

# Fitzroy Junior Football Club

Teamwork • Respect • Mentoring



## Team Managers of 2022

# Agenda

Introduction

Be Prepared & Get Organised

PlayHQ

Rules/Bylaws

Game day

Code of Conduct & Cultural Framework

Player Safety & Wellbeing / Concussion / Child Safety

Grounds / In season training / Keys

Q&A

Appendix



**Fitzroy Junior Football Club**

Teamwork • Respect • Mentoring

# Get to know your Team

- Get to know your Coaching team
- Get to know your team players and families
- Maintain discretion and confidentiality
- Host a Team Info session early
  - Set the scene for the season
  - Cultural Framework and Code of Conduct overview
  - Overview of expectations – volunteer roles
  - Trainers and first aid course
  - Covid Guidelines and expectations
  - No sick players – not negotiable
  - Player allergies – epipens, etc.
  - Team communications
  - Team events





# PRE GAME REQUIREMENTS



**Fitzroy Junior Football Club**  
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# Team Communications

- Send team messages out time so families can be prepared
- Allocate/nominate your parent volunteer roles
- Advise all details of the next game including:  
date, time of arrival, game time, uniform, volunteer role allocations
- Advise any absences ASAP to coaches
- Note any important team or club events if relevant



# PlayHQ Structure

Backend	
Who	Club Admins
What	Allocate Players to teams
	Allocate Coaches to teams
	Allocate Team Managers to teams

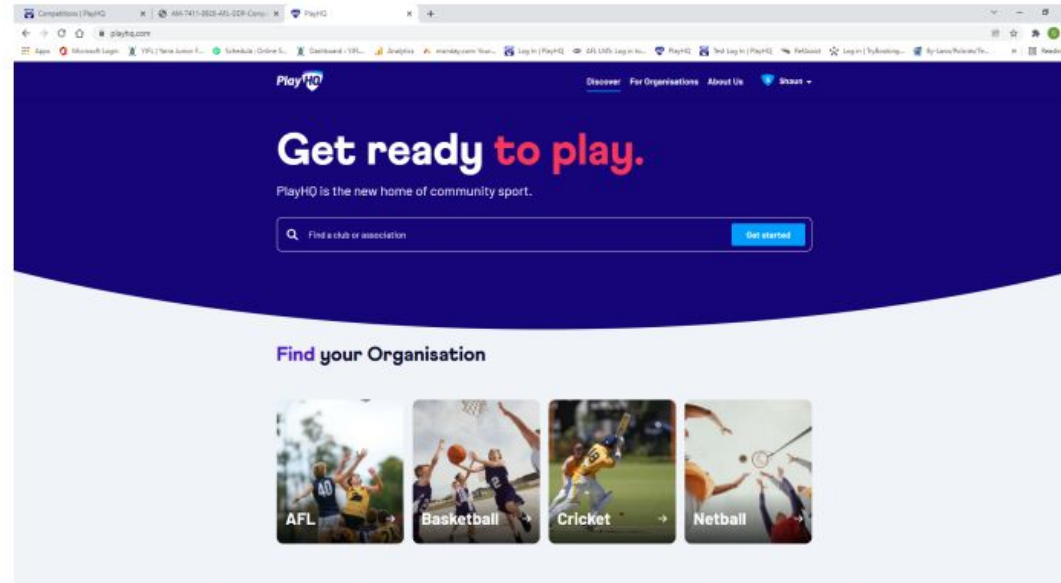
Frontend	
Who	Team Managers, Coaches
What	Create Team Sheets
	Enter Match Results



# PlayHQ - Register as a Team Manager

- You will need to be registered in PlayHQ as a Team Manager for FJFC before you will appear in the system and have access to your team's information
- To do this:
  1. Login into your PlayHQ account
  2. Choose "Register"
  3. Continue through the process to register as a Team Manager
  4. Once completed, you will be available in the database as a Team Manager

# PlayHQ - Matchday Access – Team Managers



- Matchday Access (Management Access) will be required in order to perform the following tasks:
  - Select Teams (team sheets)
  - Update Jumper Numbers
  - Enter Scores
  - Enter votes for Club Best and Fairest
- To provide Team Managers and/or coaches with Management Access, you will need to switch on the slider which appears next to their name once allocated

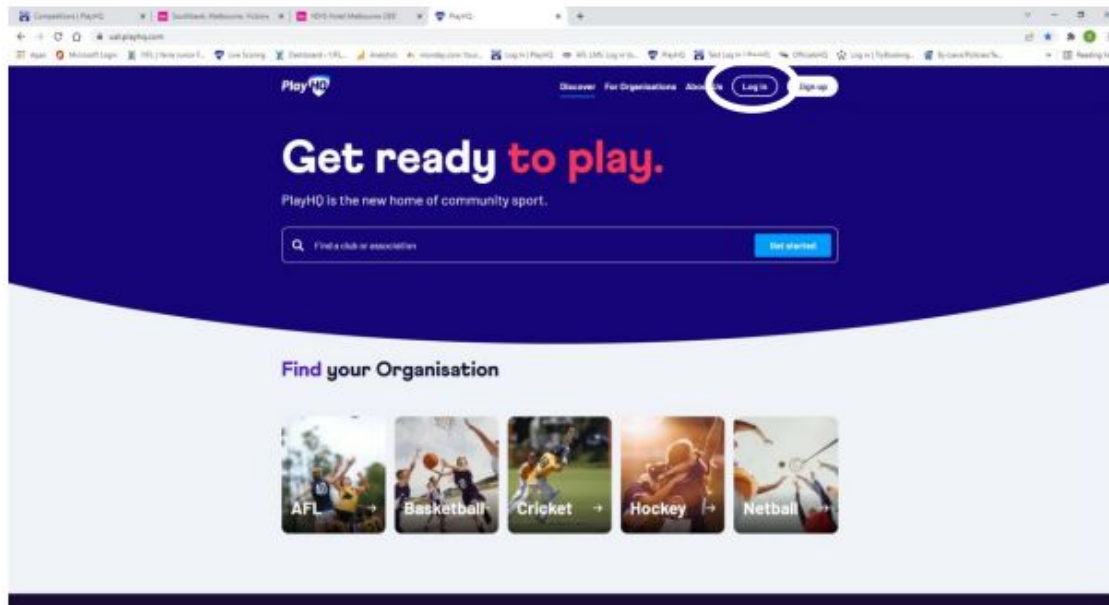


# PlayHQ - Matchday Management – Team Managers

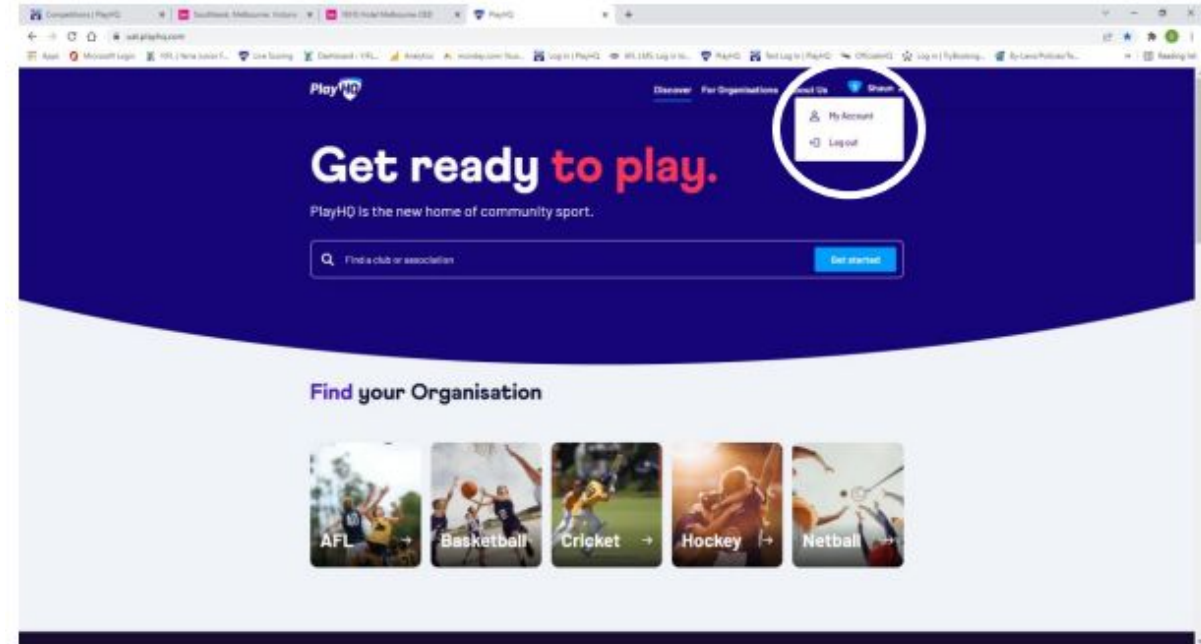
- Log into PlayHQ.com
- Click drop down where name appears and click 'My Account'
- From 'My Teams' select the appropriate team
- Select the match from the displayed Team Fixture
- Click on 'Manage' which is situated along side 'Public View'
- Click on '+ Select Team' Button
- Add players to the team list and select 'Next' (NB: once selected, you will be able to update player jumper numbers)
- Add Coach and Assistant Coach and select Next
- Add details of runner, trainer, goal & boundary umpire, umpire escort, etc.
- Select 'Save' to save the team sheet

