



**EAST LAUNCESTON JUNIOR
FOOTBALL CLUB**

COACHES HANDBOOK 2023



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COACH MISSION STATEMENT

*“To develop positive, capable and confident people,
prepared for senior age football & beyond”*

On behalf of the East Launceston Junior Football Club, we would like to say thank you for volunteering to coach your respective team for the 2023 season.

Volunteers are what makes our club tick and creates the great club culture that has been built over the previous 15 years. While coaching a team of junior players is one of the most rewarding things you will ever do, the Club recognises it takes considerable time, patience and dedication.

We have created this Coaches Handbook to assist you in your role as Team Coach. This handbook includes the relevant information and resources you need to make the 2023 season an enjoyable experience for you, your team and the parents of all the kids. Whilst a key to success in junior sporting clubs is to ensure that the kids are having fun and learning the game, it is also important to ensure that parents have a good experience and want to bring their kids back to play again next year.

If you any have any questions or need clarification of anything, please also feel free to drop me a note on the email address below or grab me in person at an appropriate time.

Thanks again for being an active volunteer with the ELJFC Lions.

We are very appreciative of all our volunteers and look forward to your success in 2023.

Warm regards,

Will Tatchell - coach@eljfc.com.au

Coaches Coordinator

East Launceston Junior Football Club

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Team	Coach	Team Manager
Auskick	Hayden Thorp	
Under 9 Boys	Ben Green	Nick Kirkham
Under 9 Boys	Callum Woolley	Fleur Castle
Under 10 Boys	Lachie McFadzean	Nathan Johnston
Under 11 Girls	Harry Tucker, Meg & Lucy Dennis Asst: Dion Byrne	Mel Reeves
Under 12 Boys	Matt Harvey, Nic d'Emden	Sam Lyne
Under 14 Girls	Shane Wain Asst: Ella Nast, Mimi Brown	Trish Clayton
Under 14 Boys	Charlie Eastoe Asst: Will Tatchell	Amada Lovell
Under 16 boys	Div 1: Archie Wilkinson & Jack Colgrave Div 2: Mick Reid	Nikki & Mark Atkins Nina Bennett
Under 17 Girls	Andrew Brown Asst: Maisie Edwards	Lil Calvert

ELJFC *Player Development Matrix* has been developed to ensure a clear understanding of the objectives and focus on each stage of a young player's development. The stages of developmental focus are age group specific, allowing players, parents and coaches to understand the expectations and focus for player development across the season.

- All stages should be characterised by the provision of continuous learning opportunities for all players.
- It should be noted, individual players in each age group will have a variety of abilities, and as such will progress through the *Player Development Matrix* at varying speeds
- The goal is to have the playing group at the standard achievable

PLAYER DEVELOPMENT MATRIX – ELJFC 2022

Age Group	Auskick	U9/U10	U12	U14	U16/17	Ready for Senior Age
Stage	0 - Not Yet Developed	1 - Below Standard	2 - Working Towards Standard	3 - At Standard	4 - Above Standard	5 - Proficient
Kicking	Can drop the ball to foot and understands drop punt principles	Developing the ability to kick drop punts on natural foot.	Developing the ability to kick drop punts with solid technique	Fully Developed Natural Foot with a developing opposite side	Proficient on both sides of body with drop punt	Proficient on both sides of body including the ability to hit targets both long (40m) and short (15m)
Handball	Can hold the ball in one hand and strike the ball with the other	Developing the ability to execute a handball on natural side	Developing the ability to execute a handball on natural side under pressure	Fully Developed Natural hand with a developing opposite side	Proficient on both sides of body with execution of basic hand ball	Proficient on both sides of body with an understanding of types of handball when to utilise them
Ball Gathering	Has the ability at times to gather the ball below knees in a stationary position	Developing the ability to gather the ball below the knees	Developing the ability to gather the ball below the knees on the run	Possess the ability to gather the ball on the run below the knees	Possess the ability to gather the ball on the ground both stationary and on the move.	High level ability to win the ball on the ground in the contest under pressure both stationary and on the move.
Marking	Understands the basic hand movements associated with a chest mark	Developing the ability to mark on the chest	Developing the ability to mark the ball in the hands. Possess the ability to mark on the chest	Fully developed ability to mark the ball both in the hands and chest with an understanding of when to use either skill	Possess the ability to mark the ball in the air.	High level ability to mark the contested ball utilising both leap and strength when required
Tackling/Pressure	Can tackle a stationary person	Can tackle a player side with inconsistent technique.	Understand different tackles with developing technique. Can apply pressure	Techniques are sound for a tackle from behind and side on. Understanding about how to apply pressure.	Willingness to tackling in game situations, some technique issues. Has a concept of Shut Down Receiver.	Technique is sound and has a willingness to commit to tackling. Understands the terminology and concept of Shut Down Receiver
Game Sense	Understands positions and the basics behind scoring	Developing an understanding of basic information including defensive and attacking actions and positions etc.	Begin to gain a thorough understanding of positions and roles associated with them.	Basic understanding of attack and defence. Has the ability to set up basic structures and use language associated with elite football	Developing an understanding of attack and defence. Possess a thorough knowledge of positions and roles associated with them. Developing an understanding of structures across all lines and language associated with elite level football.	Possess a developed understanding of both attack and defence. Understands and is able to lead structures to make your team mates life easier. Possess a solid understanding of language associated with elite level football.
Conditioning	Basic levels of fitness to complete training	Basic levels of fitness exposure through training and games.	Exposure to the concept of strength and conditioning that utilise body weight exercises. Fitness through games.	Possess the ability to execute body weight exercises and running conditioning programs. Introduction to recovery programs.	Introduction of strength and developed running conditioning and developing understanding of recovery techniques	Exposure to and developed understanding of strength and conditioning program. High level understanding of running condition and developed understanding of recovery techniques
Personal Character	Understand they are a part of a team	Developing an understanding of team and positive behaviours.	Developing good on and off field behaviours.	Good on and off field behaviours. Possessing an understanding what it means to be a part of a team and club.	The philosophy of team first football & basic decision making ability. Positive off field behaviours that encourage all to be a part of the team.	Well developed and grounded person on and off the field and is inclusive of all and understands their involvement and impact on the team/club.

