

**Adelaide Plains Football League Inc**  
Affiliated with the South Australian Community Football League Inc.

# 2020

## **JUNIOR PANEL** **Information Document**



***APFL 2020 JUNIOR FOOTBALL COMPETITION***

***Auskick, Under 8, 11, 14 & 17***

## **Clarification of the Fair Play and Send Off Rules**

In games where coaches feel that the game is going to be one sided they are encouraged to liaise with one another to even up the game. The exchanging of players prior to and during the game is encouraged to help the development of both teams and avoid the Fair Play Rule being used.

The Fair Play Rule applies to the Under 14s and Under 17s and must be implemented as follows:

The Fair Play Rule will trigger if there is a lead score of **48 points or more for the U14's** and **72 points or more for the U17's** at the conclusion of the quarter. However, the earliest that the Fair Play Rule can be effected is at half time. i.e. if a team is in front by the nominated points or more at quarter time the Fair Play Rule will not be affected until half time.

When the Fair Play Rule is triggered, the game is officially finished, and the score at the end of the quarter that the Fair Play Rule is affected becomes the game's official scores.

If the official score is greater than the amounts listed above, i.e. 48 or 72 points it will be adjusted so that the winning margin is exactly 48 or 72 points. eg. for U14s a half time score of 10 goals 10 points (70) to 1 goal 1 point (7) will be shown as 10.10 (70) to 1.16 (22). For U17s the same scenario applies but the margin is 72 points.

The Fair Play Rule is not implemented during the course of a game within a quarter, only at the conclusion of the subject quarter. If it is evident that the Fair Play Rule is going to be implemented at the next quarter break coaches should be making the necessary arrangements during the quarter so that there is a quick and efficient exchange of players from the winning team to the losing team.

It is the responsibility of the leading team's coach and/or team manager to meet with the opposing team as soon as the siren has sounded to end the quarter to implement the Fair Play Rule. Players being exchanged should be taken to the opposing team huddle by either a coach or team manager. The umpires should also be advised by the leading team that the Fair Play Rule has been implemented.

In line with the Code of Conduct there is an expectation players and coaches will uphold the spirit of the game when the fair play rule is implemented. Players and coaches should not bring the game into disrepute by not trying, not being willing to play for the opposition or coaching in an unsportsmanlike manner.

When the Fair Play Rule is implemented the winning team transfers as many players to the opposition as necessary until it is a fair contest (No players are transferred from the losing team). EG If both teams have 18 players each it could mean that the winning team could have 16 players and the losing team has 22. Contact the Junior Panel coordinator if you are unsure how this works. Each team is required to nominate their top 10 players for the year and the better team is required to pass over however many players that are required to even up the game from that group of nominated players.

There is no specified number of players that are required to be exchanged when the Fair Play Rule is implemented; it is up to the coaches and/or team managers to make the teams even.

The exchanged players must at all times be playing on the field.

The leading team can rotate/change the players at the end of each quarter so that the same players are not playing for the other team for the whole game. You may wish to rotate on a game basis instead of quarters.

The leading team can simply take their better players off the ground if they have enough players on the bench to still provide 18 players on the ground and still even up the game.

The idea is to even up the teams to ensure that the scores do not blow out.

There will be penalties for clubs/coaches refusing to implement the Fair Play Rule when triggered. Players/coaches who bring the game into disrepute by not playing/coaching in a sportsperson like manner may also incur penalties.

Penalties will be decided by the APFL Junior Panel and/or the APFL Board. Penalties may include any or all of the following; minimum fine of \$250, coaches being suspended, loss of premiership points.

If there is a refusal to implement the Fair Play Rule the opposing team is to report it to the umpire and then the Club. The umpire is to report the incident to the Junior Panel Coordinator to take action. The umpire shall report both teams if they are both in breach of the rule.

## **Spare Player Permit Rule**

The rule can be implemented by a club that has 10 players or less available for a Saturday match.

Each club can borrow a **maximum of 5 players for each game.**

The process is for the club Coach or Team Manager to contact another club Coach or Team Manager and request a number of players. The other coach or team manager will invite the players of the other team to play for the requesting team and advise the response ASAP. **Simon Purdue (Football Operations Coordinator) must be notified by 6pm the night before the game.**

It is not compulsory to be a spare permit player. Any spare permit players must wear their own club shorts and socks and will only wear the receiving club's jumper. This makes it easy for the umpires to recognise the Spare Permit players.

## **Red Arm Bands**

Arm bands are to worn, by any player participating in a game above their age group, up to and including Under 17s. It is optional for players to wear arm bands in senior football.

Please note that red arm band players should only be used if one team have less than the minimum number of players required to constitute a game.

If both teams are going to use red arm band players, coaches are encouraged to play red arm band players opposed to each other.

It is encouraged that red arm band players represent their home club, and not be sent to the opposition at the start of the match to even up numbers.



