

**CHURCHES FOOTBALL ASSOCIATION SYDNEY INC.**



**GUIDELINES FOR OFFICIALS, COACHES, MANAGERS & PLAYERS**

## Contents

1.	INTRODUCTION .....	3
2.	ASSOCIATION’S OBJECTIVES AND POLICIES .....	3
3.	GENERAL INFORMATION .....	5
4.	BREACHES OF CONDUCT .....	8
5.	MAIN RULES OF THE COMPETITION .....	16
6.	EQUIPMENT .....	21
7.	REFEREES .....	23
8.	ASSOCIATE REFEREE .....	23
9.	PLAYERS IDENTITY .....	24
10.	INTERCHANGE RULES .....	26
11.	SENIOR COMPETITION RULES .....	27
12.	PREMIER LEAGUE COMPETITION .....	28
13.	RAAHAUGE CUP, & SYDNEY CUP .....	29
14.	EXTRA TIME IN FINALS SERIES – SENIORS .....	30
15.	UNDER 11 TO UNDER 17 .....	31
16.	SMALL SIDED GAMES – UNDER 8, 9 & 10 .....	31
17.	EXTRA TIME IN FINALS SERIES – JUNIOR – UNDER 8 TO UNDER 17 .....	33
18.	MINI SOCCER RULES – UNDER 6 & 7 .....	35
19.	JOHN OLIVER JUNIOR ZONE REPRESENTATIVE COMPETITON .....	37
20.	SIX A SIDE COMPETITION .....	37
21.	STATE CUP & NIGHT KNOCK OUT RULES .....	38
22.	REPRESENTATIVE FOOTBALL .....	39
23.	CONCUSSION POSITION STATEMENT .....	40
24.	APPENDIX 1 - CODES OF CONDUCT .....	45
25.	APPENDIX 2 – SMOKING AT GROUNDS .....	47

**NOTE: THE CFA SYDNEY MANAGEMENT COMMITTEE RESERVES THE RIGHT TO OVERRULE ANY DECISION AT ITS DISCRETION**

### 1. INTRODUCTION

All games of soccer football played by teams affiliated with the Churches Football Association Sydney Inc (the Association) will be played according to the FIFA Laws of the Game, except where modified by the Association Competition Rules, which are summarised in this guide.

This publication is provided for guidance of Club Officials, Coaches and Managers and covers only the important on-field rules of competition. It is not intended to be exhaustive, nor cover all aspects of the rules covering play.

Clubs should take care to observe the registration and other requirements detailed in the Association's Competition Rules, Constitution, By-laws and Notices. Updates to these documents will be undertaken periodically; being notified directly and changes listed on the website.

#### POSTAL ADDRESS AND CONTACT PHONE NUMBER

Postal Address:	P O Box 509 CHESTER HILL NSW 2162
Telephone No:	0458 003 495
E-Mail:	secretary@cfasydney.com.au
Web site	<a href="http://www.cfasydney.com.au">www.cfasydney.com.au</a>
Facebook	www.facebook.com/NSW Churches Football
Twitter	@nswcfa_news

#### CONTACT WITH ASSOCIATION

All contact with the Association must be through the Club Secretary. Correspondence from coaches, players or other individuals will not be accepted and thus will not be dealt with by the Management Committee unless attached to a covering letter from the Club Secretary. Correspondence (other than email) that is unsigned, undated or both will not be accepted nor dealt with by the Management Committee.

### 2. ASSOCIATION'S OBJECTIVES AND POLICIES

#### MOTTO

As a Christian sporting organization, the Association stands firmly behind its motto "For God and Sport".

#### VISION

To be a premium Sydney competition recognised for innovation, competitive fun & faith, all in the spirit of community values.

#### VALUES

We believe in the development and strengthening of friendship through faith and football.

We believe in working within a framework of rules, fair play and the rights of individuals.

We believe in fostering and development of our community.

We believe in forgiveness through leadership.

### OBJECTIVES

The Association's objectives are to:

- Provide a Christian environment in which our members can participate in the game of Soccer Football,
- Witness our Christian beliefs by conducting ourselves in a manner that reflects our Church affiliation,
- To demonstrate that a Church affiliated Soccer Association offers an opportunity to enjoy sport in an environment that offers equity, consideration and dignity to all, and
- To be an outreach to those people with whom we have contact who have not yet come to know our Lord.

### CODE OF CONDUCT

The UK organisation Christians In Sport have a saying "Pray, Play, Say!". This is derived from Colossians 4:2-6. The passage exhorts Christians to live out their faith on the sporting field and have developed a number of bible studies and lessons based on this principle.

Colossian  
s 4:2-6

Devote yourselves to prayer, being watchful and thankful. <sup>3</sup> And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. <sup>4</sup> Pray that I may proclaim it clearly, as I should. <sup>5</sup> Be wise in the way you act toward outsiders; make the most of every opportunity. <sup>6</sup> Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

The Association has adopted the Football NSW Code of Conduct which may be found at Appendix 1 to this document. But as a Christian organisation we encourage our Christian members to think more deeply about how and why they play football and the example they set to those around them.

### WORKING WITH CHILDREN AND YOUNG PEOPLE

The Commissioner for Children and Young People has written the following foreword to its guidelines.

*"The communities that children and young people live in and the organizations they are part of are important to their well-being.*

*And every day children and young people across NSW spend time with adults in organizations such as schools, childcare centres, refuges, sporting clubs and hospitals.*

*Keeping children and young people safe in the workplace is part of your broader responsibility, as an employer, to manage risks within your organisation.*

*These Guidelines will show you how to meet your responsibilities under the Working With Children program.*

*The NSW Government Advocate for Children and Young People has also developed other resources to complement these Guidelines and help you create a safer, friendlier organisation for kids. You can find these resources on the Commission's website at [www.kids.nsw.gov.au](http://www.kids.nsw.gov.au)."*

### WORKING WITH CHILDREN CHECK

IT IS EACH CLUBS RESPONSIBILITY TO ENSURE THAT THEY COMPLY WITH THE NSW COMMISSION FOR CHILDREN AND YOUNG PEOPLE GUIDELINES.

Any applicants unsure of their status as a prohibited person should seek legal advice. Clubs are reminded that only persons who have completed the declaration are permitted to work with children.

CFA Sydney has appointed a Child Protection Officer. This position has the responsibility of ensuring that the Association Management, comply with the Working with Children Legislation, and also provide guidance to Clubs regarding their compliance where requested. The officer can be contacted through the Association by telephone or email if required.

All clubs must submit their working with children clearance numbers to the Association, before the commencement of each season, coaches and managers must have a working with children's clearance or teams will not be permitted to play.

## 3. GENERAL INFORMATION

### CLEARANCES FOR NEW PLAYERS

Clubs are advised to ensure all new players and players returning from other Clubs have a written clearance from their prior Club. All such players must have served any disciplinary action imposed by this or another association.

### EARLY SEASON CUT-OFF & CRITICAL DATES

Each year a season calendar is released with cut-off dates applicable to the season. Generally, the cut off dates will be in accordance with the following table.

1 <sup>st</sup> week of March	Last date for submission of Team entries – FORM B
Last Monday in March	Full payment of fees due.
As per the season calendar	Council Meeting
March	Special Judiciary to hear outstanding cases from prior season.
1st Saturday in April	Competition commences (except when Easter occurs on the first Saturday in April)
30 June	Last day for player registrations

### FORMS

The introduction of new processes and procedures means that the forms system previously adopted is no longer the most efficient means of operation. Some forms have been retained.

Form A – Club Registration

Form B (Provisional) – Provisional Team Entries

Form B – Team Entries Final

Form D – Player Eligibility (Reserve Grade)

Form E – Knock Out Entry

Form F – State Cup Entry

Form M – Management Committee Nomination

Form Q – Pre Season Entry

### COUNCIL MEETINGS

The Club Council meetings are held as per the season calendar, issued each year.

At the Council meeting only nominated Club Councillors are able to vote in any decision (a maximum of two per club to vote). The Club Councillors are nominated by the Club when they submit their Form A. The club may nominate up to 4 Club Councillor's.

### REGISTRATION OF PLAYERS

Clubs registering new players who have previously played with other Associations should be aware that CFA Sydney will honour any disciplinary action imposed by other Associations.

Clubs with doubts about any player's status may contact the Association and have the player checked for any outstanding suspension.

Clubs who allow players to participate in any match while suspended will lose any competition points gained, and may face disciplinary action by this Association.

### UNIFORMS

Clubs are reminded that the Management Committee must approve all Club uniforms, including alternate uniforms, before they can be worn in competition. All submissions to change a club uniform must be submitted in writing to the Association secretary for approval.

All shirts must be numbered.

Where colours of uniforms between teams playing clash, the away team need to change and play in their away strip.

No Alcohol or gambling advertising to be on playing strip.

### AGE GROUP DETERMINATION

The age group determination for junior players is taken from the 31<sup>st</sup> December of the prior year.

For a player to play in the under 12 competition, he must not have turned 12 at 31 December immediately prior to the season being registered. E.g.: if the player is 11 at 31 December 2018, then he is eligible for the under 12 competition in 2019.

### TEAM ENTRIES AND GAME FORFEITS

Clubs are advised that teams entered into the Saturday competition, the Knockout, State Cup or Six-a-Side competitions on the respective forms will be accepted by the Association in good faith. Any Club wishing to withdraw any team entered into a competition in order to avoid penalties as detailed below must observe strict time rules.

Competition	Date Entry Due	Withdrawal Deadline
Saturday Competition – Weekly Rounds	3 weeks prior	72 hours before match ( 3 days )
Knockout	3 weeks prior	72 hours before match ( 3 days )
State Cup	3 weeks prior	72 hours before match ( 3 days )
Six-a-Side	3 weeks prior	72 hours before match ( 3 days )

There will be no exceptions to the withdrawal conditions, and any penalties incurred must be paid before the CLUB will be eligible to participate in any further activity of the Association. Fines are outlined in the Schedule of Fines published by CFA Sydney.

### PRE-COMPETITION TRIAL GAMES

Clubs are required to notify the Secretary of the Association, in writing of any trial games in which their members are participating.

### GROUND AND PLAYING FACILITIES

It is the home team that is responsible for the following:

- All fields having adequate markings, nets and corner posts, with safe and secure goal posts.
- Toilet facilities to be open and available at all required times.
- Parking areas to be unlocked at all matches
- Ensure all AMBULANCE & EMERGENCY ENTRY & EXITS are UNBLOCKED at all times.
- Damaged or inadequate facilities and or grounds to be advised to the Association Secretary urgently for rectification by the appropriate body.
- Club appointed Ground Official to be present at all times while matches are in progress.

#### PLAYER IN HIGHER AGE GROUP OR GRADE

All age players may only play twice in a higher division or age group. May be subject to the Association Management Committee permission.

On playing a third match in higher division such player shall not be permitted to revert to his original division. Players may not play in a lower division than the division in which they are registered. If a club has two teams in the same division they are not eligible to play in the other team.

#### DUAL AFFILIATION

Under the Association's Constitution any Club or Association may not affiliate with any other football (soccer) association without first obtaining permission in writing from CFA Sydney.

Any breach of this provision may result in the player and their Club facing disciplinary action by the Churches Football Association Sydney Inc. This Association may impose any penalty including disqualification or disaffiliation.

