There will be a special Activity Zone where I can go before or after my matches, or during my breaks.

In the Activity Zone, I can try fun things like:

- Football challenges
- Inflatables
- Free Play Area
- Other fun activities to keep me moving and having a great time!

All the activities in the activity zone are free of cost.



# Stalls around the venue

There will be stalls including:

- FV Information stall (Information, raffle ticket sales and lost and found)
  - Here, I can buy raffle tickets
  - I can get more information from, Football Victoria Staff
  - If I find a lost item, I can leave it here or go here to find a lost item
  - Guess how many lollies in the jar
- Facepainting and airbrush
  - I can visit here to get facepainting done or airbrush!
- First Aid
  - I can visit the first aid stall I hurt myself
- A-League club stalls and merchandise
  - I can buy A-League team merchandise.
- Partner stalls
  - I can visit to get more information or to learn more Football Victoria's partners and Powerchair Football



# Food and Drinks

There will be a café and a food truck with hot food.

You can also bring your own food and drinks.

There will be picnic spaces available if you'd like to sit and eat.

Food and drinks will be available to buy.



# Going Home

When I've finished playing my matches and received my medal, or finished my clinic and received my certificate, the day will be over. It's time to pack up my bag, say goodbye to my friends and coaches, and get ready to go home.

If I want, I can still hang around a little longer to chat with friends, watch other games, or enjoy more activities before I leave.

I can feel proud of everything I did today. Having fun, trying my best, and being part of the team.

Even though the day ends here, I can't wait for the next time I get to play again!



# Thank you

Football Victoria looks forward to seeing you at the next Football for All Gala Day and welcomes any feedback after the event!

[allabilities@footballvictoria.com.au](mailto:allabilities@footballvictoria.com.au)

At Aspect we hope that resources like this Visual Story help you feel safer and excited to come to the Football for All Gala Day. We will keep working with Football Victoria until June 2026.

Please provide any feedback to Football Victoria or us (good or bad) so that we can keep working together to make football fun and accessible for everyone.



**FOOTBALL  
VICTORIA**



**aspect**

Autism Spectrum Australia