



2023 ▶

# EAGLES CUP HANDBOOK

FOR THE PRIMARY INTERSCHOOL FOOTBALL COMPETITION





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**Teachers, check out the West Coast Eagles suite of education programs on our official website at [westcoasteagles.com.au/community/schools-and-education](https://westcoasteagles.com.au/community/schools-and-education)**

[westcoasteagles.com.au/community](https://westcoasteagles.com.au/community)

Show your students what Rick the Rock has been up to by following

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# WELCOME TO THE 2023 EAGLES CUP

The West Australian Football Commission's (WAFC) vision is to lead and engage all West Australians through a positive experience with Australian Rules football.

The WAFC sees the delivery of Australian Football as a partnership between schools and community clubs. School sport is integral to the health of the game in WA and in the education and development of all students.

The WAFC works closely with key advisory groups (Education Advisory Group/Primary School Football Advisory Committee/Secondary School Football Advisory Committee) in designing and implementing quality football education and participation programs.

We are fortunate to have wonderful program partners in the West Coast Eagles. We thank them for their continued support of school football.

The community football team at the WAFC looks forward to your continued enthusiasm for Australian Rules football and hopes you and your students enjoy participating in the various football competitions on offer.

On behalf of the WAFC, can I take this opportunity to thank all of the volunteers and staff who play a role in the delivery of school football in 2023. Your time, effort and passion is greatly appreciated by everyone in the football family.

**Regan Atkinson**  
Schools Specialist





# FOREWORD



Football has been my passion since I was first introduced to the sport as a student at Midvale Primary School. I immediately enjoyed everything about the game, but in particular how it enabled me to build relationships and connect with different classmates and friends.

Soon after my experiences at school, I joined Midvale Junior Football Club where I was lucky to play with some now current AFL players, who I still consider great friends (even though they represent opposing AFL clubs!).

I began seriously pursuing my dream of playing footy at the highest level when I joined Swan Districts Football Club and moved through the ranks to play my first WAFL Colts game in 2007. This was a successful year for our team as we went on to win the WAFL Colts premiership.

The following year, I made my League debut for Swan Districts in Round 1 of 2008. Although this was another great team and a successful season, we were unfortunately beaten in the Grand Final. Whilst disappointing, I found this experience to be extremely valuable, as it helped instil in me the value of resilience and provided inspiration to work even harder.

In 2009 my AFL dream was realised when I was selected at pick number 2 in the AFL draft by the West Coast Eagles Football Club, where I continue to enjoy learning valuable life lessons through playing our great game. I think it's important to continually reinforce the countless benefits of participating in junior sport, particularly improving both physical and mental health and working as part of a team.

The Eagles Cup and Eagles Faction Footy are great ways to introduce kids to these benefits in a fun competition, where playing for enjoyment is the focus.

All the best for the 2023 season.

**Nic Naitanui**  
West Coast Eagles

# INTRODUCTION

The Eagles Cup is a primary interschool football competition for year 5 & 6 students played during Term 2.

The competition uses modified rules to allow for maximum participation, enjoyment and skill development. The Eagles Cup involves schools of similar size and in close proximity to each other playing on a weekly basis (min 3 weeks) in a round-robin format.

Each WAFL district has a coordinator who organises and administers the competition.





## INFORMATION

Schools receive the following support as part of their involvement:

1. An Eagles Cup junior league match ball.
2. Eagles Cup participation certificates and Eagles posters.
3. Eagles Cup trophy for division winners.
4. Subject to COVID-19 protocols, a West Coast Eagles player to present the Eagles Cup trophy (metro only), to the winning schools.
5. Eagles Cup on-line handbook prior to the commencement of competition.





## ABOUT FOOTBALL IN WA

The West Australian Football Commission is the caretaker of football throughout the State and responsible for the overall development of the game.

The rich history of football in the community of Western Australia stretches back to 1895. Today it is the most popular sporting code in Western Australia with more than 330,000 active participants each weekend during the season. This is more than double any other sport. On top of this football clinics are provided to approx. 200,000 West Australian Children every year throughout our schools and communities across our state.

The WAFC plays an important role in funding the ongoing development of football in all communities. This ensures that football is the best resourced sporting code in the State and can have the most active role in building better communities through various development programs.

The WAFC is a not for profit sports association. It is incorporated under the Associations Incorporation Act and governed by a volunteer board that oversees the operation of all football activities throughout the State.

The WAFC's role includes ownership of the State's two AFL teams - West Coast Eagles and Fremantle Football Club (Dockers), guiding the West Australian Football League (State league competition), overseeing community football, managing umpiring and football development through participation and the talent pathway. Most importantly the WAFC plays a key guidance role in the ongoing enhancement of the District Development model.

This results in a significant social benefit and the creation of better communities through the active promotion of the sport and its associated values of teamwork, responsibility, respect, leadership, commitment and community participation. Advocating healthy participation for every player, volunteer, official, administrator, coach, umpire and spectator is at the forefront of our strategic priorities.



