



## FREQUENTLY ASKED QUESTIONS...

This FAQ is for new (and interested) MAN v FAT Soccer players in Australia. If your question isn't addressed below then send your question to [australia@manvfat.com](mailto:australia@manvfat.com) and we'll answer it and add it to the list.

**How do I find out what my BMI is?** If you have your height and weight, you can check your BMI very quickly and easily [here](#). We can't take anyone whose BMI is less than 27.5 – if you fall under that level then we'd love to support you here on the forum.

**Is there a league near me?** You can see a list of current and planned leagues on our [league page](#). We have leagues opening across Perth from early 2019. If you're keen to know where and when a league will be coming to an area near you, or you're keen to get a league started in your area, contact [australia@manvfat.com](mailto:australia@manvfat.com). You can also speak to your sport and recreation team at your local council, and ask that they contact us.

**Can I come and see a league in action before I join?** You bet. If you look at any of the league pages, there's an option to email the coach to arrange a visit. We welcome players to come down and see what we're up to and make sure they'd be comfortable.

**How do I bring a league to my area?** From early 2019, we will be opening several leagues across Perth and Western Australia. Soon after, we plan to be able to provide leagues to areas outside WA. The [league page](#) on this site will give you a run-down on the leagues that are currently available and in development. If you're interested in joining a league, but don't have one near you, get in touch ([australia@manvfat.com](mailto:australia@manvfat.com)) and we'll do our best to raise interest and open a league in your area. Get in touch if you're a soccer club, company, or local authority who wants to bring a league to your area.

**Can I join on my own or do I need to bring team mates?** Most guys sign up individually. In the UK, more than 70% of players join individually, so you'll be in good company if you're registering on your own. You can also join with friends, colleagues, or family. It's up to you. Once we have all the players we put them into balanced teams (using a super clever algorithm we developed to ensure a good mix), and if you've signed up with a friend or family member, you can pair yourselves together during registration so that you end up on the same team.

**I've just joined up – what happens next?** As soon as you register, the system should send you a Welcome email which answers all of your questions. If you haven't seen that email then check your spam folder as it will most likely be there. You'll be provided with details for your league registration session if the league (or season) hasn't started yet. If you want to check when the registration session is, then have a look at your league homepage.

**Can I attend a registration night without having first signed up online?** No – the registration night is a welcome night for those who've already signed up (registered) online, and have had their place in the league confirmed. You should attend a registration night only when you have signed up online, had your place in the league confirmed, and been provided with details regarding the date and location. If you're keen to sign up but have missed registration night, feel free to contact the league coach or [australia@manvfat.com](mailto:australia@manvfat.com) to check on the status and places available in the league (there may be a wait list).

**What do I bring with me for registration night?** You don't need much with you at all. This session happens a week before the matches start, and we don't play any matches on registration night. That night is just a sit down session to provide you with info about the program, let you meet your teammates, have you think up a witty team name, meet your league coach, to get your measurements (weight, height), and to allow you the chance to ask any questions you might have (what boots should I wear, what are the rules, and so on). So you don't need to bring boots, shin pads, and so on – just come along ready to meet a good bunch of like-minded blokes. You might want to wear something similar to what you'll wear when you play (you might want weigh-in clothing to be relatively consistent throughout the season). The match action kicks off the week after registration night, and all of your fixture and league info will be available on your specific league page shortly after registration night.

**When is the deadline to join a league? What if a league has already started?** If there are spaces available in an active league, you'll be assigned to a team and will be able to get going straight away. Once a league reaches 80 guys, we will open a wait list. If anyone drops out of a full league, we'll invite wait list guys to take those places (starting with the guys who've been on the wait list longest). You can join a league at any point – leagues will continue to run season after season, so if you sign up once a league's underway, the worst that will happen is that you'll be placed on a wait list for a spot as soon as one becomes available. Being on a wait list for a league will also mean that you're among the first to be notified when any new leagues are opening (should you want to move across and secure a place in the new league).