## **ADELAIDE PLAINS FOOTBALL LEAGUE**

### **Type 2 Permit Guidelines - 2020**

Type 2 Permits allow junior players (U14 & U17) to be dual registered in two different Affiliated Leagues. Both Leagues must approve the dual registration which is only valid for that season.

Some of the reasons applications may be granted are:

- a) Split marriages where a child rotates between parents and plays weekabout.
- b) Attending school away from home and returning home for holidays.
- c) A club has a genuine lack of numbers and neighbouring leagues have byes

Applications for Type 2 Permits are required for players applying to dual register to play for a team within the APFL and also for players who are currently playing for an APFL team and wanting to dual register with a team in a different Affiliated League

1. Applicants must fill out the Adelaide Plains Football League (APFL) Type 2 Permit Application form and forward it to the APFL Junior Panel for approval.
2. Applicants will have to indicate what their reason(s) are for applying for the permit and supply relevant details to APFL Junior Panel as requested.
3. Applicants must show consistency in the games they play, i.e. week about, school holidays etc.
4. Applications will not be approved after the 30th June of that season.
5. Applicants should have a connection to the APFL or its club's boundaries.
6. Permits can be revoked by the Junior Panel at any time throughout the season, including finals. Misconduct by a player may also result in their permit being revoked.
7. The number of Type 2 Permits granted to teams/clubs is at the discretion of the Junior Panel.
8. To be eligible to play finals in the APFL a player granted a Type 2 Permit must play a minimum of 3 games for their APFL club during the minor round during that season.
9. If a club plays a player who has dual registration that has not been approved by the APFL prior to playing then a penalty may apply. Penalties will be decided by the APFL Junior Panel and/or the APFL Board. Penalties may include the following; minimum fine of \$250 and loss of premiership points.



JPFORM4

## Adelaide Plains Football League Type 2 Permit Application Form

This form is used in making application to allow a Junior Footballer to dual register in two associations based on family separation, schooling commitments or lack of numbers.

**The form is to be completed in conjunction with the APFL Type 2 Permit Guidelines.**

Club: \_\_\_\_\_ Playersname: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Parents Name & Contact: \_\_\_\_\_

**Reason for Permit Application:**

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Primary Club: \_\_\_\_\_

Other Clubs Registered within last 2 years: \_\_\_\_\_

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Are you currently under or have you ever been under suspension? (If yes, details)

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**Number of Players on Clubs registered list for age groups in current season**

Junior Colts(U14): \_\_\_\_\_ Senior Colts(U17): \_\_\_\_\_

Please attach any further documentary evidence and support to this form.

We the undersigned have read understand and accept the Type 2 permit rules. We are satisfied the above player genuinely fits the criteria. We understand that the decision of the APFL Junior Panel Committee is final and will accept its decision.

**Club Official:**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Coach:**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Player:**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parent/Guardian:**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Send Off rule applies to Under 14's and Under 17's**

There are two categories:

- Red Card (off for the rest of the game) not replaced. No automatic report/suspension.
- Yellow Card (off for 10 minutes) not replaced.

If a player is sent off the Umpire will record this on the day's official team sheet. Team managers should check to make sure this occurs.

If a player receives a 2<sup>nd</sup> or subsequent yellow card in the one season it is an automatic 1 game suspension.

## **Permitted numbers for a team in Under 14's and Under 17's and the sharing of players.**

The maximum number of players for under 17s match is 22 players and the minimum is 9. The under 14s have a maximum of 24 and a minimum of 9.

### **Sharing Players**

The sharing of players applies to all junior grades, i.e. U17s, U14s, U11" and U8s. The idea is to have as many players as possible actively participating on the field and the numbers to be evenly matched. In lending players consideration should be given to try and make it an even contest between the two teams.

In the event of a side having enough to constitute an official game (**There are no official games for U8 & U11's**), but more than the opposition side, the side with more players will offer players to the opposition to allow all players to be on the ground (up to maximum of 15 per side). If there are more than 15 players per side, a second oval MUST be set up to spread the numbers out e.g. 2 games of 10 players per side.

An example could be one team has 24 players, the other 12, 6 would be lent to make it an 18 on 18 game. Another scenario could be one team has 18 players and the other 14, 2 would be lent to make it 16 on 16.

The offered players cannot be refused by the club with fewer players. Players are exchangeable. If players are lent across and the side that is lending players has an injury, the side that is receiving players must allow the lending team to retrieve one of its players so that the lending team is not disadvantaged.

There will be penalties for clubs/coaches refusing to share players, players/coaches who bring the game into disrepute by not playing/coaching in a sportsperson like manner may also incur penalties.

Penalties will be decided by the APFL Junior Panel and/or the APFL Board. Penalties may include any or all of the following; minimum fine of \$250, coaches being suspended, loss of premiership points.

If there is a refusal to implement the sharing of players, the opposing team is to report it to the umpire and then the club. The umpire is to report the incident to the Junior Panel Coordinator to take action. The umpire shall report both teams if they are both in breach.