# PlayHQ - Matchday Access

1. Go to playhq.com and log in

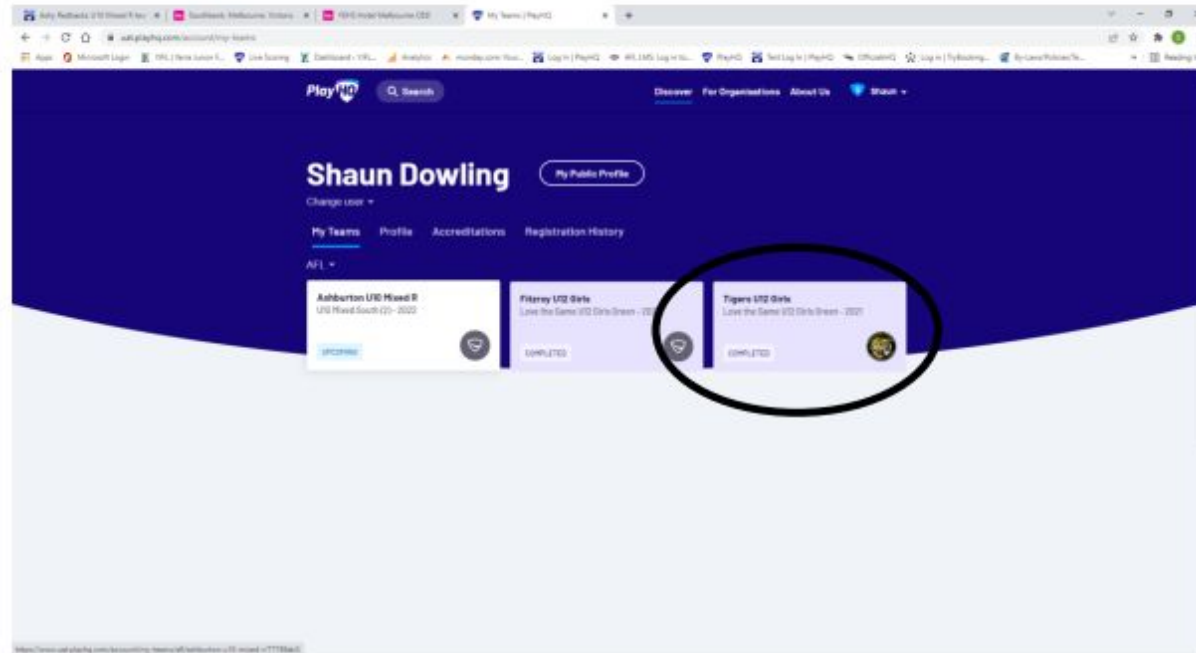


2. Select My Account

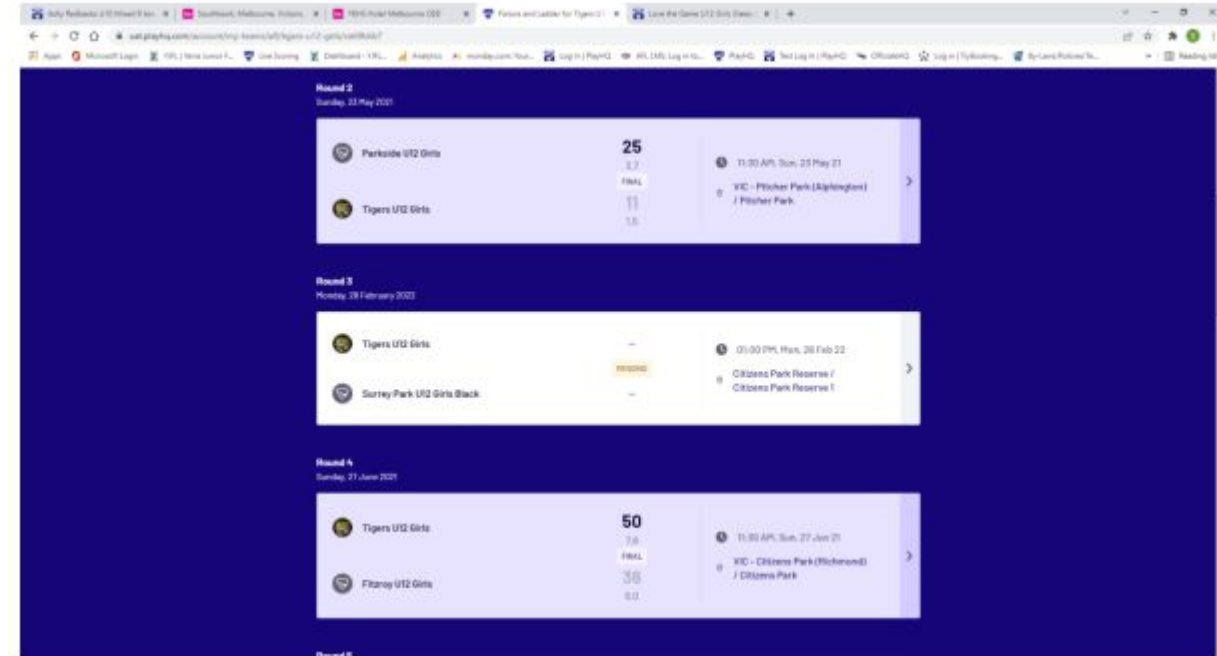


# PlayHQ - Matchday Access

## 3. Select Appropriate Team



## 4. Select Match from season fixture





# PlayHQ - Matchday Access

## 5. Select 'Manage' View

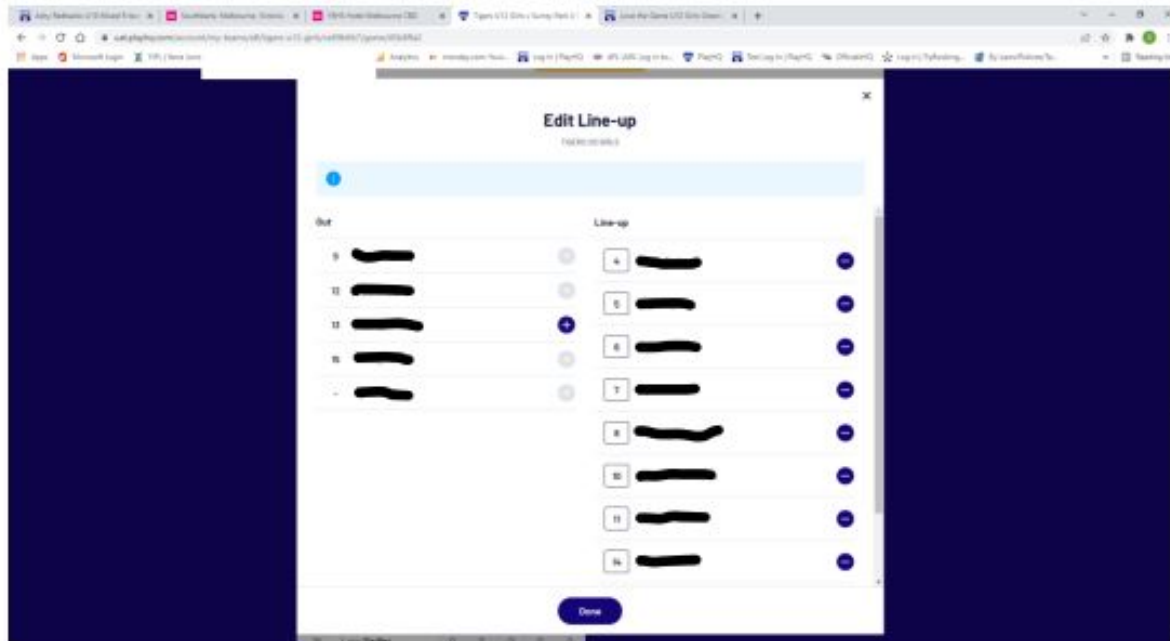
The screenshot shows the PlayHQ Matchday Access interface. At the top, there's a navigation bar with 'Discover', 'For Organisations', 'About Us', and 'Share'. Below this, there's a search bar and a 'Back' button. The main content area displays the match details for 'Tigers U12 Girls' vs 'Surrey Park U12 Girls Black'. The match is scheduled for '11:00 AM, Monday, 28 Feb 2022' at 'Citizens Park Reserve / Citizens Park Reserve 1'. The 'LINE-UP' section shows the following players for Tigers U12 Girls: 4. Aimee Dabbs, 5. Lily Chapman, 6. Claire Cudde, 7. Julia Orwell, 8. Rebecca Edwards, and 10. Harriet Haddon. The 'LINE-UP' section for Surrey Park U12 Girls Black is currently empty, with a note 'No players allocated to this team'.

