



**BELL PARK FOOTBALL CLUB**

**JUNIOR FOOTBALL HANDBOOK**



## JUNIOR CLUB CONTACTS

Junior President	Darren Donaldson	0439 817 281
Junior Coordinator – Male / Mixed (u14-u16)	Deb Uebergang	0409 930 172
Junior Coordinator – Male / Mixed (u9-u12)	Kate Rolstone	0499 008 009
Junior Coordinator - Female	Daniel Curran	0420 676 161
Junior Registrar	Deb Uebergang	0409 930 172
Player Welfare Officer	Anthony Condemi	0416 172 519
Merchandise		

## SOCIAL MEDIA LINKS



<https://www.instagram.com/dragonsbellpark/>

<https://www.facebook.com/dragonsbellpark>

<https://www.bellparkdragons.com.au/>

## CLUB COMMUNICATIONS

The Club will keep players and families well informed throughout the season via multiple methods:

- Email - to the email address supplied at player registration
- Website
- Facebook
- Instagram

Team / Age group specific communications are via WhatsApp – you will be joined/invited to your relevant chat group



– **PLEASE CHECK THIS REGULARLY**

## CLUB SONG

Out we come, out we come, out we come to play  
Just for recreation's sake, to pass the time away  
Oh! Lots of fun, lots of fun, merry games to play  
The parker boys are on the ball when they come out to play  
So, join in the chorus, sing it one and all  
Join in the chorus, Bell Park is on the ball  
Good old Bell Park, are champions you'll agree  
Bell Park will be the premiers just you wait and see

## MERCHANDISE

Merchandise items (including game day shorts and socks) are available from Loco Sportswear



<https://shop.locosportswear.com.au/collections/bell-park-dragons>

## GAME DAY UNIFORM REQUIREMENTS

- Playing Jumper - Players will be allocated a team jumper at the start of each season. The jumper must be returned to the Team Manager immediately after the last game of the season, in **good clean condition**.
- Football jumpers are to be worn on game day only.
  - Please do not wear them to training.
  - Please do not make any alterations to football jumpers.
  - Remember these are club property so please look after them.
- Families will be required to pay for any unreturned jumpers. Any unreturned jumper/unpaid invoice will result in any transfer requests being denied until returned/paid.**
- Shorts and socks - All players must only wear appropriate AFL VICTORIA club-coloured shorts. Players must purchase their own playing shorts and socks. These are available via Loco Sportswear (link above).
- Football boots - Football boots must be worn during games.
- Mouthguards - The Club has a 'NO MOUTHGUARD, NO PLAY' policy. It is compulsory for all players to wear a mouthguard.
- Undergarments - As per AFL Barwon Junior Football Competition Rules:
- Thermal or support shorts must be neutral or beige in colour. Strictly no full-length compression tights or pants are to be worn.
- The only permitted undergarment is another full-length same club coloured playing jumper eg. no hoodies or full-length compression tops.

## VOLUNTEER ROLES

This season the club has implemented a volunteer participation program through the membership registration process. Each player/member will be expected to provide a **minimum of two hours** of volunteering for their respective season.

There are three options:

- **Assigned** – Volunteer (Roles designated for an entire season, such as team manager, first aid coordinator, coach, etc.)
- **Un-Assigned Volunteer** (Roles are not pre-assigned to specific volunteer positions; instead, they are allocated as needed throughout the season e.g. canteen duty)
- **Opt Out** – \$50 Volunteer Fee

Your contribution to assisting with the game day activities and running of the club is vital to be able provide the support that allows us to put the players on the field and to ensure their participation and enjoyment. Every role, large or small, is greatly appreciated and contributes to our club.

Each team requires the following roles to be filled for each game:

**Season long roles: \*\***

- Coach / and ideally Assistant Coach
- Team manager
- Trainer/First aid

**\*\*The above roles require a Working with Children Check. Please apply via the following URL if you don't already have one:**

**<https://www.workingwithchildren.vic.gov.au/individuals/applicants/how-to-apply>**

**\*\*this must be obtained before commencing the role**

**Weekly roles:**

- Runner / Umpire escort
- Water carrier/s
- Timekeeper
- Goal umpire
- Field umpire (if not allocated by AFL Barwon)
- Votes (competitive age groups only)
- Canteen duty (as required)

The Team Manager will create a roster system to ensure **every family** contributes **at least once** during the season.

**AMBULANCE MEMBERSHIP**

We recommend that all players have ambulance cover. If your child is injured or unwell during a game or at training and you are not present, an ambulance will be called if deemed necessary by the coaching staff. Any associated costs, if you have no ambulance cover, will be at your expense.

**MEDICAL CONCERNS**

If your child has an ongoing health issue or any medical need, such as asthma, please ensure that you inform your coach and team manager directly. It is not the responsibility of the coach or team manager to administer medication to your child. If your child requires medication during training or games (such as asthma puffers) it is your responsibility to be in attendance to administer the medication correctly. If you have ongoing concerns about your child's health and safety, please ensure you discuss it with your coach or team manager on a regular basis.