## **Adelaide Plains Football League**

### **2019 Junior Permit Exemption**

### **Application Form**

JP FORM 1

Club: ..... Players Name: .....

Date of Birth: ...../...../.....

***Permits are only allowable for player's born within 12 months prior to the following dates. Under 14's 1/1/05 Under 17's 1/1/02 (Correct ages).***

#### **Reason for Permit Application**

Medical Reasons:

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Physical Height and Weight:

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#### **Limited Skills & Ability Indicator**

This simple checklist is to help assess if a player has limited skills and ability. Use it to assess the player's abilities in comparison to other players at the same age level. The Junior Panel will also use this information to assess suitability for a permit and reviewing of permits.

- |                    |                          |                  |
|--------------------|--------------------------|------------------|
| • <b>Handball-</b> | On dominant side         | Good/Average/Bad |
|                    | On non-dominant side     | Good/Average/Bad |
| • <b>Kicking-</b>  | On dominant side         | Good/Average/Bad |
|                    | On non-dominant side     | Good/Average/Bad |
| • <b>Marking-</b>  | On chest                 | Good/Average/Bad |
|                    | Overhead                 | Good/Average/Bad |
|                    | In hands out front       | Good/Average/Bad |
| • <b>General-</b>  | Ability to read the play | Good/Average/Bad |



Ability to bounce the ball	Good/Average/Bad
Likely position(s) to play matchday;	
.....	
.....	

What step(s) is the coach/club undertaking to improve this player's skill level so that the permit may be removed?

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Please attach any further documentary evidence to support this form if available.

### **Permit Criteria**

**\*\*\*\*Permits are to be issued to Individuals for the Benefit of the Individual\*\*\*\***  
**Permits are NOT for building team numbers.**

An application made to the APFL Junior Delegates Panel for a Permit to be issued to an individual will be assessed under two main assessment areas:

1. **Medical Reasons:** An individual may suffer from a particular medical condition, which inhibits the individual's ability, both physical and performance ability.
2. **Limited Skills and Ability:** An individual may be limited in their skills and ability; perhaps even coupled with a small and slight body frame, and a Permit in a particular grade will enable the individual to develop further skills and confidence.
3. Permits can be rescinded at **any time** and all Permit Players will be reviewed at each Junior Panel Delegates Meeting.
4. Females are given an extra year and do not need to meet this criteria.
5. Permit players are ineligible to receive Best & Fairest votes for the APFL.

### **Approved Club Official**

Signed:.....

Name:.....

Date: ..... / ..... / .....



# **Adelaide Plains Football League**

JP FORM 2

## **CODE OF CONDUCT**

**for Under 17's, Under 14's, Under 11 & Under 8 grades.**

### **1. Players Code of Conduct**

- 1.1 Learn the rules of the game and **play by them at all times.**
- 1.2 Work equally hard for yourself and your team. Its performance will benefit and so will you.
- 1.3 Be a good sportsperson. Recognise and appreciate good play and players whether it's your team or the opposition.
- 1.4 **Never argue with an official.** If you disagree, discuss the matter with your coach and ask them to address the issues through the appropriate channels. Do not be distracted by umpiring decisions, get on with the game.
- 1.5 **Control your temper.** Do not verbally abuse officials, other players or spectators, or unnecessarily provoke others. Initiating violence is neither acceptable nor permitted and will not be tolerated.
- 1.6 Demonstrate appropriate social behaviour by not using foul language, spitting etc.
- 1.7 Do not vilify other players, especially in relation to their sex, race, culture or appearance.
- 1.8 Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- 1.9 Co-operate with your coach, team-mates and opponents.
- 1.10 Play for the fun of it, and not just to please parents and coaches.
- 1.11 **Any player that does not abide by the code of conduct will be removed from the playing arena** and told what they have done wrong and the coach will then sit them out of the game for a suitable time to fit the misdemeanour.

### **2. Parents and Spectators Code of Conduct**

- 2.1 Remember children play sport for their enjoyment, not yours.
- 2.2 Encourage children to participate, do not force them.
- 2.3 Focus on the child's efforts and performance rather than winning or losing.
- 2.4 Encourage children to always participate according to the rules.
- 2.5 Remember that children learn best by example. Applaud good plays by all teams.
- 2.6 Condemn the use of violence in any form, be it by spectators, officials, coaches or players.
- 2.7 Never ridicule or yell at a child for making a mistake.
- 2.8 Respect officials' decisions and teach children to do likewise. If you disagree with an official, raise the issue through the appropriate channels, i.e. a club committee member rather than question the officials' judgment and honesty in public.
- 2.9 Support all efforts to remove verbal and physical abuse from sporting activities.
- 2.10 Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches or officials.
- 2.11 Recognise the value and importance of volunteer coaches and other officials, and better still be involved yourself. Without these volunteers your child could not participate.