## 6. Click 'Select Team'

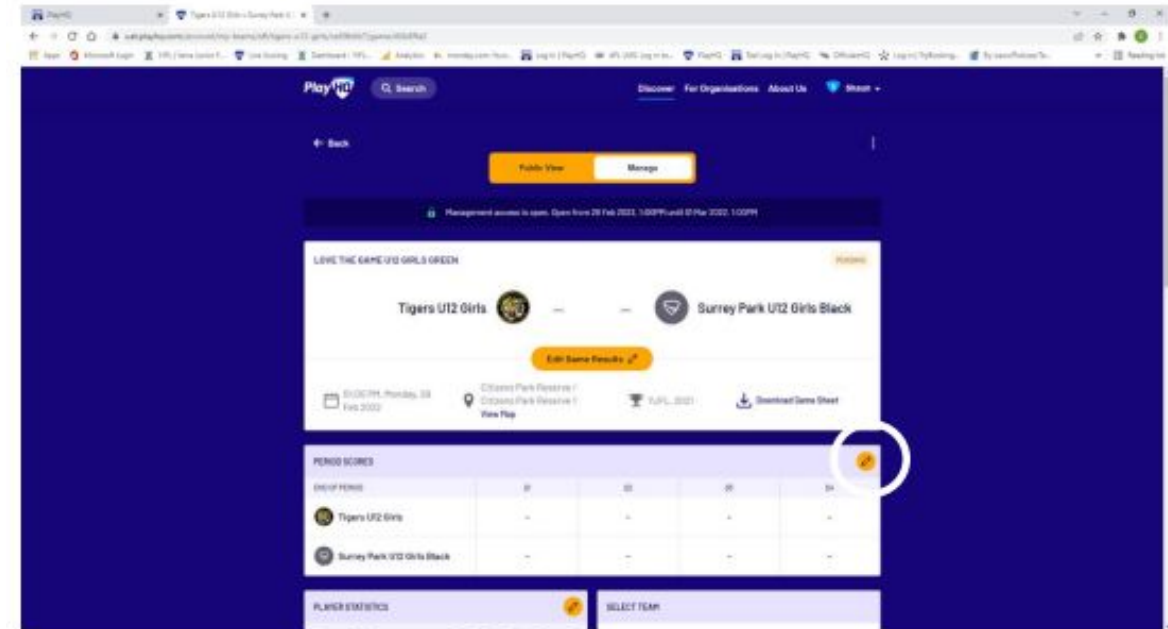
The screenshot shows the PlayHQ Matchday Access interface with the 'Select Team' view. The match details are the same as in the previous screenshot. The 'SCORES' section shows the following scores: Tigers U12 Girls (8, 10, 24, 33) and Surrey Park U12 Girls Black (1, 8, 24, 30). The 'PLAYER STATISTICS' section shows the following statistics for Tigers U12 Girls: 4. Aimee Dabbs (10, 10, 10, 10, 10, 10), 5. Lily Chapman (10, 10, 10, 10, 10, 10), 6. Claire Cudde (10, 10, 10, 10, 10, 10), 7. Julia Orwell (10, 10, 10, 10, 10, 10), 8. Rebecca Edwards (10, 10, 10, 10, 10, 10), and 10. Harriet Haddon (10, 10, 10, 10, 10, 10). The 'SELECT TEAM' section shows a button labeled '+ Select Team' which is circled in red.

# PlayHQ - Matchday Access

## 7. Select or Remove players



## 8. Update Scores (i)



# PlayHQ - Matchday Access

## 9. Update Scores (ii)

Enter quarter by quarter scores (NB: Enter the goals and behinds scored in each quarter and the system will tally)

The screenshot shows the 'Period Scores' interface in the PlayHQ system. It features two tables for entering scores by quarter (01 to 04) for two teams: Tigers U12 Girls and Surrey Park U12 Girls Black. Each table has columns for goals (G), behinds (B), and points (PTS). A 'Update Changes' button is visible at the bottom of the input area.

Tigers U12 Girls			
By Period (system enter)	End of period (hand only)		
G	B	PTS	
01	3	2	20
02	0	2	2
03	1	1	7
04	2	1	11

Surrey Park U12 Girls Black			
By Period (system enter)	End of period (hand only)		
G	B	PTS	
01	1	1	7
02	1	2	8
03	1	2	8
04	3	3	31

## NOTE:

FJFC has a club policy not enter into the PlayHQ system any individual player stats such as goals/points kicked, number of tackles, match awards, etc.



# Team Sheets (Game Sheet)

- Select Players and Team Officials and download and print 1 Team Sheet via PlayHQ
- Hand write in any players that cannot be selected (have not been allocated to the team)
- Use the Team Sheet to note attendance and wellness of players
- Place a tick (will play) or a cross (will not play) in the box with the heading DOB
- Use the Signature box for any notes
- Team Manager to sign the Team Sheet to confirm True and Correct
- Both Team Managers to meet with Ground Manager/COVID Safety Officer pre-game and present Team Sheets to confirm health of all players taking the field
- Team Managers to take photograph of opposition Team Sheet instead of retaining a paper version. Keep original copy of their own Team Sheet
- After the match, Team Managers will meet with the Umpire as per normal practice. They will need to present their Team sheet to umpire, to assist umpire to enter Best and Fairest votes
- Team Managers will confirm at this stage details of any reports or send offs
- Team Sheets are to be retained by Team Manager (or Club) for the season
- Online Team Sheets may be used in the event of a positive COVID 19 test
- All team sheets MUST be updated and accurate to assist in this process
- Online Team Sheets need to reflect players who are late additions (added to team sheet), or did not play (removed from team sheets). You may need to contact Club Administrator to add players who were handwritten on the team sheet.
- These updates need to be completed by Midnight of the day the match was played



# Team and Match Officials

- Ensure all team and match officials are allocated appropriate bibs or apparel and the right items (flags, cards, whistles, etc)
- All bibs must be the outer most garment of clothing
- No swapping of bibs throughout the game

Coach – Blue Bib

Ass Coach – Red Bib

Runner – Yellow Bib

Team Manager – Teal Bib

Trainer – Green Bib

Umpire Escort – Orange Bib

Goal Umpire – White Coat

Boundary Umpire – White Top

Ground Manager – Light Blue Bib

Time Keeper

Scoreboard Attendant (Home)

COVID Safety Officer – Pink Bib (Optional)

**NO WATER CARRIERS**

# Coach



## ***Compulsory Requirements***

- Registered in CoachAFL
- Foundation AFL Coach Accreditation
- Working with Children Check

## ***Recommended***

- Level 1 First Aid Accreditation

## ***Match Day Requirements***

- Must remain in the designated Coach's Box area
- Must adhere to the Coach's Code of Conduct
- Must have read and understood the YJFL By-Laws

## ***Even Up Rule***

- All coaches must read and adhere to YJFL Even Up Rule
- 2022 rule is that team with higher number must reduce down (no loaning of players)
- Once advised, all coaches must implement the requirements of this rule in a timely manner



# Assistant Coach



## ***Compulsory Requirements***

- Registered in CoachAFL
- Foundation AFL Coach Accreditation
- Working with Children Check

