



# Forest Lions Junior AFL Club

**Parents Handbook 2018**



# Presidents Message

## ***Welcome to the Forest Lions 2018 AFL Season***

Whether you are a new family or one with one or more returning players, we are delighted to have you as part of the Forest AFL community in 2018. We are building on recent successes with 2017 a great season for the Forest Lions club, with total participation increasing by 18% across all age groups and looking like it will also grow by approximately the same amount again in 2018.



This season we will have 20 teams running around which is the most in the club's history. Every available age group is represented across the boys' and girls' competitions from u6 in AUSKICK right up to U17's boys and U18's girls.

In addition to the expansion of girls AFL in 2017, the AFL has again introduced a new girls' age group this year with the U10's, and we have fielded a team. The AFL Women's competition continues to go from strength to strength and the interest by girls to play AFL is enormous.

As a club we would also like to thank our sponsors and encourage all members of the club to support these local businesses in return for their support of our club.

They are:

- Dixon's Advisory
- The Belrose Hotel
- Barber's Point Belrose
- Forestville RSL
- John Bull Removals
- Three Beans Coffee Belrose
- Woolworths
- Rebel Sports

The Forest Lions hope you find this booklet useful in providing some basic information about the club, its expectations and Junior AFL in general.

We will continue to strive to make your experience with our club and AFL an enjoyable one and appreciate any feedback you may have regarding the club. Feedback can be given to any of our committee members. There is also an open invitation to join the club committee and help contribute to the continued development of the club.

Best wishes and enjoy the 2018 season.

**Jono Hall**

President

Forest Lions Junior AFL Club

president@forestafl.com.au

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# 1. What makes Forest Lions a family friendly club?

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## 1.1 Forest Lions Are

### Friendly

- Approachable
- Open with all communications
- Social
- Encourage players to play with their mates

### Fun

- Appreciate and celebrate good play from all
- Fair
- We always sing the club song

### Positive

- We encourage umpires and opponents
- Praise good play from the opposition
- Shake hands after every game
- Emphasise learning and improving over winning

### Professional

- We have and follow training and game plans
- On time for training and games

### Inclusive

- Every player is given equal opportunity to play
- Awards recognize the contribution of all

## 1.2 Forest Lions Mission Statement

- To provide a safe and friendly environment for junior footballers to learn the fundamentals of playing football as a member of a team.
- To develop individual skills so that teams may be competitive.
- To provide an environment where junior players enjoy playing football.
- To provide an environment where junior footballers and their parents are able to enjoy themselves and build lasting friendships.

## 2. Forest Lions Code of Conduct

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### 2.1 Club Goals

As a Junior AFL Club our aim is to create a family friendly environment where boys and girls can learn new footy skills, be active and enjoy the “mateship” of being part of a team. To ensure this continually happens in the club, the AFL Association has developed Codes of Conduct for the various members involved in our club. Please read through the codes below and discuss them with the members of your family.

### 2.2 Player’s Code of Conduct

- Play by the rules.
- Don’t argue with any official or other players. Not only is it bad sportsmanship, it will make you lose focus.
- Control your temper – you will gain respect
- Be a team player – team wins games, not individuals
- Treat all players fairly – as you would like to be treated.
- Work with your coach and teammates – not against them.
- Play for enjoyment and to improve your skills.
- Don’t lower yourself, your coach, your parents, team and club by making any derogatory remarks based on gender, race or ability.

### 2.3 Parent and Spectators’ Code of Conduct

- Encourage participation, don’t force it. Teach the message that it’s not whether you win or lose but how you play the game.
- Encourage an understanding of the rules by showing a genuine interest.
- Never ridicule mistakes or defeats – you will destroy confidence very quickly.
- Remember you are there to support the children’s enjoyment before your own.
- Lead by example and respect all players, coaches, umpires and spectators.
- Personally recognize all volunteers who are giving their valuable time.
- Never publicly criticize umpires – raise your concerns calmly in private via the coach.
- Lead the way in stamping out all racial, sexist, verbal or physical abuse.
- Abstain from the use of vulgar and abusive language. It sets a very bad example for the children.
- Consumption of alcohol at Junior games and training is prohibited. Drunken abusive parents set a very bad example for children and reflect poorly on the club as a whole.
- Please be aware that from Jan 2013, the NSW government has banned smoking at public sports grounds.