### **3. Coaches Code of Conduct**

- 3.1. Remember that all children participate for fun and enjoyment and that winning is only part of their motivation.
- 3.2. Remember that you are a role model for a large number of impressionable children.
- 3.3. Be reasonable in your demands on young players' time, energy and enthusiasm.
- 3.4. Teach your players that the rules of sport are mutual agreements that **no one should evade or break.**
- 3.5. Avoid overplaying the talented players. The "just average" players need and deserve equal time.
- 3.6. Never ridicule or yell at children for making mistakes, encourage them. Clubs need as many players as possible, consequently additional effort is sometimes required for the ones that are not as skilled or motivated.
- 3.7. Ensure the equipment and facilities are safe and are appropriate to the age and ability of the players.
- 3.8. The scheduling and length of practice times and competitions should take into consideration the maturity level of the children.
- 3.9. Encourage children to develop basic skills and discourage specialising in any one playing position.
- 3.10. Encourage children to participate in all aspects of the game and the Club.
- 3.11. Develop team respect for the ability of opponents as well as for the judgment of officials and opposing coaches. Encourage all umpires remembering that they are still learning as well.
- 3.12. Ensure the players take into account the standard of umpiring available and do not get distracted by umpiring decisions.
- 3.13. Following the advice of a physician and or trainers when determining if an injured player is ready to recommence training or competition.
- 3.14. Keep up to date with the latest coaching practices and the principles of growth and development of children.

**I have read and agree to abide by the above APFL Junior Football Codes of Conduct and the SACFL Cyber safety Policy-Appendix 12:**

Player's name .....Player's signature.....

Parent/Guardian.....Parent signature .....

Coach .....Coach signature .....

Date...../...../.....

**ADELAIDE PLAINS FOOTBALL LEAGUE**  
**(APFL) CODE OF CONDUCT FOR JUNIOR**  
**FOOTBALL**

**BREACHES PROCESS**

- 1.) Club delegates are to ensure that all coaches, team managers, players, parents and spectators are informed of, have access to, understand and adhere to the *APFL CODE OF CONDUCT*.
- 2.) Where an umpire detects breaches of the Code of Conduct, the Player Send-Off Rule shall apply.
- 3.) Where umpires or any other person detects breaches of the Code of Conduct, a process of discipline management shall be implemented

**PROCESS OF DEALING WITH BREACHES OF THE APFL**

**Under 8s and Under 11s**

Coaches and Team Managers of both Under 8s and Under 11s teams, must supply the name of any particular player to the Umpire, Opposition Coach and/or Opposition Team Manager when requested.

**Under 14s and Under 17s**

Team Managers of both **Under 14s and Under 17s** teams, must submit an **accurate** team sheet to the Umpire and Opposition Team Manager prior to the commencement of every game. The team sheet must include every player and their jumper number for that game and the names of the Coaches, Team Managers and Runners.

**All players, officials, spectators and coaches must adhere to the Code of Conduct.**

**Definition:** Official includes, but is not limited to an officer, coach, assistant coach, team manager, runner, selector, employee or any person performing voluntary duties for or on behalf of the participating Clubs or the League.

- 1.) Where any person identifies breaches of the Code of Conduct, that information should be brought to the attention of an official of the Club to which the complainant is associated.
- 2.) Where a Club Official receives information about breaches of the Code of Conduct, that official must obtain details of the breach, including the complainant's contact details and all information to identify the person committing the breach.
- 3.) **Where the breach is committed by a person associated to their Club**
  - a) The Official receiving the complaint must approach the person committing the breach, re-iterate the Code of Conduct, advise them of the breach and make a genuine attempt to resolve the matter.

- b) The Official must then advise their Club's Junior Panel Delegate who will, if the matter is resolved, record the details of the breach and how it was resolved for discussion at their next Clubmeeting.
  - c) If the matter cannot be resolved, the Club's Junior Panel Delegate will contact the person who committed the breach, discuss the issues and attempt to resolve it with them. If the matter is still unable to be resolved, the Junior Panel Delegate must then raise the issue with Club administrators and ensure that action is taken to prevent a reoccurrence of the breach.
- 4.) Where the breach is committed by a person NOT associated to their Club
- a) The Junior Panel Delegate of the complainant Club must discuss the matter with the Junior Panel Delegate from the offending Club and arrive on an agreed plan to prevent the breach fromreoccurring.
  - b) Once this process has taken place, the Junior Panel Delegate forthe complainant Club must, as soon as possible after the breach, advise the League Junior Development Officer (JDO), in writing, of the nature of the complaint, the investigation process and outcome.
  - c) The League JDO will record the information and report on it at the next Junior Panel Meeting.
- 5.) Where the Junior Panel Delegates are unable to agree on a plan to prevent reoccurrence of the breach, or if there is dispute as to the nature of the breach, the Junior Panel Delegate from the Club making the complaint must obtain written information from the witnesses about the alleged breach and forward that information to the League JDO as soon as possible.
- 6.) The League JDO, on being advised of an unresolved breach of the Code of Conduct will discuss the matter with both Junior Panel Delegates. The Junior Panel Delegates may be requested to supply a written response.
- 7.) The League JDO will make a determination, based on the information received, as to what further action is necessary.
- 8.) Where the League JDO considers it necessary due to the seriousness of the allegations, he/she may call an emergency special meeting to address the issues and decide on a course of action, including penalty or, if necessary, further investigation.
- 9.) This meeting will consist of a panel involving:
- At least three (3) members of the following:
    - i.) JDO (chairman)
    - ii.) Umpire's Coach(co-ordinator)
    - iii.) APFLDirector
    - iv.) APFL Secretary
  - And both of the following:
    - v.) Delegate for the Club making the complaint.
    - vi.) Delegate for the Club being complainedabout.
- 10.) Where it is determined that officials of any Club have failed to comply with this policy, the APFL Directors, based on information supplied to them from members of the panel, may impose a penalty on that Club, as deemed appropriate.