## ***Recommended***

- Level 1 First Aid Accreditation

## ***Match Day Requirements***

- Must remain in the designated Coach's Box area
- Must adhere to the Coach's Code of Conduct
- Must have read and understood the YJFL By-Laws

## ***Even Up Rule***

- All coaches must read and adhere to YJFL Even Up Rule
- 2022 rule is that team with higher number must reduce down (no loaning of players)
- Once advised, all coaches must implement the requirements of this rule in a timely manner

# Runner



## ***Compulsory Requirements***

- Working with Children Check

## ***Match Day Requirements***

- Must remain in the designated Coach's Box area when not delivering messages
- May remain on the field only long enough to deliver two (2) messages
- Must not coach on the ground
- Must refrain from talking to or questioning umpires
- Must not interfere with opposition players or officials either physically or verbally
- Must remain outside the marked arc when there is a set shot on goal or a kick in

# Trainer – In 2022 ALL Trainers to wear Single Use Disposable Gloves when attending to players (masks if player show signs of sickness)



## ***Compulsory Requirements***

- Working with Children Check

## ***Recommended***

- Level 1 First Aid Accreditation minimum, Emergency Response Coordinator recommended

## ***Match Day Requirements***

- Restricted to attending injured players on the ground
- Must wear Single Use Disposable Gloves when attending to players (masks if player show signs of sickness)
- Obtain qualified medical assistance where injury appears of a serious nature
- Ensure venue stretcher is visible and readily available
- Must not coach on the ground
- Must refrain from talking to or questioning umpires
- Must not interact with opposition players or officials either physically or verbally



# Ground Manager



## ***Minimum Requirements***

- A responsible adult not holding any other match day official role
- Have adequate knowledge of club's facilities
- Have access to details of police, ambulance, hospital etc.

## ***Match Day Requirements***

- Monitor Crowd Behaviour
- Bring any inappropriate conduct to the attention of club officials
- Be the point of contact for any queries or concerns about the venue

# Umpire Escort



## ***Minimum Requirement***

- A responsible adult

## ***Match Day Requirements***

- Escort the umpires onto the ground prior to the commencement of the first and third quarters
- Escort the umpires from the ground at the conclusion of the second and fourth quarters
- Remain with the umpires during the quarter time and three quarter time breaks
- Ensure that spectators, players or officials do not confront the umpires during these occasions

## ***Special Note***

- Only the team captain or Team Manager are permitted to interact with the umpire during these occasions

# Goal Umpire



## ***Match Day Requirements***

- Make scoring decisions in conjunction with Field Umpire

## ***Helpful Tips***

- Write down goals in numerical sequence rather than dashes
- Ensure the whole of the ball is over the whole of the line before awarding a score
- To be a goal the ball must come off the leg anywhere below the knee
- Check your scores with the opposition Goal Umpire at the end of each quarter
- Have the scoreboard adjusted at the end of a quarter, where required



# Boundary Umpire



## **Requirements**

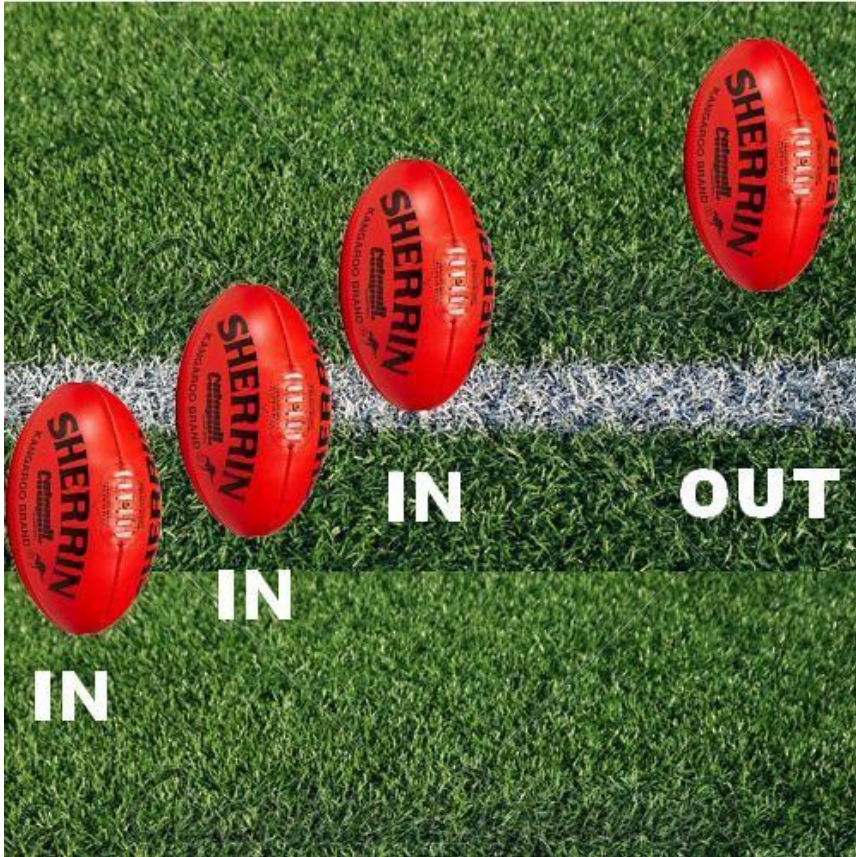
- Must wear White T-Shirt
- Must be supplied a whistle
- Adjudicate when the ball is out of bounds

## **Helpful Tips**

- Club Boundary Umpires do not adjudicate Centre Square infringements
- Ensure that the whole of the ball is over the whole of the line before blowing whistle
- To be out of bounds on the full the ball can come off any part of the leg below the knee
- When the ball makes contact with the behind post it is out of bounds
- When the ball makes contact with the behind post, on the full from a kick, it is out of bounds on the full



# For Boundary Umpires and Goal Umpires



## Boundary Umpires

- The whole of the ball must be over the whole of the line to be out

## Goal Umpires

- The whole of the ball must be over the whole of the line to be a score

# Time Keeper



## **Responsibility**

- To ensure that quarters run no longer than allocated time.
- To ensure that breaks run no longer than allocated time
- To acknowledge umpire's entrance to ground prior to first and third quarters (blow siren)
- To signal 2 minute warning (blow 2 short bursts of siren) prior to completion of all breaks. 1 minute warning (1 short burst of siren)
- To keep track of and note score in the event of dispute

## **Length of Quarters**

U8 Mixed **10 Minutes**

U9 Mixed & U10 Girls **12 Minutes**

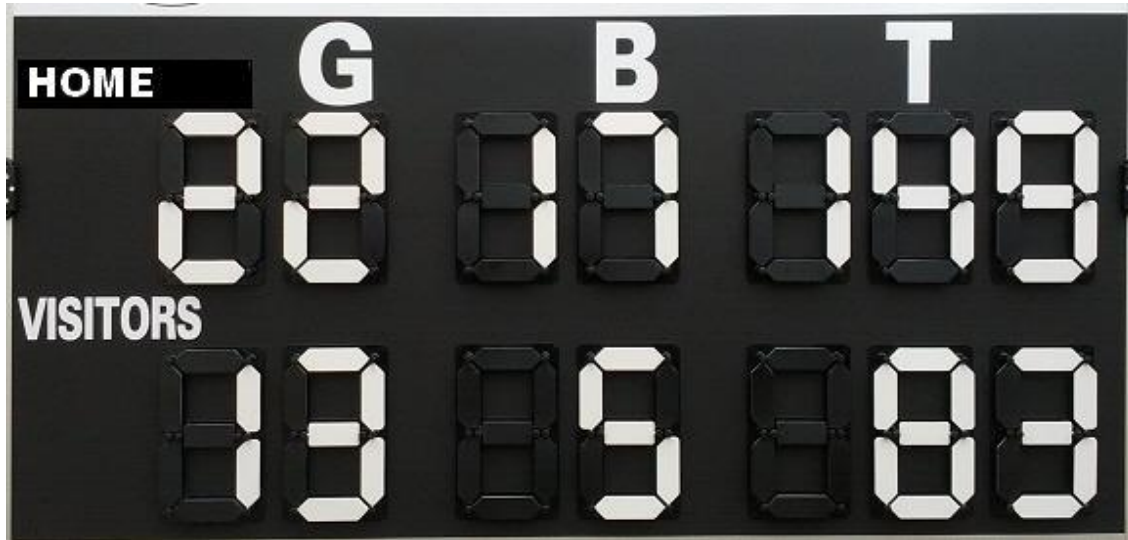
U10 - U13 Mixed, U11 - U14 Girls **15 Minutes**

