

# East Fremantle District

2019 Junior Football Season Launch

Year 3 to Year 7 Open Competitions

Year 3-4 & 5-6 Female Competitions

Note: the information contained in this presentation is a summary of the information in the East Fremantle Football District Policies and Procedures Handbook 2019 (see <http://www.sharksdistrict.com.au> under District Competition Resources), plus WAFC and AFL Resources.

# Agenda

- Introductions
- Purpose of Junior Football
- Game Day Environment
- Resolving Issues
- Competition Rules + AFL Changes
- Coaches
- Umpires
- Ground Setup
- Game Duration & Sirens
- Paperwork
- [Y7 Only] Interchange Recording

# Introductions & Roles

## Competition Exec

- Competition Director
- A/Competition Director
- District Registrar
- Umpire Manager
- WAFC EF  
Development Officer
  
- WAFC SM District  
Operations
- WAFC SM Coach  
Coordinator

## Club Exec

- President
- V/President
- Registrar
- Secretary
- Coaching Coordinator

## Teams

- Team Manager
- Coach(s)
- First Aid Officer
- Runner
- Parents & Supporters

And we're all here for the ....

**Players**

# Purpose of Junior Football



Provide an opportunity for all kids to play and develop the skills of Australian Football in an environment that is safe, fun, and fair

# Game Day Environment



## By Law #1: Spirit of Junior Football

- Not focus on winning
- Focus on developing players, volunteers, umpires, coaches and officials
- Safe, fun and fair environment
- Don't accept poor behavior

## By Law #2: Supporting Umpires

- Zero Tolerance against umpire abuse, dissent, intimidation or disputing of decisions
- Not permitted to comment about umpire performance (unless in writing)
- Only Captain or Team Manager can approach an umpire during breaks - cannot question decisions, interpretations free kick count

## Codes of Conduct for

- Coaches
- Administrator & Volunteers
- Parents & Spectators
- Players
- Runners & Water Carriers
- Umpires

Available on Club Hub - download PDFs and distribute to your team, including parents & supporters.

# Issue Resolution

Something untoward happens at the game:

- Team officials attempt resolution at the ground
- Not resolved satisfactorily
  - Escalate to Club Presidents – attempt resolution
- Not resolved satisfactorily
  - Club President escalates to JCC Exec with Incident Form
  - Potentially raise WAFC Red Flag
  - JCC Exec attempt resolution or apply penalties
- Submit Incident Form and/or Red Flag for all Incidents
  - Allows patterns to be tracked
  - Available on Sharks District web site

# Rule & Regulations



<http://clubhub.wafootball.com.au>

<http://www.sharksdistrict.com.au>

Competition	W AFC Competition Rule	EF District Competition Rule Override
Year 3, 4, 5, 6	1. MATCH OPERATIONS 1a. Ground Size	Please see guidance on Ground Sizes in the East Fremantle Junior Football District Handbook (see link above)
Year 3	1. MATCH OPERATIONS 1b. Football: Year 3: Size 1 synthetic football	Year 3: Size 2 football
Year 3, 4, 5, 6	6. TEAM ROLES 6d. Water Carriers No more than one Water Carrier is permitted per team, per match	Water Carriers are <b>not permitted</b> .



# Competition Rules



- WAFC Competition Rules by Age Group

- Year 3-4
- Year 5-6
- Year 7-8

- East Fremantle Competition Rules

- Add and Override WAFC Rules

<http://clubhub.wafootball.com.au>

YOUR LEAGUE? JUNIORS - FREMANTLE CONFERENCE ▾ YOUR ROLE? SELECT ROLE ▾

Club Management **Competitions** Events Facilities  
 Member Protection Policies Rules & Regulations Training & Development

**Youth Football Year 7 - Year 8 Competition Rules**  
**March 06, 2019** - BACKGROUND All competitions managed by the West Australian Football Commission are played as per the AFL Laws of Australian Football. The below modifications have been... [Read More](#)