# **UNDER 8 - FOOTBALL RULES AND MATCH CONDITIONS**

## **1. Playing Ground:**

The playing ground should be approximately one third senior size divided into three equal zones – forward, centre and back.

## **2. The ballsize:**

Under 8 teams shall use a size 1 football.

## **3. Theteam:**

The team on the ground shall be divided into three equal groups (forwards, centres and backs) with each group occupying a zone. To stop congestion, players should remain in their zone. All players should be rotated during the game, so that they experience all positions.

## **4. Start of Play:**

- a) The game shall be started by a ball-up between two centre-line players in the middle of the oval.
- b) Players contesting the ball-up shall be of similar size.
- c) A player may not grab the ball at ball-ups and play on. The player must knock, palm or punch the ball to a team mate or open ground and may not play the ball again until it has either been touched by another player or hits the ground. This is known as the 'full possession' rule.
- d) If the ruck man takes the ball out of the air, a free kick will be awarded to the opposing ruckman.

## **5. Transition:**

When a team moves the ball from the back zone to the forward zone, it must be touched by a player from the centre zone, or a free kick will be paid to the opposition team.

## **6. Scoring:**

Only forward zone players can score.

## **7. Out of Bounds:**

- a) Where the ball goes out of bounds from a kick, a free kick will be awarded to the nearest opponent.
- b) If there is a doubt as to which team kicked the ball out of bounds, the umpire shall call for a ball-up, five meters inside the boundary.
- c) When the ball goes out of bounds off hands or body, the umpire shall call for a ball-up five meters in from the boundary.

## **8. Bouncing the ball:**

- a) A player in possession of the ball is **not permitted to bounce it.**
- b) A player may run up to ten (10) meters with the ball before disposing of it by hand or foot and
- c) May not touch it again until it has been touched by another player.

## **9. Kicking off the ground:**

A player is not permitted to deliberately kick the ball off the ground. A free kick will be awarded against the offending player.

#### **10. Mark:**

A mark is awarded when a player catches or makes a reasonable attempt to catch the ball from another player's kick (gets 2 hands to the ball & stops the ball); regardless of how far the ball has travelled.

#### **11. Tackling:**

**Players cannot:**

**Hold an opponent with their hands.**

**Knock the ball out of an opponent's hands.**

**Push the player in the side.**

**Deliberately bump another player.**

**Steal the ball from another player.**

**Please note:**

- a) When the umpire considers that a player (who has had a reasonable opportunity to dispose of the ball) chooses to barge, fend off or chop past opponents, he/she shall lose the ball and a free kick will be awarded to the nearest opponent.
- b) A player may not attempt to snatch or steal the ball from another player who has full possession of the ball. In the event of this occurring, the player with the ball shall receive a free kick.
- c) A player is not permitted to push, shoulder or block an opponent not in possession of the ball.
- d) Shepherding is not permitted

#### **12. Staying in position:**

The introduction of zoning will ensure that players remain in their positions. Umpires and coaches should instruct players to stay in their correct positions.

#### **13. Coaches**

The coach is allowed on the playing arena to instruct and attend to injuries but must position himself or herself so as not to interfere with the play.

#### **14. Spirit of the Game:**

At the end of the game all players and coaches should gather together on the ground and shake hands.

The umpire may also take this opportunity to address the players.

#### **15. The Game:**

- a) No premiership wins or losses points will be awarded or recorded.
- b) No final series to be played
- c) No publication of ladders

**All other rules are as per the Laws of Australian Rules Football.**

# **UNDER 11- FOOTBALL RULES AND MATCH CONDITIONS**

## **1. Playing Ground:**

The playing ground should be approximately two thirds senior size.

## **2. The ball size:**

Under 11 teams shall use a size 3 football.

