



# *ActewAGL* Junior League

## Administrative Information

### 2016

Effective as of 4<sup>th</sup> February 2016  
Revised version on 21<sup>st</sup> April 2016





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## WELCOME TO 2016 JUNIOR LEAGUE

Dear Clubs,

Capital Football would like to formally welcome you to the Capital Football ActewAGL Junior League season for 2016. This season we have 527 teams registered in the below listed age groups. There has been a 6.68% increase this season in junior league teams

	Total Team Number	U10 – U11 MiniRoos	U12 – U18 Junior League	U10 – U18 Male Teams	U10 – U18 Female Teams
2013	441	162	279	287	154
2014	431	164	267	292	139
2015	494	193	301	355	139
2016	527	199	328	373	154

\*As finalised on the 21st April 2016

A printable version of the Competition Rules and Regulations are available from the Capital Football website. The website also has additional polices regarding GowGates Insurance, social media and the spectator code of conduct.

The following are the representatives of the Junior Standing Advisory Committee (JSAC):

- Ken Yalg (Chair) – Brindabella Blues FC
- Jo Smith (Deputy Chair) – Majura FC
- Jenney Rolf – Gungahlin United / North Canberra Futsal / Boomerangs SF
- Leah Zeitlhofer – South Canberra Futsal

Meetings for the JSAC are held three four per year. If you have a matter that you wish to be added to the JSAC agenda you are welcome to email them to [junior@capitalfootball.com.au](mailto:junior@capitalfootball.com.au) and they will be discussed.

Capital Football would like to welcome Canberra City SC who has nominated a team in the AIA Vitality MiniRoos competition.

I hope that all clubs have a great season and I look forward to working with you throughout the season.

Regards,

*Sigourney Dunk*

Sigourney Dunk  
Capital Football  
Junior League Administrator

**Capital Football proudly acknowledges ActewAGL as the Major Sponsor of Junior League Football in the ACT and surrounding region**



## 2016 JUNIOR LEAGUE GROUND LOCATIONS

<u>Field</u>	<u>Address</u>
<b>A</b>	
AIS Multi-purpose fields	Leverrier Crescent, Bruce
AIS Track	Masterman Street Bruce
Amaroo	Horse Park Drive, Amaroo
<b>B</b>	
Braidwood Recreation Ground	Keder Street Braidwood
Burgmann Anglican School	Forde campus at Corner Francis Forde Boulevard & Hurrell Streets, Forde
<b>C</b>	
Calwell	Were Street, Calwell
Cookbundoon (Goulburn)	Cookbundoon Park, Racecourse Drive, Goulburn
Curtin	Carruthers Street, Curtin
<b>D</b>	
David Madew Oval	Bayside Circuit Jerrabombera
Deakin Stadium	Grosse Street, Deakin
Deakin (Mint) Fields	Denison Street, Deakin
Dickson	Antill Street, Dickson
Downer	Melba Street, Downer
Duncan Oval	11 David Street, Googong
<b>G</b>	
Giralang	Canopus Crescent, Giralang
Boys Grammar - Flinders	Flinders Oval – Monaro Crescent & Flinders Way, Red Hill
Boys Grammar – P&F	P & F Oval – Mugga Way & Flinders Way Red Hill
Boys Grammar – Junior School	Junior School Oval – Mugga Way & Alexander St Red Hill
Girls Grammar Jnr. School	Grey Street, Deakin (Under 11 and below)
Girls Grammar Snr. School	Melbourne Avenue. Deakin (Under 12 and above) (entrance off Gawler Crescent)
<b>H</b>	
Hackett	Maitland St, Hackett
Harrison	Katoomba Street, Harrison
Hawker	Murrnaji Street, Hawker
Hawker Enclosed	Walhallow Street, Hawker



High Street Oval

High Street, Queanbeyan

## K

Kaleen  
Kambah 1  
Kambah 2  
Kambah 3

Birie Place, Kaleen  
Reynell Place, or Chirnside Circuit, Kambah  
Laidlaw Place, Kambah  
Kett Street or Summerland Circuit, Kambah

## L

Lambert Park  
Latham  
Letchworth  
  
Lyneham (Southwell Park)

Anne Street, Queanbeyan  
Macrossan Crescent, Latham  
Off Lanyon Drive/McCrae Rd to Maloney Street,  
Queanbeyan  
Mouat Street / Northbourne Avenue

## M

Marist  
Mawson 1  
Mawson 2

Marr Street, Pearce  
Beasley Street, Mawson  
Heard Street, Mawson

## N

Narrabundah 1  
Narrabundah 2  
Nicholls  
Nijong (Cooma)

Kyeema Street Narrabundah  
Jerrabombera Oval, Captain Cook Crescent, Narrabundah  
Clarrie Hermes Drive, Nicholls  
Nijong Oval, Barrack Street, Cooma

## P

Palmerston  
Pearce  
Phillip

Off Kosciusko Avenue, Palmerston  
Off Hodgson Crescent, Pearce  
Ainsworth Street, Phillip

## R

Radford College  
Riverside

College Street, Bruce  
Carinya Street Queanbeyan

## S

Scullin  
  
St Edmund's  
Strikers Park

Broadsmith Street, Scullin  
  
Canberra Avenue, Griffith  
PCYC Building, Avoca Street, Goulburn



**U**

Uni of Canberra

Allawoona Street (off Ginninderra Drive), Bruce

**W**

Walker Park (Yass)

Merriman Drive, Yass

Wanniassa

Wheeler Crescent, Wanniassa

Waramanga

Badimara Street, Waramanga

Wright Park

Carwoola Street, Queanbeyan

**Y**

Yarralumla

Off Meuller Street, Yarralumla





WE'LL ALWAYS  
MAKE SATURDAYS  
WORTH THE  
EARLY STARTS.

ActewAGL is proud to support the 2016 Capital Football Junior League. Watching today's young stars become tomorrow's future champions.

**ActewAGL**

for you



## **ActewAGL JUNIOR LEAGUE INCLEMENT WEATHER, CANCELLATION AND GROUND CLOSURE PROCEDURES AND PRINCIPLES**

When inclement weather raises the prospect of games being cancelled, the following procedures should be followed and principles observed.