**Junior Football Year 5 - Year 6 Competition Rules**  
**March 06, 2019** - BACKGROUND All competitions managed by the West Australian Football Commission are played as per the AFL Laws of Australian Football. The below modifications have been... [Read More](#)

**Junior Football Year 3 - Year 4 Competition Rules**  
**March 06, 2019** - BACKGROUND All competitions managed by the West Australian Football Commission are played as per the AFL Laws of Australian Football. The below modifications have been... [Read More](#)

<http://www.sharksdistrict.com.au>

**Junior Football Year 3 - Year 7 Competition Rules Additions**

This document describes addition and overrides to the WA Football Commission Competition Rules – the WAFC “master” rules are available here:

- Go to <http://clubhub.wafootball.com.au>
- Select League as “Juniors – Fremantle Conference” and “Competitions”

YOUR LEAGUE? JUNIORS - FREMANTLE CONFERENCE ▾

Club Management **Competitions** Events Facilities  
 Member Protection Policies Rules & Regulations Training & Development

- You will see “master” Competition Rules for Year 3-7 Open Competitions:
  - o Youth Football Year 7 - Year 8 Competition Rules
  - o Junior Football Year 5 - Year 6 Competition Rules
  - o Junior Football Year 3 - Year 4 Competition Rules

Please also refer to the East Fremantle Football District Handbook:  
<http://www.sharksdistrict.com.au/clubs-and-competitions/east-fremantle-resources>

**East Fremantle District Football Competition Rule Additions & Overrides**

Competition	WAFC Competition Rule	EF District Competition Rule Override
Year 3, 4, 5, 6	1. MATCH OPERATIONS 1a. Ground Size	Please see guidance on Ground Sizes in the East Fremantle Junior Football District Handbook (see link above)
Year 3	1. MATCH OPERATIONS 1b. Football: Year 3: Size 1 synthetic football	Year 3: <b>Size 2</b> football
Year 3, 4, 5, 6	6. TEAM ROLES 6d. Water Carriers No more than one Water Carrier is permitted per team, per match	Water Carriers are <b>not permitted</b> .

# AFL Rule Changes for Junior Football



## Adopting New AFL Rules

- Kick-ins
- Mark within 9m of Goal
- Hands on the back
- Set-shot after siren
- 50m penalties
- No players behind umpire at centre bounce
- Centre bounce starting positions