## **2.4 Bullying**

Whilst coaches and managers do their best to ensure bullying does not occur at training or on match days, if this does happen please report any incidents to your manager or coach.

## **2.5 Reward E Points System**

This initiative was introduced by Greater Sydney Junior (GSJ) AFL to encourage good behaviour from players, teams, clubs and supporters. The Reward E Points is a system where Wins and Losses on match days, are supplemented by “rewards E Points” that a team can accumulate for good behavior. Reports and Code of Conduct breaches (Yellow and Red cards) may ultimately have an impact on a team’s position on the ladder. Poor behavior such as abuse of umpires or opponents from team officials and supporters may result in E Points not being awarded. Umpires will report such behavior in their Match Reports and the AFL SJ Administration and Umpire Manager will determine the allocation of Reward E Points.

### 3. Forest Lions Committee

Name	Position	Responsibility	Contact
Jonathan Hall	President	Club Overall	president@forestafl.com.au
Joshua Gaughan	Vice President	Administration	vicepresident@forestafl.com.au
Tony Eyres	Vice President Girls	Admin Girls Team	vicepresidentgirls@forestafl.com.au
Chris Mackinlay	Secretary	Club Administrator	secretary@forestafl.com.au
Jeff Tyson	Treasurer	Financial Management	treasurer@forestafl.com.au
Mark Hurst	Registrar	Registration	registrar@forestafl.com.au
Danielle White	Marketing & Communications	Marketing, Social Media Communications & Trophies	communications@forestafl.com.au
Ken Johnston Craig Fairbairn	Coach Coordinators	Coaching	coachcoordinator@forestafl.com.au
Kirsten Copeland	Auskick Coordinator	Auskick	auskickcoordinator@forestafl.com.au
Steve Dixon and Dave Rushton	Grounds Manager	Facilities Management Maintenance Coordination	groundsmanager@forestafl.com.au
Angela Leigh	Website Manager	Website	websitemanager@forestafl.com.au
Tony Eyres, Ed Wilson and Dani Pounsett	Social Committee	Functions & Fundraising	socialcommittee@forestafl.com.au
Matt Pounsett	Umpires Ambassador	Umpires	umpireambassador@forestafl.com.au
Position Vacant	Property Manager	Property & Managers Mentor	propertymanager@forestafl.com.au
Hannah Smith	Canteen Coordinator	Canteen	canteen@forestafl.com.au
Jono Hall	Recruitment Manager	Recruitment	recruitmentmanager@forestafl.com.au
Jono Hall	Sponsorship	Sponsorship	sponsorship@forestafl.com.au
Council Liaison Officer	Josh Gaughan	Northern Beaches Liaison	council@forestafl.com.au

If you have any concerns, please direct them in the first instance to your player's team coach or manager. If you feel that your issue has not been dealt with to your satisfaction, please feel free to contact the appropriate member of the committee.