**How fit do I need to be? What if I'm coming back from an injury?** This is one of the biggest concerns that new players have before they start – and it's an excellent question. MAN v FAT has worked with so many guys (with BMI's 50+) and we know that it's suitable for all types of fitness. Remember, you can take part in a non-playing roles. You can join up as a non-playing team member and no one will ever expect you to kick a ball throughout the whole season. You can still be a productive team member by turning up and weighing in every week and losing weight. You'll contribute goals galore that way. And, the games are slower than frantic 11-a-side. Don't think they're not competitive – they really are, and players put a lot of effort into the games, but these leagues are exclusively for men who want to lose weight – you will not be “the one fat bloke on the team”. Not going to happen. As a result, the games are a bit slower. Finally, don't forget that you're likely to be in a squad of 10 or 11 guys for 6-a-side matches. We play roll-on, roll-off subs, so if you're tired, take a break! Be sensible and exercise at your own pace. Don't over-do it in the first month or so of the season and then end up injured and having to watch for the rest of the season. Slow and steady wins this race.

**When do I have to pay the league fees?** If you're joining a subsidised league, the costs of this league have been covered by an external funder (e.g., local government). When you register, you'll still go through the payment process, but you'll only pay a one off \$10 registration fee. If you're enrolling in a regular (paid) league, you'll pay a \$10 registration fee, and a monthly fee (\$45/month). You won't pay this monthly fee while (and if) you're sitting on wait list; that fee will only kick in (pardon the pun) when the season starts and when you're an active member of the league.

**I have just joined one league but want to transfer to another league – How do I do this?** Drop us an email at [australia@manvfat.com](mailto:australia@manvfat.com) and we can sort this out for you.

**When is the registration session and what if I can't make it?** The registration night session is like this FAQ, but also gives you a chance to meet your teammates, get to know the other guys in the program, create and join your team whatsapp chat, and speak with your league coach. It's also our chance to take your measurements and record all of the info that we'll be tracking through the season. Chances are, every league is going to be slightly different, and the registration session will have some information that might only be relevant to that particular league. If you can't make the session then don't worry, please just arrive at least 30 minutes early for your first game and let the coach know. Your coach will then take your measurements and give you all the information you need. Obviously, because you're missing from registration it means we won't have registration weight to compare to and you won't be able to score a weight-loss goal until the next session. You can also watch a 20-minute catch up of all the general registration night information at this MAN v FAT Soccer Australia [youtube link](#). There's no league-specific information in that video though, so just check in with your coach, your league whatsapp, or [australia@manvfat.com](mailto:australia@manvfat.com) for league-specific questions.

**How long are the games?** Each season lasts for 15 weeks: 1 registration week, followed by 14 weeks of games. You play 1 game per week, which is 30 minutes long (14 mins each way, with a 2 min half time). You'll have 10 or 11 players in your squad, and can use roll-on-roll-off subs. You can also, of course, join the leagues as a non-playing member of the team, in which case you only need to come to the weigh-ins each week and to support your team.

**When does my league start?** All registration dates and game dates can be found on your league homepage. To find that simply head to the [league map](#) and find your league. Click on the marker and in the bubble that appears click on your league homepage. The dates for the league will be at the top of the page and you'll see any other information that could be of use.

**How do we win the league?** The overall league table is made of a combination of game scores and the bonus goals from your weekly weigh-ins. You can earn bonus weight loss goals by losing weight as a team (the more of you who lose, the higher the goal bonus). By losing for three weeks during the season (and not necessarily in consecutive weeks) you get a hat-trick, which is worth another goal. And, by reaching your 5% and 10% weight loss targets, you'll also score bonus goals for your team. These targets will be automatically generated after your registration information is entered, and we'll let you know. Be warned though, you can also lose goals by going above your starting weight or by forgetting to bring along or complete your Player Handbook to the weekly weigh-ins. Never forget: what happens on the pitch matters, but this is a weight loss program and the most important thing is dropping weight and getting healthier... and having fun while you do it!