## Not Adopting New AFL Rules

- Taking ball out of Ruck (Y3-8)
- Runners
- Water Carriers

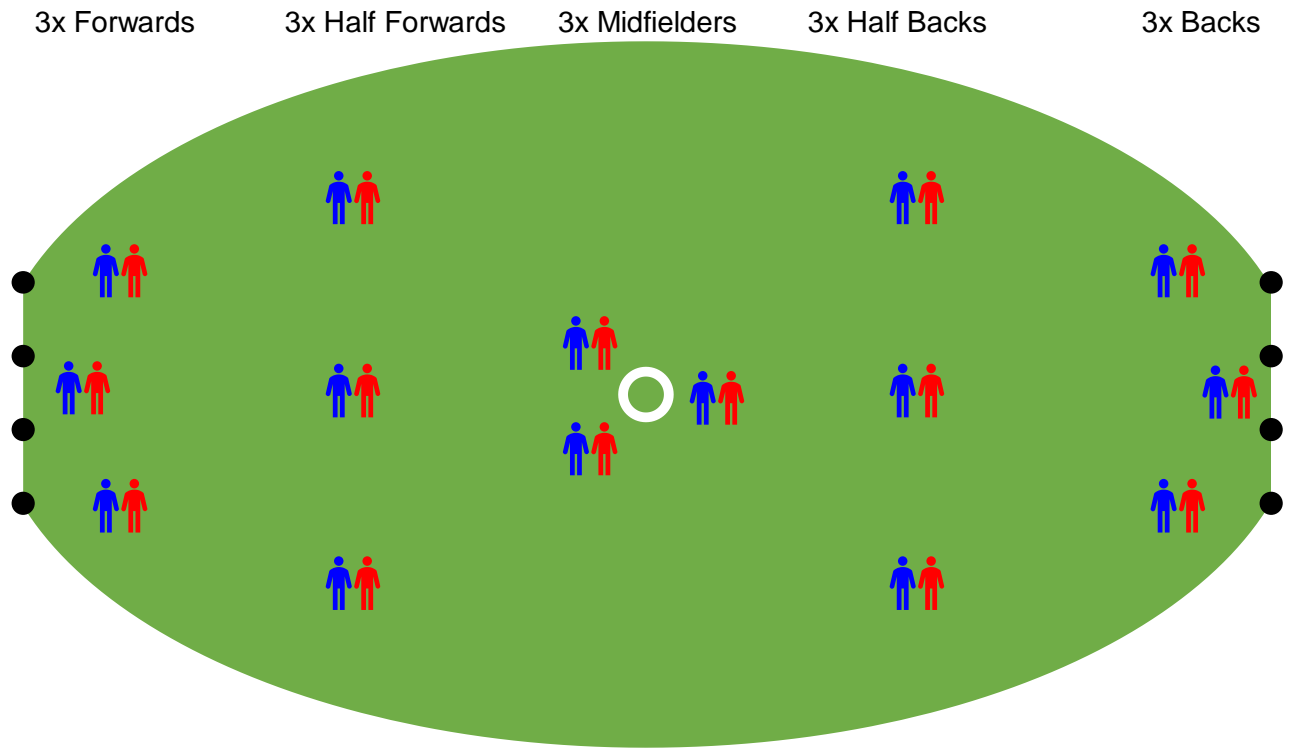
\*Details on Sharks District web site

# Starting Positions: Year 3-6 15-a-side

- At Centre Bounces
- Five Lines of Three Players – no wings
- No more than Three Players within 20m of the centre
- A player in each “Goal Square”

