

EAGLES CUP 2018 HANDBOOK



FOR THE
PRIMARY INTERSCHOOL
FOOTBALL COMPETITION



BHP



COMMUNITY AND GAME DEVELOPMENT



Principal Community partner

BHP



WHAT WE'RE PROUD OF IN 2017

194,248

STUDENT ENGAGEMENTS

across more than 700 school visits



\$110,614

raised through fundraising campaigns for various charitable organisation and schools

65,658 km

travelled delivering programs in regional WA

12,000 ENGAGEMENTS

across our academy programs; Naitanui Academy, Female Footy, Father Son/ Daughter Academy.



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TEACHERS, LOOKING FOR EXTRA ACTIVITIES FOR YOUR STUDENTS? HEY KIDS!

Log on to the West Coast Eagles' official new look website at: westcoasteagles.com.au

- Check the latest pictures in the Photo Gallery
- Visit profiles of players
- Browse through the West Coast Eagles team store
- Join in the fun of the West Coast Eagles footy tipping
- Watch exclusive club videos on Eagle Eye TV
- See what Rick the Rock is up to on instagram



WELCOME TO THE 2018 EAGLES CUP

The West Australian Football Commissions (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 2018. Your time, effort and passion is greatly appreciated by everyone in the football family.

David Lindsay
Manager School Programs

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 2018 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. 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. 330 000 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.



VISION

Connecting and enhancing
WA communities through our
great game

PILLARS

ENGAGEMENT

More people are engaged in footy than with any other sport in wa

TALENT

WA is recognised as best practice in talent identification and player development

SUSTAINABILITY

WA clubs and competitions are well-governed, operate with integrity and are sustainable

GOALS

WHAT ARE WE TRYING TO ACHIEVE?

- E1 Introduce all WA children to football
- E2 Increase the number of players who choose to continue to play football
- E3 Support all types of participants, including volunteers and fans
- E4 Deliver measurable community benefits through football
- E5 Maintain a quality State league competition

- T1 Increase the number and quality of AFL draftees
- T2 Ensure retention of talented players within WA football system
- T3 Ensure career pathways for talented coaches, umpires and administrators

- S1 Support the ongoing success of our AFL clubs
- S2 Ensure all parts of football have a sustainable business model
- S3 Improve the quality of governance
- S4 Build the capacity of staff and volunteers
- S5 Ensure football is supported through appropriate and quality facilities
- S6 Ensure effective integrity measures are in place

KPIs

HOW WILL WE MEASURE SUCCESS?

- Total participation
- Club participation
- Participant satisfaction
- WAFL competitiveness
- Social return on investment

- Total AFL draftees
- Total AFLW draftees
- AFL & WAFL club talent perception
- Umpire & coach pathway progression

- WAFC cash balance
- Annual governance review
- % of funding from commercial sources
- # of WAFL clubs with positive annual cash balance
- Board & Executive diversity target
- Employee satisfaction and capability result
- HSE internal compliance

STRATEGIES

AT THE WEST AUSTRALIAN FOOTBALL COMMISSION WE VALUE:

OUR PEOPLE | OUR RELATIONSHIPS | BEING OUR VERY BEST | LEADING OUR INDUSTRY

TOGETHER WE'RE

KICKING GOALS



WESTCOASTEAGLES.COM.AU | COMMUNITY



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.
- 1.13 Organise one school to play in an AFL Little League fixture when required.

2018 EAGLES CUP DISTRICT COORDINATORS

District	Name	School	Contact Number
Claremont	Kris Shannon	Community Development Officer	0433 669 519
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	Tayla Tenaglia	Community Development Officer	0407 463 924
South Fremantle	Gary Gough	South Coogee Primary School	9494 8000
Subiaco	John Lawniczak	West Greenwood Primary School	9246 8700
Swan Districts	Christian Tufilli	Community Development Officer	0423 989 582
West Perth	Kristopher Fenn	Alkimos Primary School	9562 9800



EAGLES CUP DIVISION COORDINATORS

RESPONSIBILITIES

1. Liaise with schools within the division.
2. Draw up fixtures and send to District Coordinator by Friday 8th April
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.
- **Fill in the form on the link provided** and submit to the West Coast Eagles
<http://wafooty.com.au/forms/eagles-cup-winner>
- Chris Summers (West Coast Eagles) will contact your school to confirm details of your presentation via email.
- **All requests for presentations must be submitted by Friday 20th July. There will be no presentations allocated after this date. If you have not sent your form in by this date the trophy must be collected from the West Coast Eagles.**
- Presentations will be made on Monday 13th August @ 10am.