# EAGLES CUP DISTRICT COORDINATORS

## 1. RESPONSIBILITIES

- 1.1 Contact existing division coordinators and confirm involvement of their schools for the year.
- 1.2 Arrange schools into divisions and appoint coordinators.  
Recruit new schools and form new divisions if necessary.
- 1.3 Provide division competition fixtures and coaches list to WAFC and WAFL Districts.
- 1.4 Distribute Eagles Cup information and promotional material.
- 1.5 Encourage division coordinators' meetings (pre - and post - competition).
- 1.6 Liaise with WAFC and meet as required.
- 1.7 Be a source of contact for all schools within the district for any queries.
- 1.8 Collate division results after completion of competition and forward to WAFC and WAFL Districts.
- 1.9 Provide assembly dates for presentation of Eagles Cup to winning schools within each division.
- 1.10 Administer guidelines and rules of competition.
- 1.11 Endeavour to promote competition through Community Newspaper and school newsletter - submit articles, arrange photo opportunities and promote via social media-Facebook and Twitter.
- 1.12 Promote Level 1 Coaching Courses. Open to all teachers especially coaches of Eagles Cup teams.

## 2023 EAGLES CUP DISTRICT COORDINATORS

District	Name	School	Contact Number
Claremont	Alex Zulberti	azulberti@wafc.com.au	0404 714 790
East Perth	Joe Barbaro	Department of Education	9264 5871
East Fremantle	Neale Johnson	Oberthur Primary School	9332 3212
Peel	Brett Crebert	St Damien's Catholic Primary School	9583 2500
Perth	Zee Schorsch	District Development Officer	0458 829 837
South Fremantle	Gary Gough	South Coogee Primary School	9494 8000
Subiaco	John Lawniczak	West Greenwood Primary School	9246 8700
Swan Districts	Josh Embry	District Development Officer	0423 011 600
West Perth	Mitch Gupanis	mgupanis@wafc.com.au	0423 855 877





# EAGLES CUP DIVISION COORDINATORS

## RESPONSIBILITIES

1. Liaise with schools within the division.
2. Draw up fixtures and send to District Coordinator by Friday Friday 31st March
3. Send results to District Coordinator.
4. Notify winning school of presentation procedure.

## WHAT HAPPENS IF MY SCHOOL WINS ITS DIVISION?

- First it is important that you confirm your win with the District Coordinator.
- Due to the coronavirus pandemic, it is uncertain whether West Coast Eagles players will be able to present the Eagles Cup trophies at school assemblies this year. Division Coordinators can contact Regan Atkinson to arrange trophy distribution/collection: [ratkinson@wafc.com.au](mailto:ratkinson@wafc.com.au)



# EAGLES CUP RULES

## Junior Football Year 5 - Year 6 Competition Rules

### 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 made to all Year 5 & 6 competitions to assist junior players with skill development, an understanding of the game and ensure fair and even competitions. Coaches must endeavour to coach players within the spirit that these rules were intended (refer to WAFC Junior & Youth Rules & Regulations, Rule 1 – Spirit of Junior Football.)

Please note that where mixed year group competitions are played, the competition rules of the lower year group shall be applied.

### KEY CHANGES

A summary of the key rule changes from Year 3 & 4 competitions to Year 5 & 6 competitions have been outlined below.

1. MATCH OPERATIONS	
1a. Ground Size	Ground sizes increase as per WAFC POL.15A
2. GENERAL MATCH RULES	
2f. Marking	Stricter interpretation on marking with a 10m minimum distance from a kick.
3. CONTACT	
3b. Bumping	Bumping permitted.
3c. Smothering	Smothering is permitted.
3d. Shepherding	Shepherding is permitted



## COMPETITION RULES

1. MATCH OPERATIONS	
1a. Ground Size	As per WAFC POL.15A – Ground Preparation, ground sizes for Year 5 – Year 6 competitions should be 90m – 110m (L) x 70m – 85m (W)
1b. Football	<b>Female Year 5/6:</b> Size 2 synthetic football <b>Male Year 5:</b> Size 2 leather football <b>Male Year 6:</b> Size 3 leather football
1c. Number of Players	15-a-side  The below rules apply to both Male and Female formats: i. No ruck or rovers ii. Unlimited reserves iii. Numbers on the field should always be even
1d. Match Length	4x 15-minute quarters.
2. GENERAL MATCH RULES	
2a. Start of Play	i. Ball-up in the centre of the ground between 2 players, approximately of equal size. ii. Players are not permitted to take full possession out of a ruck contest. iii. Maximum of 3 players from each team permitted within 20 metres of ball up.
2b. Positions	Soft zone resets at each stoppage: <b>15-a-side:</b> 5 lines of 3 (i.e., FF, HF, C, HB, FB) and as per <b>WAFC FIELD POSITIONS POLICY</b> .
2c. After a Goal	After a goal, a ball-up should occur in the centre of the ground as per 2a. The umpire shall select different players to contest the centre ball-up each time.
2d. Out of Bounds	<b>Last Possession Rule:</b> i. From a kick or handball, a free kick is to be awarded to the nearest opponent. ii. If a player runs the ball over the boundary line, a free kick is to be awarded to the nearest opponent. iii. If the ball is off hands or a player's body, a ball-up is to occur 10 metres in from the boundary line. iv. If there is any doubt as to who's free kick it is, a ball-up is to occur 10 metres in from the boundary line.
2e. Scrimmage	Umpire to stop play before throwing the ball up. Coaches should instruct players to get into position as per 2b to teach players the positions and reduce congestion.
2f. Marking	A mark is to be awarded for any kick that travels a minimum of 10 metres
2g. Bouncing	Players are only permitted to bounce (or touch the ball on the ground) once before disposing of the ball.
2h. Kicking off the Ground	Players are not permitted to deliberately kick the ball off the ground or use feet to control the ball whilst it is on the ground. Whereby the foot makes accidental contact to the ball, the umpire will call play on.
2i. Protected Area	The protected area at this level is 5 metres.
2j. 50m Penalties	Due to the reduced size of the playing field, umpires may award a 25-metre penalty.
2k. Order-off Rule	To be applied as per the Red & Yellow card system.