## Note

- Coaches & Umpires must spread players out at ball-ups

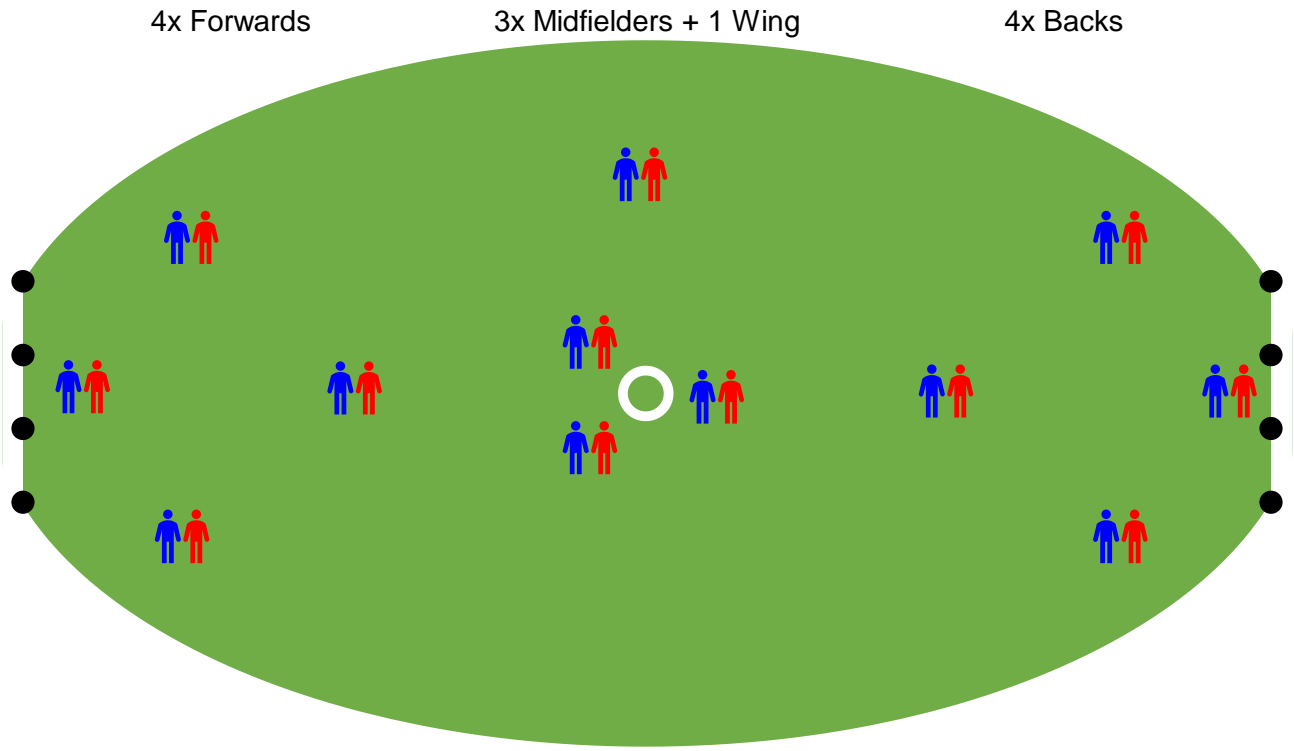


# Starting Positions: Year 3-6 12-a-side

- At Centre Bounces
- 4 forwards, 4 backs, 3 in the Midfield, 1 wing
- No more than Three Players within 20m of the centre
- A player in each "Goal Square"