#### **Mailing Address**

Forest Lions Junior AFL Club  
Home Ground /Training  
Lionel Watts Reserve, Blackbutts Road, Frenchs Forest

#### **Forest Lions Website**

For the latest news from the Forest Lions and for more info on events, fixtures etc, please visit our website [www.forestafl.com.au](http://www.forestafl.com.au)

## 4. Training

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### Team Training Times and Coaches

Team	Coach	Training Time
Auskick	Geoff Pridgeon	Tuesday 4:30-5:30pm
Under 9	Joshua Stacey / Lucas Barry	Tuesday 5:00-6:00pm
Under 10	Mick Condon / Jason Cowling	Tuesday 5:30-6:30pm
Under 11	Gary Latner	Tuesday 4:30-5:30pm
Under 12	Matt Miles / Scott Howells	Thursday 5:00-6:00pm
Under 13	Matt Pounsett	Thursday 6:00-7:00pm
Under 14	Craig Fairbairn	Thursday 5:30-7:00pm
Under 15	Phil White / Chris MacKinlay	Tuesday 5:30-7:00pm
Under 17	Ken Johnston	Wednesday 5:30-7:00pm
Under 10 Girls	Doug St Quintin	Tuesday 4:30-5:30pm
Under 12 Girls	Ash Carter	Wednesday 4:30-5:30pm
Under 15 Girls	Ken Digney	Wednesday 5:30-7:00pm
Under 18 Girls	Tony Eyres	Ken Digney

#### 4.1 Training Gear

Players need to wear studded footy boots and comfortable clothing to train in. A jacket is recommended for winter months. Bring a long a water bottle too. Mouth guards are optional for training.

#### 4.2 Old Footy Boots

Each year the club collects pre-loved footy boots that are still in a good condition and donate them to an indigenous community. This project is made possible by the support of John Bull Removalists. Keep an eye out for a note in the newsletter.

#### 4.3 Wet Weather

Training will only be cancelled due to bad weather at the coach's discretion or if the Northern Beaches Council closes Lionel Watts.

The team manager will send out a message if training is cancelled.

On game day you will need to turn up to the game unless you have received a message from your team coach or manager. In the older age groups games will sometimes be relocated.

On game day you can also check any Sydney Harbour AFL grounds

<http://www.wetweathercheck.com>



## 5. Forest Lions Uniform

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Forest Lions provide all their players with match jumpers. These are handed out at the beginning of the season and collected at the last match of the season. Players need to purchase club socks and shorts, boots and a mouth guard.

Socks and shorts will be on sale at selected training days pre-season or can be purchased through the canteen at home games.

### 5.1 Uniform Price List

- Socks \$15
- Shorts \$20
- Socks & Shorts Combo \$30
- Supporters Cap \$10
- Kids Hoodies \$45
- Adult Hoodies \$50

### 5.2 Game Day

Players need to wear studded footy boots and make sure their nails are trimmed as they are inspected by the umpires before each match. Please make sure all jewelry and watches are removed and long hair is tied back. Skins may be worn under the match kit but must be black or skin coloured. Mouth guards are recommended by the GSJAFJL but not mandatory. Forest Lions leaves the choice to the discretion of parents.

### 5.3 Lost Property

Any lost property is usually placed on top of the units in the passageway to the storeroom. Also check with your coach or manager, they often scoop up property left behind at games or training.

## 6. Match Day Information

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Please be at the grounds at least 30-45 minutes before the game is due to start. This allows time to warm up and the coach to allocate starting positions. The manager also needs to make sure they have the correct players on the team sheet. If you are not available or are going to be late please inform your manager. If you are running late don't panic as long as you get there before the end of the first quarter your player is still eligible to play.

### 6.1 Draw

Your team manager will email out a draw with times, dates and venues. This draw is issued at the start of the season but can be subject to change. You can check your teams fixture list and results on the GSJAFJL website <http://www.aflsj.com.au/fixtures-results>

## 6.2 Length of Games and Breaks

Quarter Lengths	
U9/U10, U10 Girls	4 x 10 mins
U11-U12, U12 Girls	4 x 13 mins
U13-15, U15/U18 Girls	4 x 15 mins
U17	4 x 16 mins

Breaks	U9/U10, U12 Girls	U11-U17 & U12/U15/U18 Girls
1/4	4 mins	4 mins
1/2	4 mins	5 mins
3/4	4 mins	4 mins