3. CONTACT	
3a. Tackling	<p><b>Modified Wrap Tackle Rule:</b></p> <ul style="list-style-type: none"> <li>i. Player may wrap both arms around an opponent.</li> <li>ii. Players may take their opponent by dropping their weight.</li> <li>iii. Strictly no slinging or bringing the opposition player to ground in an aggressive manner.</li> <li>iv. Once tackled legally, players have 3 seconds to dispose of the ball, or a free kick for “holding the ball” will be awarded.</li> </ul>
3b. Bumping	Bumping is permitted as per AFL Laws of Australian Football.
3c. Smothering	Stealing or smothering the football whilst the opponent is in the process of kicking or has possession in general play is permitted.
3d. Shepherding	A player is permitted to block opponents and bump within 5 metres of the ball as per 3b.
4. COMPETITION RULES	
4a. Competition	<ul style="list-style-type: none"> <li>i. No match results.</li> <li>ii. No premiership points.</li> <li>iii. No ladders</li> <li>iv. No finals</li> </ul>
4b. Awards	No awards (Best & Fairest etc) at this level.
5. PLAYER ELIGIBILITY	
5a. Temporary Play Ups	i. Please see 2023 WAFC – Eligibility & Finals Qualifications
5b. Player Movement	i. Players are not permitted to play for another team in the same age group.

## MATCH DAY ROLES

6. COMPETITION ROLES	
6a. Field Umpires	<p>Each competing team shall supply a goal umpire who should be of sufficient knowledge and competency to carry out all responsibilities of the position, as defined in the Laws of the Game.</p> <ul style="list-style-type: none"> <li>i. The Goal Umpires will wear appropriate attire and have a minimum of two signalling flags.</li> <li>ii. The goal umpires will endeavour to keep the area immediately behind the goal line clear of spectators and other obstructions (refer to WAFC POL.15)</li> <li>iii. The goal umpire is not permitted to coach or encourage players.</li> <li>iv. Goal Umpires are not permitted to enter the playing field during the game unless instructed to do so by the Field Umpire.</li> </ul>
6b. Boundary Umpires	Boundary Umpires are not required in Year 5 – Year 6 matches as the Last Possession Rule is applied as per 2d. Out of Bounds.

## 7. COMPETITION ROLES

### 7d. Timekeeper

The WAFC will appoint umpires for all matches.

Should a field umpire not be available to officiate at any match the opposing coaches or team officials may agree to appoint an adult to act in that capacity. In such case the appointed umpire shall have the same responsibilities and authority as any umpire appointed by the Umpires Coach.

Any umpire not appointed by the WAFC under this rule must be:

- i. 18 years or older.
- ii. Named on match documents.
- iii. Suitably attired for the match as approved by the WAFC.
- iv. Compliant with all WWC legislation (Working with Children).

The home team shall supply a Timekeeper for each game. The Timekeeper will have a means of keeping time and of indicating the end of each quarter to the field umpire and be deemed to be the official timekeeper.

## 8. TEAM ROLES

### 8a. Coaches

#### General

- i. A team for any match shall have a coach who is subject to the same investigations and penalties as a player, including suspensions, sanctions, and fines.
- ii. Coaches must play all eligible and able players up to the maximum allowed in both home and away and finals matches.
- iii. Coaches must adhere to the Equal Opportunity Policy for all players in all games, including finals (refer to WAFC POL.04)

#### Accreditation

- iv. All head coaches and assistant coaches must at minimum be accredited as an age-appropriate Foundation Coach via CoachAFL prior to coaching their first fixtured match.
- v. If a coach is not a CoachAFL member and does not hold at minimum, an age-appropriate Foundation Coach accreditation, they will not be permitted to coach.

#### Coaches Box

- vi. All coaching staff must remain within the Coaches Box. Only listed coaching staff can remain in the Coaches Box. Coaching staff may only exit the Coaches Box at authorised quarter changes, half time and at the conclusion of the match.
- vii. Each team is permitted to have a maximum of five people inside the Coaches Box, performing the following roles:
  - Head Coach
  - Assistant Coach
  - Runner
  - Medical Trainer
  - Team Manager

### 8b. Team Manager

#### General

- i. Each team is required to have a team manager who will act as the primary point of contact for umpires, between competing teams and match officials.
- ii. The Home Team Manager is responsible for the welfare of the umpires on match day.

#### Coaches Box

- iii. Team managers are permitted inside the coach's box.

## 6. TEAM ROLES

### 8c. Runners

#### General

- i. Teams are only permitted to have one runner.
- ii. Team runners shall be clearly identified by wearing an approved uniform.
- iii. Runners are not permitted to carry water.
- iv. Team runners are not permitted to remain on the playing surface. Team runners are to deliver one message from the coach to a player and return immediately to the coach's box via the interchange area.
- v. Team runners are not permitted to 'coach' whilst on the ground.
- vi. Team runners must always enter and exit the playing field through the interchange area.
- vii. Team runners must be 18 years or older.
- viii. Team runners are not to carry out any other team official duties during a match.
- ix. Team Runners are under no circumstances allowed to make physical contact with umpires, opposition players or officials.

#### Coaches Box

- i. The team runner is permitted inside the coach's box.