#### QUESTIONS ARISING

The Constitution, By-laws or General rules, Clubs should contact the Association Secretary for a ruling. Where applicable, If doubt exists regarding any matter concerning any aspect of such contact shall be in writing. It is the responsibility of the Club concerned for any mistake made by any teams, officials or player

### **4. BREACHES OF CONDUCT**

#### FINES AND FOREITURE OF POINTS

Various matters described as prohibited or required, can, if breached, result in fines and or other penalties including the forfeiture of competition points and suspension or expulsion of players and/or Clubs. The fines are published by the Association in the Schedule of Fines. The Schedule of Fines will be published on the Association website.

#### DISCIPLINE AND MISCONDUCT GUIDELINES

"But now you must also rid yourselves of all such things as these: anger, rage, malice, slander and filthy language from your lips" Colossians 3:8

#### PART 1 – GENERAL INFORMATION (A TO H)

##### **A. JUDICIARY COMMITTEE**

1. The Judiciary Committee ("JC") including the Chairman shall be selected by the Management Committee at the beginning of each year and shall be appointed for twelve (12) months.
2. The JC shall be comprised of up to five (5) persons with a minimum of three (3) including the Chairman. The MC may select any persons considered competent for the task required.
3. No participant of the JC shall be associated with a Club or organisation involved in the matter to be adjudicated by the Committee.

##### **B. LAWS OF THE GAME**

Players shall abide by the LOTG of football as laid down by FIFA and its sub-Committees and as set out in the Coaches, Managers, Players manual issued by CFA Sydney and as altered, amended or supplemented by the CFA Sydney from time to time.



**C. POWERS**

The JC shall have, in addition to its other powers, the power to:

1. Call before the Committee on discipline cases of misconduct by any person, player, coach, manager, Club official, team, spectator and person.
2. Impose suspensions as decided by the JC, after deliberation of all evidence presented to the Committee.
3. Penalise a player by imposing a suspended sentence for a period &/or number of matches to be determined by the Committee on discipline.
4. Make representations to the Management Committee, on matters the JC considers appropriate, to enforce such action that may fall outside these Guidelines.
5. Investigate and collect any information contained within any correspondence received by the Committee on discipline. No photo or video evidence can be used in a judiciary matter as evidence.

**D. DISCIPLINE NOTIFICATIONS**

1. When a player is sent off the referee will submit his/her report to the Honorary Association Secretary within 48 hours of the offence.
2. The Honorary Association Secretary will forward all information of the send-off to the Judiciary Chairman.
3. The JC Chairman will communicate to all parties, via their respective Club Secretary any requests to attend a JC hearing, penalties and/or suspensions and any other matters pertaining to the performance of the JC.
4. Automatic penalties will be communicated electronically to the relevant Club Secretary.
5. All suspensions and/or penalties handed down by the JC will be communicated to the Club Secretary by email or in writing within 48 hours of decision where possible.
6. Where notification is not confirmed electronically, a telephone call to the Club Secretary will be made.
7. In all cases, when notification is made to the Club Secretary it is accepted that communication is made with the player/team and any other relative parties.
8. The JC will notify the CFA Sydney of any suspensions and or penalties handed down by the JC that affects the running or results of any fixture or competition.

**E. CARD OFFENCES**

1. When a player is shown a yellow or red card by the referee during a match then the player shall be assumed to have committed the offence.
2. A player that is shown a red card in any competition round is not permitted to play in any other match until a suspension or penalty is issued by the JC.

**F. RED CARD OFFENCES**

1. A player sent from the field of play will automatically be suspended for a minimum of one (1) round.
2. Suspensions shall apply to the player’s next scheduled round.
3. The player, having served the one (1) round suspension, shall be eligible to resume playing, unless notified by the Association that further disciplinary action is being applied.
4. If the offence for which a player has been sent off can be dealt with by the automatic penalties guidelines, the JC shall be able to apply this penalty

**G. YELLOW CARD OFFENCES**

1. Yellow card offences are recorded by the Match Referee and the offence shall be reported to the CFA Sydney through the Match Sheet.
2. It is the Club’s responsibility to monitor and advise their Club players of any pending suspensions resulting from further yellow cards.
3. Any player who received five (5) Yellow Cards in any one season, in any competition, shall be dealt with by the automatic penalty of one round for such an offence and a notice will be sent to the Club, whose responsibility it is to inform player and enforce penalty.
4. Any player who receives a further five (5) Yellow Cards in any one season, in any competition, will be suspended for three (3) competition rounds and a notice will be sent to the Club, whose responsibility it is to inform player and enforce penalty.
5. Any player who receives an eleventh (11th) Yellow Card in any one season, in any competition, will be required to attend a JC hearing to show cause why the player should be allowed to continue to be registered with CFA Sydney.
6. For the sake of clarity, if a player is sent off in a game for a second caution in one match, then these two cautions are not accumulated. The send-off offence takes precedence and will be handled by the Judiciary Committee (JC). However, if a player is sent off for a straight red card offence, after being cautioned earlier in the same game, then the earlier caution will be accumulated.
7. Yellow cards cannot be appealed after they are issued and/or reported to the CFA Sydney or JC, unless it is a case of mistaken identity that can be proven.
8. Accumulated yellow cards do not carry forward from one season to the next.

**H. YELLOW CARDS AND FINALS SERIES**

Any player who accumulates three (3) yellow cards in the finals series, including any yellow cards carried through from the last competition round will be liable to suspension from all competition rounds for at least one week.

Depending on the number of yellow cards accumulated by a player throughout the season, these may be declared null and void for the finals.

The calculation for the number of yellow cards carried through will be:

1 <sup>st</sup> set of 5 yellows	Yellow cards wiped for semis
2 <sup>nd</sup> set of 5 yellows	1 yellow card carried through
3 <sup>rd</sup> set of 5 yellows	2 yellow cards carried through
Yellow card(s) in last round	Carried through into semis
Any combination of above	Yellow cards accumulated into semis

Note that a 5<sup>th</sup>, 10<sup>th</sup> or 15<sup>th</sup> yellow card issued to a player in the final competition round will be dealt with as per “Accumulated Yellow Cards” above.

PART 2 - SUSPENSION GUIDELINES (A TO I)

**A. GENERAL INFORMATION**

The JC is delegated to handle:

1. all send offs and caution reports that are received from the referees
2. any citing made to them by the MC
3. any other matter delegated to it by the MC

**B. DISCIPLINE PROCESS**

1. Upon receiving an official report of any incident the JC shall assess the reports submitted by the referee or MC.
2. The JC shall convene each week, either in person, telephone or any other means available.

**AUTOMATIC SUSPENSIONS**

3. Where applicable, the JC shall apply an automatic penalty as outlined in the schedule of automatic penalties and notify the Club Secretary accordingly.
4. There will not be a hearing for 'Automatic Suspensions' up to (& including) 3 matches.
5. Where a matter proceeds to Appeal, any suspension given may be increased, reduced or remain unchanged as determined by the JC. Refer to rules relating to "Imposed Penalties" below. (refer to Appeal Procedure)

**NON-AUTOMATIC SUSPENSIONS**

6. If the initial matter cannot be addressed through an automatic suspension, the JC shall assess the incident at the convened meeting, and working to the guidelines decides the outcome and relevant penalty.
7. The convened meeting does not require the attendance of the person or Club subject to discipline.
8. At the convened meeting, it is within the power of the JC to defer any decision in order to convene a disciplinary hearing with the relevant player, Club official or any other person the JC deem necessary.
9. The JC shall notify the club Secretary of any decision or penalty imposed.
10. Where a penalty is determined, the player may accept the penalty in accordance with the notice given, or can object to the penalty and elect to have the case proceed to hearing.
11. If the player elects to have a hearing, the matter is heard at the next Judiciary Hearing (date & time to be advised by JC) following the original notice of suspension.
12. Where a matter proceeds to hearing, any suspension given may be increased, reduced or remain unchanged as determined by the JC.
13. Appeal procedures for suspensions over 3 matches (Refer Item I – Appeal Procedure)

**NO PENALTY IMPOSED**

14. In certain extreme cases the JC may choose not to impose a penalty for a player that is sent off. In these cases the discipline will refer reports to the MC for ratification.

### CONFIDENTIALITY OF INFORMATION

The JC shall hold confidential any and all information and reports received by it. The JC shall not be permitted to provide any player, club or person a copy of any referee or assistant referee reports. Judiciary findings will not be made public.

### C. AUTOMATIC SUSPENSIONS

After receiving an official report of any incident, the JC has the power to apply automatic penalties as outlined in Appendix 1 – Guidelines to penalties.

Automatic penalties are only permitted as prescribed within the guidelines. The JC do not have the power to impose an automatic penalty outside the guidelines.

### D. SEND – OFF REQUIRING HEARING

All other send-off offences for non-automatic suspensions require the JC to convene a disciplinary hearing under its powers described in this document.

### E. ADDITIONAL OR HIGHER PENALTIES

The suspension limits for non-automatic penalties are intended as guidelines. The JC may apply higher penalties where in the opinion of the JC such higher penalty is justified.

In deciding an automatic penalty, after reading and interpreting the referee's report the JC will in all cases apply a penalty that applies to the highest offence committed. (E.g.: in accordance with FIFA guidelines, where a player is sent off for denying a goal scoring opportunity by way of a dangerous tackle from behind, will be handed the automatic penalty applicable to the charge of Serious Foul Play).

Where a player, having been sent from the field commits further offences, the JC shall upon proper consideration of the referee's report and any other evidence obtained, impose additional penalty within the guidelines. (EG: where the player abuses or dissents against the referee, the JC shall consider whether an additional suspension under R26 or R27 shall be imposed).

### F. USE OF OFFENSIVE, INSULTING OR ABUSIVE LANGUAGE AND/GESTURES

Foul and Abusive Language reports will be categorised individually into one of three categories:

- Low level,
- Medium level; and
- High level

Individual officials and players have a different view of what is considered offensive and what is considered normal. In making their assessment on the severity of the offense the JC will consider:

- the words reported;
- the intensity and audibility,
- position on the field;
- who the language is directed at or to
- the context in which the offense has occurred.

A separate document titled “Guidelines to Foul Language” has been issued which provides more detail on the application and interpretation of foul and abusive language.

#### **G. IMPOSED PENALTIES**

Suspensions imposed on players shall be served as follows:

- a. Where applicable, suspensions shall carry forward from one season to the next.
- b. Suspensions and/or penalties imposed at JC hearings are immediate, pending written confirmation from the Committee or JC Chairman to the Club Secretary.
- c. Suspensions imposed on players are served in all CFA Sydney sanctioned fixtures regardless of whether the matches are in the same competition.

Example 1: a player accumulates five yellow cards and is suspended for one competition round. If the player’s team is due to play in a mid-week knockout game then this is the round in which the suspension will be served. Similarly, if a player gets his 5<sup>th</sup> yellow card in a mid-week knockout game then the suspension will be served on the following Saturday (normal competition) round.

Example 2: where the player has been sent off in a mid-week knockout competition match for receiving two cautions in the same match, the player is suspended from the next match on the following Saturday (normal competition) round.

Example 3: where a player has been sent off on Saturday for receiving two cautions in the same match. If the player’s team is due to play in a mid-week knockout game then this is the round in which the suspension will be served.

Example 4: where a player receives a 4 match suspension and if the player’s team is due to play in a mid-week knockout game whilst the player is still suspended, then this Knockout round will count in the serving of the suspension.