NB: Teams swap directions each quarter

## 6.3 Player Numbers

Age Group	Min #	Max on Field	# of Interchanges (Subs) Allowed	
U9-U10	9	12	Unlimited	
U11-U12	12	15	6	
U10 & U12 Girls	9	12	Unlimited	
U15 Youth Girls	9	15	6	
U18 Youth Girls	13	16	6	
U13- U17	Div 1 & 2	15	16	6
	Div 3	13	16	6
	No Div	13	16	6

## 6.4 Ball Size

Auskick/U8 – size 1

U9/10 – size 2

U11/12 – size 3

U13 /14 – size 4

U15/17 – size 5 (Match)

Girls

U10 – size 2

U12 – size 3

U15 – size 4

U18 – size 4

## 6.5 Umpires

There are normally two umpires on the field. “Trainee” umpires are first year umpires and in training. They generally only umpire U8-U11 games. They will be paired with a more experienced umpire who acts as their mentor. Most umpires also play AFL and they train weekly training sessions and umpire junior matches. Please be supportive of them at all times.

## 6.6 Scoring System

- 6 points are awarded for a Goal (ball kicked between the two middle posts)
- 1 point for a Behind (ball kicked between one middle and one outer post)
- 1 point if the ball is touched on the way through any of the pole combinations
- 1 point if the ball hits the inner posts

## 6.7 Best & Fairest

At the end of a match the coach and parents will be asked to vote for the Best & Fairest players. Your team manager will provide a parent voting roster, instructions and voting forms. The scores are tallied at the end of the season and awards given on presentation night.

## 7. Club Song

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The club song is sung by all teams, at the end of every match. It is sung to the tune of La Marseillaise, the French national anthem.

We are the team from Forest Lions,  
We wear the colours **red, gold & blue!**  
We will always fight for victory  
We will always see it through.

In the air, or on the ground,  
We will beat them all around.  
Go Lions, Forest Lions,  
We'll kick the winning score.

**You'll hear the Mighty Roar!!**

## 8. Parental Involvement

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There are a number of ways you can help support your child's team.

### 8.1 Team Coach

To provide excellent coaching for all teams, all Forest Lions coaches are asked to complete the Level 1 coaching course run by AFL NSW. The club covers the cost of this. The coach runs one training session during the week and attends games.

Under 8-10s coaches are permitted on the ground to support and encourage their players. They need to wear a blue Coach's bib supplied by the club at games.

#### Coaches - Function

- Display and foster respect for umpires, opponents, coaches, officials, parents, volunteers and spectators.
- Safety and welfare of the player is of the utmost importance.
- Ensure timeliness of players in and around the game starts and breaks.
- Remember that the Coach plays a key role in the emotional control of all team members and staff (this can include parent spectators)
- Where on the field coaching is permitted, understand your role and positioning. Off field coaching requires the use of a Runner.

### 8.2 Assistant Coach

Supports the Team Coach at training and may act as Match Day Runner

#### Assisting with Training

Coaches are always glad of some extra help on training nights. Please talk to them on how best you can assist.

### 8.3 Team Manager

The Team Manager helps the Coach by dealing with the "admin" side of the team eg setting up team rosters, sending out information on draws and doing the match day paperwork. There is a separate Manager's Handbook to help with this position. They need to wear a maroon Manager's bib supplied by the club.

### 8.4 Canteen & BBQ

All parents are asked to participate in helping at the Club Canteen and BBQ at home games. It is only a half hour shift. The team manager will draw up a roster.

### 8.5 Match Day Runner (11s+)

Is the communication link between the players and coach on match day. They need to be reasonable fit as they run between players on the field and the coach. Needs to wear a pink Runner's bib supplied by the club.

### **Runners – Function**

- In all matches it is the job of the Runner to relay messages from the coach to their team's players.
- Runners are only permitted on ground when actually relaying a message and must not remain on ground continually. Runners must return to coaching bench after delivering their messages. One Runner is allowed per team.