### 8d. Medical Officer/ Trainer

- i. Each team shall provide a team medical officer/sports trainer with a current HLTAID011 Provide First Aid (formerly HLTAID003).
- ii. The team medical officer/sports trainer shall be clearly identifiable.
- iii. The team medical officer/sports trainer must not remove a player on a stretcher unless they have necessary formal training and qualifications to do so. (e.g., SMA Level 1 Sports Trainer).
- iv. Should a team fail to provide a qualified medical officer/sports trainer, then the opposing teams suitably trained medical officer/sports trainer may assume control of injured players for both teams.

#### Coaches Box

- v. Only one Medical Officer/Trainer is permitted inside the coach's box.

### 8e. General

- i. A team official under suspension for a breach of the Laws of the Game or the WAFC Rules & Regulations may not play or officiate in any game of Australian Football during the period of suspension. This includes any affiliated senior, junior, WAFL, Country, School, or Interstate competition.
- ii. Team Officials are not permitted to make intentional contact with opposition players, umpires, or opposition officials, under any circumstances.

## SUPPORTING DOCUMENTS

AFL Laws of Australian Football  
WAFC Junior & Youth Rules & Regulations  
WAFC POL.04 – Equal Opportunity  
WAFC POL.15A – Ground Preparation  
WAFC POL.15I – Stretcher Policy







## EAGLES CUP GUIDELINES FOR 2023

The competition shall be conducted over an agreed period depending on number of teams, during second term of the school calendar year. Teams competing in each district may be directed into divisions comprising anything from three (minimum) to eight teams in each division. The competition will be run on a round robin format. A minimum of three games per school must be played (**Metropolitan one day lightning carnivals DO NOT qualify as round robin fixtures**).

*Each division competing must appoint a coordinator. Division Coordinator responsibilities can be seen on page 10.*

### TEAMS

The team shall consist of up to a maximum of 15 players who take the ground at any one time and any number of reserves.

*\* Optional: Small sided games such as nine or twelve-a-side are recommended for smaller schools.*

### PLAYING TIME

The game shall consist of four quarters of no more than 15 minutes each. (Therefore time is optional up to a maximum of 15 minutes).



## SUGGESTED FORMAT FOR POINT SCORING AND GAMES

Teams participating shall receive points for the following criteria:

1. 3 points for a win.
2. 2 points for a draw.
3. 1 point for a loss.
4. Behaviour points, 2 points per team per game.
5. 2 points shall be deducted for misbehaviour by a player during the game.
6. 1 point shall be deducted from team if a player is sent off the field during the game. This concept shall apply for all games played.  
\*NO PERCENTAGE IS TO BE KEPT. IF A TIE OCCURS, THE SCHOOL THAT WON THE QUALIFYING GAME WINS THE TROPHY.

The following shall apply to all games:

1. Umpires to address both teams.
2. Shake hands prior to and after each game.
3. Player sent from ground for violation shall remain off for the duration of game but can be replaced.
4. **Players must be rotated and can't play in the same position all game.**
5. **All players to be given equal playing time, to ensure maximum participation.**

## PUBLIC LIABILITY

The WAFC has arranged public Liability Insurance for a sum insured of \$20,000,000 to cover its legal liabilities. The WAFC expects each school involved in Australian Football programs to maintain public liability insurance to sufficiently cover its legal liabilities. At its own discretion each school may want to consider purchasing personal accident insurance to protect against claims for non-Medicare medical expenses arising from this Australian Football program, or any other school program.

## MOUTH GUARDS

It is recommended that all players wear a mouth guard when either, training or playing Eagles Cup football.

## INCLEMENT WEATHER POLICY

In managing risk, consideration must be given to environmental factors and their impact on participants. Sometimes extreme weather conditions (e.g. heat, cold, rain, wind or lightning) make it best to postpone training and/or competition. The umpires, in consultation with the teachers, shall determine if a game should be delayed or abandoned due to inclement weather as per the AFL Laws of the Game and the AFL Junior Football Match Guide. Please also refer to the By-Laws section.

## PLAYER ROTATION POLICY – EQUAL OPPORTUNITY

The on-field rotation of players is a policy developed to enhance the participation and skill development of all players in NAB AFL Auskick (5-12 years) through to Youth participants (13-18 years).

The rotation of all players through a variety of positions in a game and season is designed to allow players to experience the skills and roles required in different positions, and to ensure all players are provided with equal opportunity.

The policy states that every player in a team should play at least half a game, and that no player should spend more than half a game in any one position. Further, every player should experience playing on each of the five lines of field position over a three match period.



The Australian Football Match Policy document clearly states that to ensure all players feel an essential part of the team, regardless of their age, size, sex, ability or the competition they are playing in, it is critical they have an equal amount of time on the field during the season. This will keep players in the game and reduce the likelihood of them leaving to pursue other sports. It also satisfies parents expectations that their child will be given a fair go. It is recommended that all coaches keep records of weekly game time of each player to ensure each has had equal time. There are also a number of IT programs or Apps available that can support coaches and teams in ensuring that all players play 50% game time.

*Note: players should be rotated through a variety of positions on the field in each line, not straight up and down the "spine" or only on the left or on the right side of the field. Coaches and Team Managers must ensure that this policy is adopted and relates directly to **BYLAW #1 – The Spirit of Junior Football**.*

***Coaches can be cited and/or deregistered for not adhering to this policy.***

#### **UMPIRES HANDSHAKE POLICY**

Coaches are expected to shake the hand of the match day umpires both pre and post game.