- If the ACT SportsGrounds Office closes all grounds in the ACT, all Junior Football, including games scheduled for Queanbeyan, Yass, Goulburn or Cooma are considered cancelled. Any such closure will be broadcasted on radio, website and social media no later than 9am on Saturday morning. After that, any decision to cancel rests with the Junior League's Grounds & Fixtures Officer or with individual clubs. A decision to cancel all AIA Vitality MiniRoos can be made no later than 8.15am on a Saturday morning. A decision to cancel all Junior Football will be made no later than 10.45am and will be immediately broadcasted following the 11am news bulletins and on club websites if available.
- A league-wide cancellation of AIA Vitality MiniRoos as determined by ACT SportsGrounds also cancels Age 10's & 11's football, whether played internally within a club or in the Canberra-wide competition. However, cancellation of AIA Vitality MiniRoos by an individual club **ONLY** cancels Age 10's, 11's IF PLAYED INTERNALLY WITHIN THAT CLUB ONLY.
- Club matches may be cancelled first thing on Saturday morning (or earlier), ordinarily separate decisions can be made about AIA Vitality MiniRoos and Junior Football. Because of the need to reschedule competitive junior games, there is a reluctance to cancel Junior Football when grounds are not closed. Clubs should therefore be aware that;
  - a decision to cancel Junior Football may be left until mid- morning on Saturday, and
  - an early morning cancellation of AIA Vitality MiniRoos does not preclude a later cancellation of Junior Football
- Clubs may also cancel their own AIA Vitality MiniRoos competitions or declare their grounds unfit for Junior Football. Each club should have a person delegated to make such decisions and that person should have a copy of this document. To enable the delegate to do so, they should have copies of the draw and the club delegate contact list. Club delegates need to follow the procedure below.
  - If cancelling AIA Vitality MiniRoos on club grounds, a club should phone its own cancellations through to the radio stations, MAKING SURE THAT IT REFERS TO 'MINIROOS' ONLY (i.e. do not refer to 'Junior Football' or use any other phrase listeners could misconstrue as cancelling older age groups as well).
  - If declaring its grounds unfit for Junior Football, a club should notify the opposing club as early as possible on Saturday morning.





It is important to do this:

- because the information may aid a decision over whether to cancel ALL Junior Football and
- so that all parties are aware of the need to reschedule affected games

DO NOT phone the ground closure through to radio stations if it involves U10 – U18 competitions. If a radio cancellation seems desirable discuss this with the Junior League Administrator so that the ensuing communications are coordinated. But poorly worded radio cancellations can mislead people who they are not intended for, and are best avoided. Direct contact with officials of affected clubs, who can direct the information to relevant teams, is the prescribed method of communication.

- If weather and ground conditions deteriorate after the deadline for broadcasting a cancellation or advising a ground closure, the match referee is the final authority for cancelling or abandoning a game. Clubs should ensure, through their Referee’s Coordinator that referees are aware that under no circumstances should a game be allowed to proceed while there is a threat of a lightning strike. Should such a threat develop DURING a game, the game is to be immediately abandoned and an incident report is submitted to Capital Football.

**Junior League Administrator**  
***CLUB Grounds & Fixtures Officers ONLY to ring this number***  
***Sigourney Dunk – 0409 746 397***

<b>JUNIOR LEAGUE GAME TIMES</b>	
<u>Age Group</u>	<u>Time</u>
Under 10	11.30am
Under 11 and 13	12.30pm
Under 12 and 14	1.45pm
Under 15, 16 and 18	3.10pm



## **CAPITAL FOOTBALL JUNIOR LEAGUE PROCEDURES FOR ADVISING MATCH RESULTS AND SUBMITTING MATCH CARDS**

1. It is the responsibility of the home team to complete all details relevant to the match, excluding for the away team's player details. The away team will then complete their part of the match card and return to the home team before the start of the match. The home team is responsible for handing the match card to the referee.
2. The match card must be collected from the referee at the completion of the game and the result confirmed and signed by the respective opposing coach/manager.
3. The original match card (white copy) must then be passed onto the respective Points Registrar of the home club. The blue copy is to be retained by the home club for their records and the green copy is to be retained by the away club.
4. ALL results must be entered by the home team electronically through the Sporting Pulse Competition Management program by 7:00pm Saturday. The Points Registrar can continue to input results until midnight Sunday.
5. If the Club Points Registrar cannot access the Sporting Pulse Competition Management program they should first contact their nominated Club backup for confirmation that system is not working.
6. The Points Registrar will then contact the Junior League Administrator either via phone or email.

**Sigourney Dunk**  
**(e) [junior@capitalfootball.com.au](mailto:junior@capitalfootball.com.au)**  
**(w) 6175 7107**

8. The results will be updated on the Sporting Pulse website as results have been entered.
9. The respective club Points Registrar must post all original match card copies (white) to the Junior League Administrator by the close of business the Tuesday following the game. If a hardcopy is unable to be delivered you can fax or scan duplicates to Capital Football to meet the Tuesday deadline.
10. If a game is played under protest, the team in protest must protest in writing through their club committee. The letter explaining the protest MUST be sent via the Club Delegate to the Junior League Administrator at Capital Football by the close of business on the Wednesday following the game.

**Please send the match cards to:** Junior League Administrator, P.O. Box 50, Curtin, ACT 2605 or drop into Football House, Unit 2/3 Phipps Close, Deakin A.C.T. 2600 **or fax to 6260 4999**



## POLICY ON JEWELLERY OR ITEMS WORN

Please remind all players prior to games and during the season that jewellery cannot be worn at any stage when taking the field of play.

As per the FIFA Laws of the Game 'A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewellery)'. This includes earrings that are taped up.

Please ensure that all players are aware at the point of registration that if they get their ears pierced during the season then they may not be allowed to participate unless they are removed.

The story for the picture below was a 15 year old boy who had his house key on a necklace. While playing football he jumped into the air to head the ball as such the key raised eye level and he attempted to head the ball. As a result of not heading the ball correctly the key penetrated his eye.