## **3. The team:**

The team on the ground shall be divided into three equal groups (forwards, centres and backs) however there are no defined zones & players are not restricted as to where they may move during the match.

All players should be rotated during the game, so that they experience all positions.

**Where difficulty occurs, fielding full numbers, both coaches and team managers must agree to assist to equate player numbers.** Excess players should be given to the opposition team if they are unable to field the required numbers. The spirit of the game is to give all available players a game of football.

## **5. Start of Play:**

- a) The game shall be started by a ball-up between two centre-line players in the middle of the oval.
- b) Players contesting the ball-up shall be of similar size.
- c) A player may not grab the ball at ball-ups and play on. The player must knock, palm or punch the ball to a team mate or open ground and may not play the ball again until it has either been touched by another player or hits the ground. This is known as the 'full possession' rule. If the ruckman takes the ball out of the air, a free kick will be awarded to the opposing ruckman.
- d) No more than three players from each team shall be within ten (10) meters of the ball-up

## **6. Out of Bounds:**

- a) Where the ball goes out of bounds from a kick, a free kick will be awarded to the nearest opponent.
- b) If there is a doubt as to which team kicked the ball out of bounds, the umpire shall call for a ball-up, five meters inside the boundary.
- c) When the ball goes out of bounds off hands or body, the umpire shall call for a ball-up five meters in from the boundary.
- d) At the ball-up 'full possession' is not permitted.

## **7. Bouncing the ball:**

- a) A player in possession of the ball **may bounce the ball only once.**
- b) A player may run up to ten (10) meters before bouncing the ball and may run a further ten (10) meters before disposing of it by hand or foot and may not touch it again until it has been touched by another player.

## **8. Kicking off the ground:**

A player is not permitted to deliberately kick the ball off the ground. A free kick will be awarded against the offending player.

## **9. Marking:**

A player catching the ball directly from the kick of another player shall be awarded a mark irrespective of the distance travelled by the ball.



## **10. Tackling:**

**Players cannot:**

**Knock the ball out of an opponent's hands.**

**Push the player in the side, back or front.**

**Deliberately bump another player**

**Players can:**

**Apply a wrap around tackle.**

**Steal the ball from another player.**

**Shepherd**

### **Please note:**

- a) Wrap Around Tackle - A player with the ball may be tackled by an opponent wrapping both arms around the area below the top of the shoulders and above the knees. A tackle can be made from either side of the player or from behind. The player in possession of the ball, when held by an opponent applying the wrap around tackle, should be given a reasonable chance to dispose of the ball by either a kick or a handball. If the player in possession fails to dispose of the ball a free kick for holding the ball will be awarded to the tackler. If the tackler takes the player in possession of the ball to ground or slings the player a free kick shall be awarded to the player being tackled.
- b) When the umpire considers that a player (who has had a reasonable opportunity to dispose of the ball) chooses to barge, fend off or chop past opponents, he/she shall lose the ball and a free kick will be awarded to the nearest opponent.
- c) A player may attempt to snatch or steal the ball from another player who has full possession of the ball. In the event of the attempt being unsuccessful, the player with the ball shall receive a freekick.
- d) A player is not permitted to push or bump an opponent not in possession of the ball.
- e) A player is permitted to block an opponent without the ball in a shepherding motion; i.e. arms extended to restrict the movement of the opposition player

## **11. Staying in position:**

To minimize congestion, players will be instructed by the Umpires to stay in their correct positions.

## **12. Coaches**

The coach is allowed on the ground during play for the purpose of teaching or attending an injury however the coach must position himself or herself so as not to interfere with the play.

## **13. Spirit of the Game:**

At the end of the game all players and coaches should gather together on the ground and shake hands.

The umpire may also take this opportunity to address the players.

## **14. TheGame:**

- a) No premiership wins or loses points will be awarded or recorded.
- b) No final series to be played
- c) No publication of ladders

**All other rules are as per the Laws of Australian Rules Football**

# **UNDER 14 & 17 - FOOTBALL RULES AND MATCH CONDITIONS**

## **1. Playing Ground:**

The playing ground will be the senior size.

## **2. The ball size:**

Under 14 teams shall use a size 4 football.

Under 17 teams shall use a size 5 football.

## **3. The team:**

Under 14 teams can have up to 24 players named each week.

Under 17 teams can have up to 22 players named each week.

## **4. Out of Bounds:**

- Where the ball goes out of bounds, a free kick will be awarded against the team who last touched the ball.
- If there is a doubt as to which team touched the ball prior to it going out of bounds, the umpire shall call for a ball-up, five meters inside the boundary.

**All other rules are as per the Laws of Australian Rules Football**

# **ASSOCIATION MATCHES TIMETABLE AND SELECTION PROCESS**

- APFL Under 14 association Coach is to be nominated asap.
- Association trainers are supplied on a rotation basis at the responsible club's cost.