U14 Mixed - Colts Boys, U15 - U18 Girls **20 Minutes**

## **Breaks**

- All U8s, U9s & U10 Mixed & Girls:
  - All breaks = **5 mins**
- All other Age Groups:
  - $\frac{1}{4}$  time = **4 mins**,  $\frac{1}{2}$  time = **12 mins**,  $\frac{3}{4}$  time = **7 mins**

# Scoreboard Attendant

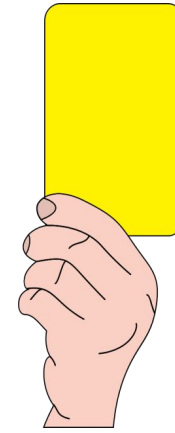


## Match Day Requirements

- Home team responsibility
- Ensure that scoreboard continuously displays current score
- Check score with goal umpires at the end of each quarter
- Goal umpires will wave flags to confirm scoreboard is correct at the conclusion of each quarter

# Yellow Card – Time Keeper

- It is now the responsibility of the Time Keeper to track the time players must remain off the ground due to Yellow Card (equivalent of 1 full quarter)
- Please provide the “Send Off” slip with the scorecard to your timekeeper to use
- Team Managers should liaise with Time Keepers to get the all clear for a player to return to the field of play after they have been issued with a Yellow Card





# Game Day - **GET IN - PLAY - GET OUT**



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# Game day - checklist

- Check with Coach for any late notices, updates, player inclusions/withdrawals
- Parent volunteers confirmed
- 1 x Team sheets printed
- No post match room addresses – vacate ASAP
- Know the rules - it is your responsibility
- You need ALL match officials to play
- Do you have all of your gear?
- TM's to wear FJFC Polo and Spray Jacket to games
- Players **NO Jewellery** – taken off, not taped up

## Match day checklist for parent and players

Season 2020 is one like no other. We ask that you adopt the principles of :**Get in - Play - Get Out**  
**PLAYERS: DO**

- ❑ Only play if you are well. Complete a warm and stretch at home. Pack a jacket or hoodie and maybe even a beanie
- ❑ Arrive at the ground ready to play. If you are being driven to a match, put your **footy boots on** and your **mouthguard in** while in the car.
- ❑ If there is a match still in progress, wait in the car. If you arrive by foot or bike, maintain social distance of 1.5M from others, preferably away from the ground.
- ❑ Once the ground has been vacated, go straight onto the ground and sanitise your hands
- ❑ Leave your footy bag behind the coaches box (no valuables)
- ❑ Leave your water bottle in the coaches box (**CLEARLY LABEL IT**)
- ❑ Listen to your coach for match day messages and instructions
- ❑ Play a great game/have fun/run amok
- ❑ At the end of the game **DO** show good sportsmanship by saying "good game" or "well played".

### **PLAYERS: DON'T**

- ❑ DON'T play if you are sick, even just a bit sick.
- ❑ DON'T go to the changerooms, do not hang around on the sidelines
- ❑ DON'T take your mouthguard in and out - just leave it in.
- ❑ DON'T shake hands with your opponent and do NOT hug or high-five your teammates.
- ❑ DON'T spit, sneeze, snort or cough - especially towards an opponent on the field at any time.  
**Players face large suspensions if deliberately breaching these rules.**

### **PLAYERS AND PARENTS**

- ❑ Arrive 20 minutes before the scheduled match start - not earlier or later.
- ❑ Parent match day helpers report to the Team Manager.
- ❑ Other parents are encouraged to wait in your car. If watching from the sidelines you must adhere to social distancing requirements of 1.5M and groups of not more than 10.
- ❑ We recommend only one parent per player attend please.
- ❑ Parents can NOT go onto the ground at any time
- ❑ Cheering, car horn tooting and general enjoyment of the spectacle of junior footy is allowed!

### **PARENTS**

- ❑ Some teams may come up against opposition with very low numbers and this may translate to more interchange time for our players than usual. A warm layer in the footy bag is a good idea.
- ❑ The only place that social distancing rules do NOT apply is when playing the game. Keep socially distanced while on the bench and during breaks.
- ❑ Coaches face serious penalties including a ban of up to 16 weeks if they play a player who has COVID19. If your player is not well, please keep them home, even if only a little bit unwell. We know this is hard. The coach will have to send a player home if they are deemed to be unwell on arrival. If the player has pre-existing conditions ( asthma & hay fever etc ) symptoms prior to the game they can not play.



# **POST GAME REQUIREMENTS**

# Collect Paperwork

- Collect match paperwork from Time Keeper and Goal
  - Umpire
  - Document final scores
  - Confirm result and match score with umpire
  - Obtain details of any send off or report
- Ensure you have a photo of opposition team sheet



# Update PlayHQ

- Update Game Sheets if any changes after the match
- Enter match scores (home team only), quarter by quarter progressive scores – final score should read same as scorecard

**Under 8s & Under 9s must enter a NIL (0-0-0) all result in order for the game to be counted against players in FootyWeb.**

**Under 10s must enter actual Match Scores**

- Match scores to be entered online by 6 pm Sunday Night
- Online Teamsheets to be updated on GameDay by Sunday midnight of match day

# Teamsheet Penalties

- It is important to ensure that after your game any changes to the teamsheet are made
- Incorrect teamsheets attract a \$100 fine per incorrect item
- Teamsheets are randomly audited by the League
- If teamsheets are found to be in dispute, this may result in disqualification by the entire team or individual player come finals

# **IMPORTANT INFORMATION**

# YJFL Rules and Bylaws

Copy of Rules/Match Day Guide is in TM Document Box

Key points:

- It's the team managers responsibility to read and understand the YJFL rules
- Covid-safe Return to Play guidelines
- No even up rule - teams match lowest number
- Only players and team officials in rooms – no parents or spectators
- Parents and spectators permitted on the ground – 5mtrs from playing group huddle
- No water carriers or half time oranges – players bring own water and sustenance
- All grades can request 16/side
- If you don't follow the rules, the penalties are harsh



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# Even Up Rules for 2022

- Team Managers and Coaches must be aware of the requirements of this rule
- Relates to teams having less than full players
- Teams will not loan players to opposition from Under 11s Up
- Under 8s, 9s & 10s may loan players who will turn their jumper inside out  
—NB: No wrist bans to be worn in U8s & U9s
- Team with the higher number are to reduce down to the same number of players as opposition to even up
- Should a player arrive late, that player may take the field at any time provided the following procedure is adhered to:
  - Team Manager informs officials of other team
  - The inclusion of the late player does not cause numbers on the field to become unequal

# Spirit of the Rule

- The league expects all team officials to understand and adhere to the 'spirit' of this rule, which is, to ensure that all matches are played with an even number of players on each team

# Minimum Number of Players

The minimum number of players a team requires to commence a game is:

- Under 11 Mixed to Colts – 13 Players
- Under 11 Girls to Youth Girls – 11 Players
- Non-competitive age groups have no requirements for minimum players and are only required to have even numbers on both teams

# Even Up Rule – Boys & Mixed Sides

Age group	Football	Players per side	Minimum player numbers <sup>1</sup>	Maximum player numbers	Shortage provision available? <sup>2</sup>	Even up applies <sup>3</sup>	Match day forfeits	Starting positions configuration
U11 Mixed	Size 3 Synthetic	18	13	24	No - Must Even Up	Yes - Mandatory to offer and accept.	Teams must combine and play a practice match. Penalties may apply if this does not occur.	18 Players 6-6-6
U12 Mixed								17 players 6-5-6
								16 players 5-6-5
U13 Mixed	Size 4 Match Ball (Leather)	18	13	24	Yes - 16 Per side	Yes - May choose to offer or, May choose to reduce down. If offered but not accepted, no compulsion to Even Up	Its recommended teams combine and play a practice match - but its not mandatory.	15 players 5-5-5
U14 Mixed								14 players 4-6-4
U15 Boys	Size 5 Match Ball (Leather)	18	13	24	Yes - 16 Per side	Yes - May choose to offer or, May choose to reduce down. If offered but not accepted, no compulsion to Even Up	After 10 minutes post the scheduled start time, should insufficient players to meet minimum numbers arrive, the match is deemed to have been forfeited. No requirement to play a practice match.	13 players 4-5-4
U16 Boys								12 players 4-4-4
Colts Boys								11 players 4-3-4

## Notes

- Minimum numbers** Forfeits known in advance - must notify YJFL by 5pm Friday prior to game on admin@yarrajfl.org.au  
Forfeits on match day - Must notify opposing team/club secretary and umpire/s asap.
- Shortage provisions** Must be advised by phone and by email to Secretary of opposing team by Secretary of requesting team by 8pm the Friday prior to the game.  
Email advice must cc YJFL via admin@yarrajfl.org.au  
"Yes - 16" - Only applicable is less than 19 players for requesting team.
- Even up provisions** Home and away season - Should injury occur during a game taking a team below the minimum, even up applies.  
Finals games - Should injury occur during a game taking a team below the minimum, even up is optional.  
Even up is voided if club with shortage does not have enough jumpers to lend  
If a player is "carded" off.....no need for opposition to even up.