### **Runners – Be Aware**

- A Runner can't be in the forward 50m arc after a behind has been scored and the ball is being kicked back into play.
- Field Umpires can order the Runner from the ground if they feel the Runner is on the ground too much.
- A Runner cannot approach or make any comments to Umpires, Players or Officials from the opposing side. For this Runners can be reported.
- When a player is injured on the field a Runner can go to their player to check on their welfare. Play will not stop unless a stretcher or ERC is called onto the field or unless the Field Umpire is of the opinion that play could endanger the injured player.

## **8.6 Water Carrier**

Runs water to players when needed during the game. They need to wear a white Water Carrier bib supplied by the club. For U11 & U12 teams the water carrier must be 12 years or older and for U13-U17 teams they must be 13 years or older.

### **Water Carrier – Function**

- The job of the Water Carrier is to run water out to players when they require a drink. Once finished they must leave the ground.
- Water Carriers should only enter the field when play is at the other end of the ground.
- Water Carriers are not permitted to act as a second Runner (ie Can't deliver messages to players).

### **Water Carrier – Be Aware**

- Field Umpires can order the Water Carrier from the ground if they feel he or she is "loitering" and spending too much time on the ground.
- A Water Carrier can't approach or make any comments to Umpires, Players or Officials from the opposing side. For this the Water Carrier can be reported.
- A Water Carrier can't be in the forward 50m arc after a behind has been scored and the ball is being kicked back into play.
- When a player is injured on the field a Water Carrier can go to the player to check on their welfare. Please note that play will not stop unless a stretcher or ERC is called onto the field or unless the Field Umpire is of the opinion that play could endanger the injured player.

## **8.7 Half Time Refreshments**

All parents are asked to take a turn in providing refreshments for their team. Usually this is fruit. Please avoid anything with nuts in, as this can cause bad allergic reactions in some children. The Team Manager will draw up a roster.

## **8.8 Goal Umpires**

Each team needs to provide one Goal Umpire per match. The Team Manager will draw up a roster. Don't panic when it is your turn. Some parents enjoy this role and will happily swap a BBQ or Canteen duty with you.

### **Goal Umpire – Function**

- Introduce yourself to the Field Umpire before the commencement of play.
- Adjudicate on scoring during the match by standing behind the Goal line, in line with the flight of the ball. If the ball is high move to a position under the ball's flight to judge the correct score. If the ball is coming in low, move to the post on the line to see that the ball crosses the line fully.
- Wait for the Field Umpire to give the all clear before giving a decision. A behind is signaled with one arm, a goal is signaled with two arms.
- Both Goal Umpires must wave the flags for a score. One flag is used for a behind, and two flags are used for a goal.
- Enter score on the scorecard and check with the other Goal Umpire at the end of each quarter and at the end of the game, that the scores match.
- Give the scorecard to the Field Umpire at the end of the match to sign, and then give the scorecard to the home team's manager.
- Change ends of the grounds at half time.

### **Goal Umpire – Be Aware**

- Communication with the Field Umpire should be restricted to matters arising from Umpiring duties.
- Always act in a professional manner and refrain from barracking for or giving support to a team and giving advice or making comments to the Players, other Officials or Supporters.
- If the Field Umpire is of the opinion that a Goal Umpire is making wrong or incompetent decisions, he or she may demand the offending club replace the Goal Umpire before re-commencing the match.
- A Field Umpire can overrule the Goal Umpire's decision. Occasionally the Field Umpire will consult with you to decide the correct score.

## Roles of the goal umpire

It is the very important responsibility of the goal umpire to:

- Be the sole judge of the score.
- Keep record of all the goals and behinds scored in the match.
- Confirm score with other goal umpire at half-time.
- Complete scorecard and submit to football committee member/match manager.

## Signals: goal umpires

### To other goal umpires and spectators



• Goal: from starting position flags will be brought across once, back once and down to sides.