**TRAINING AND GAMES**

Male / mixed: <ul style="list-style-type: none"><li>• U9 – U12 - 1 day per week</li><li>• U14 – U16 - 2 days per week</li></ul>	Female: <ul style="list-style-type: none"><li>• U10 – U14 - 1 day per week</li><li>• U16 - 2 days per week</li></ul>
---	--

Players are expected to be at training and games on time. Your coach or team manager will advise you of game times and the expected arrival times. Parents/guardians/players are expected to notify coaches or managers if they are going to be late or absent from training or games. Please notify your coach or team manager as soon as possible as leaving this until the last minute can cause problems with team numbers.

All injured players are required to report their condition to their coaches and/or trainers prior to commencing any training activities. Any player with a long-term injury must keep their coach up to date with their recovery and consult with their coach regarding a return date.

Players are expected to attend all training sessions. Training sessions are held in all weather conditions including rain. Training will be cancelled only if there are safety concerns for the players due to extreme weather conditions such as lightning. Coaches will communicate when training is cancelled. Please use your own discretion when sending your child to train in the heat or cold.

## POLICIES AND PROCEDURES

By registering with your affiliated AFL Barwon club, you agree to the AFL Barwon policies and any additional AFL Victoria and Netball Victoria policies detailed at [www.aflbarwon.com.au/policies](http://www.aflbarwon.com.au/policies)

Please see below and <https://www.bellparkdragons.com.au/> for Club specific Policies and Codes of Conduct.

## CONCUSSION

In addition to the AFL's Concussion Management Policy, the club also has policy regarding players who suffer a concussion. Any player, junior or senior, who suffers a concussion can return to the field of play **NO EARLIER THAN 21 DAYS FROM THE DAY CONCUSSION WAS SUSTAINED**. They will also require a medical clearance from a GP before being allowed to resume playing.

<https://play.afl/learning-resource/afl-community-concussion-guidelines#article-0>

<https://www.afl.com.au/concussion/>

# Concussion Protocols | AFL Barwon

In-line with the recent announcement of the AFL's updated 2024 Concussion Protocols, AFL Barwon has announced updated Football & Netball Concussion Protocols.

The most significant announcement detailed within the 2024 AFL Concussion Protocols was:

- **All Australian rules football competitions at all ages** (i.e. adult/open competitions and all junior competitions outside AFL/AFLW), **will adopt a mandatory minimum 21-day return to play protocol**. This new protocol will apply for State Football competitions (including the VFL and VFLW), elite pathway competitions (including the Coates Talent League for boys and girls) and all community football competitions; and
- Under the new community guidelines, **the earliest that a player can return to play after a concussion is on the 21<sup>st</sup> day after the day on which the concussion was sustained and provided that the player has safely progressed through each phase of the return-to-play program**.

In-line with this announcement, AFL Barwon has adopted:

1. The 2024 AFL Concussion Protocols for **all AFL Barwon and affiliated Australian rules football competitions at all ages**; and
2. Has also adopted this policy for **all AFL Barwon and affiliated Netball competitions at all ages**.

This adoption extends to practice matches, interleague and other games of any kind, of Australian Rules Football and Netball, in all forms.

In-line with AFL Barwon's 2024-2026 Strategic Plan, to be community sport leaders in the safe and sustainable delivery of Football and Netball, we will continue work regionally on further resourcing and support for all affiliated Clubs, competitions and Leagues.

Clubs, stakeholders and community members alike are encouraged to contact AFL Barwon if they require further detail or clarification on these guidelines.

## **PLAYING IN AGE GROUP**

### **Permanently Playing in Correct Age Group**

All players are to play in their correct age group.

This policy is in place for the following reasons:

- This is the best way to protect the health and safety of players
- To enable players to best develop according to their age and physical capacity
- It is non-discriminatory as it applies to all players
- It provides clarity and certainty for players and parents/guardians

The Club also recognises that, at times, there may be exceptional circumstances where a player may request, and be permitted to play, in an older age group for an entire season (the exemption would apply for one season only). Peer and school level groupings are not deemed to be exceptional circumstances.

No player shall at any time play more than one year above their correct age group.

In making its decision, the Club will have regard for the skills and physical development of an individual, and the number of players in the teams involved.

### **Non-Permanent Playing Up Policy**

At times players may be requested to play in a higher age group based due to insufficient players in the higher age group team.

Where teams are short of players, players shall be promoted from lower graded teams within the same age level before sourcing players from a lower age group.

No player shall at any time play more than one year above their correct age group.

Where players are needed to play up, the decision as to which players shall play up will be made by the coach of those players' primary team. Where possible the players needed are to be chosen from a primary team that has already played in a particular round.

Players are not to play up if it makes them unavailable to play for their primary team in a particular round and where another player could have been sourced from an alternate team.

No player who is playing up shall get more game time in a game than a primary player of that team. Where a player from a lower age group tops up in a higher age group, the lower age group player should not take the field in place of a player of the higher age group. The lower age group player commences the game on the bench and after each interchange period if a higher age group player is available.