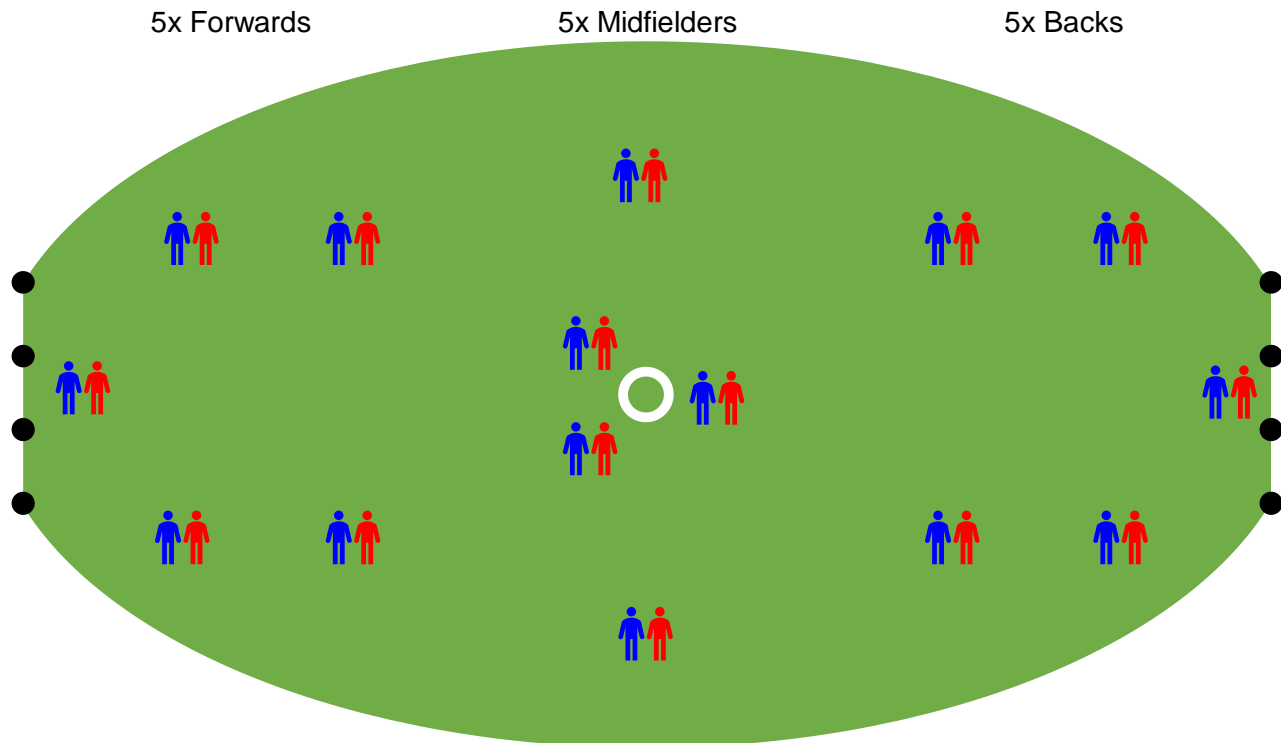
## Note

- Coaches & Umpires must spread players out at ball-ups



# Starting Positions: Year 7+

- Three Groups of Five Players: Forwards, Mids, Backs
- No more than Three Players within 20m of the centre
- A player in each "Goal Square"



# Tackling in Junior Football

- Refer to Competition Rules for your Age Group

## 3. CONTACT

3a. Tackling

3b. Bumping

3c. Smothering

3d. Shepherding



<https://www.youtube.com/watch?v=y9kWXQaFezA>



# Coaches: AFL Accreditation



Must be Foundation AFL Accredited for Junior Football before Round 1

The screenshot shows the CoachAFL website interface. At the top, there is a navigation bar with the 'coachAFL' logo, menu items for 'MEMBERSHIP', 'RESOURCES', and 'PATHWAYS', and buttons for 'LOG IN' and 'JOIN'. The main content area features a large image of a man in a dark blue AFL polo shirt with yellow accents, gesturing as if coaching. Overlaid on this image is the text: 'JOIN THE AFL COACH COMMUNITY' in large, bold letters, followed by 'Get accredited, get educated and be the best coach you can be'. Below this text are two buttons: 'JOIN COACH AFL' (a red button) and 'WATCH VIDEO' (a white button with a grey border). At the bottom of the page, there is a paragraph of text: 'Coaches are the backbone of community football, leading 1.5 million participants onto the ground every week. That's why CoachAFL is here to support you with the tools you'll need on your coaching journey. Everyone coaching AFL is required to become accredited members of CoachAFL.' and a smaller line of text: 'Get accredited, get educated & be the best coach you can be.'

# Coaches



- Rotate players through all positions – mandatory Equal Opportunity
- Give all players equal game time over the season
- Give all players minimum 50% game time in a single game
- Control player behaviour – don't leave it to Umpires
- Even-up when player numbers are less than “standard”



# Player Even-up

When one or both teams have less than 15 players

- Bigger team sends players to smaller team until “even”
- Even numbers of players on field
- Rotate players – only play one quarter for opposition team