- d. When a player is suspended, the player is suspended for the full fixture round.
- e. The suspension only applies for fixture rounds for the team in which the player is registered.
- f. A washout, bye or when the player’s team forfeits will not count as a fixture round. If the player’s team is not playing, the suspension is the next round the player’s team plays in.

#### **H. OBJECTIONS**

Objection to issuing of red card

1. Where a player disagrees with the issuing of a red card, the player shall lodge an objection in writing within 48 hours of the player being sent off via their club secretary.
2. All objections must be sanctioned by the player’s Club and shall include reasons for the objection.
3. The objection shall be considered at a JC hearing.
4. There is no requirement for the player to attend the JC consideration of the objection, although the JC may request the player to attend.

#### **I. APPEAL PROCEDURE**

Written notice of appeal must be lodged by email from the Clubs Secretary with the Honorary Association Secretary with (7) days of the decisions being advised to the Club or Association, stating the grounds on which the appeal is based. Appeals are not accepted if the suspension is less than 3 weeks.

An appeal fee that is determined annually by the Management Committee must accompany the lodgement of the appeal, and this fee may be forfeited to CFA Sydney if the appeal is dismissed. The current appeal fee is available in the 'Fines Document'.

Appeals will not be accepted unless the grounds of appeal contain fresh evidence for consideration; this will be sent by email from the Club Secretary.

The right of appeal will lapse if the appeal is not lodged with the prescribed time.

No persons, Club or Association who is suspended as a result of a decision may participate in any activity while an appeal is pending this includes as an Associate Referee.

### JUDICIARY COMMITTEE

All appearances should be coordinated through the Club secretary.

It is acknowledged that there are occasions where a player is unable to attend a Judiciary hearing at the scheduled time. In the event a player is required to appear before the Judiciary Committee players with work or study commitments or extreme transport difficulties due to distance should ask their Club Secretary to make prior representations asking for them to be excused from attendance. If they are not excused in advance the player must attend the Judiciary Committee meeting.

Players needing to attend Judiciary Committee hearings must do so with their Club Secretary or Club President. A booking time to attend judiciary must be requested by the Club Secretary.

Where permission is granted for the player to not attend they are then required to submit a written submission to the Association secretary by 6.30pm on the evening of the hearing.

### ALCOHOL AT GROUNDS

It is CFA Sydney policy that no alcohol is to be present or consumed at any CFA Sydney games. It is further noted that for the majority of the grounds used by CFA Sydney, Council Regulations do not permit the consumption of alcohol at the grounds. Any breach of Council regulations may jeopardise the hiring agreement between CFA Sydney and the council.

Clubs found guilty of this offence may be fined \$500 or higher for repeat

offences. Players found guilty of this may be suspended from playing soccer for up to 12 months.

### SMOKE FREE POLICY

With effect from 7 January 2013 the NSW government introduced new bans on smoking. This means that smoking is also banned at public (outdoor) playgrounds within 10m of children's play equipment, in open areas of public swimming pools, at major sports grounds, within 4m of any building open to the public and at public transport stops (including outdoor parts of railway stations, bus stops, light rail stops and taxi ranks).

The NSW government fact sheet issued in relation to the application to sports grounds is attached at Appendix 2 to this document.

### MISCONDUCT

By registering with the Association each club and their players sign an agreement to abide by the Association Code of Conduct. In addition, Clubs take responsibility for the behaviour of their players and spectators.

The Association will not tolerate the use of foul or abusive language or blasphemy. Involvement in racist, sexist or harassing behaviour is also unacceptable, as are incidents of violence, fighting or unsportsmanlike behaviour.

Players guilty of such behaviour will be cautioned or sent-off by the Referee. Club officials and spectators misbehaving render their Club liable to being cited to appear before the Judiciary Committee or the Management Committee.

These Committees will not hesitate to severely penalise players, teams and Clubs who bring the game or the Association into disrepute, so all participants are strongly counselled to behave in a manner that benefits the ideals of the Association and that provides a good example to our younger members.

### BEING CITED FOR MISCONDUCT

If conduct that brings the game or the Association into disrepute occurs, then the person, team or Club misbehaving may be cited by The President or the Secretary of the Association to appear before the Judiciary Committee.

If a citation is issued, then the person, team or Club cannot participate in any activity until the matter has been determined by the Judiciary Committee.

An official of the Association is a member of the Management Committee, the Judiciary Committee, or an official Inspector. A Club cannot cite another Club or player; however, a Club Secretary may report any incident to the Association, in writing, for investigation, which may result in a player, official, team or Club being cited.

A person participating on the field of play in a match under the control of a Referee cannot be cited for misconduct whilst the match is in progress, as he/she is dealt with by the Referee under the Laws of the game. Any other member of a Club including spectators can be cited for misconduct.

Coaches and Managers who are in the substitution box come under the control of the referee and can be yellow and red carded.

### NOTIFICATION OF SEND OFF'S

If a player is sent from the field of play at any match refereed by an Associate Referee or by a Club member performing the duties of a referee, the referee is required to submit a match report which includes the following details:

- a) name of the player sent off.
- b) team and Division of the match.
- c) ground at which match was played
- d) time the match commenced.
- e) charge that is laid against the player concerned.
- f) A description of the incident or incidents leading to the send-off.

This information must be conveyed to the Association on the night on which the game was conducted.

The report must be in the hands of the Association by 6pm of the Monday following the game.

### REPORTING OF MATCH RESULTS

Clubs are required to report Match Results through the online competition management system used at the time by CFA Sydney.

Where an Association Referee is supplied, the Association Referee will report cautions and send-offs and record match results

Where an Association Referee is not supplied; club secretaries are responsible for advising the Association by recording the match result, and emailing any cautions or send offs to the Association secretary.

### ALL MATCHES

Results must be entered in the database within the following timeframes:

Saturday Games by 6pm Sunday

Midweek Games by 6pm the following day

## 5. MAIN RULES OF THE COMPETITION

### OBSERVANCE OF COMPETITION RULES

The Management Committee shall have the power to declare any fixture abandoned where it is apparent that the rules of the competition have not been properly observed.

All matches are played in accordance with FIFA Laws of the Game unless otherwise provided for in this document or published by the Management Committee from time to time.

### GROUND OFFICIALS

It is required for all teams that partake in the CFA Sydney fixture competitions to have a ground official at each game.

This person controls the crowd / spectators. When off field problems, such as referee abuse, smoking in wrong areas, alcohol, or other issues are present, it is this person's responsibility to stop it.

As you can see from above, the ground Official is a very important position and the person / people chosen to fulfil this task must be appropriate.

The ground official must be at least 18 years old.

A high visibility vest is to be worn by the ground official appointed.

The ground official cannot be involved in any running of the team, i.e inter changes or positional changes;

The ground official is to observe the game from where the majority of the spectators are. Not on their own on the other side of the field, and definitely not from the coaches / interchange boxes.



## CFA Sydney – Guidelines for Officials, Coaches, Managers & Players

---

The ground official is the person that the referee will speak to, if the referee has an off field problem that needs sorting out, such as referee abuse, smoking, alcohol, or other issues are present, it is the ground officials responsibility to stop it.

The ground official is required to control all spectator behaviour.

The ground official must never enter the field of play without the referee's consent and ensure that no spectators do either;

### DURATION OF MATCHES

Age Group	Match length
Under 6	15 minutes each way
Under 7	20 minutes each way
Under 8	20 minutes each way
Under 9	20 minutes each way
Under 10	20 minutes each way
Under 11	20 minutes each way
Under 12	20 minutes each way
Under 13	25 minutes each way
Under 14	25 minutes each way
Under 15 -17	30 minutes each way
All Age	45 minutes each way

Note: if there is a combined competition, the match length will be applicable to the highest grade.

### COACHING ON THE FIELD

Unless specifically referred to in the competition rules, no person is allowed on the field to coach players.

Coaches are allowed on the field for Under 6 & Under 7

The under 8 competition allows coaches on the field for the first half of the year. Clubs will be notified when coaches for this competition are no longer allowed on the field

### ATTENDING INJURED PLAYERS

No person is to enter the field of play until invited to do so by the Referee, even in case of injury. The attention of the Referee may be politely drawn to an injured player. At the Referee's signal ONE person may enter the field of play to attend the player. This is usually the team Coach, Manager or an accredited first aid person. If further assistance is required, the Referee's consent should be obtained.

Where a player's injury is such that they require specialist medical assistance, they should not be moved from the field until that assistance (doctor or ambulance) attends. Play will only re-commence once an injured player

has been safely removed from the field. The safety and welfare of players always takes precedence over the continuation of a game.

Concussion position statement can be found in point 25 of this document.

### FIRST AID KIT

It is a recommendation that all clubs have a qualified first aid person at the ground at all times when matches are played.

All teams are required to have a basic first aid kit available for each team for the treatment of minor injuries such as scratches, scrapes or grazes. In the event of a more serious injury, medical attention will be sought if parents or caregivers are not available.

Ambulance fees for patient transport are covered by the Association insurance policy.

### WAITING TIMES

If one or both teams are not ready at the appointed match time, or at the time the referee is ready to commence the match (if later than the appointed match time), the waiting time until the match is not played is one third of the playing time.

If the waiting time expires, the match is not run and the matter is reported to the Association in writing.

### MATCHES FINISHING ON TIME

Only First Grade matches in Premier League and Raahauge Cup have injury or stoppage time. All other matches must finish at their appointment time.

Reserve grade games will start at 1:15pm. If a match commences late, or is shortened by injury, the playing time shall be divided into two equal halves, with allowance for a 5-minute half time break. The game must finish by 3pm.

The First grade game will start at 3:15pm. The referee shall allow for stoppage and injury time. The game will be played in 45 minute halves, with a minimum of 5 minutes half time break.

### HEAT CONDITIONS

If hot weather conditions exist during the early rounds of competition the Management Committee have recommended that drink breaks be taken. These breaks should be taken mid-point of each half and the game be shortened to allow the next game to commence on time. Players are not to leave the field and the break shall be for 2 to 3 minutes.

Games will be cancelled or postponed by the Management committee, in the event of ambient temperatures as follows

Adults: 37 degrees celsius

Children 32 degrees celsius

### SENIOR TEAM CAPTAIN'S ARMBANDS

Senior Team Captains shall wear a distinctive armband.

Captains not wearing an armband relinquish any right to communicate with the referee. The armband will allow dialogue to be held where and when necessary during a stoppage in play between Captains and Referees. This dialogue is to be kept short and cordial at all times. Captains are to treat this privilege with respect and Referee's will respond likewise.

### STANDING BEHIND THE GOAL LINE

Clubs are responsible to ensure that their Club members do not congregate behind the goals while a match is in progress.

### COMPETITION MATCH POINTS

Competition points will be awarded as follows: -

- 3 points - for a win
- 3 points - for a bye
- 3 points - to team where opposition forfeits
- 1 point - for a draw
- 0 points - for a loss

In the case of a bye or forfeit, only points are awarded there are NO adjustments to goals for and against.

Clubs are not permitted to forfeit the first grade match and still play the reserve grade match. Any competition where there is a first grade and reserve grade structure the team which contests the reserve grade match but fails to contest the first grade match without a cogent reason for so doing and without this reason being duly notified to the Secretary of the Association will not have competition points awarded for either match scheduled on that day. The Management Committee may deny the forfeit of the first grade match at its sole discretion.