**Where can I see the league, fixtures, scores for my league?** Go to the [leagues page](#), click on the marker, and one of the links is Go To League Homepage. All of the tables, results, and fixtures will be on that page.

**Where can I find the news about my league?** All of the news about your league will appear on your league page. Head to [www.manvfatsoccer.com.au](http://www.manvfatsoccer.com.au) and see all active leagues [here](#). If you want to add news then head to the [forum](#) and post a message. If you use the tag for your league then it will appear on that page. You can also use the forum to search for any posts with your league hash tag, to keep up to date with your league news.

**How do I get a mate to join my team?** Get as many of your mates to [sign up](#) as you, and make sure they enter the same league as you. Then, drop us an email at [australia@manvfat.com](mailto:australia@manvfat.com) telling us your name and your friend's name, and we'll do our best to put them onto your team. If you don't request any members of your team then you will be put onto a team with a balance of positions and weights.

**Will I be on the same team every season?** It's possible, but unlikely. We want you to make friends in MAN v FAT Soccer, and we know that the relationships you build with your teammates will help you lose weight. But, we also want to prevent super teams from forming over a few seasons. We don't want new players who join to be overwhelmed by one or two teams that dominate on the pitch season after season. We also want you to get to know all of the other blokes in the program over time, and so we might mix the teams up to give you a new bunch of teammates. Finally, we really don't want teammates to form into cliques, making it harder for new guys to integrate into a well-established team. All of this means that we will probably shuffle the teams around each season, and you'll get to play with a slightly different group of people and hear some new off-pitch weight loss advice. Don't worry though, you will be able to register a preference with your league coach if you want to keep one or two of your mates on your same team.

**What should I wear for games? What about team shirts?** Appropriate footwear with trainers or studs. Ask at your location for full details of the best footwear for the surface. You must wear shin pads and remove (or cover / conceal) all jewellery before games, otherwise you will not be allowed to play. Ask your league coach or contact [australia@manvfat.com](mailto:australia@manvfat.com) about team shirts. As of 2019, we have a supplier who can get you team shirts at a good price. Don't worry though, you and your teammates are under no obligation to shell out for a team shirt. You'll be allocated a colour as a team, and all that we ask is that you come along each week wearing a shirt of that colour. There are lots of places where you can find cheap options to suit most colours. If Target, Kmart, or Big W don't do the job, just jump online and have a search around.

**What are the specific game rules?** Your league is likely to have its own specific rules about (for example) whether or not the ball's allowed over head height, whether players are allowed in the keeper's area, whether back passes are allowed, and so on. It's all easy enough to pick up, and you'll get used to your league's playing rules in not time. But if you have questions ahead of your first match, the best thing to do is contact your league coach or whatsapp your teammates.

**What if I'm missing for a game? Or what if I'm injured?** First, let your team captain know and they can balance the team accordingly. If you're well enough to come along, we encourage you to attend the weekly weigh in which takes place before the game. This way, you can still keep a track of your weight, be around your teammates, and contribute to your team's off-pitch goals for the week (if you've lost weight). If you're wondering if it's worth joining up because you'll miss a few games with work, don't worry. We can support you to lose weight even if you can't make many games. Some players join as non-playing members (due to disability or mobility issues) – they can still make a huge contribution to their team without ever kicking a ball. The idea of the league is that it helps you to lose weight – the soccer is important, but the weight loss is more important.

**What happens if we can't field a full team for a match?** The last thing we want to do is cancel a match because of a lack of players. This is a weight loss program first and foremost, and we want you to have every opportunity to move and be active. But, there's a competitive element to the program, so we need to have some structure around rules and forfeits based on insufficient player numbers. If a team is unable to field a full team of their own (as listed on the coach database for the league location) with all players weighed in with 5 minutes to kick off, they can choose one of the following...

