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<b>2025 Competition Champions</b>	
1 <sup>st</sup> Grade Men	Milton Ulladulla
Reserve Grade Men	St Georges Basin
Third Grade Men	Milton Ulladulla
Over 35/s Men	Sussex Inlet
Over 45 Men	Illaroo
1 <sup>st</sup> Grade Women	Milton Ulladulla FC
Reserve Grade Women	Milton Ulladulla FC
Over30 Women	Culburra
Under 16 Girls	Huskisson Vincentia
Under 14 Girls	Illaroo
Under 12 Girls	Huskisson Vincentia
Under 16 Boys	Milton Ulladulla
Under 14 A Boys	St Georges Basin
Under 14 B Boys	Culburra
Under 12 A Mixed	St Georges Basin
Under 12 B Mixed	Sussex Inlet
Under 11 A Mixed	Huskisson Vincentia
Under 11 B Mixed	Manyana
Under 11 C Mixed	Illaroo
Under 10 A Mixed	Bomaderry
Under 10 B Mixed	Sussex Inlet
Under 10 C Mixed	Not played

<b>2025 Premiers</b>	
1 <sup>st</sup> Grade Men	Milton Ulladulla
Reserve Grade Men	St Georges Basin
Third Grade Men	Milton Ulladulla
Over 35/s Men	Sussex Inlet
Over 45 Men	Illaroo
1 <sup>st</sup> Grade Women	Huskisson Vincentia
Reserve Grade Women	Huskisson Vincentia
Over30 Women	St Georges Basin
Under 16 Girls	Huskisson Vincentia
Under 14 Girls	Illaroo
Under 12 Girls	
Under 16 Boys	Milton Ulladulla
Under 14 A Boys	Milton Ulladulla
Under 14 B Boys	Milton Ulladulla
Under 12 A Mixed	St Georges Basin
Under 12 B Mixed	Milton Ulladulla
Under 11 A Mixed	Huskisson Vincentia
Under 11 B Mixed	Shoalhaven United
Under 11 C Mixed	Illaroo
Under 10 A Mixed	Shoalhaven Heads Berry
Under 10 B Mixed	Sussex Inlet
Under 10 C Mixed	Not Played



<b>2025 SDFA Awards</b>	
Len Bolden Medal	Nathan Avery, Milton Ulladulla
Phil Webb Medal	Stephanie Miller, Huskisson Vincentia
Ian Cockburn	Matthew Bailey, Sussex Inlet
<b>Senior Men's Player of The Year</b>	
1st Grade	Brendan Apperley, St Georges Basin
Reserve Grade	Billy Zappas, Manyana
Third Grade	Sushil B K, Bomaderry
Over 35's	Kaine Good, Shoalhaven United
Over 45's	Dave Zerafa, Huskisson Vincentia
Adam Federici Rookie of The Year	Kayden Sullivan, St Georges Basin
Scott Fagerlund 1st Grade Goalkeeper of the Year	Bailey Brown, St Georges Basin
Men's Coach of the Year	Nick Palagyi, Milton Ulladulla
<b>Golden Boot Award</b>	
1st Grade	Logan Connell, Milton Ulladulla
Reserve Grade	Travis O'Brien, St Georges Basin
Third Grade	Sushil B K, Bomaderry
Over 35's	Kaine Good, Shoalhaven United
Over 45's	Michael Edwards, Illaroo
<b>Senior Women's Player of the Year</b>	
1st Grade	Kelli Lloyd, Culburra
Reserve Grade	Samantha Walsh, Milton Ulladulla
Over 30's	Brooke Blake, Illaroo
Wendy McCarthy Rookie of the Year	Lily Heckenberg, St Georges Basin
Goalkeeper of The Year	Skye Williams, St Georges Basin
Coach of The Year	Mark Ball, Huskisson Vincentia
Over 30's Best on Ground GF	Kelli Lynch, St Georges Basin
<b>Golden Boot Award</b>	
1st Grade	Karyn Coleman, Milton Ulladulla
Reserve Grade	Samantha Walsh, Milton Ulladulla
Over 30's	Hayley Prayetno, Culburra
<b>Other Awards</b>	
Peter Leedham Award	Luke Nolan
Senior Club Champions	Milton Ulladulla
Referee of the Year	Valentin Tasevski
Referee's Fair Play Award	Sussex Inlet



<b>2025 Shoalhaven FC</b>	
1st Grade Players Player	Matthew White
Coaches Award	Ryan Wiggins
Golden Boot	Ales Cheyne
Reserve Grade Players Player	Bryon Osgood
Coaches Award	Ben Martin
Golden Boot	Matthew Graham
Youth Grade Players Player	Jackson Hill
Coaches Award	Jackson Amos
Golden Boot	Timothy Hopkins
Womens 1st Grade Players Player	Meredith Cheyne
Coaches Award	Kaitlyn Sennitt
Golden Boot	Shaylee Meehan
Womens Reserve Grade Players Player	Sarah Kilby
Coaches Award	Selina Harden
Golden Boot	Shae Paananen



## **Section 1. General Rules**

### **General**

**1.1.1** Players in all competitions conducted by the Association are subject to the provisions of Section 9 Disciplinary in its entirety.

**1.1.2** All Rules are subject to the SDFA boards discretion, the SDFA Boards ruling is final in all matters pertaining to the Competition Rules.

### **1.2 Wet Weather Arrangement**

**1.2.1** If the playing surface is in doubt due to rain, a club official must inspect the ground and report to the Junior / Senior Competition Administrator. Games will be transferred where possible, cancellations will be last resort.

**1.2.2** Where grounds are known to be too wet, advice should be provided as far as possible in advance to allow games to be re allocated.

**1.2.3** Saturday games, if grounds have not been closed the previous day an inspection must be carried out by 7a.m. on the day of play. The clubs must inform the Junior / Senior Competition Administrator. The Competition Administrator will then notify all clubs and post onto Shoalhaven football's face book page, which grounds are playable and which are not. Clubs are also, encouraged to place the notice on their club's social media page as well.

**1.2.4** Failure of a club to inspect the ground and make a report by 7am will incur a fine.

**1.2.5** If a ground is declared unfit for Junior games in the morning it cannot be opened for Senior matches in the afternoon

**1.2.6** For night games Notification must, be made to the Junior / Senior Competition Administrator by 1pm on the day of the match.

### **1.3 Referees**

**1.3.1.** Referees when available, shall be appointed by the Referee's Association or Cadet Referee Coordinator. If no official referee has been appointed, the home team is responsible for providing a referee. If playing at a neutral venue, the TEAM listed first on the draw is, deemed to be the home team.

**1.3.2** When an official referee or Cadet referee is present on the ground and is prepared to officiate, he/she shall be allowed to do so and shall take precedence over any non-official referee appointed by the team managers.

### **1.4 Poaching of Players.**

**1.4.1** No Coach, Manager or club official are to poach players from another club. If a club has any evidence of poaching of players, they are to inform the Secretary of the SDFA Inc. by letter, any disciplinary action will be taken by the Disciplinary Tribunal (DT) or the Board. Poaching of players will be viewed as a serious offence and dealt with accordingly.

### **1.5 Jacketed Officials -Roles and Responsibilities**

**1.5.1** All Clubs and Teams participating in a Match conducted by Shoalhaven District Football (SDFA) must provide a minimum of two people to act in the role of ‘Jacketed Official’ for senior and junior matches, one official is required for night competitions, Failure provide the required number of Jacketed Officials within 10 minutes of the nominated kick-off time will result in the offending Club/Team being fined per Match and any other sanction deemed applicable by SDFA.

**1.5.2.** The match will not start until the Jacketed Officials are in position.

#### **Jacketed Officials must:**

- (a) be 18 years of age or older;
- (b) wear clothing that readily identifies them as a Jacketed Official;
- (c) patrol all fields used throughout the relevant match(s) and ensure they are located in positions where they are clearly visible to Participants and which are appropriate for monitoring on-field and off-field incidents and Spectator behaviour;
- (d) Make themselves clearly visible to the Match Officials prior to the commencement of a Match and ensure their names are displayed on the applicable match sheet;
- (e) accompany Match Officials on and off the field of play if required or appropriate to do so ensure that, at all times, their Spectators comply with the FFA Spectator Code of Behaviour. If their Spectators are behaving contrary to the Code of Behaviour, a Jacketed Official must, if it is safe to do so, remind those Spectators of their obligations under the Code of Behaviour and issue any reasonable directions to those Spectators, including a direction to leave the venue. If those Spectators fail to comply with the Jacket Official’s reasonable directions, he/she should, contact the home Club representative for further assistance. If required the home Club official representative is to contact the police or relevant emergency services for support.
- (f) NOT be involved in other duties while acting as a Jacketed Official (not refereeing, coaching managing, canteen duties etc.);
- (g) NOT engage in any verbal or physical altercation.
- (h) NOT consume alcohol or smoke while acting as a Jacketed Official;  
  
NOT, unless it is safe to do so, approach opposition Spectators behaving inappropriately and must instead approach opposition Jacketed Officials to resolve any issues. If opposition Jacketed Officials are unwilling or unable to assist, and opposition Spectators continue to behave inappropriately, the
- (i) Jacketed Official should, if necessary, contact the home Club representative for further assistance. If required the home Club official representative is to contact the police or relevant emergency services for support



- (j) within 48 hours of a Match, provide a written report to SDFA setting out any inappropriate Spectator behaviour, including any failure by a Spectator to comply with a Jacketed Official's reasonable direction and/or any failure by opposition Jacketed Officials to provide assistance in controlling opposition Spectators; and
- (k) Conduct themselves in a manner that enhances, rather than injures, the reputation and goodwill of SDFA and football generally.

Clubs, Teams and Jacketed Officials that fail to comply with these Roles and Responsibilities may be fined by SDFA or dealt with in accordance with the SDFA Disciplinary Regulations.

Clubs, Teams and Jacketed Officials that fail to comply with these Roles and Responsibilities may be fined by SDFA or dealt with in accordance with the SDFA Disciplinary Regulations

### **1.6 Ground Officials**

**1.6.1.** Ground Officials have the authority to remove any offending persons from the officially marked areas, if the ground is fenced they can be removed outside the fence boundary, if they fail to leave the Council Ranger or police are to be called to have them removed, and a report made to the Association including names of the offenders.

### **1.7 Shin Guards**

**1.7.1** No player is to take the field, unless they are wearing shin guard protection of the commercial type.

**1.8 Playing Strip.**

**1.8.1.** Affiliated clubs should submit to the Board, a photograph prior to the commencement of the competition of all their playing strips, details of any intending changes of their playing strip including shirt socks and shorts for approval by the Board. Clubs may only wear their approved strips. Any conditions attached to wearing new strips are at Annex A.

**1.8.2.** No teams shall play each other wearing the same strip,

**1.8.3.** Goalkeepers shall wear colours easily distinguishable from all other players and the referee.

**1.8.4.** In the event of a clash of colours, the away team is to change into their alternate strip

**1.8.5.** All shirts in competition age groups shall have a number on the back at least 12cms high which shall be in contrasting colour to that of the shirt.

**1.9. Wearing of Jewellery & other Prohibited Items.**

All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are strictly forbidden and must be removed. Using tape to cover jewellery is not acceptable. Referees are also prohibited from wearing jewellery (except for a watch or similar device for timing the match). However, if in the opinion of the Referee, a medical bracelet or necklace presents no danger, then it may be allowed on the condition that it can be taped or bandaged to the body to provide protection. A medical bracelet can be covered by a tight wrist guard and similarly, a medical necklace can be sufficiently padded, a full copy of the guidelines can be viewed at [www.shoalhavenfootball.com.au](http://www.shoalhavenfootball.com.au) Policies.

**1.9.1.** The wearing of plaster or fiberglass or any stiff or hard casts or any other type of hard material is not allowed to be worn in any matches conducted by SDFA.

**1.9.2.** Full guidelines of Players Equipment Policy can be viewed at [www.shoalhavenfootball.com.au](http://www.shoalhavenfootball.com.au) in policies.

**1.10. Duration of Fixtures**

<b>Age Group</b>	<b>Time of Each Half</b>
Under 6 – Under 7	20 Minutes
Under 8 – Under 9	20 Minutes
Under 10 – Under 11	25 Minutes
Under 12 Girls	25 Minutes
Under 12 – Under 14 Boys	30 Minutes
Under 14 Girls	30 Minutes
Under 16 Boys and Girls	35 Minutes
Womens 1 <sup>st</sup> Grade	45 Minutes

Womens Reserve and Third Grade	40 Minutes
Womens Over 30's	35 Minutes
Men's 1 <sup>st</sup> Grade	45 Minutes + Injury Time
Men's Reserve and Third Grade	40 Minutes
Over 35's	40 Minutes
Over 45's	35 Minutes

**1.10a** First Grade men's games will have injury time added at the referee's discretion during the competition proper.

**1.11. Match Balls**

**1.11.1.** The home team shall be responsible for the provision of footballs

**1.11.2.** 1 (one) ball shall be supplied for under 6 – under 12'

**1.11.3.** Three (3) balls for all other age groups.

**1.11.4.** On a neutral ground each team shall provide One ( 1 ) ball for Junior Matches Three (3) for all Senior Matches

**1.12 Ball sizes shall be**

Age Group	Ball Size	Number of Balls Home team must supply
U6 -U9	Size 3	1
U10 -U13	Size 4	1
All other Age Groups	Size 5	3

**1.12. Champion of Champion Nominations.**

**1.12.1.** Any team playing above its own age group has the right to challenge the competition champions in its correct age group for the right to represent the Association in the Champion of Champions competition.