### ABANDONED MATCHES

If a match is abandoned or terminated by a referee or an official of the Association for reasons of misconduct, both teams are automatically cited to appear before the Judiciary Committee, and may not participate in any Association activity until the case has been heard and determined.

Under such circumstances, only the executive of each Club and the captain of each team involved in the match appear before the Judiciary Committee to represent their respective teams. The entire teams are not required to appear. However, the Judiciary Committee may demand that a particular member or members of a Club or team to appear before the Judiciary Committee when the inquiry into the incident is conducted.

A Club may seek approval from the Judiciary Chairman for members, other than those previously named, to appear at the inquiry. The Club concerned must satisfy the Judiciary Chairman that the evidence of such members can give, is pertinent and relevant to the incident. Such approval must be obtained prior to the day of the inquiry.

### TEAMS LEAVING THE FIELD OF PLAY

A team leaving the field of play without the permission of the referee is automatically cited by the Association and is suspended from participation in any activity of the Association until the Executive members of each Club and the captains of each team involved in the match appear before the Judiciary Committee.

The person refereeing must report the incident to the Association and must prepare a written report for the next meeting of the Judiciary Committee that follows the date of the match.

Where such person is not an appointed referee, he must report the incident to the Secretary of the Club with which he is affiliated and the Club Secretary must report the incident to the Secretary of the Association immediately.

### WET WEATHER POLICY

Matches are to be played unless:

- a. The Referee considers the ground is dangerous.
- b. Your Club is advised by the Association that games are cancelled.
- c. A Local Council advises that the ground is closed. In this case, the Association will look at moving the game to another field.

To minimise unnecessary disruption to the draw our preference is not to cancel games. On most occasions the Councils we hire grounds from will make the decision to close grounds.

Whilst games will not be called off solely because it is raining, player/referee safety is paramount and if the grounds are deemed to be unsafe, matches will be cancelled.

Clubs are asked to use common sense in the training environment and to stay off areas that are obviously not in a suitable condition and allow the fields to recover. If grounds are damaged Councils may attempt to recover costs from Clubs. The Association will not pay these costs.

The decision to cancel matches will be made by the President, Secretary and Technical Director.

A decision will be made by 5pm on Friday night. If games are called off, the whole competition round may get called off. Clubs will be notified by email. It will **also** be put on the CFA Sydney website, and Facebook.

If there is heavy rain overnight a decision will be made by 7am Saturday morning. Clubs will be notified by email. It will also be put on the CFA Sydney website and Facebook as soon as possible.

If club Secretaries do not have access to their emails on a Saturday morning, please advise the CFA Sydney Secretary and a phone call or text message will be sent.

Individual games can be cancelled at the discretion of the Association Management Committee or referee on a field by field basis.

There may be occasions where some grounds will be available to complete a competition round of only e.g. Premier League or Raahauge Cup. If this is the case then the Association will make this decision.

At all times the association will try to avoid playing incomplete rounds &/or catch up matches at night etc.

## LIGHTNING POLICY

Should a thunderstorm be prevalent on match day, the '30-30' rule is to be used in order to determine whether a game should be suspended (to include delaying the commencement of the game) and when it is safe to resume play (to be determined by the Referee).

When lightning is sighted, count the time until thunder is heard. If that time is 30 seconds or less, the thunderstorm is within 10km and is dangerous. As most experts believe that the "safe" distance is no less than 10km, all people at risk should be seeking, or already inside safe shelters. This is the time at which matches should be suspended.

This rule is one of the most practical techniques for estimating the distance to lightning activity and is based on the fact that light travels faster than sound. As sound travels at a speed of around 1km every 3 seconds, the time that elapses between the flash of lightning and clap of thunder can be divided by three to give a measure, in kilometres, of how far away the storm is.

The threat of lightning continues for a much longer period than most people realise. It is imperative to point out that sunshine or blue sky should not fool anybody into thinking that it is safe and you should remain alert to the possible return of the storm.

Using the '30-30' rule, the distance of the storm should be estimated before allowing play to continue.

There is not a place absolutely safe from the lightning threat, however some places are safer than others and, where practicable, people should be moved to a safe structure as soon as possible. The best option is a large building with electric and telephone wiring and plumbing to provide a safe pathway for the electrical appliances, lighting fixtures, radios or microphones and electric sockets and plumbing. Mobile or cordless telephones are a safe option if the person and antenna are located within a safe structure. Do not watch lightning from open windows or doorways. Inner rooms are preferable.

## 6. EQUIPMENT

### PLAYER SHIRT NUMBER

All players competing in any competition must wear numbers on their shirts.

Each player must be uniquely numbered at all times, and duplicate numbers are prohibited during any senior match. Numbers must be in serviceable condition and tape is not to be used to emulate numbers.

### SOCCER BOOTS

Rugby type tapered metal studs will not be accepted as suitable safe footwear by this Association.

Referees will be instructed of footwear that is so equipped and poses a hazard to other players or is unsafe, may not be used in any match.

Player's boots with sharp ribs or studs will be requested to leave the field of play to either replace the boots or smooth the rough edges before being allowed to re-enter the field of play.

### SPECTACLES

Players who are required to wear spectacles whilst playing may only use approved sporting spectacles. The Optometrists Association of Australia has stated that children involved in sport, requiring assisted vision, should wear protective eyewear such as sports goggles or sports glasses with soft or flexible frames fitted with a plastic or polycarbonate lens.

Referees are instructed to only permit sporting spectacles that in his/her opinion they do not represent any danger to the player or other players. It is not sufficient that a player supplies a certificate that a player must wear spectacles either from a doctor or eye specialist. The spectacles must be approved sporting spectacles. The Referee's decision is final.

The Association takes no responsibility for any damage or loss where a player should wear non-approved spectacles rather than the sporting spectacles and an accident occurs resulting in injury.

This provision is made to ensure the safety of all players and aligns with the FIFA "Players' Equipment" safety requirements i.e. a player must not use equipment or wear anything that is DANGEROUS to himself or another player.

### SHINGUARDS / SHIN PADS

Law 4 of the FIFA Laws of Soccer is quite specific in that shin guards must "provide a reasonable degree of protection". This Association's official policy deems a reasonable degree of protection is the covering of at least 80% of the shin area.

### BALL SIZES

- Mini – Under 8 – Size 3
- Under 9-13 – Size 4
- Under 14 -17 Size 5
- Seniors – Size 5

Each senior team will be supplied with one match ball. These are to be used in competition. Failure of each team to supply two balls at each senior game will result in a fine. No other balls will be accepted on the field in competition matches. In the event of competition balls being lost, damaged, etc, Extra balls can be acquired at the association, at a cost to the club.

### WATCHES AND JEWELLERY

The following items are not to be worn by players.

- Watches of any type.
- Rings (except for flat band wedding rings).
- Necklaces, earrings, wrist bracelets/bangles (except medical bracelets)
- Body piercing is not acceptable and must be removed prior to play.
- Referees have been instructed not to allow players to participate until such jewellery has been removed. Taping is not acceptable.
- It is a cautionable offence to wear jewellery.

### GOAL POSTS

Goal posts must be in a serviceable condition, so as not to cause players injury.

## 7. REFEREES

Referees must complete the online Laws of the Game Exam.

Link for Laws of the game exam <https://ffa-referees.mygo1.com/p/#/access/enrol?cid=2656010>

Once you have successfully complete this, you will email the certificate to [secretary@cfasydney.com.au](mailto:secretary@cfasydney.com.au)

A field test will then be conducted by the Referees Co-ordinator.

Referees will be appointed to games by the Referees Convenor, who is appointed by the Management Committee.

## 8. ASSOCIATE REFEREE

All senior teams must supply an Associate Referee to be available for every match to act as Assistant Referee or in the event no Association Referee is appointed, to act as Referee of the match.

Associate referees must complete the online Laws of the Game Exam.

Link for Laws of the game exam <https://ffa-referees.mygo1.com/p/#/access/enrol?cid=2656010>

Once you have successfully complete this, you will email the certificate to [secretary@cfasydney.com.au](mailto:secretary@cfasydney.com.au)

The Associate Referee must be attired as a referee in the regulated Associate Referee shirt, black shorts and socks.

When an Associate Referee has participated or will participate in a match before or after the match for whom he is an Associate Referee, then he may as a concession, wear the minimum uniform of the Associate shirt, with his team shorts and socks.

Only qualified Associate Referees must wear the Associate uniform.

Adequate footwear must be worn at all times during a match i.e. thongs & bare feet will not be accepted.

### WHEN THERE IS NO OFFICIAL REFEREE

If no official Referee is present, the Coach or Manager from each team must agree on a person to referee the game. Once such agreement is reached, that person has the full powers of a Referee. If no agreement can be reached, the game is not played and the Management Committee shall determine whether points shall be awarded to either team for the match.

There is no rule that states that the home club must provide the Referee; a Referee from either Club is acceptable provided that the teams agree upon that person.

A referee must Referee the full game except in the case of sickness or injury. The referee duties are not to be shared between two referees.

If the opposition does not show up at the match venue, do not forget to fill in your electronic match sheet. The association should be made aware that the opposing team has not shown up.

### PROBLEMS WITH REFEREEING DECISIONS

If your team is in disagreement with or is displeased with a decision made by any Referee, under no circumstances should your objections or dissent be voiced during or after the game.

If you believe that a complaint is justified, contact your Club Secretary. The Club Secretary shall lodge any complaint with the Association Secretary, in writing.

Dissent at the match could result in the Club being cited to appear before the Judiciary Committee to explain any such actions, and a fine or suspension could result.

Association Referee Inspectors regularly assess the performance of referees, and these inspectors can also report on the behaviour of teams and or spectators.

## 9. PLAYERS IDENTITY

### OUTLINE

Competition rules provide that no player is permitted to participate in any competition games run by this Association unless they are register on the electronic database & a photo Id is uploaded

Any club found guilty of playing a player without being registered or with a photo id uploaded will be liable to sanctions including a fine and the loss of competition points.

### PHOTOGRAPHS

The following guidelines apply to player ID photos:

- Must show only the player being registered
- Must be in colour
- Must be a head and shoulder shot only
- Should not include headwear (unless required for religious purposes)
- Shall be appropriately lit, with a bright background
- Shall be of good quality

The Association may reject any photo that does not meet an acceptable standard.

### ON FIELD OPERATION

Each player must be registered on the Association database and have a photo uploaded, in order to play in any match.

The names of each team's players and substitutes should be selected on the electronic match sheet prior to the commencement of the match. Match sheet must be submitted on line 10 minutes prior to the game commencing.

The opposing team, need to confirm the identity of each opposing player and confirm on the electronic match sheet



Should a dispute arise concerning the identity of a player, in that it is alleged that the player present is not the player depicted on the corresponding Electronic match card, place this dispute in the comments section of the electronic match card.

The player may continue to play the game, however if the play is found to not be register, fines will be incurrent and loss of competition points.

### ELECTRONIC MATCH SHEET

- i. The Electronic Match Sheet, reports the proceedings of the game. It identifies the players and substitutes that participated, their Club, the field played, the match score and makes report of any incidents during the game.
- ii. If a Coach or Manager wishes to confirm the score, the scorer or other information, the Referee may be politely requested to assist by verbally giving the required information following the game. The same applies to the Referee's name. If a Coach or Manager asks a Referee his name, the Referee is not at liberty to give the information. The Secretary of the Club concerned, if necessary, can email the Association to discuss any concerns in relation to the referee performance.
- iii. If a match is refereed by a non-official Referee, all results, yellow or red card information must be emailed to the Association secretary.
- iv. Fines are applicable to electronic match sheets that are incomplete, incorrectly completed or not submitted.