**The Peel Region will have a separate date for visits, close to this time.*



EAGLES CUP RULES

Rules Flow Charts can also be found at the website www.wafootball.com.au

Standard	Rules	Notes/Explanation
Standard		
1. Playing Field	80m – 100m (width) – 110m – 130m (length)	
2. The Team	9, 12 or 15-a-side – no rucks and rovers. Unlimited reserves. Equal game time rules apply (refer junior club manual)	Should one team be low on numbers, coaches should work together to ensure teams are even on field. (i.e. assist team with low numbers by lending a player or players) Numbers on field should always be even.
3. Playing Time	4 quarters, each of no more than 15 minutes	
General Modified Rules for Year 6's		
4. Start of Play	<ul style="list-style-type: none"> A. Ball up between 2 centre players B. Players should be approx. equal size. C. Full possession rule applies. (refer to notes) D. Max. 3 players from each team closer than 20m to ball up. 	<p>Prior to start of play, umpire to undertake pre-game safety check. (i.e. check boots, fingernails, jewellery, goal post pads etc)</p> <p>“Full possession rule” – players contesting a ball up or centre bounce may not take possession of the ball during the ruck contest. They may only take possession after the ball has touched a player who is not involved in the ruck contest.the ruck contest.</p>
5. After a goal	Centre ball up as in 4. Different centre players should contest the centre ball up each time.	Umpire may choose alternative players of similar size where necessary.
6. Scrimmage	Umpire stops play. Send players back to positions and ball up used. Full possession rule applies. (refer notes in 4).	Coaches should assist umpires by instructing players to move back to position. This will assist in avoiding further congestion.
7. Out of Bounds	<ul style="list-style-type: none"> A. From a kick or handball. Kick awarded to nearest opponent. B. If there is doubt as to which team kicked the ball - ball up 10m in. C. Off hands or body - ball up 10m in. D. Full possession rule. (refer notes in 4.) 	Umpire to ball up 10m inside the boundary to reduce the incidents of additional ball ups. (i.e. less chance of ball going out of bounds, less congestion)

	Rules	Notes/Explanation
8. Tackling	<p>Wrap around tackle is permitted.</p> <p>A. Whereby a player applies a legal tackle, the player with the ball must dispose of it correctly within three seconds or a free kick for “holding the ball” will be awarded.</p> <p>B. If player with the ball had prior opportunity to dispose of the ball prior to being tackled, they will be deemed “holding the ball” also.</p> <p>C. If a player bounces the ball whilst being tackled, they will be deemed “holding the ball.”</p>	<p>Players may also bring their opponent to the ground in the tackle provided it is not via “slinging”.</p> <p>“Slinging” a player is strictly not permitted. A sling occurs when the actions of the tackler cause the player to be thrown to the ground after or during possession. A sling free kick will not be paid if the umpire deems that the tackler did not deliberately or aggressively try to throw the player to the ground.</p>
9. Bumping / Barging	<p>Bumping and barging is permitted as per AFL Junior Rules policy. A player may make contact with another player by using his hip, shoulder, chest, arms or open hands provided that the football is no more than 5 metres away from the player.</p> <p>A player may also fend off an opponent using an open hand to the chest or side of the body provided that the football is no more than 5 metres away from the player.</p>	
10. High Contact	<p>No contact above the shoulder is permitted.</p>	<p>Umpires are instructed to award free kicks for any high contact. A free kick will be awarded regardless of whether the high contact is intentional or unintentional.</p>
11. Stealing/ Smothering	<p>Stealing or smothering the football whilst the opponent is in the process of kicking or has possession in general play is permitted.</p>	
12. Shepherding	<p>Shepherding is permitted. A player is not permitted to shepherd more than 5 metres from the ball.</p>	
13. Mark	<p>A “mark” is paid when the player catches the ball directly from kick which has travelled a minimum distance of 10 metres.</p>	<p>The marking player must control the ball directly from the kick. (i.e. the ball must not touch another player in flight)</p>
14. Bouncing the Ball (or touching the ball down)	<p>A player is permitted to bounce the ball twice prior to disposing of the ball.</p>	<p>The player in possession must dispose of the football or take a bounce prior to travelling 15 metres.</p>
15. Kicking off the Ground	<p>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.</p>	<p>Whereby the foot makes accidental contact to the ball, the umpire should call play on.</p>
16. Order-off Rule	<p>To be applied. Penalty as per yellow and red card system. Prescribed penalty process does not apply in these age groups.</p>	<p>Standard position play should be taught to improve the flow of the game.</p>