### Clinical Picture

#### Nearly an eye-catcher

Christian Mayer, Ramin Khoramnia

In June, 2008, a 15-year-old boy presented to our emergency department with a key penetrating his left orbit (figure A, B). He had been playing a game of football while wearing his key on a necklace. When our patient went to head the ball, his key flew upwards against gravity, got in the way of the flight path of the approaching football, and penetrated his left eye socket. CT showed that the key had lodged deep within the orbit, but fortunately it did not injure the globe

(figure C). Our patient had surgery to loosen and remove the key (webvideo), which had become lodged in the inferior wall of the orbit (figure D). He was also given prophylactic broad-spectrum antibiotics. Our patient recovered well after surgery and had no visual sequelae. He was in violation of Federation Internationale de Football Association (International Federation of Association Football [FIFA]) rules by wearing a necklace with a key during the game.

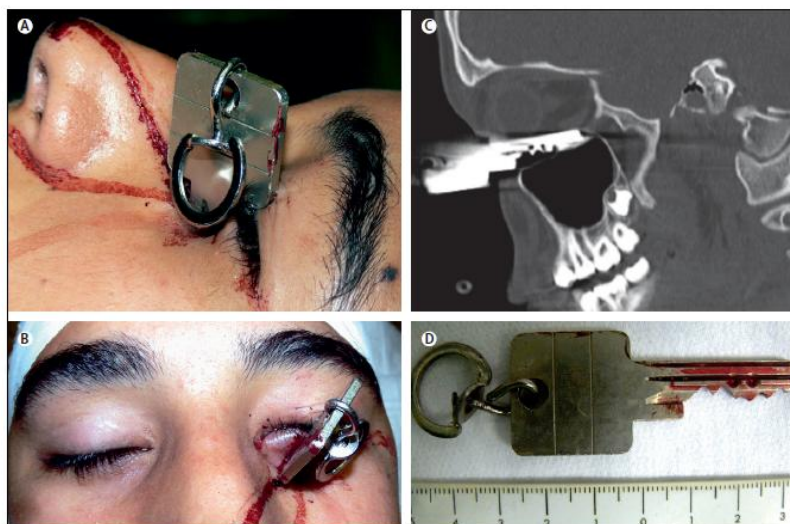


Figure: Penetrating injury to the orbit (A) and (B) show the key penetrating the left orbit (image taken at the time of presentation to our emergency department); (C) CT showing upward displacement of the globe. The key has penetrated the inferior wall of the orbit. The muscles, the optic nerve, and the globe are not affected, and (D) the foreign body. Scale in cm.

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Eye Clinic, Klinikum rechts der Isar der Technischen Universität München, Munich, Germany (C Mayer MD, R Khoramnia MD); Department of Ophthalmology, University of Heidelberg, Heidelberg, Germany (R Khoramnia MD)

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Dr Christian Mayer, Eye Clinic Klinikum rechts der Isar der Technischen Universität München, Ismaninger Str 22, 81675 Munich, Germany christian.mayer@lrz.tu-muenchen.de  
See Online for webvideo

## ActewAGL JUNIOR LEAGUE CLUB GROUNDS AND FIXTURES OFFICERS AND POINTS REGISTRARS

Belconnen United Football Club (BUFC)		Grounds & Fixtures Officer: Jeff Ward (m) 0417 613 425 (e) <a href="mailto:operations@bluedevelsfc.com">operations@bluedevelsfc.com</a>	Points Registrar: Tony Barr (m) 0407 558 300 (e) <a href="mailto:operations@bluedevelsfc.com">operations@bluedevelsfc.com</a>
Belnorth Football Club (BLN)		Grounds & Fixtures Officer: Jeff Smith (m) 0431 687 036 (e) <a href="mailto:jeff@belnorth.org">jeff@belnorth.org</a>	Points Registrar: Gemma Papworth (m) 0405 391 081 (e) <a href="mailto:points@belnorth.org">points@belnorth.org</a>
Belsouth Football Club (BLS)		Grounds & Fixtures Officer: Adam Volmari (h) 0407 017 610 (e) <a href="mailto:adamvol1991@gmail.com">adamvol1991@gmail.com</a>	Points Registrar: Andrew Mann (m) 0407 489 402 (e) <a href="mailto:andrewandkaren@grapevine.net.au">andrewandkaren@grapevine.net.au</a>
Belwest Foxes Football Club (BLW)		Grounds & Fixtures Officer: Brian Golledge (m) 0422 630 665 (e) <a href="mailto:briangolledge@yahoo.com.au">briangolledge@yahoo.com.au</a>	Points Registrar: Dan Egan (m) 0411 401 079 (e) <a href="mailto:mens@belwestsoccer.com">mens@belwestsoccer.com</a>
Brindabella Blues Football Club (BBFC)		Grounds & Fixtures Officer: Mark Mynott (m) 0438 644 108 (e) <a href="mailto:treasurer@bbfc.org.au">treasurer@bbfc.org.au</a>	Points Registrar: Peter Cooper (m) 0403 734 131 (e) <a href="mailto:p.cooper62@optusnet.com.au">p.cooper62@optusnet.com.au</a>
Burgmann Anglican School (BAS)		Grounds & Fixtures Officer: Ivan Lloyd (m) 0402 555 866 (e) <a href="mailto:football@burgmann.act.edu.au">football@burgmann.act.edu.au</a>	Points Registrar: Ivan Lloyd (m) 0402 555 866 (e) <a href="mailto:football@burgmann.act.edu.au">football@burgmann.act.edu.au</a>
Canberra Grammar School (CGS)		Grounds & Fixtures Officer: Michael Graves (m) 0423 298 464 (e) <a href="mailto:MSG@cgs.act.edu.au">MSG@cgs.act.edu.au</a>	Points Registrar: Michael Graves (m) 0423 298 464 (e) <a href="mailto:MSG@cgs.act.edu.au">MSG@cgs.act.edu.au</a>
Canberra Girls Grammar School (CGGS)		Grounds & Fixtures Officer: Clare Tileman (w) 6202 6449 (e) <a href="mailto:clara.tileman@cggs.act.edu.au">clara.tileman@cggs.act.edu.au</a>  Phil Aungles (m) 0407 248 144 (e) <a href="mailto:paungles@tpg.com.au">paungles@tpg.com.au</a>	Points Registrar: Margot McGuinness (w) 6120 3344 (e) <a href="mailto:margot.mcginness@cggs.act.edu.au">margot.mcginness@cggs.act.edu.au</a>  Amy Dwyer (w) 6202 6411 (e) <a href="mailto:amy.dwyer@cggs.act.edu.au">amy.dwyer@cggs.act.edu.au</a>