The following is a reminder of what needs to be done when submitting your Electronic Match Card:

Electronic match cards must be submitted 10 minutes before the start of the game.

Teams managers & Referees need to enter the score of the game, once the game is over

Ensure your player shirt numbers are entered.

If there is an electronic issue with submitting the match card, the game will go ahead. You need to email your club secretary with the problem, the Association secretary is then to be informed.

A photo of the whole team that is playing will need to be emailed to your club secretary also. So the Association can verify who played.

The referee takes no part in checking the online match card or player ids. This is each team manager's responsibility. If there is a dispute, place this in the comments section when you enter the match results.

In the case of borrowing players for seniors teams who are not from the same club, but are paired as a squad Eg Mortdale / Sutherland.

Players will not show up on the other clubs electronic match card. Please note the players' names in the match report as borrowed players when you submit your results.

Remember to check the other teams electronic match card.

If a team forfeits against you on game day. Still submit your match card and put in your "match report" that they forfeited and the reason why. Do not enter a forfeit. The association or referee will do this.

For Senior games only enter your Associate referees name in the “match report”, this is done when you enter the score.

Ensure you enter your match results

The following number are allowed on the electronic match card:

- Seniors – Sixteen (16) players
- Under 6&7 – Ten (10) players
- Under 8 to Under 10 – Fourteen (14) players
- Under 11 to Under 17 – Sixteen (16) players

- v. All players named on the electronic match sheet are required to attend to team line up prior to the start of the game.

#### OPERATION WITH THE JUDICIARY COMMITTEE

A match report will be forwarded to the Chairman of the Judiciary Committee by the Referee.

The Judiciary will notify the club secretary if players need to appear before the Judiciary.

#### OTHER RELEVANT MATTERS

If a dispute arises concerning a registered/non registered play, the opposition team official, may note the relevant details on the Electronic match card for the Association to investigate.

Any declaration made by a player or by a Club Secretary concerning a player's identity will be regarded by the Association to have the standing of a Statutory Declaration. Should any such declaration be found to be false, then the player or the team (in the case of the false declaration being made by the Club Secretary) will be liable to penalty including suspension up to instant disqualification from competition for the season.

### 10. INTERCHANGE RULES

The interchange rules to competitions apply as follows:

Competition	Regular Season	Knockout or State Cup
Under 6 - 7	Yes	Yes
Under 8 -12	Yes	Yes
Under 13 - 18	Yes	Yes
Premier League - Firsts	No	No
Premier League – Reserves	Yes	No
Other All Age Competitions	Yes	No
Girls Saturday eights	Yes	Yes

#### BEFORE THE MATCH

- vi. Administration of the interchange rules is the responsibility of the managers and coaches of the participating teams.

### DURING THE MATCH

- i. All interchange will be conducted at the half way line
- ii. The captain of the team, manager or coach shall politely call to the referee during a stoppage in play to request an interchange take place.
- iii. No interchange request will be accepted whilst the ball is in play. There is no need for the ball to have gone over the sidelines or goal lines, it is sufficient that play has been stopped for whatever reason.
- iv. The interchange may only take place once the referee has indicated his approval
- v. The referee may, at his sole discretion, deny the interchange where the referee believes the interchange has been requested to deliberately delay or frustrate play or as a time wasting measure.
- vi. The retiring player must first exit the field of play at the half way line before the entering player can enter the field of play, also at the half way line.

### RESPONSIBILITY

It is the responsibility of the Club, its management, Team Managers and Team Coaches to ensure that only those players declared on the electronic match sheet participate in the match. The Managers and Coaches of each team are responsible for ensuring that a maximum number of players from each team are on the field at any one time.

Where a team has seven (7) or more players at the start of the game, but less than the full team, up to sixteen (16) players, the Manager may complete the electronic match sheet including the names of the players not yet in attendance. When the extra players arrive they may join the game.

### TIME WASTING OR DELAY OF PLAY

In order to ensure the teams do not delay or frustrate the attack of its opposition the referees are instructed the following:

- i. The ball does not have to leave the field of play for the interchange to occur. An interchange may occur during any stoppage in play including as a result of injury, free kick or penalty.
- ii. Where the ball is out of play and the team to which the restart is awarded is indicating by action or word they want to play on quickly, the referee shall allow play to continue without the interchange occurring.
- iii. Where the ball has left the field of play and requires a player to retrieve the ball to the effect that any advantage from playing on quickly is nullified, then the interchange shall be allowed to occur.
- iv. The referee should be aware of time wasting or attempts to frustrate play at all times during the match, but should be particularly aware during the final 15 minutes of each half.

## 11. SENIOR COMPETITION RULES

### TRANSFER TO AND FROM RESERVES

During the regular season players may transfer between First Grade and Reserve Grades within same squad without permission from the Management Committee.

### RESERVE GRADE FINALS SERIES ELIGIBILITY

- i. No player may play in the Reserve grade semi-finals and finals of any senior competition unless he/she has played fifty percent (50%) of all competition matches played by him/her in the competition team and has played three of his last five matches in the competition team

- ii. Each Reserve team is permitted to nominate two goalkeepers for Semi- finals or final match. Two goalkeepers will be covered by the eligibility rules detailed above, and the second goalkeeper, who will be nominated on the match sheet, may be made available as a direct replacement of the normal Reserve Grade goalkeeper if required. This second nominated goalkeeper will not be subject to the 50% of matches and three of his last five match eligibility provisions. The second nominated goalkeeper may only substitute for the Reserve Grade goalkeeper may only substitute for the reserve grade goalkeeper and may only play in the Reserve Grade as goalkeeper.
- iii. A Reserve substitute may include any player who has substituted in the Reserve grade at any time during the seasons and who has not played in the First grade as a player or as a substitute during the season in question.
- iv. The semi-finalists in Reserves shall supply the names of all eligible players to the Honorary Secretary no later than the Thursday prior to the semi-final being played. If the names of all eligible players are not submitted to the Honorary Secretary by the due date, the teams will not be eligible to complete in the semi-finals and finals.
- v. The Management Committee may give special dispensation for a player to be considered eligible for the semi-finals. The decision of MC in allowing or disallowing the application is final and cannot be appealed.
- vi. It is recommended that clubs complete the Form D regularly during the season.

### PLAYER STATUS

All players registered are assumed to be amateur players. Where a player's status is as a Professional such status shall be reported to the Secretary of the Association.

## 12. PREMIER LEAGUE COMPETITION

### MINIMUM NUMBER OF TEAMS

A competition comprising a minimum of eight (8) teams shall contest the Premier League each year.

### APPLICATION TO PLAY IN PREMIER LEAGUE

All teams wishing to apply for Premier League entry must apply to the Honorary Secretary in writing before the last day in January of each year.

### PROMOTION AND RELEGATION

Entry to the Premier League competition will be a promotion and relegation basis from Raahauge Cup First Grade.

Relegation will be determined by the results of the Premier league competition only. The teams occupying the last two places on the competition table at the conclusion of the competition will be relegated to Raahauge Cup First Grade. Should more than two teams share the last two places on a point's basis, goal difference will be the determining factor. If the goal differences are equal, then the goal quotient will be the determining factor.

Promotion to the Premier League competition will be from Raahauge Cup First Grade on the following basis: -

## CFA Sydney – Guidelines for Officials, Coaches, Managers & Players

---

- Where there is only one division in Raahauge Cup First Grade, the winner of the Raahauge Cup grand final and the minor premiers of the Raahauge Cup competition will be promoted to Premier League.
- Where there are two divisions in Raahauge cup First Grade, the winner of each grand final will be promoted to Premier League;
- Promotion from Raahauge Cup First Grade to Premier League will be determined by the results of the Raahauge Cup Firsts competition only.

Management Committee may at any time elect not to automatically apply the promotion and relegation rules. The decision to not apply the promotion and relegation rules will be determined by the strength or weakness of the respective teams, number of teams applying to the Premier League and any other factor that may impact on the conduct of the competition.

### ACCEPTANCE OF APPLICATIONS

Each club applying must satisfy the Management Committee that their team can meet all requirements of the Premier League competitions.

### SUBSTITUTES – PREMIER LEAGUE FIRST GRADE ONLY

- i. Up to five substitutes may be named on the match sheet. These names must be recorded before the match commences
- ii. Up to four of these substitutes may be used during the match.
- iii. Once a player has been substituted, he can take no further part in the match.
- iv. If a team commences a match with fewer than eleven players on the field, those players who come on to bring the team up to eleven players are not substitutes and their names need not be on the Match Sheet with the referee on the field.
- v. Coaches or managers should ensure that they have all their possible substitutes before the match commences. Substitutes cannot be added after the commencement of the game.
- vi. If a substitution is to be made at half time, the referee must be informed.
- vii. The referee must also be informed if a team changes the goalkeeper

## 13. RAAHAUGE CUP, & SYDNEY CUP

### PROMOTION AND RELEGATION

The competitions will operate on a promotion and relegation basis from each division to the next higher or lower division.

Relegation will be determined by the results of the First Grade competition only. The teams occupying the last two places on the competition table at the conclusion of the competition will be relegated to the next lower division. Should more than two teams share the last two places on a point's basis, goal difference will be the determining factor.

Promotion through the competition divisions will be on the following basis: -

- i. Where there is only one division in any grade, the winner of the final and the minor premiers of the competition will be promoted to the next higher division.
- ii. Where there are two divisions in any Grade, the winner of each grand final will be promoted to the next higher division.
- iii. Promotion from each division to the next higher division will be determined by the results of the Firsts competition only.
- iv. Management Committee may at any time elect not to automatically apply the promotion and relegation rules. The decision to not apply the promotion and relegation rules will be determined by the strength or weakness of the respective teams, number of teams applying to the Premier League and any other factor that may impact on the conduct of the competition.

## CONDUCT OF SENIOR FINALS SERIES

At the conclusion of the regular competition rounds, semi-finals, finals and grand final shall be played between the top four teams on the competition ladder. The finals series shall held in the following manner

### **Semi Finals**

After the normal competition rounds are played

1 vs 2                      Winner goes straight to Grand final  
                                    Loser to play in final next week

3 vs 4                      Winner goes to final  
                                    Loser is out of competition

### **Final**

Loser 1 vs 2 player the Winner of 3 vs 4

                                    Winner goes to Grand final  
                                    Loser is out of competition

### **Grand final**

Winner of 1 v 2 vs Winner of the Final

In the semi-finals, first shall play second and third shall play fourth. The loser three versus four is eliminated. In the final, the loser of first versus second shall play the winner of third versus fourth. In the grand final, the winner of first versus second shall play the winner of the final. The loser of the final is eliminated.

## POSITION IN SEMI FINAL

Positions in the semi-finals are to be determined by the factors at the end of the competition rounds in the following order:

1. Competition points
2. Goal difference
3. Goal quotient
4. Results against each other
5. In the event the teams still cannot be separated the position will be determined by a toss of the coin.

## **14. EXTRA TIME IN FINALS SERIES – SENIORS**

### DETERMINING THE WINNER

Winner is the team that scores most goals during normal time.

If scores are level at full time, then 10 minutes each way is played – golden goal

applies. If scores are level after extra time, then penalties will decide the winner.