• Behind: from starting position flag brought across, back and down.



• Score has been availed.



### To field umpires



• Goal: untouched.



• Behind: untouched.



• Ball is touched before crossing goal line followed by behind signal.



• Ball touched goal post (tap post three times) followed by behind signal.



• Ball has come off the leg above the knee.



• Blood risk.

### To boundary umpires



• Out of bounds – signal to boundary umpire.



• Behind has been scored – signal to boundary umpire.



• Out on the full: If ball goes over the behind post, this signal is correct.



• Ball strikes behind post on full, hit post three times. Then signal out on the full.

**Goal = 6 points**

When the ball completely crosses the goal line (between two middle posts) after being kicked by a player on the attacking team without touching a player or goal post.

**Behind = 1 point**

- If the ball completely crosses the behind line (between outer and inner post)
- If the ball hits the goal post or travels over the goal post
- Is touched by a player, before crossing the goal line
- If the ball is taken over the goal or behind line by a player

**Out of Bounds**

If the ball touches or passes over the behind post, then the ball is considered out of bounds.

**Signaling a Score**

After a Goal or Behind is scored you must give the appropriate signal to inform the umpire and other Goal Umpire of this score. The following page demonstrates the appropriate signals given by a goal umpire.

**8.9 Boundary Umpires (U13+)**

For U13+ each team needs to provide one/two Boundary Umpires each week. The Team Manager will draw up a roster. Boundary Umpires need to wear white Boundary Umpire bibs provided by the club, so they can be easily identified by the Umpires. They will need a whistle.

**Boundary Umpire – Function**

- Move along the boundary line to adjudicate on where the football leaves the playing field. If the ball is touched or bounces before going over the line, blow the whistle and put one arm straight above your head. If the ball is kicked out on the full, blow the whistle and signal with two arms out from your side.
- The ball is only out when the entire football is over the line. If any part of the ball is on the line, then the ball is still in. A player can run outside the line while holding the ball as long as the ball is still in play.
- In Under 13-14 give the match ball to the Field Umpire to be tossed up.
- In Under 15 & 17 throw the ball back into play over your head.
- At the start of each quarter and after a goal has been scored return the ball to the Field Umpires, then stand at the corner of the centre square. Each team can only have four players in the centre square for a centre ball up. If a team has more than this, blow your whistle and advise the Field Umpire.

**Boundary Umpire – Aware**

- Communication with the Field Umpire should be restricted to matters arising from Umpiring duties.
- Always act in a professional manner and refrain from barracking for or giving support to a team and giving advice or making comments to the Players, other Officials or Supporters.
- If the Field Umpire is of the opinion that a Boundary Umpire is making wrong or incompetent decisions, he or she may demand the offending club replace the Goal Umpire before re-commencing the match.
- A Field Umpire can overrule the Goal Umpire's decision. Occasionally the Field Umpire will consult with you to decide the correct score.



## 9. General AFL Rules

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### 9.1 Playing Up an Age

If a player plays up more than one age group, ie an U12 playing an U14s game, a parent or guardian will need to give permission and fill out and sign a Consent Form which is valid for the whole season. The Team Manager or Ground Manger should have a copy of this form. The Team Manager needs to keep these forms for the season.

### 9.2 Player Penalties

#### Blue Card

When a player becomes “overheated”, “overexcited” or angry in his or her behavior, just short of a Yellow Card and may possible offend the Laws or Bylaws, the Umpire may give a Blue Card. The player needs to leave the field for 10 minutes of play and sit with the Ground Manager. Another player can take his place immediately. Where a player offends for a second time, the Player will be given a Yellow card.

#### Yellow Card

A player who is reported by an Umpire for a breach of Laws shall be ordered off the field for a period of time equivalent to one quarter or the remainder of the game. The player can be replaced immediately. The requirement of teams to even up does not apply where a player has been sent off and cannot be replaced due to lack of interchange players.