# Even Up Rule - Girls

Age group	Football	Players per side	Minimum player numbers <sup>1</sup>	Maximum player numbers	Shortage provision available? <sup>2</sup>	Even up applies <sup>3</sup>	Match day forfeits	Starting positions configuration	
U11 Girls	Size 3 Synthetic	16	11	24	Yes - 14 Per side	Yes - Compulsory	Teams must combine and play a practice match. Penalties may apply if this does not occur.	16 players	5-6-5
U12 Girls								15 players	5-5-5
U13 Girls						Yes - May choose to offer or, May choose to reduce down. If offered but not accepted, no compulsion to Even Up	Its recommended teams combine and play a practice match - but its not mandatory.	14 players	4-6-4
U14 Girls	Size 4 Synthetic	16	11	24	Yes - 14 Per side			13 players	4-5-4
U15 Girls	Size 4 Match Ball (Leather)	16	11	24	Yes - 14 Per side	Yes - May choose to offer or, May choose to reduce down. If offered but not accepted, no compulsion to Even Up	After 10 minutes post the scheduled start time, should insufficient players to meet minimum numbers arrive, the match is deemed to have been forfeited. No requirement to play a practice match.	12 players	4-4-4
U16 Girls								11 players	4-3-4
Youth Girls									

## Notes

- Minimum numbers** Forfeits known in advance - must notify YJFL by 5pm Friday prior to game on admin@yarrajfl.org.au  
Forfeits on match day - Must notify opposing team/club secretary and umpire/s asap.
- Shortage provisions** Must be advised by phone and by email to Secretary of opposing team by Secretary of requesting team by 8pm the Friday prior to the game.  
Email advice must cc YJFL via admin@yarrajfl.org.au  
"Yes - 14" - Only applicable if less than 17 players for requesting team.
- Even up provisions** Home and away season - Should injury occur during a game taking a team below the minimum, even up applies.  
Finals games - Should injury occur during a game taking a team below the minimum, even up is optional.  
Even up is voided if club with shortage does not have enough jumpers to lend (Recommendation - just turn their own jumper inside out and play like that !)  
If a player is "carded" off.....no need for opposition to even up.

NB - More complete details can be found in the YJFL Match Day Handbook

# 14/16 Per Side

- Should any club be required to field a team in any match with **less than Seventeen players in Girls competitions**, this club may ask for the match to be **reduced to a 14 per side game**.
- Should any club be required to field a team in any match with **less than nineteen players in Boys and Mixed competitions**, this club may ask for the match to be **reduced to a 16 per side game**.
- In this situation, all players in excess of the 14/16 that are on the field, up to the League's maximum of 24 players, will be interchange players.
- E.G Team A has 18 players, Team B has 22 players. Team A requests a 16 per side match. At the commencement of the match, Team A will have 16 players on the field and 2 interchange. Team B will have 16 players on the field and 6 interchange.

# Contact with Umpires

- Team Managers are the only officials allowed to discuss, or seek clarity on, matters relating to the game
- Team Managers may approach the umpire before, during intervals in, and after, the game

# Match Day

- Follow new PlayHQ Team/Game Sheet protocols
- Footballs to be sanitised at each break
- Hand sanitiser on the interchange bench
- Benches to be sanitised between matches
- If stretcher used, must be sanitised



# Access to Change Rooms

- Access to Change Rooms will be limited to Players and Team Officials only
- Change Rooms to be vacated within 10 minutes of the completion of the match
- Exterior bathrooms/toilets to be used by patrons where possible / limited access to bathrooms inside changerooms
- Social rooms are considered the same as hospitality venues and the restrictions which apply to hospitality venues will apply to social rooms

# Players/Official

**S** Arrive ready to play

- Stay away if unwell
- No sharing of water bottles.

Players to bring their own, clearly labelled, bottle which can be left along the fence line of the ground adjoining the Coaches Box

- Players and Officials should leave the playing surface as soon as possible after the conclusion of the match

# Spectators

- May attend huddles during breaks but asked to maintain a 5 metre buffer from playing group
- Must maintain social distancing
- Must adhere to gathering advice

NB: Players and Team Officials who are at the ground, prior to the commencement, or following the completion, of their match, are considered **spectators**

NB: Clubs are required to monitor the behaviour of all spectators (remind them of Social Distancing protocols). Should anyone at the venue not adhere to these requirements, or be uncooperative, clubs should call their local police

# Other Items

- Milestone Game Banners will be allowed
- No presentation of match medals to own/opposition players – exception will be the Joe Johnson Indigenous Medal
- All volunteers 18yrs and over must have accredited WWCC (Working With Children Checks)



# CONDUCT



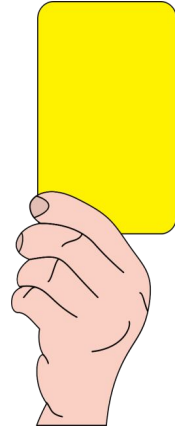
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# Order Off Rule

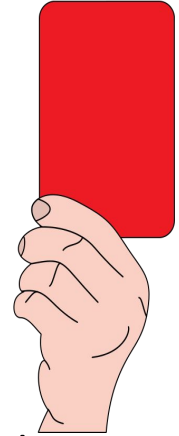
- The Order Off Rule applies to both Players and Officials
- Yellow Card = length of 1 entire Quarter
- 2<sup>nd</sup> Yellow Card in game = player/official reported and off for remainder of the game
- Red Card = Remainder of game

# Yellow Card



- A player ordered from the field must be escorted from the field by a runner or trainer and go through the interchange gate
- An official ordered from the field must make their way to the other side of the fence
- The player or official removed is not to return to the field for the equivalent of 1 quarter of playing time
- A player or official ordered from the field with a second Yellow Card shall remain off the field for the remainder of the game and is automatically reported

# Red Card



- A player ordered from the field must be escorted from the field by a runner or trainer and go through the interchange gate
- An official ordered from the field must make their way to the other side of the fence and may not re-enter the field for the remainder of the match
- Players ordered from the field for the remainder of the match shall be escorted to the clubrooms by the runner or trainer and are not to return to the interchange bench
- All players and officials who receive a red card are automatically reported



# Code of Conduct and Cultural Framework

- For Coaches, Players and Parents and is based on the YJFL Code and our Cultural Framework
- Sets behavioral expectations to hold all of us accountable
- Provides a safe environment for all
- Acknowledgement at time of registration
- Download from website and hand out to all players and families as reminder



## 2022 FJFC Player Cultural Framework

**CULTURE** - a way of life - the ideas and social behavior of a particular group of people  
**VALUES** - principles or standards of behaviour, one's judgement of what is important in life  
**ENVIRONMENT** - the surroundings or conditions in which a person lives or operates

FJFC is focused on providing an environment where our players that represent the club understand and demonstrate commitment in their responsibilities to the club, their coaches, team mates and the community. The FJFC Coaches have committed to a set of values, being:

**TEAMWORK - RESPECT - MENTORING.**

**RESPECT** is the value FJFC players must have at the forefront of their mind, and as the representatives of our club must demonstrate this value at all times, both on and off the ground.

**ON GROUND Respect for :**

**Umpires** - no back chat (they will never change their mind) have an awareness of your body language (no negativity).

**Opponents** - play hard & disciplined, make the ball your objective.

**Opposition coaches, officials & supporters** - they shouldn't have an impact on you.

**Opposition players** - post game always shake hands, put your own feelings on hold (be the better person).

**OFF (& ON) GROUND Respect for :**

**Other FJFC players** - same age group, gender, younger players - ONE CLUB mentality (nobody is any better than anyone else at our club).