**PENALTIES TO DETERMINE THE WINNER OF A GAME**

- i. The referee chooses the goal to be used.
- ii. Toss a coin to decide who goes first – the team captain to decide “Heads or Tails” with toss of the coin will be the team who chose at the start of the game.
- iii. Each team takes five kicks, taken alternatively by each team.
- iv. Kicks are stopped if one team cannot be beaten (e.g. Team A leading 4-2 with one kick to go)
- v. If the score is tied after five kicks each, penalties are continued until there is a winner with an equal number of kicks taken.
- vi. If the match is played under interchange rules, only the 11 players of each team on the field at the end of extra time shall be eligible to participate in the penalty shootout.
- vii. Normal rules on penalties apply. No second touch by the kicker is allowed.
- viii. Only the keeper can be substituted – A goalkeeper who is injured while kicks are being taken from the penalty mark and is unable to continue as goalkeeper may be replaced by a named substitute provided his team has not used the maximum number of substitutes permitted under the competition rules. Any eligible player on the field can substitute their keeper. Injured players cannot be substituted.
- ix. No player can take a second penalty until his eligible team mates have taken a penalty, including the goalkeeper.
- x. Teams must have equal numbers. If Team A has fewer players on the field than Team B at the end of extra time, then Team B must exclude a number of players so that both teams have equal numbers. Excluded players must leave the field. The referee is to be informed immediately.
- xi. Only players and match officials are allowed on the field.
- xii. All players, except for goalkeepers and one kicker, must remain inside the centre circle. The keeper of the team taking a penalty must stand on the goal line at edge of the penalty area.

**15. UNDER 11 TO UNDER 17**

**DIMENSIONS OF THE FIELD**

Under 11 to Under 17 played on full field.

**TEAM NUMBERS**

All Under 11 to Under 17, The maximum number of players that may be listed on the team sheet is sixteen (16). Eleven (11) on the field, Five (5) interchange.

**BALL SIZE**

Under 11 to Under 18 - Size 5

**PENALTY KICKS**

Where a direct free kick is awarded to a team in the opposition penalty area, the penalty kick shall be taken at the centre of the 10 Yd (9.15 m) penalty area, 10 yds out from the goal line.

**16. SMALL SIDED GAMES – UNDER 8, 9 & 10**

**DIMENSIONS OF THE FIELD**

The field for the small sided games shall operate between the two penalty areas for a full size field. The line for each penalty area shall operate as the goal line for small sided games.

The goal lines shall be extended from the edge of the full size field penalty area by approximately 5 metres. This distance may be varied accordingly to field dimensions and space available. The Management Committee reserves the right to instruct a specific width for any field.

### TEAM NUMBERS

All Under 8, Under 9 & Under 10 matches, The maximum number of players that may be listed on the team sheet is fourteen (14). Nine (9) on the field, Five (5) interchange.

### BALL SIZE

Under 8 – Size 3

Under 9 – Size 4

Under 10 – Size 4

### DURATION OF MATCHES

Matches shall be comprised of two equal halves of 20 minutes.

### BALL LEAVING THE FIELD OF PLAY

**Corner Kicks** - take corner kicks at the intersection of the Goal Line and the corner of the full field Penalty Area - 18 yd box (16.5 m). This is same distance applicable to corner kicks on a full field arrangement for these age groups.

**Goal Kicks** – can be taken anywhere in the Penalty area (10 yds). If a free kick is awarded to the defending team within its own goal area/penalty area, this free kick may be taken anywhere in the penalty area. Players from the opposing teams shall be at least 10 yards (9.15m) from any edge of the penalty area.

### PENALTY KICKS

Where a direct free kick is awarded to a team in the opposition penalty area, the penalty kick shall be taken at the centre of the 10 Yd (9.15 m) penalty area, 10 yds out from the goal line.

### COACH / MANAGER ON THE FIELD

For under 8 competitions during the first half of the season a Coach OR Manager (not both) from each team shall be allowed on the field of play to give direction and encouragement to his players, but must remain outside the goal areas and at least ten (10) metres from the play. The on field Coach/Manager must also avoid impeding the ball or the path or view of any player or referee.

A Coach or Manager shall not discipline or intimidate any player from the opposition team. A Coach or Manager shall only communicate with a player from the opposition team in a supportive and encouraging manner.

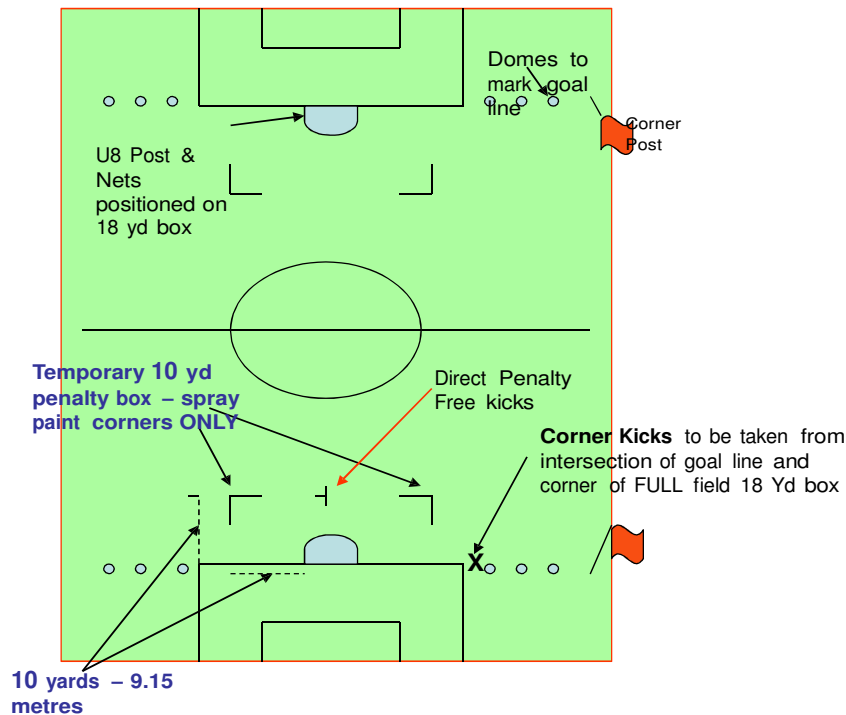
### LINE MARKINGS

To minimise the number of line markings on the field, the extend goal lines and sidelines shall be indicated by small flexible cones.

A ball making contact with a cone is deemed to have passed over the line and play is restarted in accordance with the normal rules of play, subject to listed below.



The penalty area shall be marked at the corners of the penalty area only.



#### CONDUCT OF JUNIOR FINALS SERIES – UNDER 8 TO UNDER 17

At the conclusion of the regular competition rounds, semi-finals, and grand final shall be played between the top four teams on the competition ladder. The finals series shall held in the following manner

##### Semi Finals

After the normal competition rounds are played

1 vs 4

2 vs 3

The winner of both games goes through to the grand final.

## 17. EXTRA TIME IN FINALS SERIES – JUNIOR – UNDER 8 TO UNDER 17

### DETERMINING THE WINNER

Winner is the team that scores most goals during normal time.

If scores are level at full time, then 5 minutes each way is played – golden goal applies.

If scores are level after extra time, then penalties will decide the winner.

**PENALTIES TO DETERMINE THE WINNER OF A GAME**

- i. The referee chooses the goal to be used.
- ii. Toss a coin to decide who goes first – the team captain to decide “Heads or Tails” with toss of the coin will be the team who chose at the start of the game.
- iii. Each team takes three kicks, taken alternatively by each team.
- iv. Kicks are stopped if one team cannot be beaten (e.g. Team A leading 2-0 with one kick to go)
- v. If the score is tied after three kicks each, penalties are continued until there is a winner with an equal number of kicks taken.
- vi. If the match is played under interchange rules, only the 11 players of each team in Under 11’s & upwards and only the 9 players in Under 8’s & 9’s on the field at the end of extra time shall be eligible to participate in the penalty shootout.
- vii. Normal rules on penalties apply. No second touch by the kicker is allowed.
- viii. Only the keeper can be substituted – A goalkeeper who is injured while kicks are being taken from the penalty mark and is unable to continue as goalkeeper may be replaced by a named interchange player. Any eligible player on the field can substitute their keeper. Injured players cannot be replaced by an interchange player.
- ix. No player can take a second penalty until their eligible team mates have taken a penalty, including the goalkeeper.
- x. Teams must have equal numbers. If Team A has fewer players on the field than Team B at the end of extra time, then Team B must exclude a number of players so that both teams have equal numbers. Excluded players must leave the field. The referee is to be informed immediately.
- xi. Only players and match officials are allowed on the field.
- xii. All players, except for goalkeepers and one kicker, must remain inside the centre circle. The keeper of the team taking a penalty must stand on the goal line at edge of the penalty area.

## 18. MINI SOCCER RULES – UNDER 6 & 7

### OBJECTIVE

The objective of Mini Soccer is to enable young players to enjoy themselves, while learning about playing soccer and developing their skills in a non-competitive atmosphere.

Parents and spectators should provide positive encouragement to all players and avoid putting pressure on them.

### COMPETITION

Games will be conducted as friendly games only. Match scores are not to be recorded by teams. No competition points will be allocated and no tables will be maintained.

Washed out matches will not be replayed.

### MATCH SHEET

A match sheet is required to be completed to record the names of players participating in each match. The maximum number of players that may be listed on the team sheet is ten (10). Six (6) on the field, Four (4) interchange

If an Under 6 player plays in an Under 7 match, or an Under 7 plays in an Under 8 match, it must be noted on the Match sheet.

### COLOURS

All players must wear the Club registered colours whilst playing.

### TRANSFER OF PLAYERS BETWEEN TEAMS

Players in the Under 6 and Under 7 Divisions will be permitted to interchange between teams of the same Club on NOT more than two (2) occasions each season.

If a player is to appear in a team other than his/her registered team on more than two occasions, prior written notice must be given to the Association.

### NUMBER OF PLAYERS

No more than ten (10) registered players are allowed in each Mini-soccer team unless permission has been sought from the Association, and no more than six (6) are allowed on the field at any one time.

There is no restriction on any player who has been substituted (interchanged) from re-entering the field of play again to substitute for another player at any time during the course of the game. A minimum of four (4) players must be on the field for a match to commence or to continue.

### BALL SIZE

Under 6 to Under 7                      Size 3 (22-24 inches)

### SIZE OF THE FIELD

Fields will be a half of a normal field, approximately 66 x 45 metres and provided with four (4) corner posts  
The goal posts will be 1.5 metres high and 4.5 metres long (inside measurements).

The goal area will be marked by a semi-circle of 5 metres radius drawn from the centre of the goal mouth.

Minimum field size 65m x 45m

Maximum field size 70m x 50m

Goal post minimum 1.5m high x 4.5m

Goal post maximum 1.8m high x 4.5m

Note: where there is a fixed mini field by council, that is acceptable.

### DURATION OF MATCHES

Under 6 - 15 minutes each way

Under 7 - 20 minutes each way

### COACH / MANAGER ON THE FIELD

A Coach OR Manager (not both) from each team shall be allowed on the field of play to give direction and encouragement to his players, but must remain outside the goal areas and at least five (5) metres from the play. The on field Coach/Manager must also avoid impeding the path or view of any player.