Yellow card offences are usually:

- Swearing
- Abuse
- Rough or inappropriate conduct

#### Red Card

A player who is reported by an Umpire for a breach of Laws twice in the same match for separate incidents or who is reported for a serious breach shall be ordered off the field for the remainder of the game and cannot sit with the coach or interchange players. The player can be replaced after 15 minutes.

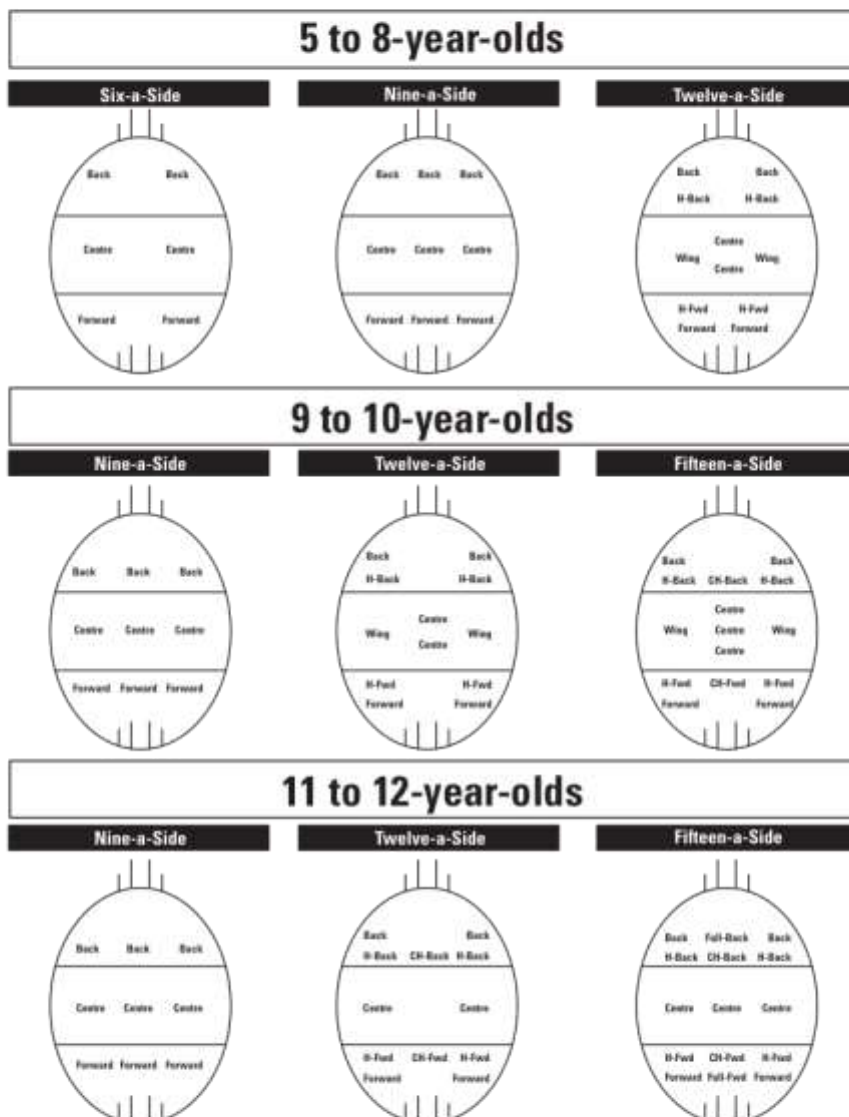
Serious breaches include:

- Intentionally, recklessly or negligently making contact with or strikes an Umpire.
- Attempting to make contact with or strike an Umpire.
- Behaving in an abusive, insulting, threatening or obscene manner towards or in relation to an Umpire.
- Intentionally, recklessly or negligently kicking another person.
- Committing an act of misconduct, if the Umpire is of the opinion that the act constitutes misconduct is serious in nature.