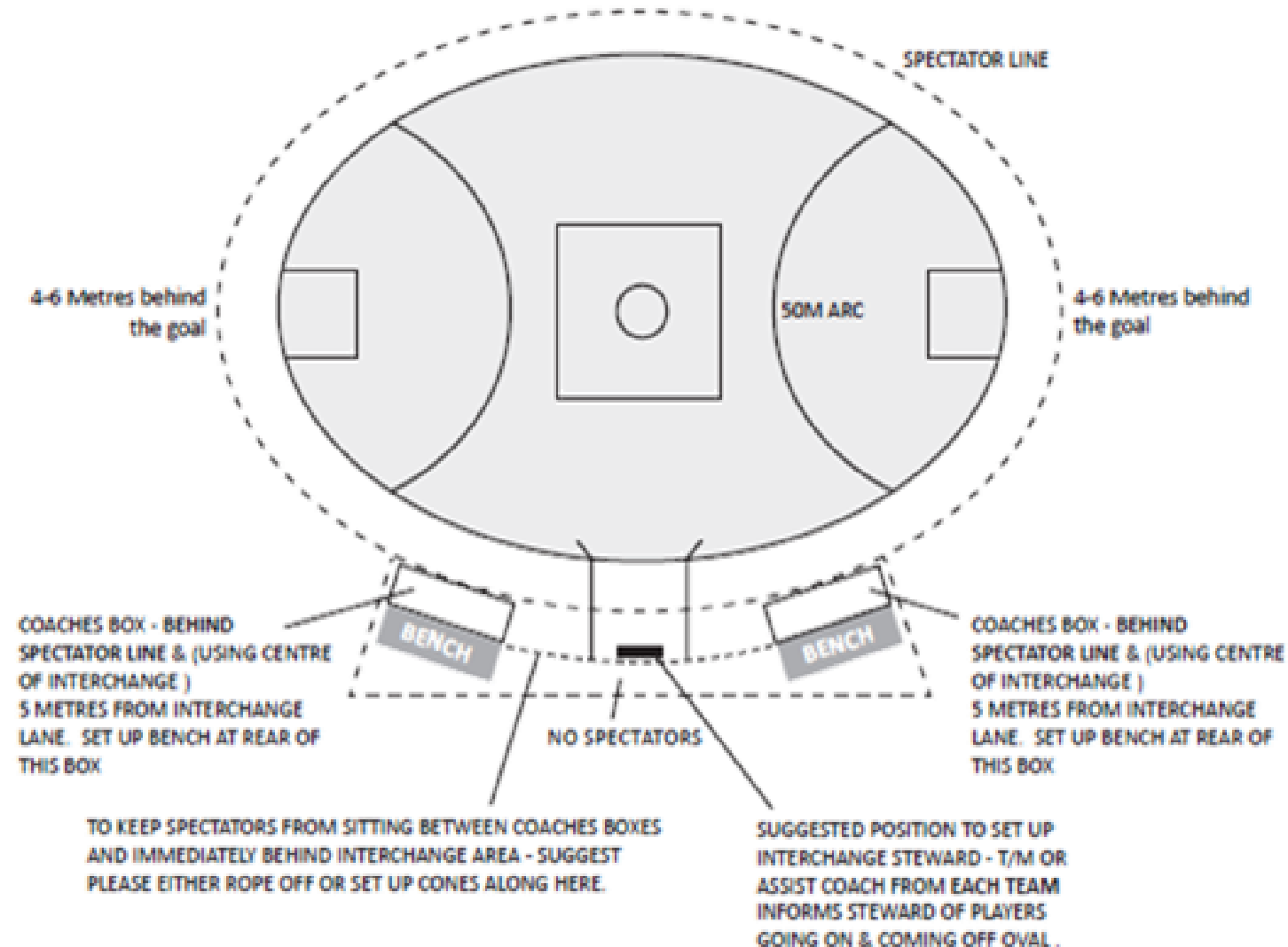
This is

- Mandatory
- Even-up, not Even-down
- Applies in regular season & finals

Players who don't try will be penalised.

# Ground Setup

## WAFC Policy POL.15A Ground Preparation



- Paint or Cones to mark Boundary Line
- Roped off Interchange Area for Team Officials & Player Bench
- Team Officials: Coach(s), Team Manager, First Aid, Runner
- **Keep parents and spectators out of the Interchange Area**
- Year 4-12: Only Runner on field
- Year 3: Only Coach on field (no Runner)

# Ground Size Recommendations



Competition	WAFC Competition Rules		Recommended Size	
	Length	Width	Length	Width
Year 3-4 Open & Female	80-100m	50-75m	100m	75m
Year 5-6 Open & Female	90-110m	70-85m		
Year 7-8 Female	90-110m	70-85m		
Year 7-8 Open	110-140m	70-110m	130m	100m
Year 9-11 Female	110-140m	70-110m		
Year 9 15-a-side (Male)	120-150m	90-120m		
Year 9-12 18-a-side (Male)	135-185m	110-155m	Full Size	

# Game Times & Sirens



When	Sound Siren
Umpires enter Playing Arena	1 time
2 minutes prior to Match or Quarter Start Time	3 times
1 minute prior to Match or Quarter Start Time	2 times
Umpire holds the ball up for Start of Quarter • Quarter Duration: 15 minutes	1 time
Umpire signals End of Quarter • Half-Time Break: 10 Minutes • 1st and 3rd Quarter Time Break: 5 Minutes	1 time