A Coach or Manager shall not discipline or intimidate any player from the opposition team. A Coach or Manager shall only communicate with a player from the opposition team in a supportive and encouraging manner.

### FREE KICKS

All free kicks awarded to the defending team within the goal area circle may be taken at any place within the goal area circle. Attacking players must stand at least five (5) metres from the edge of the goal area.

A free kick awarded to the attacking team inside the goal area circle shall be taken on the goal area circle at the point closest to the place of the infringement.

There will be no penalty kicks. All free kicks awarded will be indirect and will be taken at the place where the infringement occurred (apart from as provided above regarding the goal area). At no time will a direct free kick be awarded. Attacking players must stand at least five (5) metres from the point from where the free kick is being taken.

### GOAL KICK

Goal kicks may be taken from any point within the goal area circle. Attacking players must stand at least five (5) metres from the edge of the goal area when a goal kick is being taken.

#### CORNER KICKS

Corner kicks will be taken 1 metre from the intersection of the goal line and the side line.

#### OFF SIDE

This rule does not apply in Mini Soccer.

#### MARKING THE GOALKEEPER

A player marking or obstructing the goalkeeper will be penalised by an indirect free kick.

## **19. JOHN OLIVER JUNIOR ZONE REPRESENTATIVE COMPETITION**

#### DETERMINING THE WINNERS

The competition is played over two games, where the winner of each game is awarded the win.

Two wins, wins the overall competition.

If it is one win each, then goals count.

If goals are the same then a penalty shootout occurs, over 3 shots at the end of game two.

#### GAME START

Players to walk onto field in orderly line when Referee first blows whistle (around five minutes before start),

All players including subs should go onto field at start

CFA Sydney Team sheet to be handed to referee before the game commences. Photo Id cards are not necessary for this Competition.

## **20. SIX A SIDE COMPETITION**

#### PLAYERS

Each team is allowed to use seven (7) registered players of the Club of the Association. The players are to be nominated at least thirty (30) minutes before the team's first game, by filling in the six a side match sheet for the day. Teams are to be at the field at least fifteen (15) minutes prior to each game.

The seven players nominated at the commencement of the first game are the only players who can participate with the team throughout the competition. No player may be entered in or may play in more than one team.

Only six (6) players are allowed to play in each match. Substitutes are allowed during a match. A substituted player may participate in the next round of the competition.

### RULES

Except as specifically provided in the Six-a-Side competition rules, the general competition rules of the Association will apply to all Six-a-Side matches.

The game shall be played up to ten (10) minutes each way and be completed to allow the following game to commence on time. No time is allowed for injured players. Teams will toss for choice of ends, commence at once and turn around at half time with no interval.

Club colours will be used, and where colours clash, teams shall arrange to change so not in any way to delay the game. The Laws of the Game will be observed excepting that there is no off-side in six-a-side football.

The winner shall be the team that scores the most goals. If goals are equal, the team that scores the most corners will be the winner. Corner kicks will be taken at all times. If goals and corners are equal, the team that scores the most behinds will win. A behind will not be counted if the ball goes directly over the goal line from a throw-in. In this case, the game will be recommenced by the opposing team taking a goal kick (which will not be counted in the score).

Goals, corners and behinds will apply in ALL matches, including final matches.

Drawn games will play five (5) minutes each way extra time. Teams will toss again for choice of ends and the game will recommence without an interval.

During the period of extra time the scorer of the first goal will be declared the winner and the game will conclude at such time.

If no goals are scored, then the team receiving the most corners during this extra time shall be declared the winner.

If corners are equal or no corners are awarded, then the team "scoring" the most goal kicks during this extra time shall be declared the winner.

If corners and goal kicks are equal a further and final five (5) minutes only will be played. Play for this period will be started with a drop ball at the centre of the field. During the final period of extra time the team scoring the first score of any kind being goal, corner or goal kick shall be declared the winner and the game concluded at such time.

### PROTESTS

Any protest arising must be submitted within fifteen minutes of the completion of the match that gave rise to the protest.

## 21. STATE CUP & NIGHT KNOCK OUT RULES

### STRUCTURE OF COMPETITIONS

State Cup All teams from any senior competition are eligible to participate in the State Cup

The Management Committee will determine the structure of any other knockout competitions.

All competitions are conducted on a knockout basis. The winner of any game shall progress to the next round, the loser takes no further part in the competition.

### DURATION OF MATCHES

Games will be played 25 minutes each way. Half time shall be on a turnaround basis.

### SUBSTITUTIONS

Normal substitution rules apply. There is no interchange available during knockout matches.

5 substitutes are allowed on the electronic match sheet, but only four can play.

### DETERMINING THE WINNER

Winner is the team that scores most goals during normal time.

If scores are level at full time, then 5 minutes each way is played – golden goal

applies. If scores are level after extra time, then penalties will decide the winner.

### PENALTIES TO DETERMINE THE WINNER OF A GAME

The normal rules applicable to a penalty shoot-out apply except for the following adjustments. Each team takes three (3) kicks,

## 22 REPRESENTATIVE FOOTBALL

### REPRESENTATIVE PLAYERS, CLUB PLAYERS, COACHES & MANAGERS TRANSFER REQUIREMENTS

Any player selected to play in a representative squad will endeavour to remain with the club that they were selected from for the following season. If there are issues preventing this from occurring the player will inform their club and give them adequate time to attempt to address these issues.

If an arrangement can still not be reached then the player may leave the club to join another association team with written approval stating that the player does not owe any money or have an outstanding suspension to serve.

There should also be communication between the secretaries of the two clubs so that both are informed of the circumstances surrounding the switch.

Any coach or manager appointed to a representative team will make no attempt to recruit, encourage or persuade the players in their representative team to join their association club.

As a general policy in regard to poaching of players. CFA Sydney believe that this action is unchristian and unsporting.

Any club, secretary, Coach, Manager or any club member who attempts to poach a player from another CFA Sydney club will have been deemed to have committed a disciplinary offence.

This may incur a suspension or fine by the Association.

Before a player can transfer to another club within CFA Sydney, they have to receive a written release from the club they are registered with and pay all fees owing to that club.

There can be no transfer during a season without the written permission of the Association.

If there is a dispute between a club and a player, they will need to submit a report in writing to the Association for determination by the Management Committee.

The determination will be final

## **23 CONCUSSION POSITION STATEMENT**

### **1. Background**

The purpose of this document is to provide an evidence-based, best practice summary in relation to the management of concussion in football conducted with CFA Sydney.

Sport-related concussion continue to be a growing health concern in Australia affecting athletes at all levels of sport from recreational athletes to professionals. Concerns about the incidence, and possible health ramifications for athletes, have led to an increased focus on the importance of diagnosing and managing the condition safely and appropriately (1,2,3,4). All parties involved in sport are seeking information regarding the best practice management of sport-related concussion. Player safety and welfare is paramount when dealing with all concussion incidents.

This Position Statement has been produced by Churches Football Association Sydney (CFA Sydney). CFA Sydney has adopted the Consensus Statement on Concussion in Sport: The 5th International Conference on Concussion in Sport held in Berlin, October 2016 (see 'Resources'). This statement was produced in conjunction with Fédération Internationale de Football Association (FIFA), and has also been adopted by FIFA.

Guidelines are general in nature and individual treatment will depend on the given facts and circumstances related to the specific individual case. This Position Statement is not a standard of care to be provided and should not be used as such.

As further knowledge is obtained, this Position Statement will be reviewed and modified accordingly by CFA Sydney.

### **2. Definition**

Concussion is a type of brain injury as a result of blunt force trauma to the head or other locations on the body to which impulsive forces may transmit to the head (5). Short lived neurological impairment and symptoms as a result of the impact may develop over hours or days (5,6).

### **3. Recovery**

Symptoms of mild concussion should resolve without medical intervention (5,6). In most cases (80-90%), recovery should occur over a short time period (10-14 day) from injury, however in some cases, may take weeks to months (7). Recovery periods for children and adolescents may be longer in given circumstances.



**4. Signs and Symptoms of Concussion**

Signs and symptoms as that may suggest a concussion, include any of the following but may not be limited to:

Loss of consciousness	Headache
Seizure or convulsion	Dizziness
Balance problems	Confusion
Nausea or vomiting	Feeling slowed down
Drowsiness	“Pressure in head”
More emotional	Blurred vision
Irritability	Sensitivity to light
Sadness	Amnesia
Fatigue or low energy	Feeling like “in a fog”
Nervous or anxious	Neck Pain
“Don’t feel right”	Sensitivity to noise
Difficulty remembering	Difficulty concentrating

(8)

**5. Removal from Play**

Where a player is suspected of sustaining a concussion, first-aid management principles still apply, and a systematic approach to management of the player should occur. In any situation where severe medical issues are suspected, the play should be managed without moving them and medical attention sourced (5,6).

Players suspected of concussion and cleared of serious injury must be removed from play and reviewed by a medical practitioner before returning to play (5,6). No Return to play should occur on the day of injury where a concussive injury has been recognised (5,6).

**6. Medical Assessment**

The diagnosis of a concussion should only be made by a medical practitioner after an examination of the player (5,6). The SCAT 3 is the recommended concussion assessment tool, however should not be used in isolation, but as part of a comprehensive clinical assessment (5,6).

**7. Return to Play**

See Return to Sport Protocols in Appendix for both Adults over 18 years and Children under 18 years of age.

**8. Children and Adolescents**

Children and adolescents under 18 are more susceptible to concussion and can take longer to recover than adults. A more conservative approach to management should be taken (6). Extra precautions should be taken for children including extending the symptom free period, extending periods of time before returning to contact training or sport to greater than 14 days from the resolution of signs and symptoms of concussion seen (6).