**1.12.2.** Competition Champions of A division competitions will be entered into the Champion of Champions.

**1.13. Female Players.**

**1.13.1.** Pregnancy is governed by FNSW Policy document that is on SDFA website, also a Pregnancy Check list that clubs need to follow.

**1.14. Un Financial Player.**

**1.14.1.** It is the responsibility of each club to ensure that all fees are paid by their players.

**1.14.2.** If Any player is deemed un financial by his club, the club may request SDFA not to allow the player to register with any other club, the club is to provide the details of any un financial player including FFA number to the SDFA Secretary by 30th June each year

**1.14.3.** Players notified to the Secretary in 1.14.2 will be deemed unfinancial and are to be deregistered by their club, failure to do so will result in no action taken by SDFA.

**1.15. Representative Trials.**

**1.15.1.** Only players who are registered with SDFA are eligible to trial for SDFA representative teams in theyear of trials.

**1.15.2** Players who were not registered with SDFA when trials were held and register with an SDFA affiliated club the following year may be considered to fill any vacancy that may occur within the Representative teams.

**1.15.3** Players who hold dual registration are ineligible to be considered for representative team participation.

**1.15.4** Any representative player who wishes to change clubs from the previous and current season must apply to SDFA to do so. All requests are to be on club letterhead ( both Clubs) and signed by the club secretary.

**1.15.5** Players who played for Southern Phoenix FC are to return to the club that they were at prior to playing for Southern Phoenix FC if they want to change from that club, rule 1.15.4 applies

**1.16 Trial Games.**

**1.16.2** Any club wishing to play a trial game are to follow the following procedures.

**1.16.3** If your club is playing a team under the jurisdiction of SDFA both teams are to complete the Trial Match Request Form Community Football form. Available from SDFA Secretary and Competition organisers, Match sheet is to be completed thru DRIBL.

**1.16.4** If your club is playing a trial match against a team from outside of SDFA jurisdiction than a trial Match Request Form Community Football is to be completed, online at FNSW, once completed it will be sent by FNSW to the opposing clubs Association for their approval, SDFA Senior Competition Convenor will approve SDFA's club once received from FNSW.

**1.16.5** If your club is travelling to the opposing team's ground than the club you are playing against has to complete the form, a copy will be sent to SDFA for approval.

**1.16.6** The form is available at [www.footballnsw.com.au](http://www.footballnsw.com.au), .

**1.16.7.** All players who take part in trial matches are to be registered with "Playfootball" as per rule 2.1.1, 2.1.2, 2.1.3, The competition organiser will enter the trial matches into DRIBL to enable clubs to complete the online match sheet.

### **1.17 Securing Field for Senior Matches**

**1.17.2** All fields that senior matches are played are to be roped off 3 metres from the sideline, no person other than players, coaches, team officials, match officials and yellow jacketed officials are allowed inside the boundary rope.

### **1.18 Concussion Guidelines**

**1.18.2** The FFA Guidelines on Concussion procedures has been adopted by SDFA in Annex A Policies Section 11 -FFA Concussion Guidelines.

**1.18.3** In the event of all substitutes have been used a player previously substituted can replace a concussed player. Referees are to submit an incident report on the injury.

**1.18.4** Concussed players will be unable to play for a period of ten (10) days following the concussion and will require a medical clearance prior to retaking the field.

**1.18.5** An additional permanent concussion substitution occurs when a player who has an actual or suspected concussion is substituted and takes no further part in the match. This substitution does not count as one of the 'normal' permitted substitutions (or substitution opportunities, where applicable

### **1.19 Good Behaviour Bonds**

**1.19.2** The board of SDFA at its discretion can place a club or player on a good behaviour bond, this may also require the club or player to pay a monetary value to SDFA who will then hold the amount imposed for the period of the good behaviour bond.

### **1.20. Club Payments SDFA.**

**1.20.1.** All clubs are to have paid all monies due to the SDFA by 30<sup>th</sup> June each year, failure to do so will result the club and all teams to be unfinancial, and that club will be removed from all competitions conducted by the SDFA

### **1.21 Mercy Rule for Junior Teams**

**1.21.1.** In all junior competition matches the mercy rule will apply when a team reaches ten (10) Goals, the game is to be stopped and teams evened up for the remainder of the match. Goals scored will be recorded only as ten (10) in the results and competition table.

### **1.22 Armbands**

Captain arm bands are to be worn in all competition age groups Under 13 to Seniors.



### 1.23. Smoking and Vaping

1.23.1. Smoking or vaping is prohibited at all grounds that SDFA matches are played as well any field used whilst training is occurring. SDFA has adopted FNSW Smoking policy. FNSW policy on Smoking can be found on SDFA website under policies.



## **Section 2. Registration**

### **2.1 General Registration Rules**

- 2.1.1** A player shall be deemed registered with the SDFA when the player completes registration and uploads a current Photo for ID cards to Playfootball at time of registration. A guideline to the Playfootball registrations can be found at [www.shoalhavenfootball.com.au](http://www.shoalhavenfootball.com.au) in the document is in the library .
- 2.1.2** The Id card system IN dribl will be used for all competitive age groups, Photos are on dribl match sheets for opposition coach or manager to sight
- 2.1.3** All Club Coaches and managers are to be registered with their club through "Playfootball" before the first competition round, They also are to be allocated to a team in dribl
- 2.1.4** No player, Coach or Club Official shall be entitled to take part in any trial or competition match unless they are registered with the SDFA on "Playfootball".
- 2.1.5** Player registrations must be completed in by their club in "Playfootball" at least 24 hours before they may play in competition / trial match.
- 2.1.6** A player shall be eligible to play for the club which they are registered to and no other club unless special permission is granted by the SDFA Board.
- 2.1.7** If the SDFA Board receives a registration for the same player, from more than one club, the player shall be registered with the club whose registration was first received.
- 2.1.8** A club playing an unregistered player, and the player concerned shall be dealt with by the Board or Disciplinary Tribunal. The Board may order the Offending team forfeit the match to the opposing team and also be fined.
- 2.1.9** Baptismal certificates, birth certificates, statutory declarations or such suitable proof of age is to be produced by all players registered with the Association in their initial season with the Association. It is the responsibility of the club to sight the evidence of age.
- 2.1.10** No registrations will take place after 30th June each year unless approved by the Board, such registration will only be permitted for players who have not been previously registered with this Association.

### **2.2 Maximum Player Numbers**

- 2.2.3** In Junior Teams the number of players in each team is limited to the Maximum registered to a team in Rule 2.2.2 Team Player Numbers , this may be extended with the permission of the Board. Players may be registered and others registered up to that number during the season in line with 2.1.10.

### 2.2.4 Team Player Numbers

Age Group	Maximum on Field	Minimum on Field	Maximum on game Sheet	Maximum Registered to Team
U6 - U7	4	N/A	7	7
U8 - U9	7	N/A	10	10
U10 – U11	9	6	13	13
U12	9	6	13	13
U13 - U16	11	7	16	16

### 2.3 Age of Players.

**2.3.3** The age of a player for the purpose of categorizing into the correct age group shall be the age that player turns during the current calendar year.

**2.3.4.** Where a player wishes to play more than two years above their own age group, approval must be obtained from SDFA. If approved parents / guardian of the player has to sign a Playing Above Age Consent form. Guidelines and consent form for playing above age are on SDFA website.

**2.3.5** A player may play up two years from his current age, without being assessed as to his ability to play in an older age group. Juniors playing up from U12s through to U16s are required to be assessed.

**2.3.6.** To play in Senior Men’s and women’s Competition a player must be turning 16 years of age in the current calendar year. They are to complete the Playing Above age consent form, the form is available on SDFA website under policies, also the parent should read the guidelines playing in a team above age group which is also available on the SDFA website, ([www,shoalhavenfootball.com.au](http://www.shoalhavenfootball.com.au))

**2.3.6** If a player is eligible to play in the Junior Competition, but cannot due to the number of players in the team as outlined in Rule 2.2.2 if that player is allocated to the Senior Competition, the player is team tied and cannot play in the Junior Competition they are age eligible to participate in.

**2.3.7** To be eligible to play over 35’s the player must turn 35 within the current calendar year.

**2.3.8** To play in the Mini Roo’s a player must turn five (5) years of age in the current calendar year.

**2.3.9** Female Players are only permitted to play in junior mixed competitions up to and including under 12’s or according to current State rules.

### 2.4 Transfers.



**2.4.3** A player wishing to transfer to another club within the Association must deregister from his current club and then re-register for his new club.

**2.4.4** The club has seven (7) days to action the de-registration request.

**2.4.5** Transfer of players between clubs shall cease on the 30th June each year.

## **2.5 Dual Registration.**

**2.5.3** A Player can be registered with only one Club at a time, this is subject Rule 2.1.6

**2.5.4** A Player registered with FFA can play only for the Club (in the relevant form of the game) nominated on the Prescribed Form unless the Player is playing:

A. for a Representative Team;

B. for a school team that is not a Club;

C. Summer Sevens

D. in a benefit, testimonial or charity match if that Player has written special permission from

SDFA

## **2.6 Clearances**

**2.6.3** Where a club, team or player(s) wish to play outside SDFA boundaries in a competition organized by another Association or body for any reason, the club, team or player(s) concerned must apply for and obtain a release permit from the Association within whose boundaries it or they are situated

## **2.7 De-Registrations and Refunds**

**2.7.1** All player de-registrations must be completed prior to round 1 of the competition in order to be eligible for a refund.

**2.7.2** Refunds will only be issued in accordance with the Shoalhaven District Football Association (SDFA) refund policy and are subject to Football NSW Refund Policy and Playfootball guidelines.

**2.7.3.** If a deregistration occurs after the competition has commenced, no refund will be issued, except in cases where a player is transferring to another club

**2.7.4.** Football NSW Refund policy is available on SDFA website. The current SDFA refund policy in full is in section 12.

## **2.8 Reinstatement of Non-Amateur Player**

**2.8.1** In the case of a Non-Amateur player wishing to be reinstated as an Amateur player a clearance will be required from Football NSW. A period of 30 days has to be elapsed from the player's last match as a Non-Amateur player before they can play as an Amateur, or with the current Football Australia rules and regulations. (Art. 25) The player will not be allowed to play until SDFA is notified by Football NSW that the player is cleared to play

## **Section 3. Junior and Senior Competition**

### **3.1 Nominations.**

**3.1.1** Competitions shall be open to teams nominated by clubs affiliated with the SDFA. Nominations shall be submitted to the SDFA by a date determined by the Board. Nominations are to be sent to SDFA listing the number of teams in each grade ( Not grades that the club wishes to participate in )

**3.1.2** All clubs entering SDFA senior competitions must nominate a 1<sup>st</sup> grade team, clubs with only one team the placement of that team is at the Boards discretion, clubs entering two (2) into SDFA senior competitions, the placement of the second team is at the Boards discretion. A maximum of seven (7) players must be registered through Playfootball for the team nomination to be accepted.

### **3.2. General**

**3.2.1.** Competitions shall be arranged by the board in suitable age groups, from under 10 to over 45's where applicable each year after Team nominations have been received.

**3.2.1a** If for any unforeseeable reason competitions cannot be completed, SDFA will declare the Competition Champion to the team who is leading the respective competition at the time the competition could not proceed to completion, and no team would be declared Premiers

**3.2.1b.** A club that wish's to withdraw a team from the competition during the season has to withdraw their lowest grade team ( i.e. A club with 1<sup>st</sup> grade, reserve grade, and third grade would have to withdraw third grade.) Fines or other penalties may be imposed by the SDFA Board.

### **3.3. Alcohol Prohibited Pre-match**

**3.3.1.** No Alcohol is to be consumed by any player before playing in a match, any player suspected of having alcohol is intoxicated must not take the field. The enforcement of this rule is the responsibility of the players club.

### **3.4. Competition Fixtures**

**3.4.1.** SDFA Board shall determine the makeup of teams in a competition and draw up a fixture list for the Competitions as soon as possible after nominations have concluded. The Competitions where possible will be drawn on a home and away basis.

**3.4.2. Competitions conducted by the Association shall be:**

- (a) District Premiership
- (b) District Knockout
- (c) Pre-Season
- (d) Summer 7 aside



(e) And other competitions that are considered suitable

### **3.5. Women's Competition**

**3.5.1.** The Women's Competition may be conducted in two divisions and over 40's or as the Board decides for the better of the competition, on a home and away basis.

**3.5.1a** In women's and Girls competitions players are allowed to cross their arms to protect their chests from a ball hitting that area of the body, the arms are to form part of their body not out in front of their body.

**3.5.1b** The Over 30's competition will be played on Thursday nights.

#### **3.5.2. Two Club Teams in Age Group**

**3.5.2a.** Where two Junior teams from the one club are playing in the same age group in different divisions in a competition, which is graded, from the start of the season, representative players must play in the highest division of their club. Unless the Representative player is younger than the age groups maximum age, they are eligible to play in the lower division of that Competition.

**3.5.2b.** When two teams from the same club enter teams in the same grade, all players who play in those teams, are team tied from the start of the competition.

### **3.6. Late Start.**

**3.6.1** A period of ten minutes (10) grace shall be allowed in the event of the game not starting at the scheduled time, at the end of this period of grace, if the game has not started, the game shall be called off and the circumstances reported to the Competition Administrator who shall refer it to the Board for a decision as to whether a forfeit or replay is required. In the event of the game starting within the period of grace, the game shall be shortened by the number of minutes the kick off was delayed, both halves shall be of equal duration.

**3.6.2.** Where the circumstances will not permit full time to be played the two managers shall mutually arrange with the referee for a lesser duration. In all cases both halves shall be of equal duration and a maximum of five (5) minutes interval between halves shall be allowed. The referee shall keep the time for the game and this time shall be official.