# Paperwork



When	What	Who
Pre-Game	Team Sheet	Team Managers
	JLT App	Team Manager (home team only)
During the Game	Scorecards(s) <ul style="list-style-type: none"> <li>• Goal Umpire</li> <li>• Independent Scorer (Year 7+)</li> </ul>	Team Managers Team Manager (home team only)
	Player Interchanges (Year 7+)	Team Manager → Interchange Steward
	Update Team Sheet	Team Managers
	Umpire App	Umpires
Post-Game	Team Sheets	Team Managers
	Collect Score Cards	Team Managers
	Update SportsTG	Team Managers

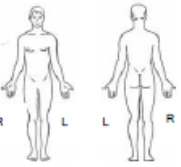
# Additional Paperwork



### INJURY REPORT FORM

**Name:** \_\_\_\_\_ **Sport:** \_\_\_\_\_ **Venue:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **Report Time:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_  
**Phone:** \_\_\_\_\_ **DOB:** \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Male  Female **English speaking:**  Y  N

**Team / School:**  
 Player  Official  Spectator  Other  
**Activity at time of injury:**  
 Training / Practice  Competition  Other

**BODY PART/S INJURED:** 

**REASON FOR PRESENTATION:**  New Injury  Aggravated Injury  
 Recurrent Injury  Other \_\_\_\_\_

**Talk Observe Touch Active Passive Skill (TOTAPS) / History:**  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**CAUSE OF INJURY:**  
 Struck by other player  
 Struck by Ball / object  
 Collision with other player  
 Collision with fixed object  
 Overexertion  
 Overuse  
 Landing  
 Slip / Trip / Fall / Stumble  
 Temperature related  
 Other \_\_\_\_\_

**INITIAL MANAGEMENT:**  
 None given  
 Referred  
 RICER & Warnings  
 Wound  
 Asthma  
 Strapping / Taping  
 Rest / Monitor  
 Sling / Splint  
 Immobilise  
 CPR  
 Other \_\_\_\_\_

**ADVICE GIVEN (after TOTAPS):**  
 Immediate return to activity  
 Return with restriction  
 Unable to return at present  
 Unable to return until medical clearance given

**REFERRAL: at Initial assessment**  
 Own Medical Practitioner  
 Medical Practitioner  
 Own Physiotherapist  
 Physiotherapist  
 Sports Injury Clinic  
 Ambulance  
 Hospital  
 Other \_\_\_\_\_

**SUSPECTED NATURE OF INJURY ILLNESS:**  
 Soft Tissue  
 Hard Tissue  
 Dislocation  
 Dehydration  
 Hyperthermia / Hypothermia  
 Wound / Open / Graze / Abrasion  
 Blister  
 Vomiting  
 Respiratory  
 Concussion  
 Loss of consciousness  
 Other \_\_\_\_\_

**ICE : 15-20 min every 2 hours next 2 to 3 Days**

**INJURED PLAYER REPORT:**  
 Injured player told that if injury / illness does NOT improve in the next 24 hours they MUST seek further advice from their own medical professional.  
 Yes

**TREATING PERSONS:**  
 Level 1 Accredited Sports Trainer  
 Level 2 Accredited Sports Trainer  
 Registered Nurse  
 Doctor  
 Physiotherapist

Signature \_\_\_\_\_  
 Name \_\_\_\_\_

"I declare that to the best of my knowledge the above information is correct"

**PRIVACY STATEMENT** - Our organization abides by the relevant National Privacy Principles of the Privacy Act 1988. The information on this form is to be retained by the organization that has arranged this sporting event / activity. The information is used for but not limited to providing medical assistance, injury surveillance information and possibly legal and insurance purposes. You can get more information about the way our organization manages your personal information by contacting club officials. Please note you may gain access to your personal information in accordance with the Privacy Act 1988 and have it corrected, if required.