This mark of respect will reinforce our commitment to influencing positive game day environments, and stands as an excellent example of behaviour from the Coach to Players and Spectators. Coaches should also shake each other's hand both pre and post match.



# SPIRIT OF JUNIOR FOOTBALL

Every participant understands that Junior Football in Western Australia is delivered to the Community with the Spirit of the Game in mind.

**It is incumbent on every participant irrespective of their place in the game, to ensure that they will,**

- **Not focus on winning at all cost** and understand that the role of Junior Football is to foster the development of Junior Players, Volunteers, Umpires, Coaches and Officials. Learning to win and lose is part of the developmental journey of a participant but must remain secondary to the primary focus of junior player development.
- Maximise the enjoyment and development of junior footballers.
- Provide our children with a game environment that is safe, fun and fair.
- Ensure that the values which add to the spirit of our game, which include fairness, equality, respect and teamwork are encouraged and celebrated.
- Uphold, promote and protect the Rules, Laws, Codes, Policies and Spirit of the game.
- Not accept poor behaviours around our game and deter practices that undermine our games environments (Coaching, Playing, Volunteering, Spectating and Umpiring).
- Adhere to any directive issued by the games controlling bodies in the best interests of achieving the above.

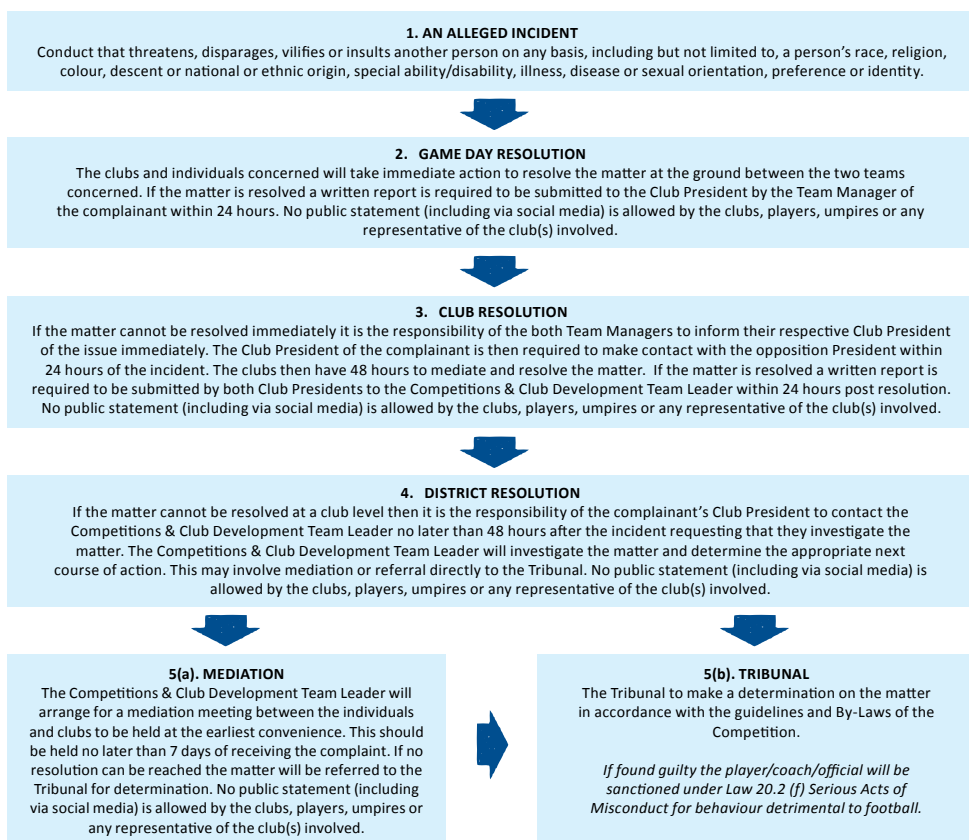


# VILIFICATION POLICY

Vilification to any degree is totally unacceptable at any level of football (including Junior Football) and refers to any person including, but not limited to, players, officials, coaches, members, umpires, spectators, and parents that acts towards or speaks to any other person in a manner, or engages in any other conduct, which threatens, disparages, vilifies or insults another person on any basis, including but not limited to, a person's race, religion, colour, descent or national or ethnic origin, special ability/disability, illness, disease or sexual orientation, preference or identity.

All those involved in Junior Football have the right to be involved in an environment that is free from vilification and/or harassment. The Junior Competition should take an extremely firm stance on eliminating this type of behaviour from the game.

The vilification resolution process is:



Any adult that is found to have vilified a person at Junior Football, or has been found to have encouraged others to vilify other people, should receive significant penalties from the Tribunal.

**There is absolutely no place for vilification of any nature in Football!**

# CONCUSSION

Concussion occurs when, after a blow to the head, there is brain injury with some immediate disturbance of brain function. Any player showing the signs or symptoms of concussion should be removed from the field immediately and referred to a medical practitioner. A player who has suffered concussion with or without loss of consciousness should not participate in any match or training session until he/she is fully recovered and has been cleared by a thorough medical examination.

All players sustaining a concussion require a medical clearance before the resumption of training or playing.

## Key Considerations

- Any player who has suffered a concussion or is suspected of having a concussion must be medically assessed as soon as possible after the injury and must not be allowed to return to play in the same game or train in the same practice session. If in doubt, sit them out!
- There should be a trained first aider at every game and the principles of first aid should be used when dealing with any player who is unconscious or injured.
- A concussed player must not be allowed to return to school or return to training or playing before having a formal medical clearance.
- The child is not to return to play or sport until they have successfully returned to school/learning, without worsening of symptoms. Symptom assessment in the child often requires the addition of parent and/or teacher input.
- It is reasonable for a child to miss a day or two of school after concussion, but extended absence is uncommon.