### 9. Resources

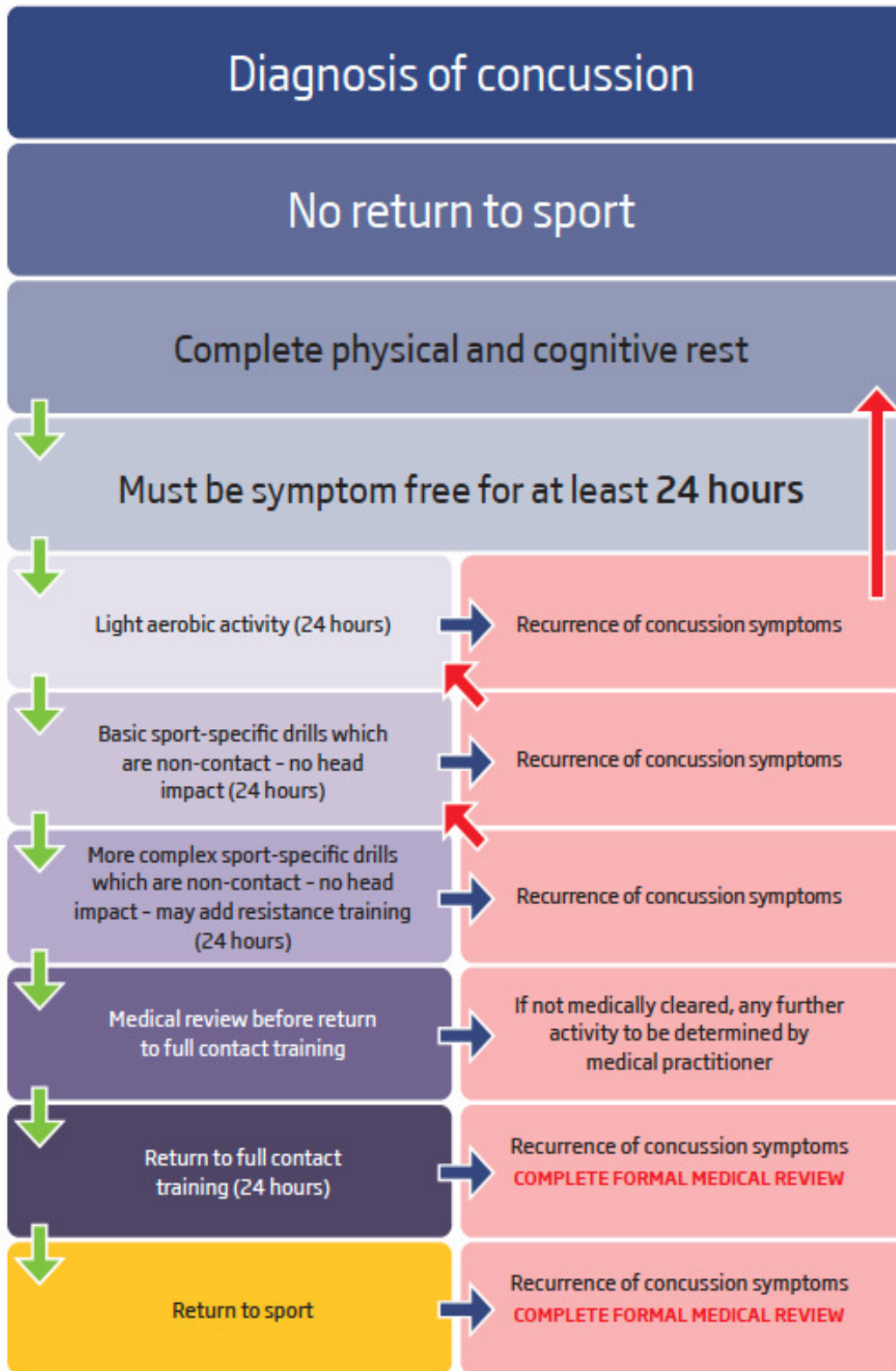
- Consensus Statement on Concussion in Sport: The 5th International Conference on Concussion in Sport held in Berlin, October 2016 (McCrory et al), found here: <http://bjsm.bmj.com/content/51/11/838>
- Pocket Concussion Recognition Tool, found here: <http://bjsm.bmj.com/content/bjsports/47/5/267.full.pdf>
- SCAT 5 – Sport Concussion Assessment Tool – 5th Edition, found here: <http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf>
- Child – SCAT5- Sport Concussion Assessment Tool (for children ages 5-12 years), found here: <http://bjsm.bmj.com/content/bjsports/early/2017/04/28/bjsports-2017-097492childscat5.full.pdf>

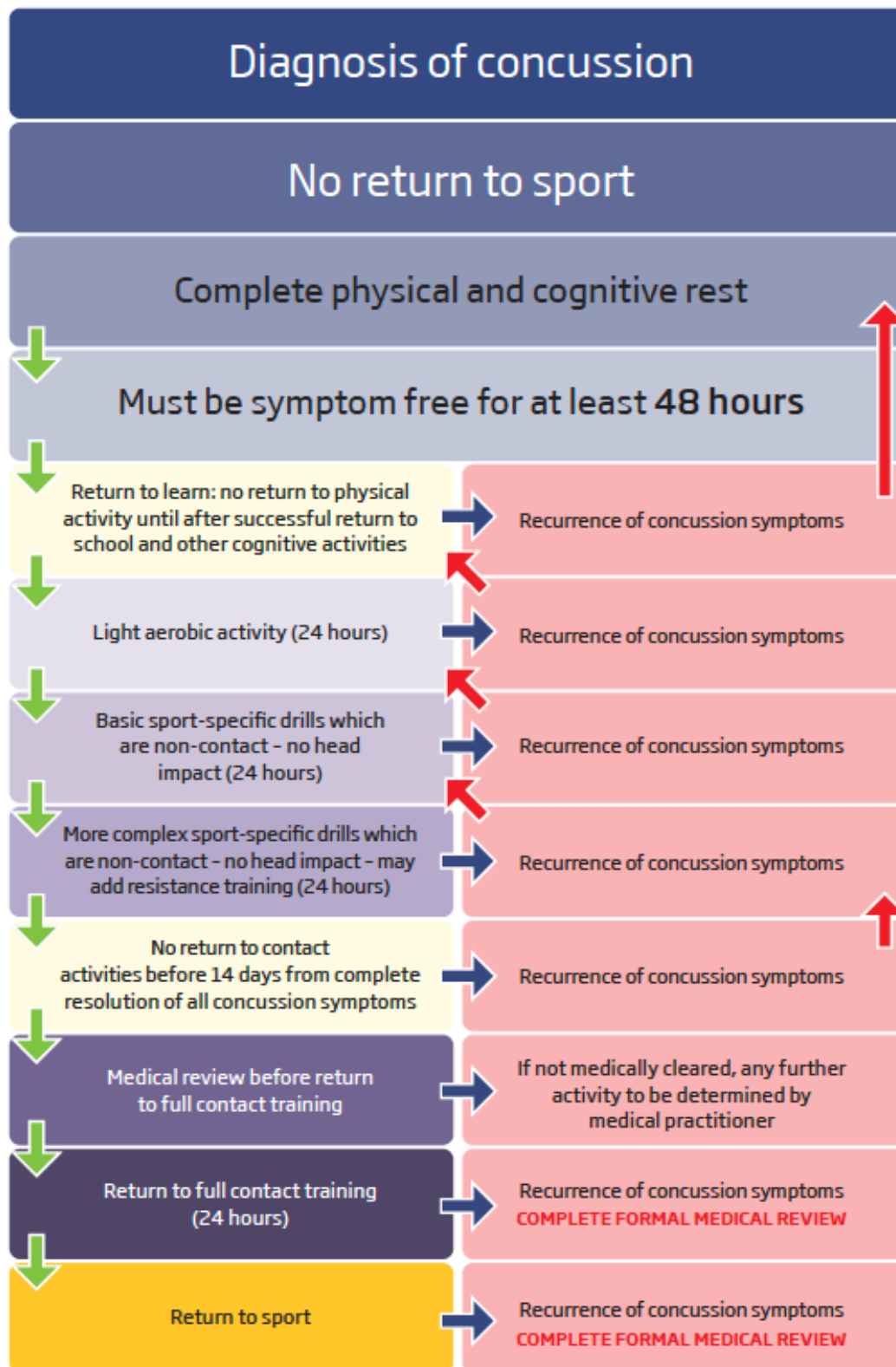
### 10. References

1. Henley G, Helps Y, Harrison J. Hospital separations due to traumatic brain injury, Australia 2004-05. Injury research and statistics series 2008;45(ePub):ePub-ePub.
2. Finch CF, Clapperton AJ, McCrory P. Increasing incidence of hospitalisation for sport-related concussion in Victoria, Australia. . Med J Aust 2013;198(8):427-30.
3. Langlois JA, Rutland-Brown W, Wald MM. The Epidemiology and Impact of Traumatic Brain Injury: A Brief Overview. The Journal of Head Trauma Rehabilitation 2006;21(5):375-8.
4. McCreary M, Hammeke T, Olsen G, Leo P, Guskiewicz K. Unreported Concussion in High School Football Players: Implications for Prevention. Clinical Journal of Sport Medicine 2004;14(1):13-7.
5. Elkington L, Hughes D. Australian Institute of Sport and Australian Medical Association Concussion in Sport Position Statement. 2016.
6. Darbery G, Bow D, Boys F, Cohen A, Dempsey A, Donaldson A, et al. Sports Medicine Australia Position Statement Concussion. Sports Medicine Australia; 2015.
7. Concussion in Sport: Concussion Facts. Government WA. Sports Medicine Australia.
8. McCrory P, Meeuwisse WH, Aubry M, Cantu B, Dvořák J, Echemendia RJ, et al. Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012. British Journal of Sports Medicine 2013;47:250-8.

11. Appendix

Return to Sport Protocol for Adults over 18 Years of Age





## 24 APPENDIX 1 - CODES OF CONDUCT

Churches Football Association Sydney has adopted the Football NSW Code of Conduct that promotes appropriate behaviour by players, parents, coaches, officials, administrators and spectators.

### PLAYERS CODE OF FAIR PLAY

- Play by the rules.
- Never argue with a referee or assistant referee. If you disagree, have your captain, coach or manager approach the official on your behalf.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviour in soccer.
- Be a good sport, recognise all good plays whether they are part of your team or the opposition.
- Treat all participants in soccer as you like to be treated.
- Do not bully or take unfair advantage of other competitors.
- Co-operate with your coach, team-mates and opponents. Without them there would be no game.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

### PARENTS CODE OF FAIR PLAY

- Remember that children participate in sport for their enjoyment.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a game.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from all of soccer's activities.
- Respect official's decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

### COACHES CODE OF FAIR PLAY

- Remember that junior players participate for pleasure and winning is only part of the fun.
- Never ridicule or yell at a junior player for making a mistake or not winning.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and spirit of the game and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience. All junior players are deserving of equal attention and opportunities.
- Avoid overplaying the talented players; the just average need and deserve equal time.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage your players to do the same.

- Show concern and caution toward sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young players.
- Any physical contact with a junior player should be appropriate to the situation and necessary for the player's development.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

#### SPECTATORS CODE OF FAIR PLAY

- Remember that young people participate for their enjoyment and benefit, not yours.
- Applaud good performances and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the game's outcome.
- Respect the decisions of officials and teach junior players to do the same.
- Never ridicule or scold a player for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- Show respect for your team's opponents. Without them there would be no game.
- Encourage players to follow the rules and the officials' decisions.
- Do not use foul language, sledge or harass players, coaches or officials.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

## 25 APPENDIX 2 – SMOKING AT GROUNDS



## No smoking in spectator areas at public sports grounds

# THE FACTS

Section 6A of the *Smoke-free Environment Act 2000* makes a number of outdoor public places smoke-free.

From **7 January 2013**, smoking is banned in spectator areas at public sports grounds and other recreational areas in NSW. However, smoking will only be banned when an organised sporting event is being held.

Major sporting facilities are included under the definition of a public sports ground and will be required to comply with the new law. Other outdoor sporting facilities, such as Local Council playing fields, are also covered by the new law.

**Will smoking be banned only in spectator areas which are covered?**

No. The smoking ban applies to all spectator areas at sports grounds and other recreational areas when they are being used for an organised sporting event. The law applies to both covered and uncovered spectator areas and whether seating is provided or not.

**Will the ban only cover the time that the players are competing?**

No. The smoking ban applies during the entire duration of the organised sporting event. This will include not just when the players are competing but pre match and half time games and entertainment that form part of the sporting event.

**Will there be signage to indicate where smoking is not permitted?**

Due to the vast array of different sports grounds and recreational areas, the new law does not require signs to be displayed to indicate that smoking is not permitted in spectator areas at sports grounds and other recreational areas during organised sporting events. However, signage may be required in the future if regulations are made requiring a class of sports grounds or other recreational area to display signs.

**What is a spectator area?**

A spectator area is an area set aside for or being used by spectators to watch an organised sporting event at a sports ground or other recreational area, but only when an organised sporting event is being held there.