**DISCLAIMER** - The information contained in this resource is in the nature of general comment only, and neither purports, nor is intended, to be advice on a particular matter. No reader should act on the basis of anything contained in this resource without seeking independent professional advice from appropriate persons. No responsibility or liability whatsoever can be accepted by Sports Medicine Australia, the State Government or the authors for any loss, damage or injury that may arise from any person acting on any statement or information contained in this resource and all such liabilities are expressly disclaimed."

Year 7-12 Assessment

### UMPIRE GAME DAY ASSESSMENT YEAR 7-12

<b>UMPIRES NAMES: #1]</b>		<b>#2/3]</b>	
<b>ROUND:</b>		<b>GRADE:</b>	
<b>MATCH:</b>		<b>CONDITIONS:</b>	
<b>VENUE:</b>		<b>POSITION:</b>	
<b>OBSERVERS NAME:</b>			

**PERFORMANCE FEEDBACK**

**RATINGS:** NI Needs Improvement    S Satisfactory    VG Very Good  
 E Excellent


<b>MATCH MANAGEMENT AND SKILLS</b>	<b>UMPIRE #1</b>	<b>UMPIRE #2/3</b>	<b>INTERPRETATION OF RULES</b>	<b>UMPIRE #1</b>	<b>UMPIRE #2/3</b>
<b>COMMUNICATION:</b>			<b>TACKLING/SLINGING:</b>		
<b>OBSERVATION:</b>			<b>HOLDING THE BALL:</b>		
<b>POSITIONING:</b>			<b>HOLDING THE MAN:</b>		
<b>DECISION MAKING:</b>			<b>HIGH CONTACT:</b>		
<b>CONTROL:</b>			<b>PUSH IN BACK:</b>		
<b>WHISTLE:</b>			<b>MARKING CONTESTS:</b>		
<b>RUNNING:</b>			<b>SCRIMMAGES:</b>		

**POSITIVES FOR THE GAME:**  
 1. \_\_\_\_\_  
 2. \_\_\_\_\_

**AREAS TO WORK ON:**  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_

**OTHER COMMENTS:**  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**SIGNED:**  
 \_\_\_\_\_  
 \_\_\_\_\_



### EAST FREMANTLE INCIDENT INFORMATION FORM

*This form should be completed when a club would like to provide information to be considered by the Junior Competition Council for the East Fremantle Competition.*

*NOTE: No attachments or extensions to this form will be considered. Be concise and only include factual information. If any further information is required you will be contacted by telephone.*

Club		Contact (President)	
Date of game		Location	
Home Team		Away Team	
Contact made with opposing club (Name)			


*Before sending this form through, all attempts to solve the problem must have been exhausted before action will be taken at a district level.*

Names and contact details of up to three witnesses that saw the incident:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Details of Incident (Maximum 1500 characters)

<b>Action requested:</b> <input type="checkbox"/> For information only <input type="checkbox"/> Request feedback <input type="checkbox"/> For further consideration	<input type="checkbox"/> Mediation <input type="checkbox"/> Information for umpires
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\* Available on Sharks District web site

# Interchange (Year 7s Only)



## WAFC POL.04 Equal Opportunity Policy (see Club Hub)

1. Every player must play at least 50% game time
2. All players must play equal game time across the season



**(1) Minimum 50% Game Time**

Players are on the field for a minimum 30 minutes in a 60 minute game

**(2) Equal Game Time**

We are looking for Equal Game Time (%ON) across the whole season

PLAYER	#	M ON AVG	% ON	AVG ON	M OFF AVG	% OFF	AVG OFF	% FWD	% MID
CHAPMAN	13	61:41	82%	15:25	17:26	18%	8:24	23%	25%
ANDREWS	13	63:44	81%	16:34	15:23	19%	10:00	32%	36%

See <https://www.interchanger.com.au/faq/>

- Your first game
- Junior Clubs – Coaching Coordinators



# Questions?