<p>Canberra United Academy (CUA)</p>		<p>Grounds &amp; Fixtures Officer: Matt Elliott (w) 6175 7112 (e) <a href="mailto:development@capitalfootball.com.au">development@capitalfootball.com.au</a></p>	<p>Points Registrar: Matt Elliott (w) 6175 7112 (e) <a href="mailto:development@capitalfootball.com.au">development@capitalfootball.com.au</a></p>
<p>Canberra Football Club (CFC)</p>		<p>Grounds &amp; Fixtures Officer: Tony Vidovic (m) 0409 630 088 (e) <a href="mailto:tony@naronahomes.com.au">tony@naronahomes.com.au</a></p> <p>Martin Radic (m) 0438 592 220 (e) <a href="mailto:m_radic@tpg.com.au">m_radic@tpg.com.au</a></p>	<p>Points Registrar: Tony Vidovic (m) 0409 630 088 (e) <a href="mailto:tony@naronahomes.com.au">tony@naronahomes.com.au</a></p>
<p>Capital Country Junior Football Club (CCJFC)</p>		<p>Grounds &amp; Fixtures Officer: Karina Richards (m) 6238 3713 (e) <a href="mailto:capitalcountryjfc@gmail.com">capitalcountryjfc@gmail.com</a></p>	<p>Points Registrar: Karina Richards (m) 6238 3713 (e) <a href="mailto:capitalcountryjfc@gmail.com">capitalcountryjfc@gmail.com</a></p>
<p>Cooma Tigers Football Club (CO)</p>		<p>Grounds &amp; Fixtures Officer: Libby Hovasapian (m) 0439 699 153 (e) <a href="mailto:libby@acaccountants.com.au">libby@acaccountants.com.au</a></p>	<p>Points Registrar: Harry Hovasapian (m) 0407 674 023 (e) <a href="mailto:harry@acaccountants.com.au">harry@acaccountants.com.au</a></p>
<p>Goulburn Strikers Football Club (GS)</p>		<p>Grounds &amp; Fixtures Officer: David Albrighton (m) 0408 429 965 (e) <a href="mailto:david.albrighton@goulburncountrymotors.com.au">david.albrighton@goulburncountrymotors.com.au</a></p>	<p>Points Registrar: Darell Orton (m) 0438 488 568 (e) <a href="mailto:orto555@bigpond.com">orto555@bigpond.com</a></p>
<p>Gungahlin United Football Club (GUFC)</p>		<p>Grounds &amp; Fixtures Officer: Steve Welsh (m) 0468 900 891 (e) <a href="mailto:grounds@gungahlinunitedfc.org.au">grounds@gungahlinunitedfc.org.au</a></p>	<p>Points Registrar: Brad Doohan (m) 0433 022 733 (e) <a href="mailto:points@gungahlinunitedfc.org.au">points@gungahlinunitedfc.org.au</a></p>
<p>Majura Football Club (MAJ)</p>		<p>Grounds &amp; Fixtures Officer: Peter Docherty (m) 0434 035 145 (e) <a href="mailto:president@majurafc.org.au">president@majurafc.org.au</a></p>	<p>Points Registrar: Jo Smith (m) 0407 213 910 (e) <a href="mailto:info@majurafc.org.au">info@majurafc.org.au</a></p>
<p>Marist Canberra College (MAR)</p>		<p>Grounds &amp; Fixtures Officer: Charles Bootes (m) (e) <a href="mailto:CharlesBootes@mcc.act.edu.au">CharlesBootes@mcc.act.edu.au</a></p>	<p>Points Registrar: Trevor and Tracey Mathews (m) 0422 269 452 (e) <a href="mailto:maristfootball@maristfootball.com.au">maristfootball@maristfootball.com.au</a></p>
<p>Monaro Panthers Football Club (MON)</p>		<p>Grounds &amp; Fixtures Officer: Anthony LaVella (m) 0413 832 034 (e) <a href="mailto:grounds@monaropanthers.com.au">grounds@monaropanthers.com.au</a></p>	<p>Points Registrar: Caroline Bedin (m) 0419 699 998 (e) <a href="mailto:caroline.bedin@bigpond.com">caroline.bedin@bigpond.com</a></p>