## **Under 14 Carnival - AUGUST**

- The under 14 carnival is to be held on the 23<sup>rd</sup> of August. It is the responsibility of the under 14 coach from all clubs to nominate their players from any grades if necessary, so that the best possible team may be selected regardless of what grade they are playing.
- The names are to be supplied to the Junior Coordinator by the 21<sup>st</sup> of July and then a full list of nominated players will be sent to the clubs so they may make suggestions to the Junior Coordinator of any opposition players that should be invited, and those names will be discussed with the appointed coach.
- Invitations should be out to players by the 25<sup>th</sup> of July to allow at least 3 and preferably 4 training sessions to be held at a central ground or at the actual venue.



# Adelaide Plains Football League Inc

Affiliated with the South Australian Community Football League Inc

APFL FORM 1

## Medical Profile – Personal Record 2020

### Personal Details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Emergency Contacts

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Relationship: \_\_\_\_\_

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Relationship: \_\_\_\_\_

### Health Care Details

Medicare Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Private Health Fund: Yes / No

Fund Name: \_\_\_\_\_ Hospital Cover: Yes/No  
Extras Cover: Yes/No

Ambulance Cover: Yes/No Membership Number: \_\_\_\_\_

Private Doctor: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

### Regular Medication

Medication Name	Dose	Frequency	Method	Side Effects

Allergies: Yes / No

Indicators of reaction: \_\_\_\_\_

Please attach Doctors Medical Plan to this document. \_\_\_\_\_

**PAGE 1**

**PLEASE COMPLETE**  
**PAGE**  
**2 OVER THE PAGE.**

### Past History

Epilepsy: Yes/No  
Diabetes: Yes/No  
Hepatitis: Yes/No  
Asthma/Bronchitis: Yes /No  
HeartProblems: Yes/No  
HeartMurmur: Yes/No

### Have you suffered?

- a) A fracture in the last 3 years? Yes/No  
If yes, where?  
b) A dislocation? Yes/No  
If yes, where?

### Do you wear

- a) Glasses? Yes /No  
b) Contact Lenses? Yes /No  
c) Protective Headwear? Yes /No

Please list any sports injury which is current/recurring or that we should be aware of-

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Are you an Aboriginal or Torres Strait Islander or were you born overseas? Yes/No.

If YES, please give details.

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### PLEASE NOTE:

All information gathered will only be used for medical reasons where necessary and will be destroyed at the end of the APFL season. It will not be distributed in any way other than for its purpose or will not be given out to unauthorised persons.

### SACFL CYBERSAFETY POLICY 2016 – Appendix 12

By signing this form I, ..... (PLAYERS NAME)  
acknowledge that I have read and agree to abide by the **SACFL CYBERSAFETY POLICY 2016-Appendix 12.**

Signature: .....

Date: ...../...../.....

**SACFL Cybersafety Policy can be found at the end of this JP Document and  
on APFL Sporting Pulse Web Page under the TAB – Stationery & Resources / SACFL Documents / Cybersafety Policy-Appendix 12**



## Appendix 12 SA Community Football League



# CYBERSAFETY POLICY

### Creating a Cybersmart Environment

Social networking sites like Facebook, MySpace, Twitter and YouTube can be a great way for clubs to provide information, promote their sport, their activities and successes.

As with off-line communities, some social media users can act anti-socially and show disrespect for their online community with little consideration of the social and potentially legal implications. Issues like bullying and harassment, unwanted or inappropriate contact, uploading of inappropriate or offensive content can cause issues for individual club members or the club involved.

In the club environment you may choose to promote **cybersafety** by recommending to you members to

- *Use the privacy settings*
- *Keep your private information private.*
- *Think before you post any content, video, images or text, online. You can put it up, but you can't necessarily take it down. Ask before posting images or stories about others. What you see as harmless fun may be embarrassing and humiliating for them and create a poor club image*
- *Don't project an undesirable self-image of yourself or the club*
- *Choose your online friends wisely. Others' inappropriate views and behaviours can reflect badly on you and the club.*
- *Communicate with others as you would do offline, with courtesy and respect.*
- *If you think someone is being bullied or harassed online, speak out.*

*If club members are involved speak with your coach or club official. The club will not tolerate this behaviour*

### Rationale

The SA Community Football League (SACFL) has an obligation to maintain a safe physical and emotional environment for league officials, staff, registered players, umpires, coaches, club members, parents, spectators and sponsors. This responsibility is increasingly being linked to the use of the Internet and Information & Communication Technologies (ICT), and has seen the emergence of a number of related Cybersafety issues. The Internet and ICT devices/equipment bring great benefits to all users and to the effective operation of the SACFL, individual leagues and clubs.

The SACFL places a high priority on the acceptable use of ICT devices/equipment which will benefit members however; it recognises that the presence in the sporting arena of these technologies can also facilitate anti-social, inappropriate, and even illegal behaviour and activities. The SACFL aims, therefore, to maximise the benefits of these technologies, while at the same time to minimise the dangers and manage the risks.