FUNDAMENTAL STAGE (5-9 YEARS): AUSKICK, U9s, U10s

• **Objective:** Introduce beginner footballers to the game. Participation and learning of fundamental movement and game skills. Program is well structured and fun, concentrating on skill development and enjoyment to ensure continuing interest and involvement in the game and promote the healthy mental and physical development of players. The emphasis is on the overall development of the participant's fundamental motor skills and physical capacities using game-related skill development activities. This is a critical period for motor skill development. Correct running, jumping and basic game skills should be taught, with a specific focus on establishing effective kicking mechanics. Simple rules and ethics are introduced.

• **Key Development Focus:**

- Kicking: Ball Drop when kicking
- Handball: Execute handball on natural side
- Marking: Develop ability to chest mark, but encourage in the hands
- Gather: Ability to gather the ball off the ground below knees
- Game Sense: Basics of scoring, defence & attacking actions, understanding of positions

CONSOLIDATION STAGE (10-12 YEARS): U11s, U12s

• **Objective:** Learning all the fundamental skills of the game and developing basic physical capacities. Players learn how to train and consolidate the basic skills of the game. They are introduced to technical and tactical skills, including position-specific and basic performance techniques - e.g., warm-up, cool-down, nutrition, hydration, recovery, goal setting, etc. Introduce beginner footballers, develop team concepts, promote the healthy mental and physical development of players and emphasise skill development through training and games. This is a critical period for physical and skill development. The focus of training is on learning rather than competing and a balance between training and playing is struck.

• **Key Development Focus:**

- Kicking: Ability to kick drop punt with accuracy
- Handball: Develop ability to execute under pressure on natural side
- Marking: Taking the ball in front with hands and at highest point
- Gather: Ability to gather the ball off the ground on the run
- Game Sense: Understanding of positions & roles associated with them

GROWTH STAGE (13-14 YEARS): U14s, U15s

• **Objective:** Developing player potential & higher-level skills of the game and physical capacities. Optimise development of fitness capacities, individual, positional and team skills. Develop higher level skills and provide appropriate competition to enhance learning and the opportunity to be identified for talent pathway programs. An enhancement of team skills, foster competitive spirit, and promote the healthy mental and physical development of players and desirable attitudes through training and match play.

• **Key Development Focus:**

- Kicking: Kicking to alternative targets, get-out non preferred kick
- Handball: Develop variable handball options e.g., on the up, overlap, run receive
- Marking: Ability to mark overhead, spoil when caught behind
- Gather: Ability to gather the ball off the ground in contested and non-contested situations
- Game Sense: Understanding of attack and defence, with the ability to set up basic structures and use language associated with elite football

SPECIALISING STAGE (15-17 YEARS): U16s, U17s

• **Objective:** Optimise the available individual and team potential while projecting sound attitudes concerning the welfare of football in general. Developing higher-level skills of the game and physical capacities, development of fitness capacities, individual, positional, team and competition skills. For talented players, selection into state and national development programs, including the AFL Academies, continues. This includes the provision of an optimum competition program for player development towards senior football, that also provides opportunities to be assessed to be drafted to the AFL e.g., TAC Cup, state leagues and national championships.

• **Key Development Focus:**

- Kicking: Proficient on both sides with drop punt
- Handball: Proficient on both sides of body with execution of basic hand ball
- Marking: Possess the ability to mark the ball in the air.
- Gather: Possess the ability to gather the ball on the ground both stationery and on the move, in contested and non-contested situations
- Game Sense: Possess a developed understanding of both attack and defence. Understands and is able to lead structures to make your teammates life easier.

4.1. CLUB EXPECTATIONS OF COACHES

- Must be registered and accredited with CoachAFL prior to coaching their first game
- Must provide a current and valid Working with Vulnerable Children accreditation
- To be fully aware of the club's policies and procedures and to follow these procedures and policies.
- To follow the general guidelines as outlined in this handbook
- To manage players, coaches, team staff and parents (in conjunction with team manager) to ensure there are not behaviors or actions that may result in the ELJFC being deducted E-Points across the season
- To attend club coaching meetings were requested

4.2. THE ROLE OF THE COACH AS A TEACHER

- The development of all players' skills, knowledge and attitudes, whilst maintaining their enjoyment of the game.
- Acknowledge that all players are unique and have their particular strengths and weaknesses, which need to be addressed.
- Positively support and encourage players for their efforts helping to build self esteem

4.3. PROFESSIONAL CONDUCT

- Players must always be addressed in a controlled and positive manner.
- No offensive language or cultural, sexist or racist references will be tolerated.
- Coaches and Managers are not to involve themselves in negative dialogue with opposition, coaches, officials, players or spectators.
- Coaches and team managers are responsible for the conduct of their officials and players.
- Coaches are required to report, to the committee, any official or spectator who they believe is behaving in a manner which may be detrimental to the enjoyment of players and spectators, or reflect poorly on the ELJFC, as soon as possible.