### 9.3 Auskick

- This is played for fun and no scores are recorded, as there is no league.
- Auskick is undertaken as per the rules and regulations set out in the Auskick Handbook and Lesson Cards. The two Clubs will play a game as a follow up to the Auskick program.
- The sides must be of equal size and played under the rules set out in the Aussie Footy Rules handbook.
- Children must be aged eight and under. The size of the team should ideally be nine a side (ie. three Players from each team in three zones).
- The playing area shall be approximately half a standard size field. Standard field size is 90 x 65 metres.
- Players must be rotated at the start of each quarter allowing everyone to experience playing as a forward, centre and back.
- Players use a size 1 synthetic ball.

#### General Team Positions



## 9.4 Zoning (Under 9/10)

This brief guide is for the benefit of parents and other spectators to help them understand what is happening on the field. Modified rules are used in these Age Groups to give participants the best opportunity to participate in the great game of AFL.

- The field is divided into three zones: Forwards, Centres and Backs. The players are rotated through the zones in each game to ensure that all players experience the different field positions. Four distinguishable markers (low domes) are placed on the sideline to mark the zones.
- The Forwards are the only players that can kick a score. These players are marked with a clearly identifiable armband indicating that they are the forwards. Should a centre player kick the ball through the goal posts, no score is recorded, and it is treated like any other out of bounds.
- It is important to realise that the marking of zones is to help both the players and the Umpire understand where players should be. It is not a “taboo” marker but an indication that a player is close to the end of the zone. In essence there is a little “grey area” where a player may dispose of a ball just over the zone line. The Umpire will communicate with the players and attempt to ensure that the use of the “grey area” is kept to a minimum. The use of armbands by the forwards helps the umpire identify where a player is intended to be.
- Players are unable to take full possession of the ball at the start of play (ball-up/centre bounce) or the recommencement of play around the ground. In fact, the Umpire will use different players from the zone that play is in to contest the bounce.

## 9.5 10 Goal Rule (formerly Mercy Rule)

This rule is applied to all **Under 11 to Under 17** competitions and to all Girls competitions:

- The purpose of this Rule is to encourage Coaches, once an unassailable lead (10 goals/60 points) is reached during a game, to appreciate that it serves no purpose to inflict massive losses on their opposition.
- The losing team can field an extra two players, or the winning team removes two players.
- After the game, the match points and percentage will be adjusted to ensure that no winning margin exceeds 10 goals/60 points. This will be completed by a ladder adjustment by AFL Sydney Juniors on the Monday following the fixture games

## 9.6 Format of Final Series

Where the number of teams in the competition is 6 to 11 teams, the top placed 4 teams will participate. Where the number of teams in the competition exceeds 11 teams then the top placed 6 teams will participate.

Format of the Finals for 4 teams:

### Week 1 – Semi Finals

**A** 1 v 2    **B** 3 v 4

### Week 2 – Prelim Finals

**C** Loser **A** v Winner **B**

### **Week 3 – Grand Finals**

Winner **A** v Winner **C**

Format of the Finals for 6 teams

### **Week 1 – Semi Finals**

**A** 1 v 2   **B** 3 v 6   **C** 4 v 5

### **Week 2 – Prelim Finals**

**D** Winner **A** v Lowest ranked winner of B & C

**E** Loser A v Highest ranked winner of B & C

### **Week 3 – Grand Finals**

Winner **D** v Winner **E**

To participate in finals players, need to have played four games for the team.

## **9.7 Specific Age Group Rules**

There is a copy of the AFL Sydney Juniors By-Laws posted on the club website in the Handbooks section. This includes all the age specific rules and we encourage both players and parents to read through it.

## **10. Forest Lions Club Sponsors**

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We would like to thank the following companies for their support during the 2017 season:

- **Dixon's Advisory**
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As a club we thank our sponsors and encourage all members of the club to support these businesses in return for their community support.