**3.6.3.** Where matches of two or more different grades are being conducted on the one ground and a delay occurs in the preliminary match, it shall be played in equal halves of lesser time as to allow the next match to start on time. Except in the case of the Final series where the full amount of time is to be played in each grade.

**3.6.4.** The consent of the referee must be obtained before the kick off may be delayed from the programmed time

### **3.7. Non-Completed Matches.**

**3-7-1** Any fixture which, cannot be played or completed owing to causes over which neither club has any control shall be played within 15 days from postponement of the scheduled match or by the date specified by the SDFA Board. The failure of an official referee to officiate at the match shall

never be regarded as sufficient grounds for the match to be postponed. If the match is not played within the time limit, the game will be set by the Board. If a club does not play on the date set by the Board the match will be forfeited and fines will be incurred. If a match is not completed, the players who appeared on the team sheet at the start of the match are the only players who can play. If the board deem that the match has to be completed.

### **3.8 Abandoned Matches.**

**3.8.1.** If a match is abandoned after the start for any reason the Board will make a decision if the match is to be replayed, abandoned, or points awarded to either team. If the board deem that match is replayed, the players who appeared on the team sheet at the start of the abandoned match are the only players who can appear on the teamsheet and play in the match.

### **3.9. Forfeit Rule.**

**3.9.1** If a team gives notice of an impending forfeit to the opposing team and to the Competition Administrator three days or more prior to the match, a fine will be imposed, however a forfeit without this advance notice will also incur a fine plus a cost to the Referees fees.

**3.9.2.** In the event of a Senior First Grade team forfeiting a match when their lower grades have played at the same venue the penalty will be loss of any competition points for the lower grades as well as the fine. The loss of points for the lower grades will be treated as a forfeit to the oppositions lower teams.

**3.9.3.** Any club which, without just cause, fails to play its fixtures as scheduled shall be liable to disciplinary action by the Board, or the disciplinary Tribunal and may forfeit the points to the opposing team.

**3.9.4.** A team which forfeits two matches in a grade during the competition, can be expelled from that competition at the SDFA board's discretion..

### **3.10. Deferred - Postponed Games or Re arranged Games**

**3.10.1** The Competition Administrator or the Board can only defer games. Any teams that have 2 (Two) or more players unavailable due to representative commitments, or formal school activities such as excursions are entitled to a deferred match, requests and arrangements must be made through the Competition Administrator at least 72 hours prior. A Representative Player is a player who is selected in a Representative Team, which, comes under the control of Shoalhaven, Southern NSW Football or Football NSW or a higher authority.

**3.10.1a** Any application by a club for rearrangement of a Competition fixture shall be in writing and be received by the Competition Administrator and the SDFA Secretary at least five days prior to the date upon which the match was scheduled to be played. The SDFA Board may re-arrange any fixture in the competitions whether or not such a request has been received from a club participating.

### **3.11 Results.**

**3.11.1.** The Referee shall be responsible for reporting the results thru the match sheet on dribl if an official referee is appointed to the match

### **3.12. Substitution**

**3.12.1.** In all Competition grades , Substitutes shall be limited to the replacement of five (5) players.

**3.12.1b** Substitutes may be made at any time after the start of the match and for any reason provided the substitutes have been previously listed as substitutes on the team sheet at the start of the match. A maximum of 16players per team sheet is allowed. The referee shall stop play to allow any substitutions during all competition fixtures. The referee shall add time on for all Substitutions in first grade and Senior Finals

**3.12.1c** Substitutions are to be made from the marked interchange area, during a stoppage in play.

**3.12.1d** All Substitute players must wear a coloured vest that does not conflict with either the home or awayteam strip.

### **3.13 Interchange.**

**3.13.1** In all competitions conducted by the SDFHA for age groups Under 12 and up to and including Under 16's, Women's, Reserve Grade, Third Grade Over 35's and Over 45's or any other grade as determined by the board, the interchange format will be used. Interchange of players is unlimited. Interchanging of players is permissible only during a stoppage in the game in those age groups. The interchange procedure shall be as below. There will be no time added on for any interchange. Interchange players must wear a coloured vest that does not conflict with either the home or away teamstrip interchanges are to be made from the marked interchange area. Players are to exit the field at the closest point. The Interchange zone will be an area one (1) meter either side of the halfway line. An interchange is one, which is made when the ball is out of play or a dead ball situation and for which the following conditions shall be observed The player entering the field shall do so from the interchange zone but not until the player leaving the field has passed completely over the sideline. A player nominated for interchange shall be subject to the authority and jurisdiction to the referee, whether called upon to play or not. The interchange is completed when the player who was off the field enters the field. From this moment they become a player and the player whom they replaced ceases to be a player.

**3.13.1a** The number of interchanges made during a match is unlimited. A player who has been replaced mayreturn to the field for another player.

**3.13.1b.** If during an interchange an interchange player enters the field before the replaced player has completely left it, the referee shall ensure the replaced player leaves the field, then caution the interchangeplayer, and then restart the game.

**3.13.2** If during an interchange an interchange player enters the field or a replaced player leaves it from a place other than the interchange zone the referee shall caution the offending player.

**3.13.3** The interchanging of players will cease at the completion of normal and extra time. If at this time penalty kicks are required to obtain a result then the eleven (11) players on the field at the end of extra time, are the only players permitted to participate in the penalty kicks. No interchange at this time is permissible.

### **3.14 Technical Area Substitution and Interchange Format**

**3.14.1.** A maximum of nine (9) personnel are permitted including the substitutes and are to be wearing vests.

### **3.15. Protests.**

**3.15.1** Protests regarding the result of any match are to follow the following procedure:

The protest noted on the match sheet

The Competition Administrator notified within 24 hours

Follow up with a letter to the Secretary of the

SDFA within 3 days after the match

### **3.16. DIGITAL TEAM SHEETS**

**3.16.1a.** All digital team sheets for all Matches are to be completed online via Dribl.

**3.16.1b.** Both Clubs must make their Player selections in Dribl no later than ten (10) minutes prior to the scheduled Fixture. Failure to comply will incur a penalty issued at the SDFA boards discretion.

**3.16.1c.** Clubs are required to allocate a shirt number of each Player in Dribl. This information appears automatically next to the Player's name on the digital match sheet.

**3.16.1d.** Changes to the digital match sheet will be permitted any time until ten (10) minutes prior to kick-off, at which point the following will apply:

**i.** The numbers on the back of the Players' jerseys will correspond to the numbers on the digital match sheet visible to the Referee before the commencement of a Match. There must be no change of numbers from fifteen (15) minutes prior to or during a Match (this includes goalkeepers).

**ii.** For all competitions, a maximum of 16 Players will be permitted on the digital match sheet.

**iii.** Any person who is on the match sheet and is not available at the venue to take the field prior to the half time whistle shall be deleted from the match sheet this should be raised in the dispute section of the match sheet to ensure the competition organiser removes the player from the match sheet. at the completion of the match

**vi.** No players are to be added to the match sheet after the start of the match.

**3.16.1e.** At the completion of the Match, the Match Official is to enter the match data, which includes: the half time and fulltime scores, cautions, send offs, substitutions and any other Match incident that is

deemed worthy of inclusion. If no official referee is allocated to the game, it is the home team managers responsibility to ensure the match data is correct.

**3.16.1f.** The Home and Away Club must, within thirty (30) minutes of the Match competition, validate the Match Official data to ensure all records are accurate. If a discrepancy is identified by either Club that cannot be resolved on the day of the Match, notification must be issued to SDFA [judiciary@shoalhavenfootball.com.au](mailto:judiciary@shoalhavenfootball.com.au) within 24 hours of the Match taking place. SDFA will review and adjudicate on the alleged discrepancy within a workable time frame.

**3.16.1g.** When a Match is forfeited, the digital match sheet will be endorsed accordingly .

**3.16.1h.** Each Team must nominate two (2) jacketed Officials on the digital match sheet.

**3.16.1i.** A match that involves the Interchange players that appear on the match sheet will be deemed to have participated in the Match.

**3.16.1j.** A suspended Player will automatically be recorded as stood down where that Player does not appear on the digital match sheet.

**3.16.1k.** The Home Club Team appears first on the digital match sheet (left side).

**3.16.1l.** Once SDFA declares the result of a Match or Competition after the conclusion of that Match or Competition then that result will stand.

**3.16.1m.** For all Premiership and Championship Matches, the Match Official is responsible for entering the half-time and full- time scores online into Dribl no later than 15 minutes following the conclusion of the Match.

**3.16.1n.** The Match Officials are responsible for entering the Player statistics into Dribl within 15 minutes of the completion of the Match. Player statistics include the following: Goal Scorers are to be recorded in all competition matches.

### **3.16.2 CAUTION AND RESULT REPORTING**

**3.16.2a.** Expulsion and caution reporting is as per SDFA Section 9 of Disciplinary Regulations.

**3.16.2b.** A player may only play during the competition proper in one “Club Grade” lower than the grade in which he last played., unless he is returning from an absence of more than two weeks and two days and that absence did not include any time forfeited due to disciplinary reasons. “Played” means he was named on the matchesheet in Third Grade, or Reserve Grade, or took the field as a substitute, or took the field at any time in first grade.

**3.16.2c.** When the clubs First grade or Reserve Grade team has a bye, players who were on the team sheet starting eleven (11) the previous week, are not allowed to play down the next week. This rule does not apply to Senior Womens competitions.

### **3.17       Removed rule 3.16b refers.**

**3.18 Photo ID's.**

**3.18.1.** Once teams have submitted their match sheet through Dribl, the opposition team will need check the opposition team (including their photo) and confirm the team to acknowledge all players are allocated to that team.

**3.18.2.** Any team found to have fielded an ineligible player will result in a forfeit. Opposition clubs have seven (7) days to bring to the attention of SDFA for final decision

**3.18.3.** Failure to produce ID cards upon request prior to the game will result in a forfeit.

**3.19 Awarding of Competition Points.**

Points in all premiership competitions shall be awarded as follows:

3 points for a win

1 point for a score draw

1 point for a scoreless draw

3 points for a bye

3 points and four (4) goals for a forfeit.

**3.20 045's Special Rules**

**3.20.1** Slide tackling in Over 45 matches is not allowed, punishable by an indirect kick.

**3.20.1a Field Size.**

Field Dimensions	
Field Length	Sixty (60) to seventy ( 70 ) metres
Field Width	Forty (40) to Fifty (50) metres
Goal Dimensions	
Goal Width	four point five ( 4.5 ) to five (5) metres
Goal Height	One point eight ( 1.8 ) to Two (2) metres
Central Circle	
Diameter	Five (5) metres
Penalty Area Dimensions	
Depth	Five (5) metres
Width	twelve (12) metres

**3.20.1b** Over 45's play seven (7) aside, a match can start if a team has five (5) players, no limit on how many players can be registered to a team. A maximum of thirteen (13) players to a match sheet.

**3.21. Junior Competition Special Rules.**

**3.21.1** In the Junior Competition where a club enters only one (1) team in a grade which competitions are conducted in more than one (1) division, such team shall be required to play in the division as decided by the Board.

**3.21.2.** In the Junior Competition a player shall not be permitted to change teams within the one club and within one age group after they have played in any competition match in that season, such competition match doesnot to include Gala Day. Provided, however, the Board may at their discretion approve a request for a player to playoutside his designated team if it is in the interest of the competition and where hardship would otherwise result.

**3.21.3.** In the Junior Competition where two teams from the one club are playing in the same age group in different divisions in a competition, which is graded, from the start of the season Representative players must playin the higher division, if the Representative player is younger than the age groups maximum age they can play in the lower division of that competition. This applies to Lower Grade Representative Team Players that are determined at the SDFA Boards discretion.

**3.21.4.** In the Junior Competition, a player may play up in an older age group only to give the team two (2) substitutes ( i.e. to make up to thirteen (13) players for under 13 to under 16, and make up eleven (11) players for under 10 and under 11.

**3.21.5.**A player playing in a higher age team those players cannot play down fin a lower age team even if they are eligible to play in the lower age group.

**3.21.6.** In the Junior Competition players may not play up or down in any Final series. This rule is applied inconjunction with rule 1.1.2.

**3.22 Final Series**

**3.22.1.** The team with the greatest number of points at the completion of the competition shall be declared Competition Champions.

**3.22.2.** In the event two or more teams finish on equal points, the Competition Champions following thedetermination of:

- a. Greatest goal difference from all Competition Games
- b. Greatest number of goals scored in all Competition Games.

**3.22.3.** If two teams are still tied based on (3.22.2) then their place will be determined as follows:

The Major Semi Final winner will be declared the Competition Champions.

**3.22.4.** The Top four (4) Teams shall be declared in the same manner as 3.22.2

In the event of still being equal after the application of rule 3.22.2 then:  
A playoff game will be required

**3.22.5 The finals format will be:**

Major Semi Final	1 v 2
Minor Semi Final	3 v 4
Preliminary Final	Winner of Minor Semi Final v Loser of Major Semi Final
Grand Final	Winner of Major Semi Final v Winner of Preliminary Final

**3.22.6** In the Final series of the premierships for all competitive age groups, if scores are equal at full time. In under 13 to Seniors will be an extra time of ten (10) minutes each way shall be played. Under 10 and Under 11 and 12's will be five (5) minutes each way. If the scores are still level at the end of extra time, the result shall be determined by penalties, as per the referee's chart.

**3.22.7.** All Senior matches in the final shall have applicable added stoppage time by the referee.

**3.23. Qualification for Juniors.**

**3.23.1** A player must have played five (5) competition aged games of football in the current season with that club, with the team and in the competition to qualify to play in the semi-final and finals.