For the updated Concussion Management Document please visit: [www.wafootball.com.au](http://www.wafootball.com.au)

## Pocket CONCUSSION RECOGNITION TOOL



To help identify concussion in children, youth and adults



### RECOGNIZE & REMOVE

Concussion should be suspected if one or more of the following visible clues, signs, symptoms or errors in memory questions are present.

#### 1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

- Loss of consciousness or responsiveness
- Lying motionless on ground / Slow to get up
- Unsteady on feet / Balance problems or falling over / Incoordination
- Grabbing / Clutching of head
- Dazed, blank or vacant look
- Confused / Not aware of plays or events

#### 2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- Loss of consciousness
- Dizziness
- Nausea or vomiting
- "Pressure in head"
- Irritability
- Amnesia
- Nervous or anxious
- Sensitivity to noise
- Headache
- Balance problems
- Feeling slowed down
- More emotional
- Sensitivity to light
- Fatigue or low energy
- Neck Pain
- Difficulty remembering
- Seizure or convulsion
- Confusion
- Drowsiness
- Blurred vision
- Sadness
- Feeling like "in a fog"
- "Don't feel right"
- Difficulty concentrating

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### 3. Memory function

Failure to answer any of these questions correctly may suggest a concussion.

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week / game?"
- "Did your team win the last game?"

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

### RED FLAGS

If ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- ▶ Athlete complains of neck pain
- ▶ Increasing confusion or irritability
- ▶ Repeated vomiting
- ▶ Seizure or convulsion
- ▶ Weakness or tingling / burning in arms or legs
- ▶ Deteriorating conscious state
- ▶ Severe or increasing headache
- ▶ Unusual behaviour change
- ▶ Double vision

### Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove helmet (if present) unless trained to do so.

from McCrory et al, Consensus Statement on Concussion in Sport. Br J Sports Med 47 (5), 2013

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# CONCUSSION MANAGEMENT IN AUSTRALIAN FOOTBALL

Concussion refers to a disturbance in brain function that results from trauma to the brain. The changes are temporary and the majority of players recover completely if managed correctly.

## Key Components of Concussion Management

1. **Recognise the injury**
2. **Remove the player from the game**
3. **Refer the player to a medical doctor for assessment**
4. **Ensure the player has received medical clearance for a graduated return to training**

There should be a trained first aider at every game and the principles of first aid, including management of the cervical spine, should be used when dealing with any player who is unconscious or injured.

## Recognise Concussion

### 1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

• Loss of consciousness or responsiveness	• Lying motionless on ground / Slow to get up
• Dazed, blank or vacant look	• Grabbing / Clutching of head
• Unsteady on feet / Balance problems or falling over / Incoordination	• Confused / Not aware of plays or events

### 2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

• Loss of consciousness	• Headache	• Seizure or convulsion	• Nervous or anxious
• Dizziness	• Balance problems	• Confusion	• Neck Pain
• Nausea or vomiting	• Feeling slowed down	• Drowsiness	• "Don't feel right"
• "Pressure in head"	• More emotional	• Blurred vision	• Sensitivity to noise
• Irritability	• Sensitivity to light	• Sadness	• Difficulty remembering
• Amnesia	• Fatigue or low energy	• Feeling like "in a fog"	• Difficulty concentrating

## Manage Concussion

- ✓ Any player who has suffered a concussion or is suspected of having a concussion must be **IMMEDIATELY REMOVED FROM PLAY** and medically assessed as soon as possible after the injury. **They must not be allowed to return to play in the same game or practice session.**
- ✓ A concussed player must not return to school or return to training or playing **before having a formal medical clearance.**
- ✓ A concussed child (player aged 5-17) is not to return to play or sport until they have successfully returned to school/ learning, without worsening of symptoms. Symptom assessment in the child often requires the addition of parent and/or teacher input.
- ✓ The concussion rehabilitation program should be supervised by the treating medical practitioner and should follow a graded, symptom limited progression.

In the best practice management of concussion in football, the critical element remains the welfare of the player, both in the short and long term.

## "IF IN DOUBT, SIT THEM OUT"



# CODES OF CONDUCT

The major objective of Junior Football is to provide an opportunity for all children to play Australian Football in a safe environment designed to maximise the acquisition of skill and provide enjoyment (Fun). The following Codes of Conduct, if followed by all people involved in our junior game, should ensure the fulfilment of this important objective. The West Australian Football Commission Football Affairs Committee strongly advises that all persons involved be issued with copies of the appropriate code of conduct. WA Football supports acts of sportsmanship (hand shaking etc) between players, coaches, administrators, umpires etc.

## RED FLAG – Game Environment Filter

Protecting and enhancing our Game Environment will always be a strategic focus for Football. In 2016, we will see the ongoing enhancement of a Game Environment Filter, **RED FLAG**. This will assist in monitoring all football segments, and the standard of the environment and the spirit in which they are played. To this end an online filter has been developed whereby key football stakeholders are able to identify and bring to the attention of governing bodies any undesirable behaviours and actions that may breach any of the Codes of Conduct or By-Law 1 “The Spirit of Junior Football”.

The Red Flag notification is completed online with confidentiality assured within the process. Issues that are flagged that require official intervention will be overseen by the WAFC Participation Manager in consultation with the specific League Officials and WAFC District/Regional Staff. The Red Flag filter will apply to everyone involved in Football from coaches, spectators, and players to volunteers and Club Administrators.