4.4. COACHES CODE OF CONDUCT

- Promote the Laws and Rules of our great game.
- Maximize enjoyment before winning.
- Strive for individual and team performance to be the best it can be.
- Group players competitively and develop their confidence.
- Avoid the trap of overplaying talented players just to win.
- Ensure player safety and welfare as a priority – above winning.
- Create a safe learning environment for all involved to progress their learning.
- Remember the age of your team – keep things in perspective.
- Lead the way with respect for opponents, umpires and officials.
- Attain coaching accreditation and keep up with new ideas.
- Avoid aggressive behavior and derogatory and insulting language – communicate effectively.
- The consumption by coaches of alcohol prior to training and any match that ELJFC is involved in will not be tolerated.
- Communicate professionally with players and parents about the child's progress and areas that may require improvement.

At the very core of our club is the maintenance of equity of opportunity to play football. This has a profound impact on the self-esteem of the child, the development of their skills, fitness and understanding of the game. To this end, three significant policies have been developed and implemented that have become mandatory.

5.1 MATCH DAY PLAYER ROTATION POLICY

The spirit of equity is that all players have the same opportunity to develop and enjoy their football. We acknowledge that as our players move through the age groups the implementation of equity may vary. The following points will apply.

UNDER 9s TO 12s

Every effort should be made to ensure that all players have the opportunity to play as much football as possible in relation to:

- The number of games played in a season.
- The on field playing time each week. Every effort should be made to ensure each player plays at least 3 quarters per game.
- Opportunity to be involved in the game while on the field. Players should be rotated through differing positions (defense, midfield and forwards) each quarter in the 9's and 10's and at least weekly in 12's to expand their knowledge of the game and positional play.
- All players must be on the field prior to half time and preferably by the beginning of the second quarter.
- If available, award certificates are to be provided equally and rotated to ensure all players receive at least 1 award during the course of the season. A record of winners for each game is to be kept.
- The captaincy is to be rotated weekly with the intent of enabling every player to captain the side atleast once during the season. A record of who captained the side each week is to be kept. Under 14s to 17s

UNDER 14s TO 17s

In addition to the Under 9's to Under 12's points:

- Game time must be equitable over the season rather than game by game
- The coach may appoint a captain(s) for the full season for under 14's and above
- Players are to be given the opportunity to play multiple positions throughout the season. The frequency of the change is to be determined at the coaches' discretion.

5.2 PLAYER SELECTION POLICY

Ideally, as many players as possible are to play a game each week. In younger age groups we will direct players to play for the opposition in the event we have greater numbers than them. In these instances, players are to be rotated through the opposition side on a quarter-by-quarter basis. Over the course of the season players should spend as close as possible to equal time playing for opposition sides. We should encourage our players to do their best when playing for the opposition and praise them for their efforts.

UNDER 9s TO 12s

The primary goal of playing football at these age groups is to learn to play the game. Facilitating a fun, engaging and progressive learning environment with respect for the teammates, opposition and game officials is paramount. Winning or losing is a tertiary achievement. To that end the following points will apply when selecting teams.

- When there are enough players to field two sides in these age groups players will be divided into two competitive teams by the two coaches at the start of the season. Where possible we allow friends to play in the same side
- These two teams will remain as a group for the duration of the season unless some other eventualities dictate otherwise.

UNDER 14s TO 17s

Where there are multiple teams in an age group we will play in multiple divisions.

- Training is to be together as one age group. There needs to be a focus on players building friendships across the age group and not just with 1 team
- Consideration should be given to training attendance and attitude, team balance, and player development (e.g.: a player who is a regular Backman in the higher division may benefit by playing midfield in the lower division).
- Coaches should ensure that players are given a full and frank explanation for any selection decision that is made.
- If the coaches deem necessary, parental consultation should also take place.

5.3 FINALS SELECTION - ONLY APPLICABLE TO U12s-U17s

It is generally recognised that finals football is different from the home and away games. The policy will be based on the following principles.

- An opportunity for as many players as is possible to experience finals football.
- An understanding that player selection and playing time for individual players gives the team the best possible opportunity to win.
- An understanding that the policy will provide coaches in the older age groups with a greater scope for varying playing time for individual players

THE MAIN POINTS OF THE POLICY ARE:

1. In the event of the team playing in any final as many players as possible will be selected.
 2. In the event of playing 2 or more finals, all players will play at least one final.
- The coach will have discretion over the length of playing time that individual players will have on the field and the time at which the player on the bench would come onto the ground. The aim must be for all players to play a minimum of 2 quarters of football.

5.4 MOUTHGUARD POLICY

ELJFC requires all players to wear mouthguards whilst playing. It is also recommended that they be worn during competitive training. Note: Mouth injuries incurred when not wearing mouthguards may not be covered by your insurance policy, please check details of your policy.

6.1 CLUB NIGHTS

The club aims to invite each team to attend a group training night during the season - a training night with the Old Scotch Collegians Football Club Men's and Women's teams (for older groups) & the opportunity to either train as mixed age-groups, or with Senior players should be encouraged. In addition, a social event during the year to be arranged with Team Manager for parents and players should be explored.

6.2 TEAM NIGHTS

Individual teams can organize their own 'Team Nights' according to the coach's plans. There are many options for these nights, ranging from 'team dinners' at the club to visiting alternative training venues such as the pool.

6.3 INDIVIDUAL TEAM SPONSORSHIP

It is club policy that no individual teams receive exclusive sponsorship from an organisation. This includes resources, apparel and financial support. Offers of sponsorship need to be directed to the President.

6.4 PRESENTATION OF SEASON AWARDS

The presentation of end of season awards will be held after the completion of the final's series, or regular season if not competing in finals. All awards will be presented at this afternoon/evening event. Dates and details of the presentation will be advised.