**3.24. Qualification for Seniors.**

**3.24.1.** A player shall be entitled to play in a semi-final, preliminary final or grand final if they have in that same season appeared in not less than five (5) premierships rounds excluding byes, forfeits, and deferred fixtures the club. "Appeared" means a player who took the field as a player for some part of the match shall be eligible to play in a lower grade semi-final and finals if they have:

- a. Played more or equal games in that grade than in any higher grade.
- b. In grades that play interchange, if a player's name appears on the team sheet they are deemed to have played in that grade.

**3.24.1a.** An Under 16, or over 35 or 45's player who is not a regular player in the Senior competition must have played 5 (Five) match days in the competition, which he is seeking to be eligible to play in the finals. Senior players must play five (5) match days in the over 35s to play in finals.

**3.24.1b.** Players who play in the Under 16, or Over 35s competitions, and also play in the Senior competition on weekends are subject to all the Senior rules including qualification.

## **Section 4. Knock Out Competitions**

### **4.1 Senior Knockout, Hank Ruyg Cup and/or Pre-Season Competition Rules**

- 4.1.1** 4-1. The Knockout and/or pre-Season competition shall be played with all clubs participating.
- 4.1.2** 4-2. Team Nominations are to be made prior to the draw being made. All players are to be registered through “Playfootball “. Each team is limited to sixteen players, and all players are cup tied to their nominated teams for the duration of the competition.
- 4.1.3** A player will be regarded as having played for a team if his name appears on the match card.
- 4.1.4** Duration of the matches will be two equal halves of forty (40) minutes. There will be no time added on. Half time will be five (5) minutes or as otherwise decided by the Board.
- 4.1.5** If the scores are equal at the completion of normal time, 3.23.3(a) will apply.
- 4.1.6** In the event of any team forfeiting they are to fill out a match card and those players will be tied to the team that has forfeited Rule 10.1 Fines
- 4.1.7** will be applied.

### **4.2 Substitutes. Interchange**

- 4.2.1** Substitutes may be made at any time after the start of the match and for any reason provided the substitutes have been previously listed as substitutes on the team sheet. As per the interchange rules listed in Rule 3.13 Interchange.

### **4.3 Junior Knockout Competition Rules**

- 4.3.1.** The competitions shall be played on a Knockout principle and shall be played where the Association directs. The duration of the games is as per rule 1.10.
- 4.3.2.** A player may play with only one team in an age group.
- 4.3.3** If the scores are equal in the preliminary rounds, semi-finals or finals of the Knockout Cup at full time, ten (10) minutes extra time shall be played, for Under 10s to Under 16s). If the score is still equal, the result shall, be determined by a penalties as per the referee’s chart.
- 4.3.4.** Semi Finals and final of the Knockout competition shall be played on neutral grounds where possible, provided that suitable grounds as decided by the Association are available.
- 4.3.5.** After the first round the teams may be divided into a winners and losers pool which form the A and B competition, so that each team would get at least two (2) matches. If the games are played on the same day, the duration of the games shall be ten (10) minutes each way.
- 4.3.6.** Teams from other Associations may be invited to take part in the Knockout Cup

## **Section 5. Under 6 and Under 7 Non-Competition**

**5.1.1.** Under 6 and Under 7 Non-Competition is open to all affiliated clubs of SDFHA, nominations will be called by SDFHA, and clubs are to submit their nominations to SDFHA by a date determined by SDFHA board.

**5.1.2.** The games shall be arranged by the SDFHA board in suitable age groups each year after team nominations have been received.

**5.1.3.** SDFHA board will as soon as possible after nominations are received draw up a fixture list. The fixtures may be centralized or on a home and away basis at the SDFHA board's discretion.

### **5.2. Rule of Play.**

**5.2.1.** Twenty (20) Minute Halves as per Rule 1.10 Duration of matches with a Size 3 Ball as per Rule 1.11.3 Ball sizes shall be

**5.2.2.** The game shall not be stopped for an interchange to be made unless a player is injured and the interchange format will apply.

**5.2.3.** No Off Side.

**5.2.4.** No coaching from the sideline by parents or any hysterical abuse (only encouragement to be allowed). Clubs are encouraged to enforce this rule.

**5.2.5.** Coaching by the coach is to be done in a quiet and helpful manner from the sideline.

**5.2.6.** No Corners

**5.2.7.** No Goal kicks

### **5.3. Method of Scoring.**

**5.3.1.** A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar. When goal posts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them, below shoulder height of the player.

### **5.4. Shin Guards**

**5.4.1.** Shin guards must be worn by all players without exception.

### **5.5. Substitutes.**

**5.5.1.** Substitutes may rotate during the entire game. The coach or parents are allowed to make the substitutions while the ball is in play but must wait until the substituted player has left the field.

**5.5.2.** Every effort should be made to ensure all players, regardless of age, gender, and ability, are given equal playing time.

### **5.6. Game Leaders (Referee).**

**5.6.1.** Each game is to be controlled by one Game Leader. The main role of the Game Leader is to keep the gamemoving fluently, limit stoppages and assist players with all match restarts.

**5.6.2.** Most importantly, they must make every effort to create an environment that ensures that all players have fun, are learning the game and have maximum involvement

**5.6.3.** The Game Leader can be a club official, parent, older child/player or beginner referee and should always be enthusiastic and approachable. Most importantly, remember the children are learning the game – be flexible and patient.

**5.7. Game Leader Responsibility:**

**5.7.1.** Encourage all children to have fun and different children to take Re-starts;

**5.7.2.** Ensure the correct number of players are on the field;

**5.7.3.** Discourage players from permanently over-guarding the goal;

**5.7.4.** Check all players are wearing shin guards;

**5.7.5.** Use a “Ready, Set, Go” prompt to encourage quick decisions when restarting play

**5.7.6.** Encourage children to dribble or pass ball to team mates rather than kick the ball long;

**5.7.7.** Ensure the opposing team is at least 10 metres outside the penalty area for all goal line restarts;

**5.8. Further Rules of Play**

**5.8.1.** A player may play in any team or any number of teams providing it is not in a younger age group. Players can also play for the opposition in order to equalize the teams. All players must be registered with SDFA.

**5.8.2.** Coaches are asked to swap players at half time if the score is more than six (6) goals up.

**5.8.3.** Mini Roo Games are to be seen as a fun game by the players whilst still learning the basics. Coaches should encourage sportsmanship, co-operation and participation.

**5.9. Match Sheets**

**5.9.1.** Official match sheets must be completed for each match. A competition point score table is not to be kept and there are no finals. Fines will apply as per Rule 10.1 Fines

**5.10. Points Not Specifically Covered**

**5.10.1.** Any point in relation to Under 6 and Under 7 Non-Competition not specifically covered in these regulations shall be dealt with by the SDFA if applicable.

**5.10.2.** Playing Formation

*4 v 4 – no goalkeeper.*

*Maximum of three substitutes, who may rotate during the entire game. The coach or parent is allowed to make the substitutions while the ball is in play, but must wait until the substituted player has left the field.*

*The game leader, coaches and managers should continually discourage Children from permanently standing in front of the goal.*

**5.11. Ball in and out of play.**

**5.11.1.** The ball is out of play when it has wholly crossed the goal line or the touch line on the ground or in the air, or when play has been stopped by the game leader or instructing referee.

**5.12. Ball crossing the touch line.**

**5.12.1.** There are no throw ins or corners. A player from the opposing team to the player that touched the ball last before crossing the touch line will place the ball on the touch line and pass or dribble the ball into play. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

**5.12.2.** Ball crossing the goal line after touching the defending team last.

**5.12.3.** There is no corner kick. Regardless of which team touched the ball last, a player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.

**5.13.1 Fouls and Misconduct.**

**5.13.2** Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken. (Indirect free kicks where a goal can be scored only if the ball subsequently touches another player before it enters the goal).

**5.13.3** Most acts of handball or fouls or misconduct at this level are caused by a lack of coordination, with no intent. In this case try and give the advantage to the attacking team and continue play. If you decide a deliberate or serious act of handball, foul or misconduct has occurred, explain to the child they have done the wrong thing and that they should not do this again.

**5.14 Field Specifications**

<i>Field Dimensions</i>	
<i>Field Length</i>	<i>Thirty (30) metres</i>
<i>Field Width</i>	<i>Twenty (20) metres</i>
<i>Goal Dimensions</i>	
<i>Goal Width</i>	<i>one point five (1.5) to two metres (2) wide.</i>
<i>Goal Height</i>	<i>Point nine metres (.9) to one (1) metre high</i>

## **Section 6. Under 8 and Under 9 Non-Competition**

### **6.1 General Rules**

**6.1.1** Junior Under 8 and Under 9 Non-competition is open to all affiliated clubs of SDFA, nominations will be called by SDFA and clubs are to submit their nominations to SDFA by a date determined by SDFA board.

**6.1.2** The games shall be arranged by the SDFA board in suitable age groups each year after team nominations have been received.

**6.1.3** SDFA board will as soon as possible after nominations are received draw up a fixture list. The fixtures may be

centralized or on a home and away basis at the SDFA board's discretion.

### **6.2 Specific Rules**

**6.2.1** Match duration is as per Rule 1.10 Duration of matches with a Size 3 Ball as per Rule 1.11.3 Ball sizes shall be

#### **6.2.2** Playing Formation

(a) 1-3-3.

(b) 7 v 7 – including goalkeeper

(c) Maximum of three substitutes who, may rotate during the entire game. The coach or parent is allowed to make the substitutions while the ball is in play, but must wait until the substituted player has left the field.

### **6.3 Goalkeeper.**

**6.3.1** The goalkeeper is allowed to handle the ball anywhere in the penalty area.

**6.3.2** To restart play after a save or gathering the ball with their hands, the ball must be rolled under arm or played from the ground with the feet, within 6 seconds. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 5m outside the penalty area and cannot move until the ball is in play. The ball is in play once a second attacking player has played at the ball. The ball must be received inside the defensive third of the field (attacking team.) If ball is rolled or kicked outside the defensive third, play is stopped and the goalkeeper is to start play again.

**6.3.3** Indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

**6.3.3.a** The field is to be marked with a line at each end of the field at the 20 metre mark.



## **6.4 Ball crossing the side line.**

### **6.4.1** Throw in.

- (a) Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least
- (b) 5 metres away from the ball until it is in play. The ball is in play once it
- (c) enters the field of play. A goal cannot be scored directly from a throw in.
- (d) *Ball crossing the goal line after touching the defending team last,*

**6.4.2** Goal kick from anywhere within the penalty area. Opponents remain at least 5 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 5 metres outside the penalty area and they cannot move until the ball is in play. The ball is in play once a second attacking player has played at the ball. The ball must be received inside the defensive third of the field (attacking team.) If ball is rolled or kicked outside the defensive third, play is stopped and the goal kick is to be taken again.

**6.4.3** Corner kick. Ball crossing the goal line after touching the defending team last.

**6.4.4** A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

**6.4.5** A goal may be scored directly from a corner kick.

## **6.5 Indirect free Kicks.**

**6.5.1** Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken. (Indirect free kicks where a goal can be scored only if the ball subsequently touches another player before it enters the goal). For deliberate or serious acts of handball or fouls or misconduct in the penalty area, a penalty kick is awarded from an 8m penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5m behind the penalty mark.

## **6.6 Fouls and misconduct are:**

- (a) kicks or attempts to kick an opponent
- (b) trips or attempts to trip an opponent
- (c) jumps at an opponent
- (d) charges an opponent
- (e) strikes or attempts to strike an opponent
- (f) pushes an opponent

- (g) tackles an opponent from behind to gain possession of the ball
- (h) making contact with the opponent before touching the ball
- (i) holds an opponent
- (j) spits at an opponent
- (k) handles the ball deliberately
- (l) plays in a dangerous manner
- (m) impedes the progress of a player.

- **Field Specifications**

Field Dimensions	
Field Length	Forty-Five (45) to Fifty (50) metres
Field Width	Thirty-Five (35) Forty (40) metres
Goal Dimensions	
Goal Width	two point five (2.5) metres to three (3) metres
Goal Height	1.8 metre. To two (2) metres
Penalty Area Dimensions	
Depth	Five (5) metres
Width	12 metres

## **Section 7. Under 10 to under 12 Competition Specific Rules**

### **7.1 General Rules**

**7.1.1.** Junior Under 10 to under 12 Competition is open to all affiliated clubs of SDFA, nominations will be called by SDFA and clubs are to submit their nominations to SDFA by a date determined by SDFA board.

**7.1.2.** The games shall be arranged by the SDFA board in suitable age groups each year after team nominations have been received.

**7.1.3.** SDFA board will as soon as possible after nominations are received draw up a fixture list. The fixtures may be centralized or on a home and away basis at the SDFA board's discretion.

### **7.2 Specific Rules**

**7.2.1.** Match duration is as per Rule 1.10 Duration of matches with a Size 4 Ball as per Rule 1.11.3 Ball sizes shall be.

#### **7.2.2. Playing Formation**

(a) Shall be 1-3-2-3

(b) There shall be nine players in a team, one of whom will be a goalkeeper.

(c) Maximum of four substitutes who may rotate during the entire game. The coach or parent is allowed to make the substitutions while the ball is in play, but must wait until the substituted player has left the field

**7.2.3.** Scores are to be recorded and a competition table kept, there will be a Final Series as per Rule 3.22. Final Series

### **7.3. Goalkeeper.**

**7.3.1.** The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be rolled under arm or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or drop-kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move until the ball is in play. The ball is in play once a second attacking player has played at the ball. The ball must be received inside the defensive third of the field (attacking team.) If ball is rolled or kicked outside the defensive third, play is stopped and the goalkeeper is to start play again.

**7.3.2.** An indirect free kick is awarded if the goalkeeper touches the ball with his hands after it has been deliberately kicked to him by a team-mate.

