

Prices

What does it cost to play football at Fjellhamar FK?

Fjellhamar Football Club wants to be a club where everyone has the opportunity to participate. We therefore try to keep our fees as low as possible. Playing for the club is not completely free, however. Below you will find an overview of the costs you **MUST** pay and costs you **MAY** have if you sign up for optional activities organised by the club. You will also find information about family discounts, payment arrangements and our fund.

The costs of playing football at FFK

There are four fees connected with playing football at Fjellhamar: the membership fee, Training Fee Part 1, Training Fee Part 2 and the Activity Fee.

All club members must pay the membership fee. It ensures that you are insured through the Norwegian Football Federation (NFF), are eligible to play matches and are subject to the club's rules and regulations.

The training fee helps cover costs for coaches, equipment, administration, floodlights, pitches, registration fees and similar expenses. Only active players pay the training fee. It is divided into Training Fee Part 1 and Training Fee Part 2.

The Activity Fee is based on age. You can pay the full fee, or reduce - and even eliminate - it by helping with various club activities when assistance is needed.

1. Membership fee

To play for a team, you must be a member of the club. This applies to all teams and sports in Norway. In 2026, the membership fee for active members is NOK 600. See the age table for exact total prices. Players who do not pay the membership fee cannot play matches for FFK.

2. Training Fee Part 1

The training fee enables the club to cover costs for coaches, balls and other necessary equipment. The amount depends on age. The first part is called Training Fee Part 1 and is invoiced early in the year.

3. Training Fee Part 2

The second part is called Training Fee Part 2 and covers costs for the second half of the year. For example, a player who joins FFK in August will only receive Training Fee Part 2.

4. Activity Fee

The Activity Fee in 2026 is NOK 3,400. You can avoid this fee by contributing voluntary work to the club.

Family discount and reduced fees

If several members belong to the same family, a family discount applies to the membership fee. For two or more family members, the maximum total membership fee is NOK 900 in 2026. Members who have a club role as coach, team manager, parent contact, or who serve on a committee or working group pay a membership fee of NOK 50.

How do we pay?

Membership and training fees are sent through Spond to the person registered as the member's payment contact. Family members must have the same payment contact in Spond for the family discount to be applied. If you need another payment arrangement, contact the general manager: dagligleder@fjellhamarfotball.no

Other payments

In addition to regular team training and matches, you can sign up for other activities organised by Fjellhamar FK.

Fjellhamar FK Academy

The academy is an after-school programme for children in grades 3-7 and is an additional offer beyond ordinary football training. Children can attend one or two sessions per week. In 2026, one day per week costs NOK 798 per month and two days per week costs NOK 1,274 per month.

TINE Football School

Fjellhamar organises the TINE Football School in weeks 26 and 33. More than 200 children take part each year. In 2026, the price per child, including the Spond fee, is NOK 1,200 + 2.99% + NOK 2, for a total of NOK 1,238. In recent years, Fjellhamar FK has also organised a free football school in week 40 (the autumn school holiday). Together with our partners, these activities have involved around 300 children and young people in the local area.

Other expenses

As children get older, additional expenses should be expected, for example participation in cups and tournaments that have extra fees. Players must also pay for their own equipment such as football boots and shin guards.

The FFK Fund

Fjellhamar FK has its own fund that can provide financial assistance when economic circumstances make it difficult to participate in club activities.

Prices by age

The table shows what each active player pays according to age (based on the age the player turns during the year). M = Membership fee, NOK 600 for all active players. T = Training fee, divided into two invoices (Part 1 and Part 2). A = Activity Fee.

Age	M	T	A	TOTAL
5	600	700	0	1 300
6	600	1 500	3 400	5 500
7	600	1 700	3 400	5 700
8	600	2 300	3 400	6 300
9	600	3 200	3 400	7 200
10	600	3 200	3 400	7 600
11	600	3 600	3 400	7 600
12	600	3 600	3 400	7 600
13	600	4 300	3 400	8 200
14	600	4 300	3 400	8 200
15	600	4 300	3 400	8 200
16	600	4 300	3 400	8 200
17	600	4 800	3 400	8 700
18	600	4 800	3 400	8 700
19	600	4 800	3 400	8 700

Additional prices for 2026

- Membership fee - First teams (Women/Men): NOK 50
- Membership fee - B teams / Oldboys/girls / 7-a-side / Veterans: NOK 600
- Supporting members: NOK 300
- FFK 76's: NOK 300
- Women's training group: NOK 300
- Referees: NOK 200
- Coaches / team managers / other club roles: NOK 50
- Training fee - First teams (Women/Men): NOK 0
- Training fee - B teams / Oldboys/girls / 7-a-side: NOK 1,500 (split into two invoices)
- Training fee - Veterans: NOK 600 (split into two invoices)
- Training fee - Unified: NOK 200 (split into two invoices)
- Activity Fee - First teams (Women/Men): NOK 1,700 (5 hours)

Team managers and parent contacts are exempt from the Activity Fee. In addition, one coach per seven active players is exempt (the administration may use discretion in individual cases). Referees, FFK 76's members, supporting members and honorary members are also exempt. All other members have a 10-hour activity duty.

Other information

Family membership applies to two or more members registered at the same residential address in the National Population Register. Family members must also have the same payment contact in Spond. When joining after 1 February, the total fees are reduced by 1/12 for each month. Membership fee is normally sent on 15 January (late January in 2026), Training Fee Part 1 on 15 February (1 March in 2026), and Training Fee Part 2 on 15 August. You can choose to pay instead of completing the Activity Fee volunteer duty by informing kasserer@fjellhamarfotball.no no later than 15 February. Unpaid membership or training fees will result in exclusion from matches/tournaments and training.

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