6.5 TEAM PHOTOS

Team photos are taken late in the season. This is a significant club event; in that it is a record of your team. It is expected that all players, Coaches, Assistant Coaches and Team Managers are in attendance. Team and individual photos may be available for purchase. Full details and timetable will be distributed prior to the day.

With the size of the club, and the number of teams, and other vested parties there is a great deal of pressure placed on oval space for training. It is important that we are aware of the training needs of other teams within the club, the times when the ground has bookings by other teams and groups and the condition of the ground.

7.1 SHARING OF GROUNDS AND TIMING OF TRAINING

The following is a list of training times: TBC

7.2 USE OF LIGHTS

The lights are available for training purposes for the club. During the darker months, when trainings extend into night, the use of the lights will often coincide with the training of a co-tenant of the facility and will be in use already.

7.3 ACCESS TO CHANGEROOMS

Where applicable, playing groups may require access to changerooms prior and post training. These are to be provided by coaches and/or team managers and should be for playing group on

7.4 USE OF GROUND DURING WET CONDITIONS

The Launceston City Council will close the ground during periods of inclement weather. It is the responsibility of the coach or manager of each team to ensure the ground is open before holding any training session. A team found playing on or training on a council ground that has been deemed closed may incur a fine for the club. Communication of canceled training sessions should be managed in conjunction with Team Managers and ELJFC social media, email and text messaging channels to players and parents/guardians.

8 AWARDS

8.1 BEST & FAIREST VOTING CHARTER U12s - U17s

The Club Best and Fairest Award needs to be fair and rewards effort. Votes are to be given on a 5, 4, 3, 2, 1 basis with 2 sets of votes for each game. The coaches are to vote weekly. A second set of votes is to be rotated weekly through the parents/supporters. Votes are to be noted on the ELJFC voting form and handed to the team manager for collation.

8.2 VOTING PROCEDURE

The calculation of Best & Fairest Awards is to be completed by team managers and handed to the Club Secretary as required at the end of the season. This will be determined based upon season end and will fall in line with date of the Awards presentation.

8.3 AWARDS TO BE PRESENTED

Some attempt to provide consistency in awards needs to occur. To this end the Coaching Coordinators will discuss with the Committee the best allocation of awards prior to start of the season.

The awards to be presented are;

- Best & Fairest
- Runner Up Best & Fairest
- Most Consistent/Most Improved
- Best Team Player

8.4 COUNTING OF VOTES

Coaching staff and Team managers of teams will meet prior to the presentation day to tally all votes and determine winners of awards. The results will then be collected by the club secretary so that trophies may be purchased and engraved.

9.1 COACH ACCREDITATION

To coach within the league, it is mandatory that all coaches are registered and accredited with CoachAFL. As a club we endorse this policy and prefer that all Assistant Coaches are also registered and accredited. From January 1, 2023, coaches will be able to register and accredit through the CoachAFL platform free of charge.

Coaches will still be required to register and complete their accreditation in order to be selected to a team sheet, and once completed will have access to a wide range of resources and benefits as part of their CoachAFL Membership including:

- Foundation (Level 1) Accreditation
- Extensive Resource Library containing videos, articles, podcasts, interactive online modules and more
- The Rookie Me Coach Platform - Training Activities and Session
- Free face-to-face and virtual coaching workshops and seminar sessions

Coaches are strongly encouraged to pursue higher levels of accreditation. The club will support coaches in this activity and assist with the expenses of such an endeavor.

9.2 COACH RE-ACCREDITATION AND PROFESSIONAL DEVELOPMENT OF COACHES

To remain accredited, coaches are expected to be actively coaching and complete online courses and to attend professional development evenings when available. The club strongly endorses this policy and as such meets the costs involved in these expectations.

SEMINAR SESSIONS

Seminar sessions are held each year, provided by CoachAFL. Presentations are of a high quality, often delivered by current AFL Head coaches, and cover various areas of coaching. All coaches are encouraged to participate in as many as possible.

AFLTAS also provide practical coaching sessions where coaches are encouraged to observe and assist with the running of the High Performance pathway programs. This is a wonderful learning environment and highly encouraged for all coaches to attend a session across the season. Please contact the Coaches Coordinator for more information.

9.3 COACH MEETINGS

The club conducts a number of Coaches Meetings throughout the year. Coaches are expected to attend these meetings. The purpose of the meetings is to address issues relevant to coaching at East Launceston Junior Football Club and share resources amongst the coaches and maintain a level of consistency amongst the coaches.

10.1 PLAYERS WITH PRE-EXISTING MEDICAL CONDITIONS

Parents must advise coaches and managers of any pre-existing medical conditions that may require treatment during the course of the season (eg: Asthma, diabetes, etc). Coaches and managers must be aware of these conditions as well as the treatment required and is to have access to a mobile phone and all players' parents contact numbers at each training session and game.

10.2 DEALING WITH INJURED PLAYERS AND REHABILITATION

PREVENTION OF INJURY

Many injuries can be avoided by implementing the following:

- Ensuring all players wear mouth guards. This is required for players over the age of 10.
- Ensuring that all players are adequately warmed up and prepared for the game.
- Ensuring that the ground conditions are suitable for safe play.

DURING THE GAME

The welfare of players during the game is an important responsibility that the club and the individual teams need to ensure. For this reason, it is expected that every team have in attendance at least one person who has First Aid qualifications. In the event of an injury, a player needs to be immediately removed from the field and the injury fully assessed. Most minor injuries will be treated on the spot, however in the event of more serious injury an ambulance may need to be called, or the player taken to a hospital or doctor. Ideally the qualified first aid positions should be filled by parents. Any parents interested in assisting in this area should contact the Coaching Coordinator

FOLLOW UP

It is important that a discussion occur with parents of the player to ensure that appropriate follow up to an injury occurs (In particular soft tissue injury). It is the responsibility of the parents to ensure that appropriate follow up treatment occurs. Under no circumstances should a player with a head injury be left alone or fail to be checked out by a doctor.