<b>Palerang United (PAL)</b>		<p>Grounds &amp; Fixtures Officer: Chris Grant (m) 0428 422 179 (e) <a href="mailto:poppiesonwallace@gmail.com">poppiesonwallace@gmail.com</a></p>	<p>Points Registrar: Chris Grant (m) 0428 422 179 (e) <a href="mailto:poppiesonwallace@gmail.com">poppiesonwallace@gmail.com</a></p>
<b>Queanbeyan City Football Club (QBN)</b>		<p>Grounds &amp; Fixtures Officer: Goran Dimitrovski (m) 0421 285 729 (e) <a href="mailto:goran@qfc.com.au">goran@qfc.com.au</a></p>	<p>Points Registrar: Vlado Cvetkoski (m) 0402 315 617 (e) <a href="mailto:vlado@qfc.com.au">vlado@qfc.com.au</a></p>
<b>Radford College (RAD)</b>		<p>Grounds &amp; Fixtures Officer: Peter Wallensky (w) 6162 6267 (e) <a href="mailto:peter.wallensky@radford.act.edu.au">peter.wallensky@radford.act.edu.au</a></p>	<p>Points Registrar: Peter Wallensky (w) 6162 6267 (e) <a href="mailto:peter.wallensky@radford.act.edu.au">peter.wallensky@radford.act.edu.au</a></p>
<b>St Edmunds College (STE)</b>		<p>Grounds &amp; Fixtures Officer: Nicholas Hoynes (m) (e) <a href="mailto:stedmundsfootball@gmail.com">stedmundsfootball@gmail.com</a> <a href="mailto:nhoynes@stedmunds.act.edu.au">nhoynes@stedmunds.act.edu.au</a></p>	<p>Points Registrar: Nicholas Hoynes (m) (e) <a href="mailto:stedmundsfootball@gmail.com">stedmundsfootball@gmail.com</a> <a href="mailto:nhoynes@stedmunds.act.edu.au">nhoynes@stedmunds.act.edu.au</a></p>
<b>Tuggeranong United Football Club (TUFC)</b>		<p>Grounds &amp; Fixtures Officer: Trudy Szrakity (m) (e) <a href="mailto:secretary@tufc.org.au">secretary@tufc.org.au</a></p>	<p>Points Registrar: Luke Sanders (m) (e) <a href="mailto:tufc.juniors@gmail.com">tufc.juniors@gmail.com</a></p>
<b>Weston Molonglo Football Club (WMFC)</b>		<p>Grounds &amp; Fixtures Officer: David Garrity (m) (e) <a href="mailto:groundbookings@wmfc.org.au">groundbookings@wmfc.org.au</a></p>	<p>Points Registrar: Ken Mansell (m) (e) <a href="mailto:points_registrar@wmfc.org.au">points_registrar@wmfc.org.au</a></p>
<b>Woden Valley Soccer Club (WVSC)</b>		<p>Grounds &amp; Fixtures Officer: James McKay (m) 0434 148 744 (e) <a href="mailto:partnerships@wvsc.org.au">partnerships@wvsc.org.au</a></p>	<p>Points Registrar: Shiree Yap (m) 0418 626 109 (e) <a href="mailto:contact@wvfootball.com.au">contact@wvfootball.com.au</a></p>
<b>Yass Football Club (YAS)</b>		<p>Grounds &amp; Fixtures Officer: Andrew Southwell (m) 0428 272 262 (e) <a href="mailto:president@yassfc.com.au">president@yassfc.com.au</a></p>	<p>Points Registrar: Jodie Gallagher (m) 0400 260 172 (e) <a href="mailto:registrar@yassfc.com.au">registrar@yassfc.com.au</a></p>



## FIRST AID INFORMATION

When an ambulance is called, clubs are requested to have adequate people man the approaches to the ambulance gate, to direct the ambulance in the most efficient manner to where it is required. Keys for the ambulance gate are to be located at the canteen.

Teams that are playing away or play their home games away from the main cluster field (e.g. - if a Tuggeranong United team plays at Kambah 2 – away from Wanniasa) are also requested to have a first aid kit, ice and the home team have the ambulance gate key available.

- **Belconnen United (BUFC)**  
Hawker - A First Aid kit and ice are available at Muranji St canteen.  
Kaleen - Fully equipped first aid box & ice packs in storeroom next to Canteen.
- **Belnorth (BLN)**  
Fully equipped first aid box & ice packs in storeroom next to Canteen at Kaleen and Giralang Fields.
- **Belsouth (BLS)**  
A First Aid kit and ice are available at Muranji St canteen and a first aid kit is available at Walhallow St canteen.
- **Belwest Foxes (BLW)**  
A First Aid kit and ice are available from the canteen, see the canteen coordinator.  
Each manager at other venues will have a first aid kit and ice available.
- **Brindabella Blues (BBFC)**  
A First Aid kit and ice are available at the canteen.
- **Burgmann Anglican School (BAS)**  
Burgmann Staff member attached to team will be First Aid Officer, All Burgmann staff have a first aid kit.
- **Canberra Grammar (CGS)**  
Physio on duty each week monitoring Flinders Oval and P&F.
- **Canberra Girls Grammar School (CGGS) Junior (U9's-U12's)**  
The first aid kit and ice will be located with the manager of the Canberra Girls Grammar home team. Ambulance access from Grey St.
- **Canberra Girls Grammar (CGGS) Senior (13's-U18's)**  
The first aid kit and ice will be located with the coach of the Canberra Girls Grammar home team. Ambulance access the field off Gawler Cres, the road into the school is Chapel Dr. This is the closest entrance to Melbourne Ave.





- **Canberra FC (CFC)**  
First Aid Kit kept at the Canteen.
- **Capital FC**  
A sports trainer is present at every home fixture that involves Capital Football teams.
- **Cooma Tigers (COJ)**  
A first aid kit and ice are available at the canteen.
- **Goulburn Strikers (GLB)**  
Teams will have a well-equipped first aid kit and access to STFA facilities at Cookbundoon fields.
- **Gungahlin (GUFC)**  
Harrison - A first aid kit and ice are available at the canteen.
- **Majura (MAJ)**  
First aid kit and ice available at canteen and clubhouse.
- **Marist Canberra College (MAR)**  
The first aid coordinator will be situated near the club tent and will be wearing an orange bib. Medical kits are available at the Club tent and ice is available at the Canteen. Ambulance access is via Melrose Drive access gate (near Oval 2, opposite the car dealerships). The key is available from the venue supervisor.
- **Monaro Panthers (MON)**  
At David Madew, two St John's Ambulance Officers will be in attendance each Saturday. At other fixtures managed by the Monaro Panthers, first aid kits will be supplied with coaches kits and placed in storage sheds where available. Coaches will be asked to identify at the beginning of the season whether any parents/supporters have first aid qualifications. Training will be organised for coaches and managers where necessary.
- **Palerang United (PAL)**  
A First Aid kit is available in the canteen
- **Radford College (RAD)**  
A qualified first aid officer will be in attendance at games on the school ovals identifiable by a yellow vest with a red cross, roving around the grounds. First aid kits and ice are also available at the canteen (caravan) as well as the Sports Centre (near the bottom oval). Ambulance can be contacted by the first aider.
- **St Edmunds College (STE)**  
The canteen manager is a qualified first aid person. A fully equipped first aid kit is held at our canteen. There is a sign on the wall giving instructions for calling an ambulance and have ice supplies in freezer.

- **Tuggeranong United (TUFC)**

A first aid kit and ice are available at the canteen, Hyland Place, Wanniasa. The Canteen Manager and will be able to assist with enquires. Phone number at ground 6231 9007.

- **Weston Creek (WCSC)**

A first aid kit, ice and emergency gate key are available at the canteen.

- **Woden Valley (WVSC)**

A qualified sports trainer will normally be available. A first aid kit and ice are available at the club house.

- **Yass (YAS)**

A qualified first aider can normally be found in the canteen (however this is not always the case). First aid kit and ice can be found at the Canteen on Level 3, Walker Park. Ambulance can enter the main gates at the end of Merriman Drive where there will be someone to guide the ambulance in.