	Rules	Notes/Explanation
17. Staying in Position	To stop congestion, umpires & coaches should instruct players to stay in position.	Coaches should endeavour to give each player even game time throughout the season. This will improve player retention and enjoyment.
18. Coaches	Coaches are not permitted on ground. One Runner only is permitted on the ground in Year 6 competitions, however they should immediately exit the ground after delivering a message.	
19. Other Rules and Laws	As per AFL Laws of Football	
Other important information		
20. The Game	No premiership points, no finals, no ladders, no match results, names of players not to be published. No Fairest & Best Voting to occur. Skill clinics, carnival days can be held.	
21. Awards	Participation, effort and skill achievement programs.	
22. Clearances	Automatic clearance.	
23. Tribunals	No tribunal, discipline is responsibility of club. In the case of any disciplinary action handed down by a club, that club must forward to the JCC in writing the outcome of that hearing.	
24. Spirit of the game	Umpire to instruct players and coaches to shake hands before and after the game.	The rules from NAB AFL Auskick through to Year 6 football have been modified over time to assist junior players with skill development and understanding of the game. Coaches should endeavour to coach players within the spirit that these rules were intended and not attempt to find ways around the rules or loopholes. Refer to By-Law 1 – The Spirit of





EAGLES CUP - GUIDELINES FOR 2018

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 18.

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 JCC Officials as required, 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 IN WA

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.