### **7.4. Ball crossing the side line.**

**7.4.1.** Throw in. Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over their head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5 metres away

from the ball until it is in play. The ball is in play once it enters the field of play. A goal cannot be scored directly from a throw in. Ball crossing the goal line after touching the defending team last

**7.4.2.** Corner kick. Ball crossing the goal line after touching the attacking team last.

**7.4.3.** A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick.

**7.4.4.** Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area and they cannot move until the ball is in play. The ball is in play once a second attacking player has played at the ball. The ball must be received inside the defensive third of the field (attacking team.) If ball is rolled or kicked outside the defensive third, play is stopped and the goal kick is to be taken again.

**7.5. Offside.**

**7.5.1.** The offside rule as per normal competition games will apply.

**7.6. Indirect free kicks**

**7.6.1.** Indirect free kicks are awarded for all acts of: handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken. (Indirect free kicks a goal can be scored only if the ball subsequently touches another player before it enters the goal). For deliberate or serious acts of handball, fouls or misconduct in the penalty area, a penalty kick is awarded from an 8m penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5m behind the penalty mark Fouls and misconduct.

**7.7. Fouls and misconduct are:**

- (a) kicks or attempts to kick an opponent
- (b) trips or attempts to trip an opponent
- (c) jumps at an opponent
- (d) charges an opponent
- (e) strikes or attempts to strike an opponent
- (f) pushes an opponent
- (g) tackles an opponent from behind to gain possession of the ball
- (h) making contact with the opponent before touching the ball
- (i) holds an opponent
- (j) spits at an opponent
- (k) handles the ball deliberately

- (l) plays in a dangerous manner
- (m) impedes the progress of a player

**7.8. Minimum Number of Players**

**7.8.1.** An under 10 to under 12 team must have the required number of players to participate in a match as per Rule 2.2.2.

**7.9 Field of Play Specifications**

Field Dimensions	
Field Length	Sixty (60) to seventy (70 ) metres
Field Width	Forty (40) to Fifty (50) metres
Goal Dimensions	
Goal Width	four point five ( 4.5 ) to five (5) metres
Goal Height	One point eight ( 1.8 ) to Two (2) metres
Central Circle	
Diameter	Five (5) metres
Penalty Area Dimensions	
Depth	Five (5) metres
Width	twelve (12) metres

**7.10 Interchange**

**7.10.1** The interchange format will apply as per Rule 3.13 Interchange.

**Section 8. Summer 7 A Side Competition**

**8 Competition Rules**

**8.1.1** The competition shall be played on a half-sized field.

**8.1.2** Duration of the games shall be of 20 minute each way with up to 5 minutes for half time.

**8.1.3** All games will be refereed as per the rules in the Referee’s handbook except but there is no off rule



**8.1.4** Slide tackles are not permitted. Punishable by an indirect free kick, blue card should only be issued if it is a dangerous tackle)

**8.2 Team Uniform requirements**

**8.2.1** All teams must have a team uniform which must be worn by all players, the goalkeeper's shirt shall be different from the field players, each shirt must have a number, players must wear the numbered shirt that is on the team nomination form.

**8.3 Alcohol Prohibited Pre-match**

**8.3.1.** No Alcohol is to be consumed by any player before playing in a match, any player suspected of having alcohol or is intoxicated will not be allowed to take the field. Glass containers of any type are prohibited from the grounds. A no smoking policy is also in force.

**8.3.2.** Vaping is prohibited

**8.4 Junior games for Ages 9 – 12 Playout Rule**

**8.4.1.** In Junior games for Ages 9 – 12 inclusive as per Rule 6.3.2 and Rule 7.3.1 the first pass rule will apply for goalkicks and after the keeper has made a save. Goalkeepers must not kick the ball out of the hands, ball must be released with a pass from the ground or rolled along the ground

**8.5. Game Fails to Start**

**8.5.1.** If a game fails to start on time due to teams not being ready it shall be shortened to allow the following game to start on time. A Ten-minute grace period will be allowed which when it expires it will be deemed a forfeit.

**8.6. Minimum Player numbers**

**8.6.1.** A Minimum of 5 (Five) players (on each team) are required for the match to commence.

**8.6.2.** If a team does not have five players at the scheduled start time, a period of ten minutes grace will be allowed, after this time has elapsed the game will be forfeited. (Teams should endeavour to play a friendly by evening up numbers or using other REGISTERED players).

**8.7. Player registration Requirements**

**8.7.1.** Players names and playing numbers must be entered on the official team nomination form, a team may register a maximum of 12 (Twelve) and a minimum of 10 (Ten) players for Seniors, for Juniors a minimum of 9 (Nine) players and a maximum of 10 (Ten) players.

**8.7.2.** Players may only be registered and play in one team. A team playing an unregistered player, and the player concerned shall be dealt with by the Summer Soccer Committee and shall forfeit the match to the opposing team, and the player will be suspended for two (2) matches.

**8.7.3.** All Players are to register on via Playfootball



### **8.8. Representative Player Definition**

**8.8.1.** For the purpose of Summer Soccer, a player is deemed to be a Representative Player if they participated anytime from January to September in the current year in a Shoalhaven Representative team or any team deemed by the SDFA Board to be equivalent to a Shoalhaven Representative League.

### **8.9. Higher Level Player Definition**

**8.9.1.** For the purpose of Summer Soccer, a player is deemed to be a Higher-Level Player if they participated anytime from January to September in the current year in a NPL1, NPL2, NPL3 AYL, GCL, Men's State League or Football South Coast or any competition deemed by SDFA Board to be equivalent or higher than NPL1, NPL2, NPL3 AYL, GCL, Men's State League.

### **8.10. Junior Team Composition requirements**

**8.10.1.** For junior teams the maximum number of Higher level or Representative players in any team is FOUR (4).

### **8.11. Senior teams**

**8.11.1.** Senior teams are permitted a maximum of four (4) Higher level or Representative players. The Summer Soccer committee may vary this rule under exceptional circumstances.

### **8.12. For online registration instructions**

**8.12.1.** A guideline to the Playfootball registrations can be found at <http://www.shoalhavenfootball.com.au> the document is in the library.

### **8.13. Additional Rules & Requirements**

**8.13.1.** No additional player will be registered after week 3 of the competition. The Summer Soccer committee may vary this rule under exceptional circumstances.

**8.13.2.** Teams will be divided into grades and teams will be graded at the discretion of the Summer Soccer committee.

**8.13.3.** Any Senior team forfeiting a game without a minimum of three days' notice will be deducted three (3) points

**8.13.4.** Any team forfeiting two or more games may at the discretion of the Summer Soccer committee be suspended from the competition.

**8.13.5.** Games may only be deferred at the discretion of the Summer Soccer committee, The game will be rescheduled at a mutually acceptable date, if agreement cannot be reached the competition organiser will set the date.

**8.13.6.** Unlimited interchange shall be played in all games.

- 8.13.7.** The top four teams will play in a semi- final series. The top four will be decided on points, then goaldifference, if still equal the team scoring the most goals, if still equal the team winning the most games.
- 8.13.8.** In the event of a draw in the semi- finals and finals, an extra five minutes each way shall be played, if still even a penalty shootout consisting of three (3) penalty shots from each team, if still even then sudden deathwith be played with the first scorer declared the winner.
- 8.13.9.** The coach or manager are add any discrepancies in the dispute section on the match sheet through Dribl

#### **8.14. Mixed Competition**

- 8.14.1.** The mixed competition is aimed at social players wishing to play with a reduced level of competitiveness. Overly aggressive play is to be discouraged.
- 8.14.2.** A mixed competition will be run when there are sufficient nominations.
- 8.14.3.** Teams should endeavour to register an even number of male and female players
- 8.14.4.** There must, be, a minimum of three (3) female players on the field at, all times. If there are only two (2) female players on the field, then team must play with only six (6) players until the third female player enters the field.
- 8.14.5.** If a team does not have Three (3) female players they cannot substitute with a male player, the team must play short.
- 8.14.6.** Excessive force must not be applied in the Male v Female challenges

#### **8.15. Disciplinary Summer Soccer.**

**8.15.1** The disciplinary committee shall consist of the Summer Soccer competition Administrator, Assistant competition Administrator and referee's coordinator. This committee will consider the referee's report and decide if the offence is proven, Punishments shall be in accordance with section 9 (nine) of the Disciplinary code, however due to the length of the season suspensions will be half the length as shown in section 9. Serious offences may be referred to the SDFA Disciplinary Tribunal.

**8.15.2 .** Yellow cards shall be used to sin bin players for offences where the referee considers an offence is not serious enough for a red card. Issue of a Yellow Card is a 5 (Five) minute suspension from the match, a player shall not be replaced while sin binned. If the committee decides that the offence needs be sent to the SDFA Disciplinary Tribunal it has the authority to do so.

**8.15.3.** When a player accumulates three (3) yellow cards in the Summer Football season the player must serve a one (1) match suspension

**8.15.4.** Suspensions not completed will be carried over to the following summer competition.

## **Section 9. Disciplinary**

### **9.1. General.**

**9.1.1** The board can summon a hearing to investigate and punish by way of fine, suspension, loss of points or placed on a Good Behaviour bond for any of the following.

- (a) The conduct of a player or club, or ordinary member.
- (b) Any alleged breach of the Association rules and By Laws.
- (c) Failure to observe lawful decisions and directions of the Board of the Shoalhaven District Football Association Inc.
- (d) A breach of the Articles of Association of Football NSW. and it's By Law

**9.1.2** Where a Participant is prohibited under child protection legislation from regulated activity relating to children, the Executive may order that the Participant be suspended immediately from all or any specific Football Related Activity for such a period and on such terms and conditions as it determines, in its absolute discretion.

**9.1.3** Clubs and their Officials are responsible for ensuring their participant's correctly and fully serve any Suspension

**9.1.4** Club officials must list in the appropriate place on the online team sheet any of their participant's serving a suspension at the time the online team sheet is completed, Failure to do so could result in a fine or loss of points or at the Board's discretion.

**9.1.5** Should a player or official strike or attempt to intimidate a Referee or an official, such players and official will be automatically suspended and shall appear before the Disciplinary Tribunal at a time and date of which due notice will be given to the players club.

**9.1.6** Any player or official who receives a suspension as a result of a RED card shall be ineligible to play or officiate again within SDFA, or at the discretion of the Disciplinary Tribunal until after the completion of play for all grades in the competition the offence occurred, on the date of the last match of the suspension.

### **9.2. Send Off.**

**9.2.1.** The referee shall note on DRBL online sheet the name of any player dismissed from the field of play, and any other player who has received a caution.

**9.2.2.** All send off and caution reports are to be entered in DRBL and approved. All send off and caution reports and appeals against send offs are treated as laid down in Section 9 Disciplinary.

**9.2.3.** Players or officials dismissed from the field of play shall change into normal street clothes as quickly as possible and leave the ground, it shall be the responsibility of the club concerned (players) to see this is carried out. Failure to do so could see the club fined.

**9.2.4.** A player or official sent from the field shall not play or officiate again until the suspension is completed, The suspension will be as per section 9-10 or as the Disciplinary Tribunal sees fit, relevant to the charge on the team sheet, unless he or she is to appear before the Disciplinary Tribunal.

**9.2.5.** Clubs will be notified in the first instance by way of a Notice of Charge which will contain the offence and the minimum penalty incurred for the infringement. The player / Official who is referred to in the Notice of Charge will be required to reply to the charge by the way of a statement, the date and time for the DT receiving it will be stated in the Notice of Charge, if no statement is received by the due date, the player or Official is deemed to be guilty, minimum suspension outlined in the notice of charge has to be served, and all rights of appeal are forfeited, if the person who the Notice of Charge was issued to and it is received by the due date, that person should indicate in his statement if he is guilty or that he wants a hearing. The Disciplinary Chairman on reviewing the statement will set a date for the hearing to take place, or issue a suspension, all correspondence will be sent to the players club.

### **9.3. Disciplinary Tribunal and Hearings.**

**9.3.1.** The Disciplinary Tribunal is to be made up of a Chairperson and a minimum of two other neutral persons who will decide on any penalties. A referee's representative may be available to answer any questions relating to the laws of the game as per the referee's handbook.

#### **9.3.2. The Disciplinary Tribunal has the power to:**

(a). Consider the reports of the Referee, Assistant Referee's or Others

(b) Consider any Incident Reports received

© Decide if the offence is proved

(d) Determine and set whatever punishment or sanctions that it considers appropriate in accordance with the guidelines.

#### **9.3.3. The Disciplinary Tribunal has the right to consider:**

(a) (a) *The severity of the offence*

(b) (b) *The players past record*

© *Extenuating circumstances*

**9.3.4.** Where the offence is of a relatively minor nature and the player has a previous record of good conduct, the Tribunal chairman may choose to set a suspended sentence. in accordance with the guidelines.

### **9.4. Punishment.**

**9.4.1.** If the Disciplinary Tribunal considers that the offence is proved, it must select the punishment as per Section 9-10 and issue a Suspension Notice outlining the suspension, The Disciplinary Tribunal is empowered to set punishments outside these guidelines where they consider the

circumstances require either higher or lesser suspensions. Suspensions are calculated in, fixtures or time, regardless of proof of offence any player sent off shall serve one (1) mandatory fixture suspension. (MMS) (FIFA) except where proof of mistaken identity can be proven.

**9.4.2.** Any offence not covered in Section 9.10 will have the penalty determined by Disciplinary Tribunal but shall be at any case at least two (2) Fixtures.

**9.4.3.** Any player or official who does not attend or is not represented at the Disciplinary Tribunal hearing when requested to do so will automatically be suspended until he or she appears. The disciplinary Tribunal has the power to convene and hear the charges in the player or official's absence and issue a sanction.