**Our coaches & officials** - listen, engage, attempt to carry out instructions (communicate).

**FJFC jumper** - it has a lot of history, wear it with pride and look after it (please don't ever throw it on the ground).

**The environment that is provided for you** - club rooms, training equipment etc.

**The community** - be proud of the position you hold as a FJFC player (live up to it) - use of social media (no comments on umpires, coaches, opposition).

**DISCIPLINE** - a commitment how you go about your footy :

**Training** - turn up with the mindset to work hard (train as you play).

**Respect & Discipline**

**Preparation** - leave nothing to chance, turn up on time & ready to go.

**Communication** - open, honest, respectful (when you are in control of your emotions). If you're running late let someone know in advance.

**Team Rules** - stick to them, be predictable to team mates.

**Player Code of Conduct** - signing of PCOC is considered as being in agreement with cultural framework.

If you break team rules or go about your footy without a level of respect or discipline - there will be consequences (don't do anything that will cost the team).

Any penalties to be determined by coaches and/or coach development committee and/or FJFC conduct processes.

**FJFC culture - we play hard, disciplined footy - we respect the game & our opponents.**

**Respect and your reputation - is earned not given, built up over a long period of time. It can be lost in a moment.**



**Fitzroy Junior Football Club Inc.**  
(Reg. No: A0034144U) A.B.N. 44 488 905 509  
PO Box 2447 Fitzroy Victoria 3065  
[www.fitzroyjuniorfc.com.au](http://www.fitzroyjuniorfc.com.au) [enquiries@fitzroyjuniorfc.com.au](mailto:enquiries@fitzroyjuniorfc.com.au)

## FJFC Player Code of Conduct

Based on the YJFL Code of Conduct

- I will:
  - play by the rules
  - abide by the FJFC Player Cultural Framework
  - control my temper & not argue
  - treat all players fairly.
  - cooperate with my coach and teammates.
  - not show dissent or abuse umpires.
  - make no remarks about race, gender or sexual orientation.
  - make no negative comments regarding the YJFL or FJFC on Social Media.
  - play for fun and improvement.
  - be a good sport and a team player.

I have read and understood the Cultural Framework Player Code of Conduct and agree to abide by it when playing with the Fitzroy Junior Football Club.

Player: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Age Group: \_\_\_\_\_

## FJFC Parent Code of Conduct

Based on the YJFL Code of Conduct

- I've will:
  - encourage participation but not force them.
  - teach that honest effort is the victory, not the winning.
  - encourage to play by the rules.
  - never ridicule mistakes or losses.
  - remember involvement is for their enjoyment, not yours.
  - remember they learn best by example. Applaud both teams.
  - not abuse umpires.
  - recognise positively the recreational contribution of voluntary officials.
  - never publicly disagree with FJFC officials and will raise issues with the team manager or a FJFC committee member.
  - support all efforts to remove abuse on the basis of race, gender or sexual orientation.
  - support my club officials to foster high standards of behaviour for my Club / League.

I have read and understood the Cultural Framework and Parent Code of Conduct and agree to abide by it when attending Fitzroy Junior Football Club matches.

Parent: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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## 2022 COVID-19 Return to Play protocols

- I will not attend training or the game if I feel unwell.
- I will notify the club as soon as practicable if I test positive to COVID-19 [covidreporting@fitzroyjuniorfc.com.au](mailto:covidreporting@fitzroyjuniorfc.com.au)
- I understand only players and team officials are allowed in the change rooms.
- I understand parents and guardians must remain five metres from the quarter and three-quarter time huddle.
- I understand COVID-19 protocols are subject to change. I will comply with updated protocols when advised by the club.

I have read and understood the Return to Play protocols and agree to abide with them when representing the Fitzroy Junior Football Club.

Player: \_\_\_\_\_ Parent: \_\_\_\_\_

Signature: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Age Group: \_\_\_\_\_ Date: \_\_\_\_\_



# Conduct Matters and Reportable Incidents

## SET PENALTIES FOR COVID OFFENCES\*:

Description	Penalty
Deliberate spitting at or on another person	8 weeks (Secondary age) 6 weeks (Primary age)
Deliberate coughing at or on another person	6 weeks (Secondary age) 4 weeks (Primary age)
Engaging in any act of Misconduct	Tribunal
Failing to leave the playing surface when directed to do so by a field umpire for COVID related matter.	12 weeks (Secondary age) 8 weeks (Primary age)
Knowingly play or allow a player to play with COVID or when advised by health authorities to be self-isolated	16 weeks

\*no discount offered for electing to take penalty instead of going to the Tribunal.

\* Primary Age: under 12 and below; Secondary Age: U13 and above.



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# Player Safety & Wellbeing

*Bridget Smith, FJFC Safety & Wellbeing, Covid-19 Safety Officer*



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# COVID-19 - Return to Play Protocols 2022

- Don't come to training or game if unwell
- Notify club if COVID positive  
[covidreporting@fitzroyjuniorfc.com.au](mailto:covidreporting@fitzroyjuniorfc.com.au)
- No water carriers, no sharing team official bibs
- Only team officials and players in changerooms
- Spectators permitted on field at  $\frac{1}{4}$  and  $\frac{3}{4}$  time - social distancing applies





# Safeguarding Children

## 1. TMs play a key role in safeguarding children

- Positive guidance – model appropriate behaviours within your team
- Adhere to role boundaries – don't act outside the confines of the duties of your role e.g. concussion

## 2. Don't place yourself and your team in an unsafe environment

- Supervision – avoid being alone one on one with a child, involve coach, A/coach
- Social media - don't friend/follow kids that are not yours..
- Electronic communication – include parents in ALL communication with kids
- Photos of children and your people - do not post photos without permission. Photos only on FJFC social media.

## 3. Seek help

- Parents, coaches
- Key contact for Child Safety - Francisca Hoffman ([childsafety@fitzroyjuniorfc.com.au](mailto:childsafety@fitzroyjuniorfc.com.au))
- Safety & Wellbeing - Bridget Smith ([safety@fitzroyjuniorfc.com.au](mailto:safety@fitzroyjuniorfc.com.au))

## 4. Resource – Expected behaviours of Coaches and Volunteers

- AFL Safe Footy Guidelines - download from this [link](#)



# Concussion Management

1. **Player wellbeing and safety is #1 priority**
  - All trainers hold relevant first aid qualifications
  - Supported by Colbrow Medic at the ground
  - **Trainer has final say, support & trust your trainer**
2. **Concussion support & recovery**
  - Trainer to report potential concussion incidents to [headtrainer@fitzroyjuniorfc.com.au](mailto:headtrainer@fitzroyjuniorfc.com.au)
  - [HeadCheck app](#)
3. **Return to Play**
  - 12-day no play rule (12 days is minimum)
  - [AFL guidelines](#)





# FJFC Grounds and Facilities



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# Resources – Grounds

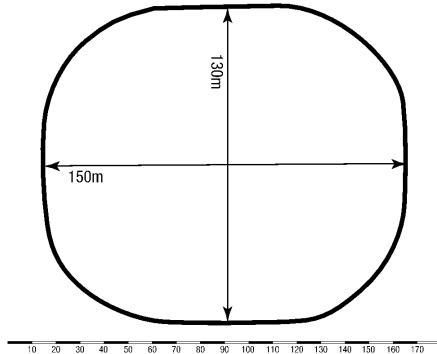
Over a players' time at FJFC, they can expect to play at each of the grounds deemed appropriate for the team's development.