If, in following the above procedure an underage player becomes eligible for finals football all 'of age' players take precedence in team selection for these finals' games.

## JUNIOR FOOTBALL PLAYERS CODE OF CONDUCT

By registering as a player with the Bell Park Dragons Football Club, all players agree to abide by these principles, and acknowledge that repeated or serious breaches of this Code will incur disciplinary action.

Disciplinary action may include suspension or bans from the Club.

- Abide by the rules of the game and rules set down by your coach, club, and league.
- Never argue with an official or umpire. If you disagree, have your captain (U14 and higher), approach the official during a break or after the competition. (Only the team captain is permitted to speak to the Field umpire. This is only to occur at intervals).
- Control your temper. Verbal or physical abuse of officials, umpires, spectators, or other players, deliberately distracting or provoking an opponent is not acceptable or permitted.
- Be a good sport. Applaud all good plays whether they be by your team, opponent, or the other team. Be proud to walk off the ground after each game knowing that you have given your best effort and never involve yourself in an argument with opposing players, umpires, officials, or spectators.
- Treat all players as you would like to be treated. Do not interfere with, bully, or take unfair advantage of another player. Your involvement to play is for fun and enjoyment and that winning is only part of it.
- Cooperate with your coach and teammates and respect the ability of your opponent. Without them there would be no game.
- Do not use derogatory or bad language.
- Racial, religious or any type of personal vilification of anyone is not accepted.
- Be prepared to take responsibility for your actions.
- 3 Strike Policy for misdemeanours - 1<sup>st</sup> strike meeting with club hierarchy and possible suspension, 2<sup>nd</sup> strike 2 game suspension and written warning, 3<sup>rd</sup> strike 3 game suspension or possible expulsion from the club.
- Any player suspended by the league will become ineligible to win the club B&F award.

## PARENTS & GUARDIANS CODE OF CONDUCT

This Code of Conduct applies to all our Parents/Guardians of Registered Junior Football and Auskick Players.

By registering your child as a player with the Bell Park Dragons Junior Football Club, you agree to abide by these principles, and acknowledge that repeated or serious breaches of this Code will incur disciplinary action.

Disciplinary action may include suspension or bans from the Club.

- Encourage children to participate if they are interested. However, if a child is not willing do not force them.
- Focus upon the child's efforts and performance rather than the overall outcome of the event. This assists the child in setting realistic goals related to their ability by reducing the emphasis on winning.
- Teach your child that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.
- Encourage your child to always play by the rules.
- Never ridicule or yell at your child for making a mistake or losing a competition.
- Remember your child should be involved in football for their enjoyment, not yours.
- Remember your child learns best by example. Applaud good play by both your team and by members of the opposing team.
- If you disagree with an official or umpire, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- Support all efforts to remove verbal and physical abuse from junior sporting activities.
- Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for your child and deserve your support.
- Support your club officials in maintaining the highest standard of behaviour both on and off the field for the betterment of the league and your family. Offer your assistance to the team that your child is playing in so that every opportunity is being provided for the very best supervision and support. Your involvement will give both yourself and your child far more satisfaction.
- Do not use derogatory or bad language.
- Racial, religious or any type of personal vilification of anyone will not be tolerated.
- 3 Strike Policy for misdemeanours - 1<sup>st</sup> strike meeting with club hierarchy and possible suspension, 2<sup>nd</sup> strike 2 game suspension and written warning, 3<sup>rd</sup> strike 3 game suspension or possible expulsion from the club.



## JUNIOR FOOTBALL COACHES CODE OF CONDUCT

This Code of Conduct applies to all our junior/Auskick coaches and coaching assistants, by participating in any junior coaching capacity you agree to abide these principles and acknowledge that repeated or serious breaches of this Code will incur disciplinary action.

Disciplinary action may include suspension or bans from the Club.

- Be reasonable in your demands on young players' time, energy, and enthusiasm.
- Avoid over playing the talented players, the "just-average" need and deserve equal time.
- Remember that children participate for fun and enjoyment.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
- Take into consideration the maturity level of the children, when scheduling and determining the length of practice times and competition.
- Develop team respect for the ability of opponents as well as for the judgement of officials and opposing coaches.
- Ensure positive coach / umpire relationships are continually developed.
- Follow the advice of a physician when determining when an injured player is ready to recommence training or competition.
- Keep yourself informed of sound coaching principles and the principles of growth and development of children.
- Create opportunities to teach appropriate sports behaviour as well as basic skills.
- Ensure that skill learning and appropriate sports behaviour have priority over highly structured competitions for young children.
- Help children understand the responsibilities and implications of their freedom to choose between fair and unfair play.
- 3 Strike Policy for misdemeanours - 1<sup>st</sup> strike meeting with club hierarchy and possible suspension, 2<sup>nd</sup> strike 2 game suspension and written warning, 3<sup>rd</sup> strike 3 game suspension or possible expulsion from the club.