**9.4.4.** Any competition matches missed by a player or official awaiting determination by the Disciplinary Tribunal shall be taken into account when the matter is determined. A bye, trial, deferred, or representative fixture does not count towards reducing the suspension.

**9.4.5.** Only ONE fixture per day in any competition can be included as part of the suspension and the player is ineligible to play until after the completion of play for all grades on the date of the last fixture of the suspension

#### **9.5. Fixture Suspensions**

**9.5.1.** A Fixture Suspension imposed on a Participant participating in:

*( a ) eleven-a-side football, only affects that Participant's participation in eleven-a-side football; or*

*(b) futsal only affects that Participant's participation in futsal.*

**9.5.2.** A Participant subject to a Fixture Suspension resulting from or related to any Premiership, Championship, or FFA Cup Fixture must serve that Suspension in the next Premiership, Championship, or FFA Cup Fixture(s) in which that Participant's Team or Club plays in, whichever occurs first, until that Suspension is served in full.

**9.5.3.** A Participant cannot serve such a Suspension in a Trial Match, Tournament, Pre-Season fixture, bye, deferred fixture, or the Futsal State Titles, the FFA national titles, any SDFA Representative Match, any competition, event or tournament conducted by another Member Federation or any other match/fixture.

**9.5.4.** A Participant subject to a Fixture Suspension resulting from or related to any SDFA Representative Match (forexample, Branch Titles) must serve that Suspension in the next consecutive Fixture(s) be that a SDFA Representative Match, Premiership, Fixture in which that Participant's Team or Club plays in, whichever occurs first, until the Suspension is served in full. A Participant cannot serve such a Suspension in a Trial Match, Tournament, bye, deferred fixture or any Pre-Season fixture.

**9.5.5.** A Participant subject to a Fixture Suspension resulting from or related to any Trial Match, Pre-Season fixture or any Tournament must serve that Suspension in the next consecutive Trial Match, Pre-Season fixture, Tournament, or Premiership fixture in which the Participant's Team or Club plays in, whichever occurs first, until the Suspension is served in full.

**9.5.6.** The following applies to Participants participating in a Cup or Tournament (including the FFA Cup) as part of a grassroots team. Notwithstanding anything to the contrary in this section 9 but subject to any local rules to the contrary:

(a) *a Participant subject to a Fixture Suspension resulting from or related to any Cup or Tournament (including the FFA Cup) must serve that Suspension in the next consecutive fixture in which the Participant's team plays in, and*

**9.5.7.** Participant must serve a Fixture Suspension in the same age-grade in which they received that Suspension and will not be eligible to participate in any Fixture of any Competition until that Suspension is served in full. If a Fixture Suspension extends over one (1) or more Seasons, that Suspension must be served in the age-grade in which the Participant would normally participate in the following Season(s). The player receives a Fixture Suspension as a result of a Red Card Offence committed while playing in his club's team in the Football SDFHA Competitions. The player must serve that suspension in the team/grade. Until he has served that suspension in the team/grade, he is not eligible to play in any of his club's Fixtures in the SDFHA Competitions and nor is he eligible to play or serve that suspension in any of his club's FFA Cup matches.

**9.5.8.** While subject to a Fixture Suspension, a Participant may only participate in a Trial Match, Tournament or a Pre-Season fixture if the Participant's Club has obtained written approval from SDFHA to do so. That approval is to be at SDFHA's absolute discretion.

**9.5.9.** Unless SDFHA or a higher Body determines otherwise, a Fixture Suspension applies to the Participant in the capacity in which the Participant was acting when they committed the Offence giving rise to the Suspension.

**9.5.10.** While serving a Fixture Suspension, a Participant must not, on the day of a Fixture, act in any manner or role for which they have been suspended.

**9.5.11.** A Participant subject to a Fixture Suspension as a Player or Official must not:

(a). enter the Field of Play, its surrounds, the Technical Area, players' race or dressing rooms;

(b). in the case of a coach, must not

©. provide or attempt to provide coaching instructions during a Match, at halftime and/or after the Match;  
or

(d). engage or attempt to engage a third party to relay coaching instructions during the Match, at half-time and/or after the Match.

**9.5.12.** A Participant subject to a Fixture Suspension as a Spectator must not enter a stadium, venue, ground or Centre during a Fixture until that Suspension is served in full. Unless SDFHA or a higher body determines otherwise.

**9.5.13.** Where a Fixture Suspension extends over one (1) or more Seasons and the Participant does not return to participate in a Competition in the following Season(s), that Participant must serve that Suspension in whichever competition they subsequently participate in.

**9.5.14.** Where a Participant is the subject of a Fixture Suspension incurred in a season and extends into the next season(s) and is going to play must register with a club first to serve the balance of that suspension, SDFA in its absolute discretion may allow the player on request to register with a club after the suspension is served to save the participant the cost of registration in that Competition.

**9.5.15.** Where a Participant the subject of a Fixture Suspension incurred with one Club transfers to a new Club, that Participant will be required to serve the remainder of that suspension with the new Club and in the same grade unless otherwise approved by SDFA in its absolute discretion

### **9.6. Time Suspension**

**9.6.1.** Time Suspension, where a player or official is suspended with a time penalty the following outlines that suspension.

**9.6.2.** A Time Suspension affects a Participant's participation in both eleven-a-side football and futsal, regardless of whether the infringement was committed in an eleven-a-side football or futsal Match.

**9.6.3.** Upon issuing a Time Suspension, the Executive or a Body must provide a start date for the Suspension.

**9.6.4.** It in the case of a Time Suspension, some or all of the suspension coincides with any non-playing period(s), then such non-playing period(s) must not be counted towards the satisfaction of that suspension, unless the SDFABoard or a Disciplinary Tribunal determines otherwise.

**9.6.5.** Unless the SDFA Board or a Disciplinary Tribunal determines otherwise, but subject always to section 15.5(a) of FNSW regulations, a Participant issued with a Time Suspension is ineligible to participate in all Football Related Activities for the duration of the Suspension.

**9.6.6.** Football Related Activities include, but are not limited to:

- (a) taking to the Field of Play (or court) as a Player or Official in any match or competition sanctioned or administered by Football NSW, Clubs, Centres, Association Members, Branches, Regional Associations or their clubs;
- (b) taking a position as a coach or acting as a coach, Team Official or Club Official in any match or competition sanctioned or administered by Football NSW, Clubs, Centres, Association Members, Branches, Regional Associations or their clubs, ( in the case of a coach, this includes providing or attempting to provide coaching instructions or engaging or attempting to engage a third party to relay coaching instructions;
- (c) entering the Field of Play (or court), its surrounds, the Technical Area, players race, dressing rooms or any other place within a venue on a match day where players, coaches or Officials are likely to assemble to prepare for a match;

- (d) taking part as a player, coach, Team Official or Club Official in any training session conducted by or for a team or club participating in any matches or competitions sanctioned or administered by Football
  - (e) NSW, Clubs, Centres, Association Members, Branches, Regional Associations or their clubs;
  - (f) acting in any way as a Team Official, Club Official or Association Member Official, including, but not limited to, participating in or carrying on any function as a member of a committee, sub-committee or board of directors (whether paid, voluntary or honorary) at any level (to the extent such a restraint is permissible by law);
  - (g) taking a position as a coach or acting as a coach, Team Official or Club Official in any match or competition sanctioned or administered by Football NSW, Clubs, Centres, Association Members, Branches, Regional Associations or their clubs, ( in the case of a coach, this includes providing or attempting to provide coaching instructions or engaging or attempting to engage a third party to relay coaching instructions; entering the Field of Play (or court), its surrounds, the Technical Area, players race, dressing room or any other place within a venue on a match day where players, coaches or Officials are likely to assemble to prepare for a match
- (H) Attending any function or event coordinated, conducted or sanctioned by Football NSW, Shoalhaven District Football and/or entering a stadium, venue, ground or Centre during any match, competition or training session sanctioned or administered by Football NSW, Clubs, Centres, Association Members, Branches, Regional Associations or their clubs.

### **9.7. Appeals.**

- 9.7.1.** The Appeals Tribunal will be responsible for hearing and determining appeals from the Disciplinary Tribunal, Players and Members. A player or official sent from the field of play who wishes to appeal against a suspension that is imposed in 9.10, shall submit a written report on club letterhead within three working days after the issue of the Notice of Suspension along with the prescribed fee as per section 10. The report should clearly outline the grounds for the hearing and what he/she will rely on as a defence as well as the names of any witnesses and attach their statements they wish to present to the Appeals Tribunal.
- 9.7.2.** The appeal is to be sent to the Chairman of the Disciplinary Tribunal within three (3) working days of the issue of the suspension. The prescribed appeal fee is to be paid as per section 10 at the same time the appeal is submitted. The appeal will not go ahead if the appeal fee is not paid.
- 9.7.3.** A player or official sent from the field of play who wishes to appeal against a suspension that is imposed above the minimum suspension in section 9.9, shall submit the appeal as per section 9-7. The players Club will be notified of the time and venue of such hearing. All requests for such shall be forwarded including the prescribed fee to the Chairman of the Disciplinary Tribunal. Within three working days after receiving the Notice of Suspension.
- 9.7.4.** The players Club will be notified of the time and venue of such hearing.

**9.7.5.** At the Appeals Tribunal hearing the player or official will be entitled to have one representative of his club in attendance, with any witness to the events which caused the send-off or incident report. In the case of a Junior player he/she will be entitled to have a parent accompany him/her as well.

**9.7.6.** The Appeals Tribunal has the power to dismiss or increase any suspension or issue a suspended suspension,

**9.7.7.** No further appeal shall lie within the Association from any determination or penalty of the Appeals Tribunal relating to an appeal from the Appeals Tribunal, a player, or club may, subject to the Articles of Association and ByLaws appeal to Southern NSW Football unless, the Board of the Association grants a stay.

**9.8. CAUTIONS (YELLOW CARDS)**

**9.8.1.** Cautions shall be issued by Referees to players for minor infringements of the Laws of the Game as follows:

**The Referee is to record all cautions on the online team sheet.**

<b>Code</b>	<b>Description</b>
Y1	The player is guilty of unsporting conduct
Y2	The player shows dissent by action or word
Y3	The player persistently infringes the Laws of the Game
Y4	The player delays the restart of play
Y5	The player fails to respect the required distance when play is restarted with a corner kick, free kick or throw in
Y6	The player re-enters the field of play without the Referee's permission
Y7	The player deliberately leaves the field of play without the Referee's permission

There shall be no appeal against a single yellow card (caution) issued by the match official.

**9.8.2.** If a player receives 2 (Two) Yellow Cards in a match, resulting in an R7 Red Card offence, then the two Yellow Cards are expunged from the players record and neither Yellow Card will be considered when accumulating YellowCards

All players will start the new season free of any official cautions, however any suspensions will carry over.

**9.8.3.** At the end of the competition proper all Yellow Card Cautions will be reset to Zero for the Final Series.

**9.8.4.** A Player who accumulates 2 (Two) Yellow Cards in the final series irrespective of the grade in which they are received, must serve a mandatory one match suspension.

**9.8.5** In the case of a player who plays in both The Senior, over 35 and Junior competitions, the official cautions are to be combined and the suspension is to be served in the competition where the majority of yellow cards were received.

**9.8.6** Any player who accumulates 5 (Five) official cautions during the competition, irrespective of the grade in which they were received, and prior to the final series the player shall serve a mandatory match suspension of 1 (one) fixture in the competition where the majority of yellow cards were received. There shall be no appeal against the one (1) fixture suspension after receiving five (5) official cautions.

**9.8.7.** Any player who accumulates an additional 3 (Three) cautions (in total 8 (eight) official cautions in one season and prior to the final series must serve a mandatory fixture suspension of four (4) competition fixtures in the competition where majority of yellow cards were received. There shall be no appeal against the four (4) fixture suspension after receiving 8 (eight) official cautions.

### **9.9 Suspension Guidelines**

Second or subsequent offences: Where a Player or Club Official has been found guilty of an offence and then commits the same offence on a second or subsequent occasion within two (2) years of the expiration of the suspension issued in respect of the previous offence, the second or subsequent offence will be considered a second or subsequent for the purpose of Sanctioning under Table A, B and C.