## Home Grounds Age Groups

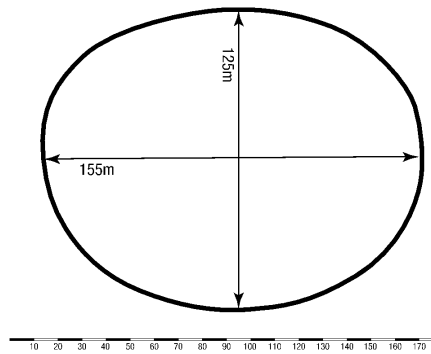
- |                         |                                  |
|-------------------------|----------------------------------|
| - Victoria Park         | U15 Boys, U16 Boys, Colts1-2, YG |
| - Brunswick Street Oval | U14/U15G/U16G/YG                 |
| - Ramsden Street        | U12/U12G/U13/U13G/U14G           |
| - Alfred Crescent       | U10/U11/U10G/U11G                |
| - Olney Oval            | U11/U12/U13/U12G/U13G/U14G/U15G  |
| - Cox Oval              | U9/U10G/U10G                     |

*\*\* Anticipated playing home grounds, subject to change*

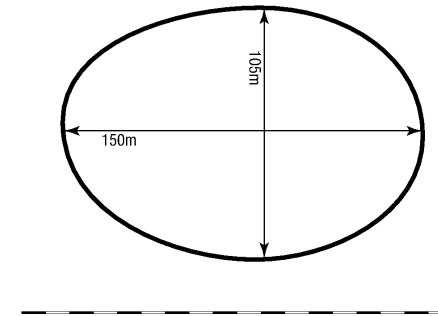
Brunswick Street Oval



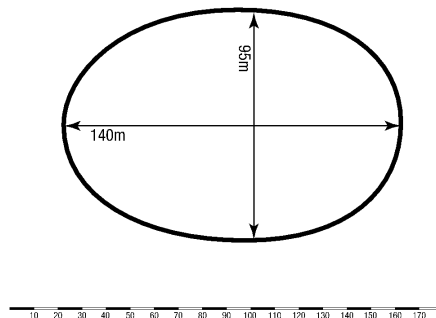
Victoria Park



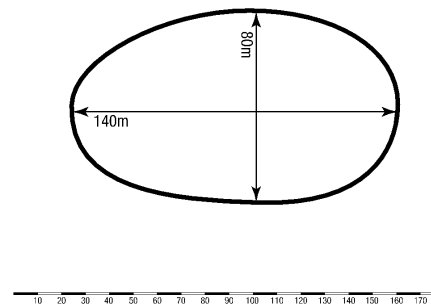
Ramsden Street



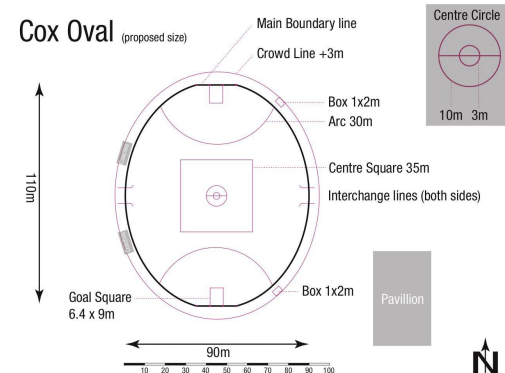
Olney Oval (proposed size)



Alfred Crescent



Cox Oval (proposed size)

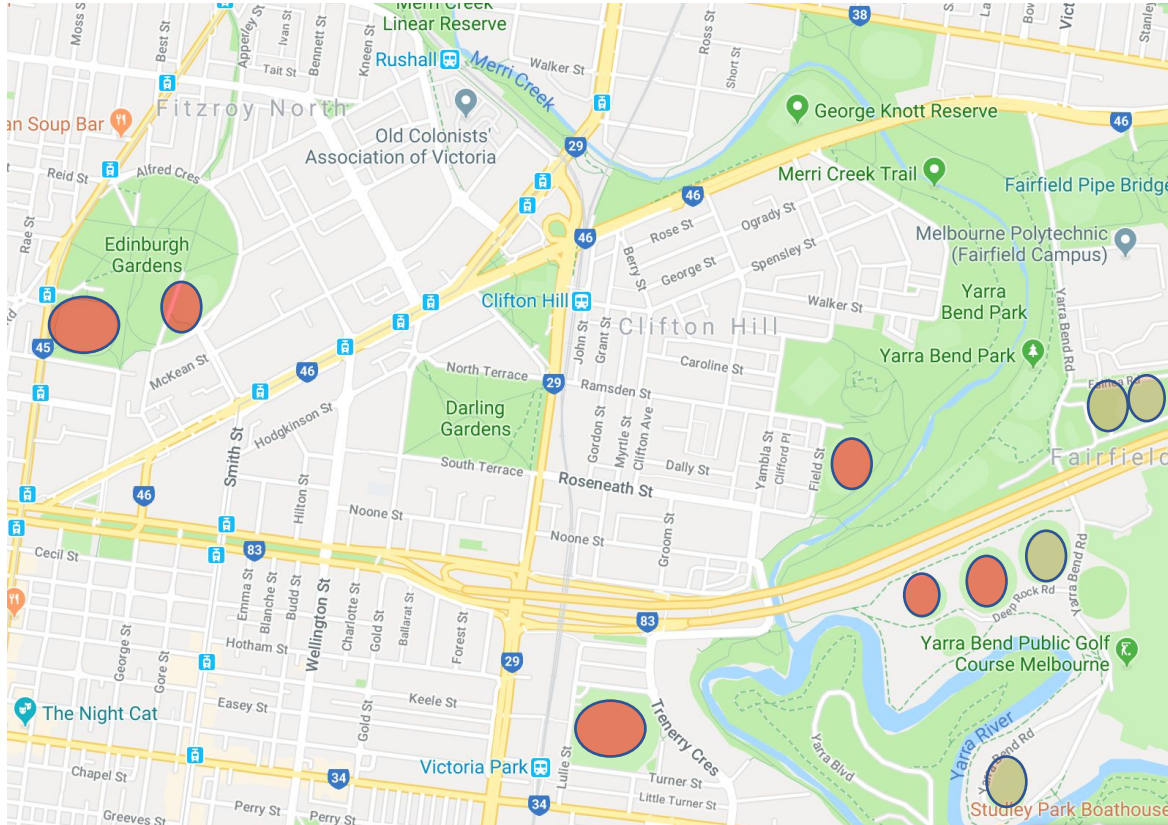




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# Yarra Bend – Why we need to play Footy there

*A crucial piece of the FJFC puzzle.*



-  Current home grounds
-  Other Grounds accessible

## Why we need Yarra Bend (Cox and Olney ovals)

- Growth of Girls Football, significant growth in player numbers
- Other grounds at capacity
- Untapped resource close to the center of FJFC heartland
- YJFL/Collingwood FC have strong interest in the area.
- Without Yarra Bend - there is no pre-season training!!!



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# APPENDIX



# Season Playing Dates

APRIL						
Mo	Tu	We	Th	Fr	Sa	Su
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

JUNE						
Mo	Tu	We	Th	Fr	Sa	Su
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

AUGUST						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

MAY						
Mo	Tu	We	Th	Fr	Sa	Su
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

JULY						
Mo	Tu	We	Th	Fr	Sa	Su
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

SEPTEMBER						
Mo	Tu	We	Th	Fr	Sa	Su
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

Yellow – home & away rounds  
Green – finals games

## KEY DATES

- Season Commences 3rd April (Round 1)
- Re-graded Competitions commence 8 May (Round 5)
- U8s Day 22nd May (Round 7)
- U9s Day 29th May (Round 8)
- Semi Finals – Sunday 21st August
- Prelim Finals – Sunday 28th August
- Grand Finals – Sunday 4th September
- YJFL Presentation Night Tuesday 30th August



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# Footballs

- The home team is to provide two footballs, of a size required for the grade, in good match condition
  - i.e. Properly inflated*
- All footballs must be Sherrin and branded with YJFL Logo

Age Group	Match Footballs
Colts Boys	Size 5 Match Ball - Full Size
Under 16 Boys	Size 5 Match Ball - Full Size
Under 15 Boys	Size 5 Match Ball - Full Size
Under 14 Mixed	Size 4 Match Ball (Leather)
Under 13 Mixed	Size 4 Match Ball (Leather)
Under 12 Mixed	Size 3 Synthetic
Under 11 Mixed	Size 3 Synthetic
Under 10 Mixed	Size 2 Synthetic
Under 9 Mixed	Size 2 Synthetic
Under 8 Mixed	Size 2 Synthetic
Youth Girls Under 18	Size 4 Match Ball (Leather)
Under 16 Girls	Size 4 Match Ball (Leather)
Under 15 Girls	Size 4 Match Ball (Leather)
Under 14 Girls	Size 4 Synthetic
Under 13 Girls	Size 3 Synthetic
Under 12 Girls	Size 3 Synthetic
Under 11 Girls	Size 3 Synthetic
Under 10 Girls	Size 2 Synthetic
Under 9 Girls	Size 2 Synthetic



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