Club Presidents, District Officials, Umpires and WAFC Game Development Staff will have authority to access the filter via a special password and link. Please contact the WAFC Participation Manager Troy Kirkham to secure your access.

## ADMINISTRATOR’S AND VOLUNTEERS CODE OF CONDUCT

- Understand and adhere to **BYLAW #1 ‘The Spirit of Junior Football’**.
- Ensure that equal opportunities for participation in sports are made available to all children, regardless of ability, size, shape, gender, age, disability or ethnic origin.
- Actively promote Positive Game Day Environments with Junior Football and the importance of E-Point structures to the game.
- Ensure that rules, equipment, length of games and training schedules take into consideration the age, ability and maturity level of participating children.
- Ensure that adequate supervision is provided by qualified and competent coaches and officials capable of developing appropriate sports behaviour and skill technique.
- Remember that children participate for enjoyment and play down the importance of rewards.
- Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique.
- Ensure that parents, coaches, sponsors, trainers and participants understand their responsibilities regarding fair play.
- Modify rules and regulations to match the skill level of children and their needs.
- Condemn unsporting behaviour and promote respect for all opponents.
- Publicly encourage rule changes which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Ensure promotion, well-being and safety of umpires and encourage good sportsmanship before, during and after matches.
- Ensure positive player/umpire relationships are continually developed.



## COACHES CODE OF CONDUCT

It is imperative that coaches understand and adhere to **BYLAW #1 'The Spirit of Junior Football'**.

As a coach, I understand that as an integral component of my accreditation, I must maintain a standard of behaviour and conduct in the best interests of the game and the players/staff in my care.

In representing myself in an honest manner, and without bringing the coaching profession or the Game into disrepute, I will endeavour to uphold the following to the best of my ability:

1. I will respect the rights, dignity and worth of all individuals within the context of my involvement in Australian Football, including refraining from any discriminatory practices on the basis of race, religion, ethnic background, or special ability/disability.
2. I will abide by and teach the AFL Laws of the Game and the Rules of my Club, District and League/ Association.
3. I will be reasonable in the demands I make on the time commitments of the players in my care, having due consideration for their health and well-being.
4. I will be supportive at all times and I will refrain from any form of personal abuse or unnecessary physical contact with the players in my care.
5. I will have due consideration for varying maturity and ability levels of my players when designing practice schedule, practice activities and involvement in competition.
6. I will avoid overplaying the talented players aiming to maximise participation and enjoyment for all players regardless of ability. Where I am responsible for players in the 5-18 year old age group, I will strive to ensure that all players gain equal playing time.
7. I will stress and monitor safety always.
8. In recognising the significance of injury and sickness, I will seek and follow the physician's advice concerning the return of injured or ill players to training.
9. I will endeavour to keep informed regarding sound principles of coaching and skill development, and of factors relating to the welfare of my players.
10. I will at all times display and teach appropriate sporting behaviour, ensuring that players understand and practise fair play.
11. I will display and foster respect for umpires, opponents, coaches, administrators, other officials, parents and spectators.
12. I will ensure that players are involved in a positive environment where skill learning and development are priorities and are not overshadowed by a desire to win.
13. I reject the use of performance enhancing substances in sport and will abide by the guidelines set forth in the AFL Drug Policy.

*Note: This "Coaches Code of Conduct" is to be signed and conformed to as part of the accreditation requirements of the AFL. Coaches should be aware that, in addition to this Code, they may be obliged to sign a further Code of Conduct/Ethnics with their Club and/or League or State Sports Association (WAFC).*

## PARENT'S & SPECTATOR'S CODE OF CONDUCT

- Understand and adhere to **BYLAW #1 'The Spirit of Junior Football'**.
- Encourage children to participate, if they are interested.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing a game.
- Remember that children learn best from example. Applaud good plays by all teams.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Recognize the value and importance of volunteer coaches, managers and helpers

- Remember that children play organized sports for fun. They are not playing for the entertainment of spectators only, nor are they miniature professionals.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
- Encourage players to follow the rules and the umpire's decisions.
- Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches, umpires or volunteers.

#### **PLAYER'S CODE OF CONDUCT**

- Understand and adhere to **BYLAW #1 'The Spirit of Junior Football'**.
- Play by the rules.
- Never argue with an umpire or an official. If you disagree, discuss the matter with your coach or teacher after the game.
- Control your temper. Verbal abuse of officials or other players, or provoking an opponent is not acceptable.
- Work equally hard for yourself and for your team. Your team's performance will benefit so will you
- Be a good sport. Applaud all good plays whether they are by your team, opponent or the other team.
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Cooperate with your coach, team mates and opponents. Without them there would no competition.
- Play for the "fun of it" and not just to please parents and coaches.
- Avoid using derogatory language.
- Be prepared to take responsibility for your actions.

#### **RUNNER'S/WATER STEWARDS CODE OF CONDUCT**

- Understand and adhere to **BYLAW #1 'The Spirit of Junior Football'**.
- The runner SHOULD BE AN ADULT.
- The runner must be clearly identified.
- The runner's name must be entered in both team books.
- No abusive language or swearing.
- Support the decision of the umpires at all times and never question decisions.