1. **Choose to accept a 5-0 forfeit defeat but play the match with borrowed players as a friendly.** Their weight loss scores would be counted towards the final score but the on-pitch score from the friendly game would be irrelevant.
2. **Choose to play the game with fewer players.** In this situation both on-pitch score AND weight (off-pitch) scores would count. This option can only be taken if the team can field 4 players (as a minimum) who have all weighed in. If a team chooses to play with 4 players and during the course of the game can no longer field 4 players due to the dismissal of a player, the coach may at their discretion take the current pitch score if greater than the 5-0 forfeit score.
3. **Choose to borrow players of their choice to make up their team numbers.** Teams would concede 2 own goals for every player that they have had to find a replacement for but they must have a minimum of 4 of their OWN players to take this option. Own goals are awarded by adding 2 goals to the opposition score. Teams are not permitted to borrow players to extend the players available to play in 1 night past 7. Borrowed players must be registered in that league and cannot be non-registered 'ring ins'.

**How do the weight loss goal bonuses work?** Players MUST weigh BEFORE the game each week. If a player weighs after the game they can get their weight but it will be recorded as a no-show (weight entered the same as last week's) for the purposes of scoring – there are NO exceptions for this. Players will score weight loss goal bonuses in three ways...

1. **Hat-tricks** – Awarded for three weeks of weight loss = one goal bonus given on the week it is achieved. This is taken from your lowest reading – e.g., if you weigh in at 103, then go holiday and go up to 106, then your weight loss bonus will start again at under 103, not 106. Another three weeks is another hattrick = one goal bonus. In total, you can gain up to four bonus goals for your team in any one season this way.
2. **Team bonus** – We count the number of players on your team who have lost weight in the current week and add a goal bonus. If 1 or 2 players from your team lose = 1 goal bonus added to the score of that week's game. If 3 or 4 players lose weight, that's a 2 goal bonus; 5 or 6 players is a 3 goal bonus; 7 or 8 players is a 4 goal bonus, and 9 or more players is a 5 goal bonus for that week's overall match score.
3. **5% and 10% bonus** – Once a player hits 5% weight loss, he scores a three goal bonus. At 10%, he scores another three goal bonus.

A player can LOSE a goal for his team in two ways...

1. **Player Handbook penalty** – Your handbook is used to record your progress and to ensure that you are filling in the information for each week. If a player does not bring his Handbook to a match night, or if it is not filled in, the Coach can give the player his weight for his own records but the player will be formally recorded as a no-show (i.e., the weight is entered into the system as the same as last week's and therefore no loss is recorded). The player therefore cannot (and will not) score any off-pitch goals for that week.
2. **Own goal** – a player whose weight goes above his registration weight will lose his team a goal for each week until this returns under the starting weight.

**Can I stay in the program for subsequent seasons if my BMI drops below 27.5?** Yes. We don't kick anyone out for being successful in the program. You might decide that you want to move on – we've had guys who've used MAN v FAT as a confidence- and fitness-booster before getting back into 11-a-side stuff, for example. But, once you've met the criteria for your original registration, you can stay involved and can keep coming back as long as you like.

**What if I've been in the program for a while and have reached a healthy weight – can I still score off-pitch goals?** Yes. If your BMI drops below 25, you can score “maintenance” goals for your team by staying in that ‘healthy’ BMI range each week (i.e., below 25). We don’t continue to reward those players with weight loss goals, because they’ve reached a healthy weight and shouldn’t be incentivised to go further.

**Where can I get weight loss help and advice?** There is a mountain of great advice on the MAN v FAT [forums](#); check them out for all manner of success stories, recommendations, and tips. Also, your league coach is there to help you with advice and a friendly ear – speak to them about any issues and challenges you’re facing. Keep an eye out for your coach’s forum post each week. Also, take the time to chat with your teammates and the other guys in the program – they’re the ones going through it with you, and they’ll be able to share some great advice. Check out the amazing player success stories online [here](#) for inspiration and ideas. And, bookmark the MAN v FAT [blog](#) for some great posts that’ll help with your weight loss journey.

**What if I have any other problems or questions?** Put a message on the forum, use the guys in your whatsapp groups, speak to your coach, or email [australia@manvfat.com](mailto:australia@manvfat.com).