RETURN TO PLAY

In line with current AFL Concussion protocols, a player who receives a head injury during a game, is removed from the ground due to a head injury or is diagnosed with a head injury post-game, will be required to meet the Return To Play requirements as assessed by a medical professional prior to returning to training or playing. It is the responsibility of the parents to ensure that appropriate follow up treatment occurs.

10.3 DEALING WITH SPECIAL NEEDS OF PLAYERS.

As a coach you may become aware that one or more of your players have special needs apart from obvious

physical needs such as injuries and skill deficiencies. The other needs may fall into three other categories. These being: Educational, Emotional and Social.

a) **Educational Needs.** Not all players learn the same way or learn at the same rate. Some players have 'Specific Learning Problems' that make it very difficult to learn using traditional teaching and coaching methods. It is important to be aware of any Learning difficulties that a player in your team may have. Modify your presentation of information in an attempt to accommodate these players Learning Needs.

b) **Emotional and Social Needs.** From time-to-time players may exhibit uncooperative behavior that negatively affects training and coaching. Often this can be put down to adolescent behavior and nothing more needs to be done, however such behavior could be indicative of more serious emotional or social problems that the player may be experiencing. It is in the best interest of the coach to spend time communicating with the player in an environment free from tension to ascertain if there are social or emotional issues that are affecting the child's behavior. As coaches it is not our role to solve such issues, but we play a very important role by being a 'significant' adult in this person's life, prepared to talk and communicate with the child, in a supportive environment where a common interest exists, that being football.

Please talk to the "special needs" player's parents discreetly about the best way to communicate with their child. Some parents are very sensitive about their children's disability and may not want other parents to know.

11 GRIEVANCE PROCEDURE

At times parents may have issues that concern them and/or their child. The committee of the club has addressed a number of areas that they believe are significant in the coaching and management of players. This has resulted in the production of policies and procedures associated with Team Selection, Player Rotation and Finals Selection. These policies should be public and visible, in an attempt to educate parents and make them fully aware of how coaches are expected to act in regard to these areas.

In the event of a grievance being raised by parents regarding these areas or other areas of concern, the following steps should be followed:

- a) Under normal circumstance, parents are encouraged to approach the team manager to resolve the matter.
- b) Please be aware that at times, the parent may approach the committee prior to approaching the team manager or may not be satisfied that a resolution has been arrived at, even after the initial discussion with the team manager. This is not the preferred method of procedure.
- c) In this situation the Coaching Coordinator will act on behalf of the committee and communicate directly with the team manager & coach to inform them of the concern that has been raised. It is then hoped that a resolution to the issue will occur, based on the club's relevant policies and procedures.
- d) If no resolution is arrived at, the President of the Club will be required to mediate and give binding direction to the parties involved
- e) Coaches and Parents are encouraged not to engage in "Car Park" talk as it can be very destabilising to the fabric of the football club. Please feel free to air any grievances directly with the appropriate team manager.

There are three positions that need to be sanctioned by the committee: these being

- a) Coach
- b) Assistant Coach
- c) Team Manager

In the event that a team needs to appoint a person to one of these positions, this person's details need to be submitted to the Secretary of the Club prior to an appointment being made.

PARENTAL INVOLVEMENT

The club relies on continual Parent support to ensure that all official duties are carried out.

These positions are either 'match day officials' or 'official' club appointments.

MATCH DAY OFFICIALS.

The organising of these officials is the responsibility of the Team Manager. These positions are:

- a) Goal Umpire (all age groups)
- b) Boundary Umpire - white bib (16's upwards)
- c) Runners - pink bib (12's upwards)
- d) Water Carrier – white bib (16's upward)

Team Managers have several options to ensure parental involvement is maximised. A roster can be drawn upto include all parents OR requests for volunteers to identify positions they would fill on a more permanent basis.

12.1 COACH TENTURE

Coaches will only have a maximum tenure of two (2) consecutive seasons per playing group unless, overruled by the club committee of the day. This is to ensure players are exposed to different coaching styles, different personalities, different coaching methods/structures and that players are given every opportunity to learn the full breadth of the game and ground positions under a variety of personnel.

It is an expectation of the club that coaches understand & appreciate that this limitation is not reflective of an individual coach, but a benefit to ELJFC players to learn from a variety of coaches through their football journey. It would be hoped that coaches actively facilitate the succession of an incoming coach, if presented with the opportunity.

It can be a very traumatic experience for a junior player to be reported. It is the responsibility of the club to ensure that the distress associated with this event is minimised. To ensure this occurs, the following procedure needs to occur:

The coach and Team Manager need to manage the situation in a calm and supportive manner. Often a report may occur because of a heated incident. It is the responsibility of these two club officials to ensure:

- i. That the bench and player remain calm, ensuring that no further incidents grow out of this case.
- ii. That supporters and, parents of the reported player remain calm and do not incite a further incident.
- iii. Ensure that all details of the incident are immediately noted, as this may be needed as evidence at the tribunal.

After the game, the Coach and Team Manager in consultation with the player and parents (if they can contribute in a positive manner) decide on the option of a set penalty being taken or defending the charge at the tribunal. In making this decision it is important that all factors are taken into consideration, in particular the detail and accuracy of the umpire's report.

The players welfare must be considered in this final decision, not that of an over defensive parent or official.

The secretary of the club needs to be notified of the report and the decision of the Coach, Team Manager and player regarding the taking of the 'Set Penalty'. If the case goes to the tribunal, the secretary will then contact the Club President, who will then commission the services of the club's official advocate.