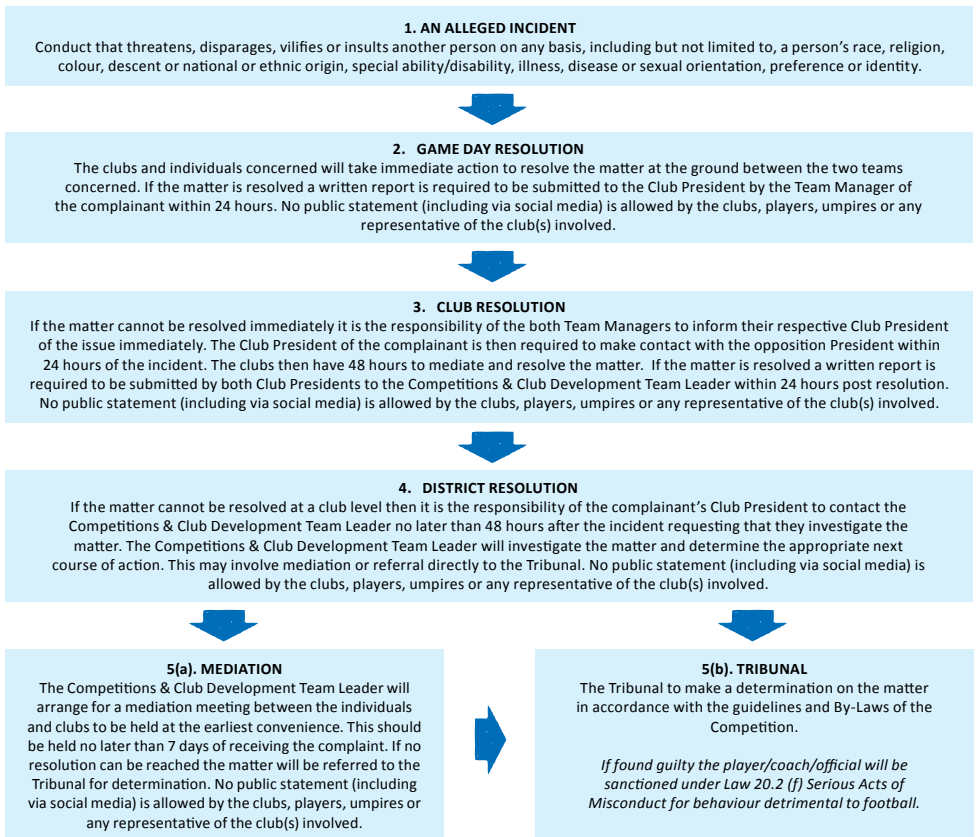


VILIFICATION POLICY

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

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

© 2013 Concussion in sport group

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 | ▶ Deteriorating conscious state |
| ▶ Increasing confusion or irritability | ▶ Severe or increasing headache |
| ▶ Repeated vomiting | ▶ Unusual behaviour change |
| ▶ Seizure or convulsion | ▶ Double vision |
| ▶ Weakness or tingling / burning in arms or legs | |

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

© 2013 Concussion in sport group

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.

NATIONAL COACHING STRATEGY: A NEW APPROACH

Prior to the commencement of the 2018 football season, following extensive research, analysis and consultation with stakeholders across the industry, a new approach to accreditation and support of the coaching community will be introduced.

The primary objectives of the new approach are to:

- Reduce the barriers to entry of becoming an accredited coach
- Build a deeper understanding of the coaching community
- Use this understanding to increase the accessibility of targeted quality resources for coaches
- Provide ongoing education and development opportunities for all coaches
- Ensure all coaches understand their responsibilities and obligations

The National Coaching Strategy will commence its roll out in early March, key features of this new approach include:

1.0 IMPROVED ACCESSIBILITY TO ENTRY LEVEL ACCREDITATION

As has been the case for many years, coaching accreditation will continue to be mandatory for all those wishing to fulfil a coaching role on match day. However, entry level accreditation is being changed to improve its accessibility.

The current 4-year accreditation scheme will be replaced a **New Coach AFL Membership Model** featuring annual membership, administered via the **Coach.AFL online platform**. An annual membership fee will apply.

Foundation Level Accreditation (previously Level 1) will be included as a benefit of Coach.AFL membership and will be achieved through the completion of an online Foundation Course specific to the age of the team being coached whether it be senior, youth or junior (including Auskick). ***There will be NO requirement to attend a coaching workshop in person prior to achieve this Foundation Level Accreditation and commencing coaching in 2018.*** This online Foundation Level Accreditation will take between 60-90 minutes to complete.

2.0 NEW COACH.AFL MEMBERSHIP MODEL

Coach.AFL will be based on annual membership model supporting ongoing coach education. Coaches will attain points for annual re-accreditation via a number of means including but not limited to coaching experience, online education on Coach.AFL and attendance at seminars, workshops and conferences run by WAFC District or Regional Staff. Please contact your local District or Regional staff member after March 1 for further details.

Coaches accrediting for the first time:

- Complete contact details and coaching profile
- Acceptance and agreement to the Coaches' Code of Conduct
- Complete online Foundation Course specific to the age of the playing group (senior, youth or junior)
- Payment of annual membership fee

Coaches with current accreditation:

- Complete contact details and coaching profile
- Acceptance and agreement to the Coaches' Code of Conduct
- Complete prescribed online education module
- Note: Payment of annual membership fee will be waived for the remaining years of their current accreditation period



Coaches with accreditation expiring in 2017:

- Complete contact details and coaching profile
- Acceptance and agreement to the Coaches' Code of Conduct
- Complete prescribed online education module
- Payment of annual membership fee

3.0 COACH.AFL ONLINE PLATFORM

The Coach.AFL online platform is designed as a central resource centre for coaches. It will serve as a national membership database, enable coaches to manage their Coach.AFL Membership (including accreditation, ongoing education and compliance) and provide access to a central Online Repository housing quality coaching resources and educational support.