## CONCUSSION RECOGNITION TOOL

### 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 |

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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               | - 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

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## ACCOUNT SCHEDULE FOR 2016

Registrations are based on the year of birthday not the division played in.

### 1. Invoice #1 in late February

First payment of registration fees is calculated on 50% of 2014 registrations based on the year of birth not division played, or proposed 2015 registration numbers for new clubs. Plus 50% of FFA National Registration Fee (NRFs), and Facility Infrastructure Levy (FIL).  
*Payment due by 31 March.*

### 2. Invoice #2 in late May

Second payment of registration fees based on 25% of 2014 registrations, or proposed 2015 registration numbers for new clubs. Plus 25% of FFA National Registration Fee (NRFs), and Facility Infrastructure Levy (FIL) – based on 2014 registrations.  
*Payment due by 31 May.*

### 3. Invoice #3 in late July

Reconciliation of all current season registrations, NRFs, and FIL costs based on 1 July figures less payments made on invoices 1 and 2.  
*Payment due by 31 July.*

### 4. Invoice #4 in late August

Payment of additional registrations since July plus NRFs, and FIL costs and any outstanding fines or other expenses.  
*Payment due by 28 September.*

**Note:** All 2015 fees must be paid by 19 October 2016 for audit to start.  
Other fees or charges may be applied for late payment (14 days over) on all invoices.



## REFEREES SCHEDULE FOR FEES 2016

All appointed officials must be paid accordingly.

<b>Competitive Football</b>		
<b>ActewAGL Junior League</b>		
	<b>Referee</b>	<b>Assistant Referee</b>
<b>Under 18</b>	\$48.00	\$24.00
<b>Under 16</b>	\$42.00	\$21.00
<b>Under 15</b>	\$38.00	\$19.00
<b>Under 14</b>	\$34.00	\$17.00
<b>Under 13</b>	\$30.00	\$15.00
<b>Under 12</b>	\$26.00	\$13.00
<b>AIA Vitality Miniroos :</b>		
	<b>Referee</b>	<b>Assistant Referee</b>
<b>Under 11</b>	\$16.00	
<b>Under 10</b>	\$14.00	
<b>Under 9</b>	\$12.00	
<b>Under 8 &amp; 7</b>	\$10.00	
<b>NPL Junior Premier League:</b>		
	<b>Referee</b>	<b>Assistant Referee</b>
<b>PL Under 18</b>	\$66.00	\$33.00
<b>PL Under 16</b>	\$52.00	\$26.00
<b>PL Under 14</b>	\$40.00	\$20.00
<b>PL Under 13</b>	\$34.00	\$17.00



## REFEREE RESPECT PROGRAM

The key message of the program is:

**“Respect is a collective responsibility for all, Players, Coaches, Referees and Spectators, at all levels to create a fair, safe and enjoyable environment in which the games can take place”**

The goals of the 2015 RESPECT program are:

- There will be a ‘step change’ in junior football on what is acceptable and unacceptable behaviour from parents and spectators
- Capital Football will work with coaches to create an enjoyable learning environment for children’s football
- There will be an improvement in on-field player discipline, particularly in the area of dissent to referees
- There will be zero tolerance for assaults on referees
- Increase the number of matches with qualified referees appointed
- Ongoing change in culture and improved experience for all involved.

The Respect program is designed to be an ongoing long term program.

Ideas to promote RESPECT at your club include;

- Play by the Rules website
- Designated technical areas and spectator areas
- Vested/ bibbed club officials or ground monitors
- Codes of Conduct
- Promoting good behaviour
- RESPECT presentation at coaches and managers meetings
- Club Champions
- Member Protection Information Officer.

Capital Football has formed a partnership with Play by the Rules to promote the season of RESPECT. Capital Football is also planning a number of events including, Silent Sidelines day and each club having a Champion to promote respect within their club.

Further information can be direct to Alasdair Grocock, Referee Development Manager – [referee@capitalfootball.com.au](mailto:referee@capitalfootball.com.au) or 6175 7114





## **GOOD SPORTS INITIATIVE**

### **RESPECT**

**SPECTATORS STAY ON THE OPPOSITE SIDE OF THE FIELD TO THE DESIGNATED TECHNICAL AREA**

### **ENCOURAGEMENT**

**COACHES, SPECTATORS AND OFFICIALS TO OFFER POSITIVE FEEDBACK TO PLAYERS  
ALL OF US TO CONTRIBUTE TO THE PLAYERS' ENJOYMENT IN PARTICIPATING**

### **THANKS**

**LET'S SHAKE HANDS – PLAYERS, TECHNICAL STAFF, PARENTS - AT THE  
CONCLUSION OF THE GAME**

### **CONSIDERATION**

**'GAME MONITORS' TO OFFICIATE AND DEAL WITH ISSUES IN A NON-CONFRONTATIONAL  
MANNER**

As part of the Good Sports Initiative all teams in the Under 12 – U18 age groups are required to have a vested Good Sports Monitor. This Monitor will assist where necessary in creating a safe and enjoyable surrounding and support the abovementioned ethos.