### **9.10 OFFENCES (RED CARDS)**

**Table A Offences by players and Registered Participants.**

	<b>Description</b>	<b>Minimum Suspension</b>	<b>Maximum Suspension</b>
R1	Serious Foul Play tackle or challenge	1 <sup>st</sup> MMS + 1 Fixture 2 <sup>nd</sup> MMS + 1 Fixture	24 Months
R1A	Attempting to gain possession of the ball using excessive force	1 <sup>st</sup> MMS + 1 Fixture 2 <sup>nd</sup> MMS + 2 Fixtures	24 Months
R1B	Conduct that endangers the safety of an opponent in a contest for the ball or has the potential to cause serious injury	1 <sup>st</sup> MMS + 2 Fixtures 2 <sup>nd</sup> MMS + 3 Fixtures	24 Months
R1C	Conduct causing serious injury	1 <sup>st</sup> MMS + 6 Fixtures 2 <sup>nd</sup> MMS + 10 Fixtures	24 Months
R1D	Contact causing minor injury	1 <sup>st</sup> MMS + 4 Fixtures 2 <sup>nd</sup> MMS + 5 Fixtures	24 Months

<b>R2 Violent conduct, ( typically, but not limited to serious foul play when the ball is not in play and or premeditated violent conduct)</b>			
R2A	Excessive Force	MMS + 1 Fixture 2 <sup>nd</sup> MMS + 1 Fixtures	24 Months
R2B	Violent Conduct	1 <sup>st</sup> MMS + 3 Fixtures 2 <sup>nd</sup> MMS + 5 Fixtures	24 Months
R2C	Serious and or premeditated violent conduct	1 <sup>st</sup> MMS + 6 Fixtures 2 <sup>ns</sup> MMS + 8 Fixtures	24 Months
R2D	Serious violent conduct that has caused bodily harm or responsibility for a violent melee	1 <sup>st</sup> MMS + 12 Fixtures 2 <sup>nd</sup> MMS + 20 Fixtures	24 Months
R3	Spitting at or towards an opponent	1 <sup>st</sup> MMS + 4 Fixtures 2 <sup>nd</sup> MMS + 8 Fixtures	24 Months
R3	Spitting on an opponent or any other person	1 <sup>st</sup> MMS + 8 Fixtures 2 <sup>ns</sup> MMS + 16 Fixtures	24 Months
R3	Causing spittle to land on an opponent or any other	1 <sup>st</sup> MMS + 2 Fixtures	24 Months

R4	Denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (except a goalkeeper within his own penalty area)	1 <sup>st</sup> MMS 2 <sup>nd</sup> MMS	MMS
R5	Denying an obvious goal scoring opportunity to an opponent moving towards the players goal by an offence punishable by a free kick or penalty kick	1 <sup>st</sup> MMS 2 <sup>nd</sup> MMS	MMS
R6A	Using offensive, insulting or abusive or intimidating language and or gestures	1 <sup>st</sup> MMs + 1 Fixture 2 <sup>nd</sup> MMS + 3 Fixtures	24 Months
R6B	Using language and or gestures in frustration	1 <sup>st</sup> MMS 2 <sup>nd</sup> MMS + 1 Fixture	
R6C	Using language and or gestures directed at another person	1 <sup>st</sup> MMs + 1 Fixture 2 <sup>nd</sup> MMS + 3 Fixtures	24 Months
R6D	Using discriminating, homophobic, racist, religious, ethnic or language and or gestures	1 <sup>st</sup> MMS + 6 Fixtures 2 <sup>ns</sup> MMS + 14 Fixtures	24 Months

R6E	Incitement to violence or repeated use of offensive language and or gestures to another person	MMS + 4 fixtures 2 <sup>nd</sup> MMS + 8 Fixtures	24 Months
R6F	Threatening or intimidating language and or conduct directed at or towards another person	1 <sup>st</sup> MMS + 4 Fixtures 2 <sup>nd</sup> MMS + 8 Fixtures	24 Months
R6G	Threat of Physical violence directed at or towards another person or their family or property	1 <sup>st</sup> MMS + 8 Fixtures 2 <sup>nd</sup> MMS + 16 Fixtures	24 Months
R7	Second yellow card caution in a match	1 <sup>st</sup> MMS 2 <sup>nd</sup> MMS	MMS

<b>Table B Offences by a Participants against Match Officials</b>			
1	Fail to abide by or comply with a direction of a match official	1 <sup>st</sup> MMS 2 <sup>nd</sup> MMS + 1 Fixture	24 Months
2	Disputing a decision of a match official or dissent or unsporting behaviour	1 <sup>st</sup> MMS 2 <sup>nd</sup> MMS + 1 Fixture	24 Months
3	Using offensive, insulting or abusive language and or gestures repeated and excessive conduct	1 <sup>st</sup> MMS + 5 Fixtures 2 <sup>nd</sup> MMs + 7 Fixtures	
4	Indecent Gestures	1 <sup>st</sup> MMS + 6 Fixtures 2 <sup>nd</sup> MMs + 10 Fixtures	24 Months
5	Provocation or incitement of hatred or violence	1 <sup>st</sup> MMs + 8 Fixtures 2 <sup>nd</sup> MMs + 12 Fixtures	24 Months
6	Use of discriminatory, homophobic, racist, religious, ethnic or sexual language and or gestures	1 <sup>st</sup> MMS + 10 Fixtures 2 <sup>nd</sup> MMS + 12 Fixtures	24 Months
7	Threatening or intimidating language or conduct towards a math official	1 <sup>st</sup> MMS + 11 Fixtures 2 <sup>nd</sup> MMS + 15 Fixtures	24 Months
8	Threat of physical violence toward a math official or their family or property	1 <sup>st</sup> MMS 12 Months 2 <sup>nd</sup> MMS + 2 Years	24 Months
9	Use Language or gestures in frustration	1 <sup>st</sup> MMS 2 <sup>nd</sup> MMS 2 Fixture	24 Months
10	Using Offensive, Insulting or abusive language and or gestures ( isolated incident)	1 <sup>st</sup> MMS +3 Fixtures 2 <sup>nd</sup> MMS + 5 Fixtures	24 Months
11	Inappropriate contact with a match official	1 <sup>st</sup> MMS + 3 Fixtures 2 <sup>nd</sup> MMS + 5 Fixtures	24 Months
12	Pushing a match official	1 <sup>st</sup> 12 Months 2 <sup>nd</sup> 2 years	Life
13	Tripping a match official	1 <sup>st</sup> 12 Months 2 <sup>nd</sup> 2 years	Life
14	Striking a match official with a ball or other object.	1 <sup>st</sup> 12 Months 2 <sup>nd</sup> 2 years	Life
15	Punching, Kicking, elbowing or striking a match official	1 <sup>st</sup> 2 years 2 <sup>nd</sup> 4 years	Life

16	Spitting at or towards a match official	1 <sup>st</sup> 12 Months 2 <sup>nd</sup> 2 years	Life
17	Spitting at a match official	1 <sup>st</sup> 2 years 2 <sup>nd</sup> 4 years	Life
18	Causing spittle to land on a match official ( e.g. “blowing a raspberry”)	1 <sup>st</sup> 6 Months 2 <sup>nd</sup> 12 Months	Life

**Other Offences Committed by Members are as per Table C of FNSW Grievance and Disciplinary Regulations.**

- 9.10.1** A challenge on the basis of mistaken identity on a team sheet or in a Match Official Send-Off/Expulsion Report
- 9.10.2** At the end of a Match, the relevant Team Official must sign the team sheet confirming that all details on the team sheet, including the attribution of Yellow Cards, Red Cards and Expulsions, are correct.
- 9.10.3** If the Team Official believes that a Participant has been mistakenly identified on the team sheet by a Match Official as having received a Yellow Card or Red Card or been Expelled, the Team Official must indicate same (with brief reasons) on the team sheet prior to signing it. Failure to do so will result in a fine against the Club.
- 9.10.4** Unless there are exceptional circumstances (to be determined by the Board in its absolute discretion), if a Team Official has failed to comply with the requirement set out in Mistaken Identity rule
- 9.10.5** If a Participant believes that he or she has been mistakenly identified on the team sheet by a Match Official as having received a Yellow Card or Red Card or been Expelled or has been mistakenly identified in a Match Official Send-Off/Expulsion Report, the Participant must notify SDFA submitting the following:
- 9.10.6** WHAT:
- 9.10.7** COMPULSORY: a signed written statement by the Participant who was reported by the Match Official in any team sheet or Match Official Send- Off/Expulsion Report stating that he or she was not responsible for the offence and identifying, to the best of his or her knowledge, the name of the Participant responsible (Form 4)
- 9.10.8** OPTION 1: a signed written statement by the Participant who was responsible for the offence (Form 1) OR
- 9.10.9** OPTION 2: a signed written statement from the Participant’s Club identifying, to the best of its knowledge, the name of the Participant who was responsible for the offence (Form 3)
- 9.10.10** OPTIONAL: any other evidence which may support the claim for mistaken identity including, but not limited to, any video or photo evidence.

**9.10.11. WHEN:**

**9.10.11a** Within (24) twenty-Four hours following the completion of the Match.

**HOW:**

**9.10.11b** Email a signed Form1 compulsory and

**9.10.11c** Form 2 or Form 3 to [SDFA.secretary@shoalhavenfootball.com.au](mailto:SDFA.secretary@shoalhavenfootball.com.au)

**9.10.12** Participants should note that the time limit set out above is strict. Unless there are exceptional circumstances (to be determined by the Executive in its absolute discretion), if a Participant fails to comply with the requirements prescribed under Mistaken Identity by the time specified therein, the Participant identified on the team sheet or in the Match Official Send-Off/Expulsion Report is deemed to have been responsible for the Offence and may, subject to the Executive's consideration of the matter, be issued with a Suspension. Further, that Participant is deemed to have waived his or her right to challenge under this section 7.8.

**9.10.12a** After considering the written statements and any other evidence provided, SDFA will decide whether the claim for mistaken identity should be rejected or upheld

**9.10.12b** If SDFA rejects a claim for mistaken identity and

**9.10.12c** A Suspension in relation to the matter has already been issued to the Participant, the original decision set out in the Suspension continues to apply; or  
3.21.3.1 Notice of Suspension in relation to the matter has not already been issued to the Participant, SDFA will determine the Suspension, and issue a Notice of Suspension To the Participant's Club,

**9.10.13** If SDFA upholds a mistaken identity claim, the Yellow Card or Red Card issued to the original Participant will be expunged and the Suspension issued (if any) will be rescinded by SDFA.

**9.10.14.** If the SDFA upholds any mistaken identity claim and makes a finding in respect of the identity of the actual offender, SDFA must determine or re-determine the matter, as the case may be, as if it were dealing with a fresh matter.

**9.10.15.** SDFA must, as soon as is practicable, issue its determination in writing to the Participant's Club and, if applicable, set out the Suspension imposed on the actual offender in a Notice of Suspension and issue same to that Participant's Club. That Club must, as soon as is practicable, advise the Participant of the Suspension and provide the Participant with a copy of the Notice of Suspension. Failure by the Club to do so will result in a fine against the Club.

**9.10.16,** Appealing a decision in respect of a challenge (mistaken identity)

**9.10.17.** The decision to reject a challenge brought in accordance with (Challenging a decision on the basis of mistaken identity in a Match Official Send-Off/ Expulsion Report) may be appealed to the Appeals Tribunal set up by the Board of SDFA.

**9.10.18.** The right of appeal is limited under this section to the Participant who brought the challenge in form 2.

**9.10.18.** If a Participant wants to appeal the Participant must, within seven (7) working days of the issuance of SDFA’s decision:

- a. Pay to SDFA the relevant Application Fee as laid out in section 10 of the rules with the appeal documents.
- b. Submit to SDFA completed and signed Notice of Appeal – Challenge on the basis of mistaken identity(Form 4);
- c. Submit to SDFA all supporting material, including any additional evidence and submit to SDFA any written submissions the Participant intends to rely on

## Section 10. Financial

### 10.1 Fines

10.1.1.	Fail to confirm Starting eleven (11) for senior matches on Dribl
10.1.2.	Forfeit with No Notice for Junior matches
10.1.3.	Forfeit with No Notice for Senior matches
10.1.4	Forfeit Senior 1 <sup>st</sup> Grade Match
10.1.5.	Forfeit Notice given for Junior matches
10.1.6.	Forfeit Notice given for Senior matches
10.1.7.	Failure to compete in pre season competition
10.1.8.	Withdrawal of Junior team after start of competition proper
10.1.9.	Withdrawal of Senior team after start of competition proper
10.1.10.	Appeal against a Disciplinary Hearing determination Members and Plyers10
10.1.11.	Non-Attendance at Association Meetings
10.1.12	Two officials not available from each Club at Senior Matches
10.1.13.	Three (3) match balls not available at Senior Matches
10.1.14.	Failure to pay Invoiced accounts within thirty (30) days
10.1.15.	Failure to pay Invoiced accounts within sixty (60) days
10.1.16.	Fines and bonds of an undisclosed amount can be applied by SDFA for serious breaches of any matter.

### 10.2 Prompt payment of Invoices

**10.2.1** All invoices raised by SDFA are to be paid within 30 days of invoice date. Failure to do so will result in a fine equal to 10% of each invoice total. If more than Sixty (60) days and the Member is a Football Club:

- (a) Shall not be entitled to points from matches in which the Football Clubs' teams participate until the Financial Default is rectified;
- (b) Points lost are not re-in stateable;
- (c) Prohibited from participating in semi-final or final play-off series; For the purpose of this clause a Football Club includes each of the teams playing for that Football Club

**10.1.19** Participant should note the time limits set out above are strict. Unless there are any exceptional circumstances (to be determined by the Board in its absolute discretion), if SDFA does not receive the material and the Application fee prescribed in section 10 by the time specified therein, the Participant is deemed to have waived his or her right to appeal the decision.

## **Section 11. Annex A Policies -FFA Concussion Guidelines**

### **11.1 BACKGROUND**

**11.1.1** This document sets out the guiding principles and provides general advice regarding the management of concussion in football in Australia.

**11.1.2** These Guidelines have been produced by Football Federation Australia (FFA). FFA has adopted the Consensus Statement on Concussion in Sport: The 4th International Conference on Concussion in Sport held in Zurich, November

**11.1.3** 2012 (see 'Resources' below). This statement was produced in conjunction with Fédération Internationale de Football Association (FIFA), and has also been adopted by FIFA.

**11.1.4** These Guidelines have been produced by Football Federation Australia (FFA). FFA has adopted the Consensus Statement on Concussion in Sport: The 4th International Conference on Concussion in Sport held in Zurich, November

**11.1.5** 2012 (see 'Resources' below). This statement was produced in conjunction with Fédération Internationale de Football Association (FIFA), and has also been adopted by FIFA.

**11.1.6** These Guidelines are of a general nature only. Individual treatment will depend on the facts and circumstances specific to each individual case. These Guidelines are not intended as a standard of care and should not be interpreted as such.