The advocate will then take charge of the defense. It would be expected that the coach would still take a very active role in the support for the player. It is recommended that the parents do not attend the tribunal.

In the event of one of our players being required to give evidence, then all steps will be followed except those related to the Set Penalty. A player who has been on the receiving end of a reportable incident and is required to give evidence needs to also be well supported.

COACHES PROPERTY

- Training Balls
- Ball Bag
- Training Hats/Markers
- Coaches Magnetic Board

Tackle bags and training bibs are available in the storeroom of the club. If you require other equipment, please contact the Coaches Coordinator. All property should be returned to the storeroom at the end of the season.

TEAM MANAGERS PROPERTY

- Jumpers
- Managers Bag
- Team Sheets
- Voting Cards

Each team should have a set of match jumpers keep an accurate record of jumper numbers and update this when required throughout the season.

Please collect all jumpers after the last game even if they are wet/muddy. It is much easier to wash the set of jumpers than to chase every player after the season. Please chase up jumpers from players who may leave throughout the season as soon as you know they are leaving.

PLEASE ENSURE ALL FOOTBALL KITS ARE RETURNED TO THE COACHING COORDINATOR A.S.A.P. AFTER THE COMPLETION OF THE FOOTBALL SEASON.

15 MATCH DAY PROCEEDURE

1. Arrive at the ground at least 45 minutes before game time. (U12s and above)
2. In the event that change rooms are shared with another team, all precautions must be taken to allow the preceding team to complete its activities before entering the changerooms
3. An appropriate time period must be provided for players to change in line with Change Room Protocols.
4. It is an individual coach's prerogative on pre-game timing and actions, but it is recommended that a routine is adopted and that the playing group and parents are aware of the timing and flow of this routine. This may change across the course of the season to suit playing groups, and at times may need to be flexible at multi game venues.
5. Valuables should not be left unattended in change room facilities, and the team manager should provide an appropriate safety bag to attend to valuables during the game
6. Where able, warmup and cooldown routines should be encouraged pre- and post-game.
7. Please ensure all game details are completed in conjunction with team manager including best players, voting cards (if applicable) or umpire player reports.
8. Changerooms must be respected and left in a way they were arrived in. Initiating player responsibility can greatly assist with this task.

16 CHANGE ROOM PROTOCOLS

Under no circumstances are coaches permitted in the change rooms when players are getting changed. The coach is encouraged to set a designated time for the players to get changed prior to the commencement of each match. Once all players are changed a nominated team leader will let the coaches know that all players are ready and pre match routine can commence.

PURPOSE

- To reduce the density of player numbers around the football in order to provide an opportunity for the less physically developed players to showcase their skill sets.
- Eliminate any form of “Full Ground Press” which doesn’t allow forwards & defenders (tall, medium or small) to develop their craft of leading to or defending the ball coming Inside 50.
- To promote and teach the art of one-on-one football to all underage players.
- To continue to promote and harbour learning environments which encourage players to develop and showcase their repeatable skills (kicking, hand passing, decision making, marking, speed, lateral movement, etc.) without relying on their physical size.

GUIDING PRINCIPLES U9s – U11s

- At the start of each quarter, players positioned in the midfield will be issued with an identifiable wristband that will allow umpires to monitor and police the location of players during the game. Umpires will instruct players not in their allocated zone to remove themselves to their applicable area.
- Grounds will be broken into 3 zones – Forward, Midfield & Defence.
- Within reason, players must remain in their starting zone for the entirety of the quarter.
- It is the responsibility of the coach to ensure that the correct players have the identifiable wristband visible.
- Please see below for full list of modified Junior rules

GUIDING PRINCIPLES U12s – U17S

- The rule applies at all stoppages (Centre bounces, around the ground ball-ups, boundary throw-ins & kick-ins after a point is scored)
- 5 Forwards to play inside their attacking half (2 Inside Forward 50) Note: Defenders must also abide by the same principle though not necessarily man on man.
- No “Tagging” players whose sole purpose is to prevent an opposition player gaining possession are not permitted at any time.
- No rolling zone or press is permitted at any time. Once the ball is in general play it is important to encourage players to be responsible for their opponent, therefore creating more one on one football.
- At stoppages, 5 Forwards and Defenders must re-set to their required starting position and be in position by time of ball-up.

Centre Bounce Set-up

18 a side 6-6-6 back – mid – forward 4 inside centre square + 2 wings outside square

16 a side 5-6-5 back – mid – forward 4 inside centre square + 2 wings outside square

15 a side 5-5-5 back – mid – forward 3 inside centre square + 2 wings outside square

14 a side 4-6-4 back – mid – forward 4 inside centre square + 2 wings outside square

12 a side 4-4-4 back – mid – forward 4 inside centre square - no wings outside square

- At centre bounces, ALL 6 Forwards are to start inside the 50m arc. Wings are the only players to start around the sides of the square.
- Minimum of 1 Forward are to start inside goal square.
- Defenders must abide by the same principle. (Note: They don’t necessarily have to play man on man however they must start in the same zone.

Kick-Ins (Slow Play)

- The team kicking-in must have minimum of 5 Forwards within its Attacking Half (minimum of 2 players inside Forward 50) until the ball is brought into play.
- Defenders must abide by the same principle (Note: They don’t necessarily have to play man on man however they must start with a minimum of 5 Defenders inside the Defensive Half and must also have 2 inside Defensive 50).

PENALTIES/SANCTIONS

If a warning has been issued to a team and the density rule is not adhered to a second time in the quarter (by that team) a free kick will be awarded on the 50 metre arc out from goal directly in front. The free kick will be awarded to the nearest player to the 50 metre arc at the time of the infringement. The umpires decision is final, however they will have the discretion to restart play if an immediate error is recognised by any of the controlling umpires.