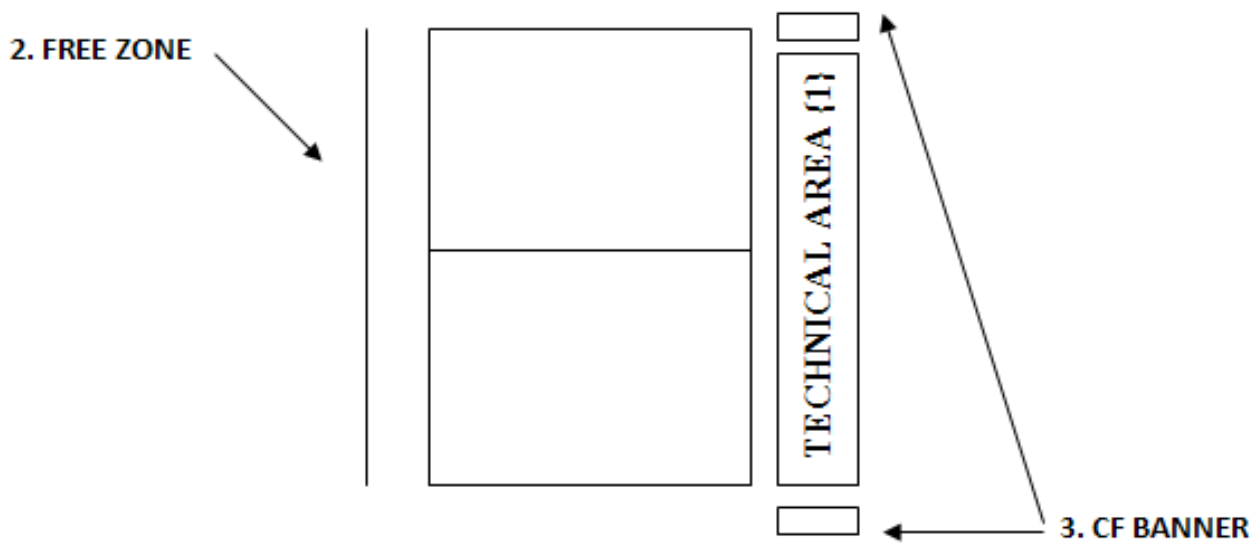
All clubs are to have spectator free zones as suggested in the Spectator Management scenarios listed below. The use of a rope in the free zone is optional, but it is recommended that supporters are at least two metres from the sideline.



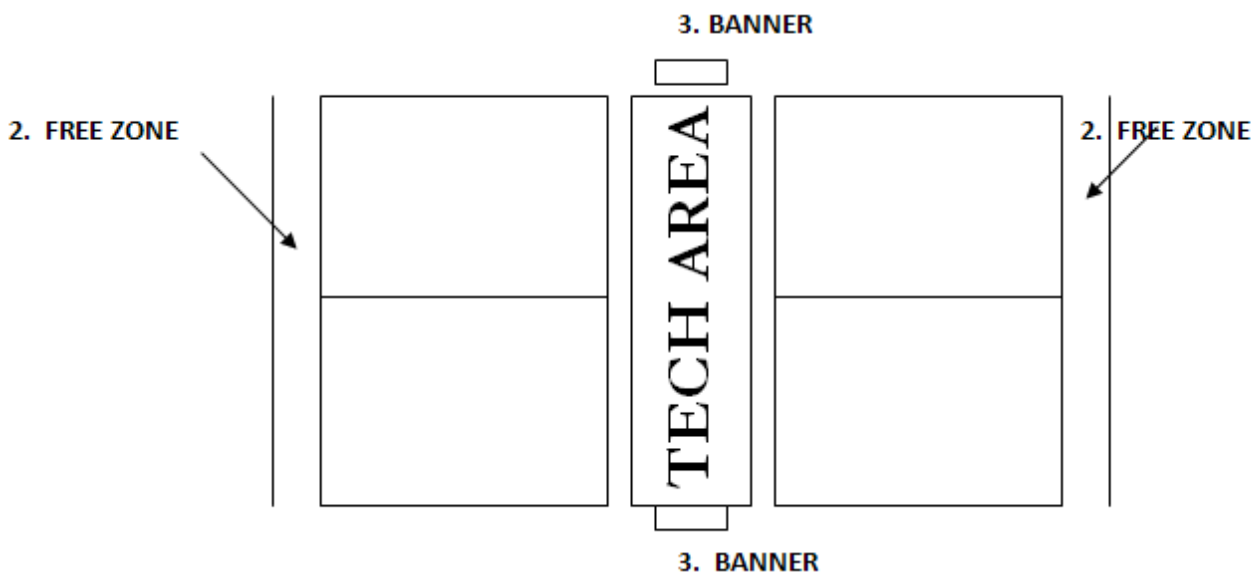
## JUNIOR COMPETITION - SPECTATOR MANAGEMENT

### Football Field, Technical Area and Free Zone Arrangement

- Scenario one
  - One Field, one Technical Area and one Free Zone



- Scenario Two
  - Two Fields, one Technical Area and two Free Zones





## Legend:

- Technical Zone – one side of the field to be clearly marked with banners provided by CF stipulating “Players & Coaches only”.
- Free Zone – along one side of the field a free zone (2 metres from the touch line) is to be marked off using a rope Spectators are NOT permitted to obstruct the free movement of the players and linesman. The free zone is on the side opposite the Technical Zone
- Banners – to be provided by Capital Football

Note: In circumstances where it is not possible to arrange the field as above, (e.g. one side of the field is unavailable) Clubs are asked to identify both a Free Zone and a Technical Zone on one side of the field.





**BEFORE YOU  
COMPLAIN...**

**...Have you  
volunteered  
yet?**

**Be part of the  
solution at your club**





## **CAPITAL FOOTBALL ZERO TOLERANCE POLICY FOR SWEARING (AS AT JANUARY 2011)**

- applicable to all junior, men and women leagues -

### **Preamble**

The prevalence of swearing in football is a problem that we want to eliminate from our sport. The Laws of the Game provide for a player to be sent off for using foul, abusive and/or insulting language, but the definition of foul language has widely varying interpretations. The Zero Tolerance Policy (ZTP) is intended to have a two-fold affect:

- to educate players not to swear, and
- ensure that all players, spectators and officials enjoy the World Game.

### **What is the policy?**

Simply put, the policy represents a punishment for swearing. A referee will caution a player Y2 Making Unsporting Remarks if:

- The referee hears the player swear and can identify that player; or
- Upon a report from an assistant referee officially appointed to the game who has heard the player swear and can identify that player; and
- If the swearing is considered to be self-directed.

A ZTP caution will be treated the same as any other cautionable offence.

A referee should still send a player from the field R6 (offensive, insulting or abusive language) if the swearing is considered to be directed at others.

### **What is considered swearing?**

Words that a reasonable person would consider to be swearing should be penalised under ZTP. Racial, religious and sexual slurs may be considered to be abusive and should be punished under existing offences.

ZTP applies to all Capital Football under 11 and older competitions. For Under 10 and younger competitions, Clubs can devise their own policies to counsel offending players, and should instruct their referees accordingly. In doing this, clubs should be mindful that some younger players may be involved in inter-club competitions, and policies should be devised for their own players without having implications for players from opposing clubs.