**11.1.7** These Guidelines will be reviewed regularly by FFA and will be modified according to the development of new knowledge. The latest version of these

Guidelines can be found here: <http://www.footballaustralia.com.au/insideffa/statutes>

## **11.2 DEFINITION**

**11.2.1** Concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces (See page 1 of the Consensus Statement on Concussion in Sport: The 4th International Conference on Concussion in Sport for a more detailed definition).

## **11.3 RECOVERY**

**11.3.1** The majority (80-90%) of concussions resolve in a short (7-10 day) period, although the recovery frame may be longer in children and adolescents.

## **11.4 SIGNS OF CONCUSSION**

**11.4.1** Immediate visual indicators of concussion include:

- (a) Loss of consciousness or responsiveness;
- (b) Lying motionless on the ground/slow to get up;
- (c) A dazed, blank or vacant expression;
- (d) Appearing unsteady on feet, balance problems or falling over;
- (e) Grabbing or clutching of the head
- (f) Impact seizure or convulsion

**11.4.2** Concussion can include one or more of the following symptoms:

- (a) Symptoms: Headache, dizziness, “feeling in a fog”.
- (b) Behavioural changes: Inappropriate emotions, irritability, feeling nervous or anxious.
- (c) Cognitive impairment: Slowed reaction times, confusion/disorientation- not aware of location or score, poor attention and concentration, loss of memory for events up to and/or after the concussion. FFA Concussion Guidelines
- (d) The Pocket Concussion Recognition Tool may be used to help identify a suspected concussion (see Resources’ below).

## **11.5 REMOVE FROM PLAY**

**11.5.1.** Any athlete with a suspected concussion should be immediately removed from play and should not be returned to activity until they are assessed by a qualified medical practitioner.

Players with a suspected concussion should not be left alone and should not drive a motor vehicle.

Only qualified medical practitioners should diagnose whether a concussion has occurred, or provide advice as to whether the player can return to play.

There should be no return to play on the day of a concussive injury.

### **11.6 MEDICAL ASSESSMENT**

**11.6.1.** Qualified Medical Practitioner should:

- (a) Diagnose whether a concussion has occurred – based on clinical judgement;
- (b) Evaluate the injured player for concussion using SCAT 3 (or Child – SCAT 3) or similar tool (see ‘Resources ’below);
- (c) Advise the player as to medical management;
- (d) Advise the player as to when it is appropriate to begin a Graduated Return to Play Program (Annexure 1 to these Guidelines).
- (e) Clear the player to return to play following the graduated RTP program

### **11.7 RETURN TO PLAY**

Following clearance from a qualified Medical Practitioner for the player to return to play, the player should progress through a Graduated Return to Play Program (see Annexure 1 to these Guidelines).

In all cases, the Graduated Return to Play Program provides for a minimum of 6 days before the player can play a competitive game.

### **11.8 RESOURCES**

- (a) *Consensus Statement on Concussion in Sport: The 4th International Conference on Concussion in Sport held in Zurich, November 2012 (McCrory et al), found here: <http://bjsm.bmj.com/content/47/5/250.full>*
- (b) *Pocket Concussion Recognition Tool, found here:*
- (c) *<http://bjsm.bmj.com/content/47/5/267.full.pdf>*
- (d) *SCAT 3 – Sport Concussion Assessment Tool – 3rd Edition, found here: <http://bjsm.bmj.com/content/47/5/259.full.pdf>*
- (e) *Child-SCAT3- Sport Concussion Assessment Tool (for children ages 5-12 years), found here: <http://bjsm.bmj.com/content/47/5/263.full.pdf>*
- (f) *Graduated Return to Play Protocol (Annexure 1 to these Guidelines) FFA Concussion Guidelines*



Annexure 1 – Graduated Return to Play Program Rehabilitation Level	Functional exercise at each stage of rehabilitation	Objective of each stage
<p><b>Level 1</b></p> <p>No activity, minimum 24 hours following the injury where managed by a medical practitioner, otherwise minimum 14 days following the injury</p>	<p>Complete physical and cognitive rest without symptoms. Only proceed to level 2 once ALL symptoms have resolved.</p>	<p><b>Recovery</b></p>
<p><b>Level 2</b></p> <p>Light aerobic exercise during 24-hour period</p>	<p>Walking, swimming or stationary cycling keeping intensity, &lt;70% maximum predicted heart rate. No resistance training. Symptom free during full 24- hour period.</p>	<p><b>Increase heart rate</b></p>
<p><b>Level 3</b></p> <p>Sport-specific exerciseduring 24-hour period</p>	<p>Running drills. No head impact activities. Symptom free during full 24-hour period.</p>	<p><b>Add movement</b></p>
<p><b>Level 4</b></p> <p>Non-contact training drills during 24-hourperiod</p>	<p>Progression to more complex training drills, e.g. passing drills. May start progressive resistance training. Symptom free during full 24-hour period.</p>	<p><b>Exercise, coordination, and cognitive load</b></p>
<p><b>Level 5</b></p> <p>Full Contact Practice</p>	<p>Following medical clearance participate in normal training activities</p>	<p><b>Restore confidence and assess functional skillsby coaching staff</b></p>
<p><b>Level 6</b></p>	<p>Player rehabilitated</p> <p>See also Rule 1.16.1</p>	<p><b>Recovered</b></p>

## **Section 12. Additional Policies**

### **12.1 SDFFA Zero Tolerance Policy**

SDFFA Policy 1/2018

At the Board meeting held on 15th January 2018 the Board adopted a policy of ZERO TOLERANCE of violent conduct and abuse of match officials.

Any reported incidents of violent conduct or abuse of match officials will be dealt with severely, the board can administer sanctions, which can and are not restricted to the following:

Suspension, Fines, Loss of competition points and expulsion from all competitions.

Clubs are directed to inform all players, spectators and club officials. A notice of such should be on display in all dressing rooms and canteen notice boards. All club ground controllers should be aware of this policy.

### **12.2 New Club Playing Strips**

**12.2.1** At the meeting of Clubs on 5th February 2018 the following were approved. Sussex Inlet presented a new playing strip, the strip is close to the Wreck Bay playing strip and it was decided by the meeting that the strip be approved with the condition when playing Wreck Bay Sussex Inlet is to wear an alternate strip.

### **12.3 Yellow and Red cards for Team Officials**

**12.3.1** Meeting of Clubs on 5th March 2018 the following was approved as a Policy Yellow and Red Cards for Team Officials.

*(a) Referees will issue Yellow or Red cards for any Dissent by team officials, Yellow cards issued will not be accumulated, but Red cards will be dealt with by the Disciplinary Tribunal.*

**12.3.2** Yellow Cards for Dissent during a match.

*(a) Any player in SDFFA competitions will be issued a yellow card by the referee for dissent will be dealt with by a term in the "sin bin", the player cannot be substituted whilst he/she serves the "sin bin" time.*

*(b) A senior player will serve ten (10) minutes, and a junior player will serve five (5) minutes. If the player dissents again during the match, he will be given a second yellow card and will incur a suspension.*

## **12.4 Wearing of Glasses by Players and Officials during Games**

All players and match officials that require to wear glasses will need to ensure that their registration picture upon registration has the pair of glasses that they will use at the time of taking to the field. The glasses need to be plastic frame with plastic lenses. Anyone taking to the field with metal frames and/or glass lenses will not be allowed to play or officiate the match.

This is to comply with Section 4 of Football NSW's Equipment, Commercial and Media Regulations.

All clubs are required to produce Photo ID registration Cards and always comply with Rule 3.18.

## **12.5 Shoalhaven District Football Association (SDFA) Social Media Policy – March 2025**

**1. Purpose** This policy outlines the expectations and guidelines for social media use by all members, participants, clubs, officials, and videographers associated with Shoalhaven District Football Association (SDFA). It aims to ensure responsible and respectful online behaviour that aligns with SDFA's values and Football Australia's Code of Conduct.

**2. Scope** This policy applies to all SDFA-affiliated individuals, including players, coaches, referees, club officials, volunteers, parents, spectators, and videographers. It covers all social media platforms, including but not limited to Facebook, Instagram, X (formerly Twitter), TikTok, YouTube, and club websites.

### **3. General Guidelines**

- Social media must be used in a positive, respectful, and responsible manner that upholds the integrity of SDFA and its participants.
- Online content must not bring SDFA, its clubs, officials, or members into disrepute.
- Confidential or sensitive information must not be disclosed online.
- Individuals must not engage in cyberbullying, harassment, discrimination, or any form of online abuse.
- Any grievances must be addressed through official SDFA channels, not on social media.

#### **4. Videographers and Media Content**

- Any person or organisation recording SDFA-affiliated matches, training sessions, or events for media purposes must have prior approval from SDFA.
- Consent must be obtained from clubs and/or individuals before publishing footage of minors.
- Recorded content must not be used to target, criticise, or intimidate players, referees, coaches, or officials.
- Footage must not be altered in a way that misrepresents events, players, or the game.
- Any commercial use of SDFA event footage must be approved by SDFA.

#### **5. Prohibited Conduct**

- Posting offensive, defamatory, or discriminatory content related to SDFA, its clubs, officials, or members.
- Sharing false, misleading, or harmful information.
- Using social media to intimidate, harass, or threaten any individual associated with SDFA.
- Filming or posting unauthorised footage of matches, players, or referees.
- Commenting on ongoing disciplinary matters.

#### **6. Reporting and Consequences**

- Any breaches of this policy should be reported to SDFA for review.
- SDFA reserves the right to request the removal of any content deemed inappropriate.
- Individuals or clubs found violating this policy may face disciplinary action, including fines, suspensions, or bans from SDFA events.

**7. Compliance with Governing Bodies** This policy aligns with Football Australia's Code of Conduct, Football NSW Member Protection Framework, and relevant laws concerning online behaviour, privacy, and child protection.



**8. Review and Amendments** SDFA will review this policy annually and make necessary updates to ensure it remains relevant and effective.

**Contact Information** For any concerns or questions regarding this policy, please contact SDFA at [secretary@shoalhavenfootball.com.au](mailto:secretary@shoalhavenfootball.com.au)

**Endorsed at SDFA Board meeting 26 March 2025.**

## **12.6 Shoalhaven District Football Association (SDFA) – Player Deregistration & Refund Policy**

**Adopted May 2025**

### **1. Overview**

This policy outlines the conditions under which a player may be eligible for a refund of registration fees (**SDFA portion only**) upon deregistration from football competitions within the Shoalhaven District Football Association (SDFA).

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### **2. General Refund Conditions**

- Refunds apply only to players who have not played in any competition and trial games
- Refunds will only be considered if the **deregistration is completed and approved before the first round** of the season.
- The **FNSW and FA portion** of the fees is processed by **Football NSW**. SDFA and clubs do **not** directly refund these amounts.

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### **3. Refund Process**

- Players must initiate deregistration via **PlayFootball**, including a brief explanation in the comments section (e.g., no longer playing, personal reasons, etc.).
- The **club** will review the deregistration request and either approve or decline it. Clubs must complete this step within **7 days**.
- The **SDFA Registrar** will then provide final approval or decline the request. The SDFA Registrar also has **7 days** to process this step.
- Once deregistration is approved, the **player (or parent/guardian)** must email [refunds@playfootball.com.au](mailto:refunds@playfootball.com.au) with the following details:
  - Full Player Name



- FFA Number
- Date of Birth
- **Football NSW** will verify the request, assess eligibility, and process any applicable refund according to their refund policy.

**Please note:** All payments and refunds are managed and processed through the **PlayFootball** system. Neither SDFA nor the clubs handle or issue refunds directly.

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## 5. Ineligible Refund Scenarios

Refunds will not be issued:

- After the deregistration deadline if the player has not moved clubs.
  - If the player has played a game.
  - If the refund request is incomplete or missing required information.
  - If the deregistration is due to injury but the player has already played.
- 

## 7. Insurance Eligibility

**IMPORTANT:** A player must be registered and financial (paid) to be eligible to make an insurance claim under the Football NSW Insurance Program. Deregistered players are **not covered**.

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## 8. Contacts

For SDFA related refund questions, please contact:  
[registrar@shoalhavenfootball.com.au](mailto:registrar@shoalhavenfootball.com.au)

For FNSW refund enquiries:  
[refunds@playfootball.com.au](mailto:refunds@playfootball.com.au)

## NSW WORKING WITH CHILDREN CHECK

Compliance with the WWCC is a mandatory requirement in NSW and applicable to all sport organisations and individuals who work or volunteer with children under 18 years.

Your club must ensure that it has obtained and verified the WWC Numbers of all your club's workers and volunteers in the WWC online system and kept a record of those verification details.

We understand there are a few new club members, so here's a quick overview of the process:

- When coaches and managers register via PlayFootball, they must enter their WWCC details.
- Your club is then responsible for verifying these details through the Office of the Children's Guardian using your club's login credentials:

<https://wwccemployer.ocg.nsw.gov.au/Login>

- You can generate a report in PlayFootball to identify all coaches, managers, and committee members. This report includes the information you need: full name, date of birth, and WWC number.
- Enter the WWC details into the Office of the Children's Guardian system to confirm their clearance status.
- Clubs are required to keep a record of these verifications and submit this report to the SDFFA Member Protection Officer.

Please ensure this process is up to date to remain compliant.

#### **Resources:**

- [How to Verify WWC Numbers](#)
- [How do you know if a WWC Number is valid?](#)

Further information [Football NSW Working with Children Check webpage](#)

#### **NSW CHILD SAFE STANDARDS**

Compliance with the Child Safe Standards is a mandatory requirement in NSW for all sport clubs, associations, branches, referee branches and organisations.

#### **Resources available for clubs include:**

- [Child Safe Standards – Club Self-Assessment](#)
- [Child Safe Standards – Getting Started](#)
- [What are the 10 Child Safe Standards](#)



Further information [Football NSW Safeguarding webpage](#)



## Section 13. Notes...

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