In youth age games umpires can advise League of breaches of these rules. Youth Teams can be deducted E Points for continual breach of this rule throughout a game. Coaches of teams persistently not following the rules may be suspended from competition.

NB: Allowance is to be made for players making way to and from interchange.

18 JUNIOR MODIFIED RULES

The following are guidelines for the N.T.J.F.A. U9, U10 and Girls U11 competition only. All Umpires catering for these age divisions should be familiar with these rules to ensure consistency throughout the Competition.

The aim of the modified rules is to ensure children get access to the ball so they can develop the skills required to successfully play the game.

Sportsmanship and spirit of the game is important. Coaches and players are encouraged to shake hands after the Match.

1. Children should rotate through different positions during each Match.
2. Each child, regardless of ability, must receive equal Match time.
3. Zones are to be implemented in all junior games. Each zone to rotate after each quarter ie Mids. will rotate to Forwards, Forwards to Back, and Backs to Mids. If there are enough for an interchange one interchange rotation will occur.
4. Midfield players MUST wear an armband as provided by their Club and will be penalised if they move outside the midfield position with a free kick awarded to the opposition.
5. Boundary throw-ins are replaced by awarding a free kick against the player who kicks the ball out of bounds. If the ball is forced over the line by hand during play, the Field Umpire shall call a ball-up.
6. Tackling
 - A player in possession of the ball may be tackled by an opponent wrapping both arms around the area below the top of the shoulders and on/above the knees. The tackle may be from either side or from behind providing the tackle from behind does not thrust forward the player with the ball (that is push the player in the back).
 - If the player in possession of the ball is taken to the ground in the act of tackling, they will receive a free kick. If the umpire feels the player drops to the ground deliberately to receive a free kick, they will be penalised for holding the ball
 - A player in possession of the ball, when held by an opponent applying the wrap-around tackle, should be given a reasonable chance to dispose of the ball by kick or by handball, or by attempting to kick or handball, otherwise a free kick shall be awarded to the tackler for holding the ball.
 - The field umpire shall conduct a ball-up when the player with the ball has the ball held to the body by an opponent, unless the player has had a reasonable time to dispose of the ball before being tackled, in which case a free kick shall be awarded to the tackler for holding the ball.
 - The field umpire shall allow play to continue if the ball is knocked accidentally out of a player's hands by an opponent.
 - A player not in possession of the ball, when held by an opponent, shall be awarded a free kick. There is strictly no bumping, slinging or deliberately bringing the opposition player in possession of the ball to the ground.
7. The ball shall not be kicked off the ground under any circumstances. A free kick shall be awarded for any infringement.

8. Barging, chopping or fending off is not permitted. Any infringement will result in a free kick and / or a ten (10)-metre penalty.
9. A player running with the ball is allowed one (1) bounce only. Any more shall result in a ball-up.
10. players of similar size and / or ability should be matched up; whenever a discrepancy is observed, the Coaches from both Teams should work in conjunction with each other.
11. Only Coaches and approved Medical Staff are allowed on to the ground during playing time. The Match Manager has the right to remove anyone else infringing this Law.
12. When a player is rucking, he cannot lift his/her knees or take clean possession of the ball.
13. Players are allowed to shepherd using their arms.
14. The Field Umpire(s) shall deal with misdemeanours, bad language, or bad conduct. If necessary, the game can be halted, and a conference called for. Although players can be dealt with through the Tribunal, this is to be discouraged in children of this age. Field Umpire(s) can use the send-off rule by using the Yellow Card.
15. Field Umpire(s) must give clear instructions to all players regarding any free kick awarded.
16. U9, U10 and U11 Girls Coaches are permitted onto the ground during their games, but must stay well clear of the play.

19 E-POINTS

ENVIRONMENTAL BEHAVIOURAL POINT CRITERIA

The E-Point system will apply to all Players, Coaches, Team Officials, Support Staff or Spectators. Reward points are earned by simply maintaining the required behavioral standards the NTJFA codes and by-laws require.

The Match Points and E-Points combined will determine ladder positions (ahead of percentage) for Youth Teams. This has been trialed in 2022 and will be implemented for the 2023 season.

E-Point Rules	
a)	A maximum of four (4) Behaviour E-Points will be awarded per team per game for each completed regular season match. The team's behaviour (including that of players, team officials, support staff or spectators) will determine if any of these E-Points will be deducted.
b)	One (1) E-Point may be deducted for every Yellow Card received by each participating team on game day if the early guilty plea, or tribunal hearing, results in a suspension.
c)	Two (2) E-Points may be deducted for every Red Card received by each participating team on game day.
d)	Two (2) E-Points may be deducted from a team that has a player, parent/spectator or official that is reported, referred to a Tribunal hearing, and found guilty.
e)	Up to four (4) E-Points may be deducted from a team for any code of conduct, policy or bylaw breach relating to inappropriate game day behaviour.
f)	If any breach occurs during a break of play or after the final siren, the number of E-Points deducted may be doubled as the umpire does not have the ability to award a free kick. If the team already has the maximum 4 points deducted in that game, they may have the additional points carried over to their next game. If the next game is a final, they may incur a financial fine.
g)	During finals, the NTJFA can substitute financial fines in place of E-Point penalties.

OfficialsHQ will be used by officiating umpires to record incidents contravening the “Spirit of Football” and Laws of the Game (reference Match Day E-Point Form).

OfficialsHQ will also be used by officiating umpires to make any reports and record any yellow/red card infringements.

Green/yellow/red cards must also be recorded on Attachment F – Interchange Form. Any other incidents to be noted on Attachment G - Match Manager Checklist Form. The Competition Manager will have the final decision on whether E-Points will be awarded.