Coach.AFL members will have exclusive access to high quality and consistent information that will:

- Explain the development pathway for coaches of all age groups
- Provide online educational and development opportunities
- Provide accessible resources to guide coaches on their journey
- Ensure aspiring coaches understand the significance of the role they play and how to positively influence the personal development of players of all ages and ability levels
- Ensures coaches understand their obligations

Coach.AFL is scheduled for launch in early March 2018 but will continue to progressively build and be refined over the years to come.

4.0 FURTHER INFORMATION

For any further enquiries please contact your local District or Regional WAFC staff member.



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.



METROPOLITAN WAFC DEVELOPMENT OFFICERS

DISTRICT	NAME	EMAIL	CONTACT NUMBER
Claremont	Declan Cormack	dcormack@wafc.com.au	0424 787 273
Subiaco	Matt Debarro	mdebarro@wafc.com.au	0402 794 016
West Perth	Wes Moran	wmoran@wafc.com.au	0409 084 483
East Perth	Corey Ranger	cranger@wafc.com.au	0430 868 512
Perth	Chris Brown	cbrown@wafc.com.au	0412 676 857
Swan Districts	Christian Tuffilli	ctuffilli@wafc.com.au	0430 115 441
Peel	Aaron Ballantyne	aballantyne@wafc.com.au	0400 230 072
East Fremantle	Daren Bell	dbell@wafc.com.au	0438 952 487
South Fremantle	Regan Atkinson	ratkinson@wafc.com.au	0421 249 477

METROPOLITAN WAFC COACHING COORDINATORS

DISTRICT	NAME	EMAIL	CONTACT NUMBER
Metro North	Wes Moran	wmoran@wafc.com.au	0409 084 483
Metro Central	Allana Dickie	adickie@wafc.com.au	
Metro South	Daren Bell	dbell@wafc.com.au	0438 952 487

REGIONAL DEVELOPMENT MANAGERS

DISTRICT	NAME	EMAIL	CONTACT NUMBER
Goldfields	Gemma Harrison	gharrison@wafc.com.au	0417 179 463
Great Southern	Tom Moir	tmoir@wafc.com.au	0428 428 440
Kimberley	Michael Ellul	mellul@wafc.com.au	0406 801 942
Mid West	Kristian Dicton	kdicton@wafc.com.au	0429 914 220
Midlands	Glen Collins	gcollins@wafc.com.au	0417 920 817
Pilbara	Vicki Agnew	vagnew@wafc.com.au	0455 661 633
South West	Glen Omodei	gomodei@wafc.com.au	0402 258 232
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

David Lindsay, Manager Schools Programs, dlindsay@wafc.com.au, 9287 5590



THE WEST COAST EAGLES WANT TO ROCK YOUR SCHOOL!



Since our first school visit in 2004, the West Coast Eagles 'Eagles Rock My School' program has delivered key messages of respect, healthy lifestyle choices and striving to achieve your best to students all over WA.

And thanks to the club's principal community partner BHP, the Eagles Rock My School program is delivered

FREE to schools! BHP



PART
ONE



PART
TWO

is a **30 minute motivational talk** to your entire school by an Eagles Rock My School team member, accompanied by our ever popular club mascot, **Rick 'The Rock' Eagle** who **engages the audience** and **encourages participation** in the talk. This year's talk focuses heavily on our **overall wellbeing** and promoting a **healthy lifestyle**.

is a **1 hour visit** by a **West Coast Eagles player** (Wednesday Only) or community staff member, generally scheduled after the part one visit. You have the option of either a **football clinic** or a **reading clinic**. The reading clinic includes an Interactive Whiteboard resource relating to our book, "**Eagle Edge**".

PLUS!

Each participating school will receive a West Coast Eagles prize pack including classroom activities that are linked to the school curriculum. You will have the chance to enter competitions to win yourself and your student's great prizes including signed memorabilia.



HOW DO I BOOK?

ONLINE westcoasteagles.com.au/BookERMS

CALL Bradd Dalziell: 9388 4546

EMAIL Bradd Dalziell: bradd@wce.com.au

**WEST COAST
EAGLES**

THE WEST COAST EAGLES LOOK FORWARD TO VISITING YOUR SCHOOL SOON!