#### **UMPIRE'S CODE OF CONDUCT**

- Understand and adhere to **BYLAW #1 'The Spirit of Junior Football'**.
- Modify rules and regulations to match the skill level of children and their needs.
- Compliment all participants on their efforts.
- Be consistent, objective and courteous in calling all infractions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that the "spirit of the game" for children is not lost by using common sense and not over emphasizing errors.
- Publicly encourage rule changes which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Avoid use of derogatory language based on gender.





## SCHOOL AND COMMUNITY FOOTBALL

The WAFC sees the delivery of Australian Football as a partnership between schools and community groups.

Schools recognise that sport is an aspect of the school curriculum and is an integral part of an individual's development.

Community groups recognise the school system as an integral and positive part of football development and assist and encourage participation.

Schools and community groups/clubs should establish links to promote continuity of delivery. AFL School Ambassadors will be appointed in every school to facilitate the effective implementation of school football programs.

The use of existing school facilities by community groups is encouraged.

Schools should be receptive to interaction with community groups within and outside of school hours.

The WAFC works closely with key advisory groups;

- Education Advisory Group
- Primary School Football Advisory Committee
- Secondary School Football Advisory Committee

In designing and implementing quality football education programs.

The Education Advisory Group's foundation strategy is the induction of 1000 teachers to act as AFL School Ambassadors who will work actively in their school and cooperatively with community clubs to increase interest and participation in football.



## CONTACTS - METRO

DISTRICT	NAME	EMAIL	MOBILE
<b>CLAREMONT</b> Development Officer	Alex Zulberti	azulberti@wafc.com.au	0404 714 790
<b>EAST FREMANTLE</b> Development Officer	Dylan De Paiva	ddepaiva@wafc.com.au	0450 542 811
<b>EAST PERTH</b> Development Officer	Zac Binning	zbinning@wafc.com.au	0455 340 900
<b>PEEL</b> Development Officer	Kayleigh Richardson	krichardson@wafc.com.au	0419 956 389
<b>PERTH</b> Development Officer	Zee Schorsch	zschorsch@wafc.com.au	0458 829 837
<b>SOUTH FREMANTLE</b> Development Officer	Olivia Hampton	ohampton@wafc.com.au	0413 555 858
<b>SUBIACO</b> Development Officer	Corey Dullard	cdullard@wafc.com.au	0439 528 777
<b>SWANS</b> Development Officer	Josh Embry	jembry@wafc.com.au	0423 011 600
<b>WEST PERTH</b> Development Officer	Mitch Gupanis	mgupanis@wafc.com.au	0423 855 877

## CONTACTS - REGIONAL

DISTRICT	NAME	EMAIL	MOBILE
Goldfields	Gemma Harrison	gharrison@wafc.com.au	0417 179 463
Great Southern	Jaxon Liddelow	jliddelow@wafc.com.au	0401 539 948
Kimberley	Eamon Rice	erice@wafc.com.au	0439 660 746
Mid West	Grady Tomelty	gtomelty@wafc.com.au	0455 777 103
Midlands	Glen Collins	gcollins@wafc.com.au	0417 920 817
Pilbara	Vicki Agnew	vagnew@wafc.com.au	0455 661 633
South West	Nathan Douch	ndouch@wafc.com.au	0400 361 188
Wheatbelt	Paul Reid	preid@wafc.com.au	0419 859 576



# JOIN OUR AMBASSADOR TEAM NOW!



## respect, learn, encourage

### TEACHERS FREE

- State-wide Competitions
- National On-line Programs
- Cross-Curricular Lessons
- Resources
- Clinics
- Subsidies
- Professional Development

Regan Atkinson, Schools Specialist, [ratkinson@wafc.com.au](mailto:ratkinson@wafc.com.au), 9287 5590





# WEST COAST EAGLES SCHOOL PROGRAMS

## EAGLES ROCK MY SCHOOL

Eagles Rock My School program is a two-part values-based program for primary students in year's K - 6 that has delivered key messages of respect, healthy lifestyle choices and striving to achieve your best to students all over WA.

## EAGLES FACTION FOOTY (WCE SUPPORTED PROGRAM)

Eagles Faction Footy is a primary school, intra-school program which offers boys and girls of all ages the opportunity to learn the skills of footy in a safe, fun environment with friends from their own school faction.

For more info or to register please contact  
WAFC Schools Specialist - [wfootball.com.au/schools/programs](http://wfootball.com.au/schools/programs)

## EAGLES CUP (WCE SUPPORTED PROGRAM)

Eagles Cup is Western Australia's premier Primary inter-school competition for Year Four to Six students. The competition uses special modified rules to allow for maximum participation, enjoyment and skill development where the emphasis is on playing for fun in a social school environment.

For more info or to register please contact  
WAFC Schools Specialist - [wfootball.com.au/schools/competitions/primary-school](http://wfootball.com.au/schools/competitions/primary-school)

## EAGLES IN THE AIR

The Eagles in the Air program utilises video conferencing to provide students at remote community schools with improved access to education, delivered directly from West Coast Eagles players as role models. The video interactions provide education on topics important to the football club such as nutrition, preparation for elite performance, goal setting and resilience.

## ALL STARS

All Stars program is a football-based program designed to provide inclusive education to students with disabilities, with an aim to build self-confidence, resilience, football skills and provide links to community football.

## ALL PROGRAMS DELIVERED FREE TO YOUR SCHOOL!

**FOR MORE INFORMATION CONTACT:**  
PRIMARY SCHOOLS AND COMMUNITY COORDINATOR  
BRADD DALZIELL - [BRADD@WCE.COM.AU](mailto:BRADD@WCE.COM.AU)