The Premiership Ladder for all Youth Teams will be determined as follows:

Each Winning Youth Team will be allocated Four (4) Premiership Points and up to Four (4) E Points.
Each Losing Youth Team will be allocated Zero (0) Premiership Points and up to Four (4) E Points.
If the game ends in a draw Two (2) Premiership Points will be allocated to both teams with up to Four (4) E Points each.

ROLE AS COACHES

As coaches, you should be aware of your players behaviours and attitudes before, during and after games in relation to E-Points and how they can be managed. In addition this is also relevant to your own behaviours on the bench and between games, as well as your match day officials, support staff and spectators.

Any behaviours that you deem potential E-Point deductions, or potential to lead towards E-Point deductions, should be made aware to the Team Manager immediately who should engage with the Match Manager to rectify the situation.

20.1 CYBER SAFETY & SOCIAL MEDIA POLICY

In an increasingly "Social" world, ELJFC and all its members must adhere to an appropriate Social Media Policy. This Policy is intended to provide guidelines and to protect the players, officials, club members, umpires and the wider football community. We expect our associates to conduct themselves appropriately when using electronic communication to share information with other members or posting material on public websites connected to the league and clubs.

This policy applies to all persons who are involved with the coaching activities of ELJFC whether they are in a paid or unpaid/voluntary capacity and including: coaches and assistant coaches, support personnel, including team managers, runners, trainers and others.

Social networking sites like Facebook, Twitter, Snapchat and YouTube can be a great way for clubs to provide information, promote their sport, their activities and successes. As with off-line communities, some social media users can act anti-socially and show disrespect for their online community with little consideration of the social and potentially legal implications. Issues like bullying and harassment, unwanted or inappropriate contact uploading of inappropriate or offensive content can cause issues for individual club members or the club involved.

IT IS THE DIRECTIVE THAT THE FOLLOWING COMMUNICATION PROTOCOLS APPLY FOR ALL TEAMS

- Email to players/parents/guardians be to primary contact for all communications
- At older age groups, group chats involving coaches and players across any format **MUST** be inclusive to the entire playing group, coaching staff and team manager
- Parents are to be included if they request
- AT NOT STAGE SHOULD A COACH BE IN COMMUNICATION WITH PLAYERS ON ANY PLATFORM BY THEMSELVES, WITHOUT OTHER TEAM OFFICIALS OR PARENTS ACTIVELY INVOLVED IN THE CHAT.

All social media postings, blogs, status updates and tweets are treated as public 'comment'. Players, officials, club members and supporters are reminded that Social Networking postings, whilst you may think they remain in a private domain can be seen by others or made public.

POLICY BREACHES

Breaches of this policy include but are not limited to:

- Using ELJFC name and/or logo in a way that would result in a negative impact for the league, clubs and/or its members.
- Posting or sharing any content that is abusive, harassing, threatening, demeaning, defamatory or libellous.
- Posting or sharing any content that includes insulting, obscene, offensive, provocative or hateful language.
- Must not be misleading, false or injure the reputation of another person
- Posting or sharing any content, which if said in person during the playing of the game would result in a breach of the rules of the game.
- Posting or sharing any content that is a breach of any state or Commonwealth law.
- Posting or sharing any material to our social media channels that infringes the intellectual property rights of others.
- Posting or sharing material that brings, or risks bringing ELJFC, its affiliates, its sport, its officials, members or sponsors into disrepute. In this context, bringing a person or organisation into disrepute is to lower the reputation of that person or organisation in the eyes of the ordinary members of the public.

Think before you post any content, video, images or text, online. You can put it up, but you can't necessarily take it down. Ask before posting images or stories about others. What you see as harmless fun may be embarrassing and humiliating for them and create a poor club image

20.2 RATIONALE

The ELJFC has an obligation to maintain a safe physical and emotional environment for league officials, staff, registered players, umpires, coaches, club members, parents, spectators and sponsors. This responsibility is increasingly being linked to the use of the Internet and Information & Communication Technologies (ICT) and has seen the emergence of a number of related Cyber-Safety issues. The Internet and ICT devices/equipment bring great benefits to all users.

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

20.3 IMAGES OF CHILDREN

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

Clubs or Associations displaying an image of a child should avoid naming or identifying the child or, wherever possible, avoid using both the first name and surname. Do not display personal information such as residential address, email address or telephone numbers without gaining consent from the parent/guardian.

Additional information such as hobbies, likes/dislikes, school, etc should not be included as this information can be used as grooming tools by paedophiles or other persons. It is the responsibility of the organisation to only use appropriate images of a child, relevant to the sport and ensure that the child is suitably clothed in a manner that promotes the sport.

20.4 CYBERBULLYING

Cyberbullying includes, but is not limited to, the following misuses of technology: harassing, teasing, intimidating, racially vilifying or threatening another person by sending or posting inappropriate and hurtful e-mail messages, instant messages, text messages, phone messages, digital pictures or images, or Web site postings (including social network sites e.g., Facebook or blogs) and the sending, receiving and/or possession of naked or sexually explicit images of a person.

Club members must also be aware that postings from their individual accounts, whether done by themselves or another person will remain the responsibility of the account owner.

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

20.5 PROCEDURE

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

All reports of cyberbullying and other technology misuses will be investigated fully and may result in a notification to Police where the ELJFC is legally obliged to do so.

If the ELJFC receives a complaint about an online issue, the allegations will be forwarded to the League Operations Manager. If there is evidence, charges will be laid and the complaint will proceed to the league's Independent Tribunal, the same as if the investigation relates to physical violence or other reportable offences.

Good luck, and all the best for Season 2023

"GO LIONS"