## RACIAL VILIFICATION

### Racial Discrimination

Racism can have a profound impact on people's involvement in sport. It can affect motivation, enjoyment and levels of participation and, if unchecked, may result in inappropriate, potentially dangerous and violent behaviour.



## Racial harassment, discrimination and vilification have no place in Australian sport.

### Information to help you understand the issue

Go to <http://www.playbytherules.net.au/got-an-issue/discrimination/racial-discrimination> and watch Race Discrimination video.

- Australia is a culturally diverse nation in which people from more than 200 different countries live, work and study.
- Sport attracts people from all different races and life-styles and provides an opportunity to build social and cultural bridges based on shared interests.
- Successful sporting clubs break down racism by focusing on inclusion, team camaraderie and developing individual and team skills.
- Racial discrimination and unlawful behaviour can result in disciplinary action, suspension, expulsion, and financial costs.
- A club or association found liable for racism occurring at sporting events may have their reputation seriously damaged, face legal action and financial costs.

### The Law

It is unlawful in all states and territories to discriminate against a person on the basis of their race. It is also unlawful in some jurisdictions to incite hatred, serious contempt or ridicule (vilification) on racial grounds.



## ActewAGL JUNIOR LEAGUE CLUB STRIP'S REGISTER

CLUB	Primary Uniform	Alternate Strip
ACTAS	Shirt: Green Shorts: Green Socks: Green	Shirt: Yellow Shorts: Blue Socks: Yellow
Belconnen United FC	Shirt: Navy Blue/Sky Blue Shorts: Navy Blue Socks: Sky Blue	Shirt: Sky Blue Shorts: Navy Blue Socks: Sky Blue
Belnorth FC	Shirt: Blue/Yellow Shorts: Blue Socks: Yellow	Shirt: Yellow/Blue Shorts: Blue Socks: Yellow
Belsouth FC	Shirt: Skye Blue Shorts: White Socks: Sky Blue	<i>No alternate strip available</i>
Belwest Foxes FC	Shirt: White/Red Shorts: White/Red Socks: Red	Shirt: Blue/White Shorts: White/Red Socks: Red
Brindabella Blues FC	Shirt: Navy Blue/Yellow Shorts: Navy Blue/Yellow Socks: Navy Blue/Yellow	<i>No alternate strip available</i>
Burgmann Anglican School	Shirt: Green/Blue Shorts: Green Socks: Navy Blue	<i>No alternate strip available</i>
Capital Country JFC	Shirt: Purple/White Shorts: Black Socks: Black	<i>No alternate strip available</i>
Canberra FC	Shirt: Red/White Shorts: White Socks: Blue	<i>No alternate strip available</i>
Canberra Girls Grammar School	Shirt: Red/White Shorts: Red Socks: Red/White	<i>No alternate strip available</i>
Canberra Grammar	Shirt: Navy Shorts: Navy Socks: Navy	Shirt: Light Blue Shorts: Navy Socks: Navy
Canberra United Academy	Shirt: Neon Green / Black Shorts: Black Socks: Black	Shirt: Dark Green / White Shorts: Black Socks: Green
Cooma Tigers	Shirt: Black/Yellow Shorts: Black Socks: Black	<i>No alternate strip available</i>
Goulburn Strikers	Shirt: White Shorts: White Socks: White/Maroon	Shirt: Maroon Shorts: White Socks: White/Maroon



Gungahlin United FC	Shirt: White/Black Shorts: Black Socks: White/Black	Shirt: Sky Blue/Navy Blue Shorts: Black Socks: White/Black
Marist Canberra Football Club	Shirt: Royal/Sky Shorts: Royal Socks: Sky	Shirt: Sky Shorts: Royal Socks: Sky
Majura SC	Shirt: White Shorts: Royal Blue Socks: White	Shirt: Red Shorts: Royal Blue Socks: White
Monaro Panthers	Shirt: Green/Black Shorts: Black/Green Socks: Black/Green	Shirt: White/Black Shorts: Black/Green Socks: Black/Green
Palerang United	Shirt: Red Shorts: Black Socks: Black	Shirt: White Shorts: White Socks: White
Queanbeyan City FC	Shirt: Shorts: Socks:	<i>No alternate strip available</i>
Radford College	Shirt: Maroon Shorts: Navy Socks: Maroon	<i>No alternate strip available</i>
St Edmunds College	Shirt: Blue/White Shorts: White Socks: White/Blue	Shirt: Blue/White Shorts: White Socks: White/Blue
Tuggeranong United Football Club	Shirt: Dark Green/White & Gold Shorts: Dark Green Socks: Dark Green	Shirt: Gold or White Shorts: Dark Green Socks: Dark Green
Weston Creek SC	Shirt: Black with White Stripes Shorts: Black Socks: Black	<i>No alternate strip available</i>
Woden Valley SC	Shirt: Red/White Shorts: Sky Blue Socks: Sky Blue	Shirt: Sky Blue Shorts: Sky Blue Socks: Sky Blue
Yass FC	Shirt: Red/Black & White Shorts: Black/Red & White Socks: Black/White	<i>No alternate strip available</i>

## WORKING WITH VULNERABLE PEOPLE ACT



### Working with Vulnerable People - What does it mean for you?



#### **Are you a:**

- Coach
- Manager
- Referee / Referee Coordinator
- Committee Member
- Volunteer

#### **Do you have regular contact with vulnerable people, including:**

- Minors (Under 18)
- People with a disability
- Elderly
- Socio-economically disadvantaged

#### **What is regular contact?**

More than 3 days in a 4 week period    More than 7 days in a 12 month period

If so, YOU must apply for a Working With Vulnerable People Card.

This is easier than you think!

Step 1: Go to <http://www.ors.act.gov.au/community/working-with-vulnerable-people-wwvp/forms-and-fees>

Step 2: Take forms to ACT Government Shopfront and have photo taken

Step 3: Receive your card in the mail and ensure your club is aware

Step 4: Continue your fantastic work in the football community

Any queries: Office of Regulatory Service 02 6207 3000 or

[Businessmanager@capitalfootball.com.au](mailto:Businessmanager@capitalfootball.com.au)

Working with Vulnerable People  
in the ACT