### Policy

The SACFL and its member clubs encourage effective and safe Cybersafety practices which aim to maximise the benefits of the Internet and ICT and allow for the effective operation of the SACFL and member leagues and clubs, whilst minimising and managing any risks.

The SACFL takes seriously its responsibility in providing robust policy and guidelines for its members in relation to what is deemed acceptable and appropriate online behaviours. The League and/or club name, motto, crest, logo and/or uniform must not be used in any way which would result in a negative impact for the league or club and its members.

Members of the SACFL and its clubs have a responsibility to ensure that all online communications are in keeping with the leagues expectations in relation to appropriate and respectful interactions with officials, coaches, umpires, players, parents, spectators and sponsors. Players will not post

inappropriate comments about individual SACFL or club members which if said in person during the playing of a game would result in disciplinary action being taken.

## **Images of Children**

In South Australia under the Summary Offences Act 1953 a person must not engage in indecent filming. Images of children and adults should not be used inappropriately or illegally.

Wherever possible, obtain permission from a child's parent/guardian before taking an image of a child that is not their own and ensure that the parent knows the way the image will be used. The privacy of others needs to be respected and clubs should disallow the use of camera phones, videos and cameras inside changing areas, showers and toilets.

Clubs or Associations displaying an image of a child should avoid naming or identifying the child or, wherever possible, avoid using both the first name and surname.

Do not display personal information such as residential address, email address or telephone numbers without gaining consent from the parent/guardian.

Additional information such as hobbies, likes/dislikes, school, etc should not be included as this information can be used as grooming tools by paedophiles or other persons.

It is the responsibility of the organisation to only use appropriate images of a child, relevant to the sport and ensure that the child is suitably clothed in a manner that promotes the sport.

## **Cyber bullying**

"Cyber bullying is a way of delivering covert psychological bullying. It uses information and communication technologies to support deliberate, repeated and hostile behaviour, by an individual or group that is intended to harm others." (Belsey 2007)

Cyber bullying includes, but is not limited to, the following misuses of technology: harassing, teasing, intimidating, racially vilifying or threatening another person by sending or posting inappropriate and hurtful e-mail messages, instant messages, text messages, phone messages, digital pictures or images, or Web site postings (including social network sites eg Facebook or blogs) and the sending, receiving and/or possession of naked or sexually explicit images of a person. Club members must also be aware that postings from their individual accounts, whether done by themselves or another person will remain the responsibility of the account owner.

All members of the SACFL and individual clubs must be aware that in certain circumstances where a crime has been committed, they may also be subjected to a criminal investigation by Police over which the league and/or club will have no control. This particularly applies to „sexting“ where the image is of a person under the age of 18 years whereby Police will be informed immediately a club becomes aware of the situation.

## **Procedure**

SACFL and/or club officials or members who feel that they have been the victims of such misuses of technology should save and store the offending material on their computer, mobile phone or other device. They should then print a copy of the material and immediately report the incident to the relevant club/league representative.

All reports of cyber bullying and other technology misuses will be investigated fully in accordance with SACFL Regulation 5.0 and may result in a notification to Police where the SACFL, league or club is legally obliged to do so.

If the SACFL and/or individual League's executive receives a complaint about an online issue, the allegations will be forwarded to the relevant League Investigation Officer.

If there is evidence, charges will be laid and the complaint will proceed to the league's Independent Tribunal, exactly the same as if the investigation relates to physical violence or other reportable offences.

## **Penalties**

Any proven charges will automatically lead to a minimum of a two (2) match suspension for a registered player. In deciding the final penalty, consideration will be given to the seriousness of the act, the impact on the victim, the impact on the club/league/ SACFL and the prior good history or

otherwise of the player. Players charged with these types of offences for a second or subsequent time and where a suspension has been previously imposed will face deregistration.

Any player presented before the tribunal for the first or subsequent time on a cyber bullying offence must be aware that the penalties available to the tribunal members will cover the complete range including deregistration.

In the case of a non playing club member being proved to have engaged in harassment or bullying, the club employing, engaging or otherwise associated with the person at the time of the conduct shall be deemed to be vicariously liable for the conduct of the person and shall pay to the League a penalty to be determined by the league.

***Important terms used in this document:***

- *The abbreviation 'ICT' in this document refers to the term 'Information, Communication and Technologies.*
- *'Cybersafety' refers to the safe and responsible use of the Internet and ICT equipment/devices, including mobilephones.*
- *The term 'ICT equipment/devices' used in this document, includes but is not limited to, computers (such as desktops, laptops, PDAs), storage devices (such as USB and flash memory devices, CDs, DVDs, floppy disks, iPods, MP3 players), cameras, (such as video, digital webcams), all types of mobile phones, video and audio players/receivers (such as portable CD and DVD players), gaming consoles and any other similar technologies as they come into use.*