



# Junior Football Handbook

## Season 2024

Empowering Tomorrow's Champions



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# 1. Welcome to Newcomb Power Junior Football

## Club History

Newcomb Power Football Netball Club Juniors has a rich history in providing a nurturing environment for young athletes to develop their skills and love for the game. Established in 1975, the club has a proud tradition of success.

## Mission and Vision

To provide a safe, friendly and inclusive environment for young players to play the game they love, whilst learning and developing skills to become the best football players and people they can be.

## Socials

Club email: [info@newcombpowerfnc.com.au](mailto:info@newcombpowerfnc.com.au)  
 Website: [www.newcombpowerfnc.com.au](http://www.newcombpowerfnc.com.au)  
 Facebook: [www.facebook.com/NewcombPowerFNCJuniorFootball](https://www.facebook.com/NewcombPowerFNCJuniorFootball)  
 Instagram: [newcombpowerfnc](https://www.instagram.com/newcombpowerfnc)  
 Twitter (X): [newcomb power](https://twitter.com/newcombpower)

## Club song

**(TO THE TUNE OF THE PORT ADELAIDE POWER SONG)**

**WE GOT THE POWER TO WIN  
 THE POWER TO RULE  
 C'MON NEWCOMB PASSION**

**WE'RE PROUD AT GRINTER RESERVE  
 IT'S WHAT WE DESERVE  
 IT'S THE TRUE NEWCOMB TRADITION**

**WE'LL NEVER STOP, STOP, STOP  
 'TIL WE'RE TOP, TOP, TOP  
 THERE'S HISTORY HERE IN THE MAKING**

**WE GOT THE POWER TO WIN  
 WE'LL NEVER GIVE IN  
 'TIL THE FLAG IS OURS FOR THE TAKING**

**NEWCOMB POWER**



## 2. Junior Club Structure

### Club Structure

#### Junior Committee

Role	Name	Phone	Email
Club Contact	General Inquiry	0480193727	<a href="mailto:info@newcombpowerfnc.com.au">info@newcombpowerfnc.com.au</a>
Junior President - Acting			
Junior Secretary - Acting			
Junior Treasurer - Acting			
Junior Football Director - Acting	Brett Everton	0481260215	<a href="mailto:brett.everton@newcombpowerfnc.com.au">brett.everton@newcombpowerfnc.com.au</a>
Junior Sponsorship & Grants	Kelly Massey	0405158232	<a href="mailto:kelly.massey@newcombpowerfnc.com.au">kelly.massey@newcombpowerfnc.com.au</a>
Junior Social Events & Volunteering	Erin Armstrong	0400164205	<a href="mailto:erin.armstrong@newcombpowerfnc.com.au">erin.armstrong@newcombpowerfnc.com.au</a>
Junior Inclusion Director			

#### Goals and Objectives of Committee

1. To provide a well organised and well funded professional junior department where our players can thrive.
2. To provide coaching and development opportunities for our players and coaches, with a focus on supporting junior players to play football at a high level for the club.
3. Ensure players with a passing interest and serious players are both catered for by balancing participation with a winning culture.
4. Ensure there is a clear pathway from junior to senior level for all participants by having teams in all age groups for both girls and boys at junior level.
5. Encourage a strong connection between the Junior section and Senior Section of the club, to encourage junior families to spend more time at the club, which will provide financial and social benefits to the club.

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## Junior Football Department

Role	Name	Phone	Email
Junior Football Director - Acting	Brett Everton	0481260215	<a href="mailto:brett.everton@newcombpowerfnc.com.au">brett.everton@newcombpowerfnc.com.au</a>
Member Engagement	Zoe Taylor	0423325885	<a href="mailto:zoe.taylor@newcombpowerfnc.com.au">zoe.taylor@newcombpowerfnc.com.au</a>
Operations Manager	Zoe Taylor	0423325885	<a href="mailto:zoe.taylor@newcombpowerfnc.com.au">zoe.taylor@newcombpowerfnc.com.au</a>
Player Wellbeing Officer	Kelly Massey Adam Bell	0405158232 0447991630	<a href="mailto:kelly.massey@newcombpowerfnc.com.au">kelly.massey@newcombpowerfnc.com.au</a> <a href="mailto:adam.bell@newcombpowerfnc.com.au">adam.bell@newcombpowerfnc.com.au</a>
Coaching Coordinator	Adam Bell	0447991630	<a href="mailto:adam.bell@newcombpowerfnc.com.au">adam.bell@newcombpowerfnc.com.au</a>
Girls Coordinator			
Auskick Coordinator			
U9/U10/U12 Coordinator	Erin Armstrong	0400164205	<a href="mailto:erin.armstrong@newcombpowerfnc.com.au">erin.armstrong@newcombpowerfnc.com.au</a>
U14/U16 Coordinator	Dean Hall	0407354736	<a href="mailto:dean.hall@newcombpowerfnc.com.au">dean.hall@newcombpowerfnc.com.au</a>
U18 Coordinator	Aaron Chin	0404847706	<a href="mailto:aaron.chin@newcombpowerfnc.com.au">aaron.chin@newcombpowerfnc.com.au</a>

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## Junior Football Coaches

Auskick			
Under 9	Dean Armstrong	0416929580	<a href="mailto:dean.armstrong@newcombpowerfnc.com.au">dean.armstrong@newcombpowerfnc.com.au</a>
Under 9 girls	Matt Wilson	0423740650	<a href="mailto:matt.wilson@newcombpowerfnc.com.au">matt.wilson@newcombpowerfnc.com.au</a>
Under 10			
Under 12	Tim Hawkins Aaron Cox	0430355634 0417037809	<a href="mailto:tim.hawkins@newcombpowerfnc.com.au">tim.hawkins@newcombpowerfnc.com.au</a> <a href="mailto:aaron.cox@newcombpowerfnc.com.au">aaron.cox@newcombpowerfnc.com.au</a>
Under 14	Jacob Hobbs Jason Drake	0437667370 0474003149	<a href="mailto:jacob.hobbs@newcombpowerfnc.com.au">jacob.hobbs@newcombpowerfnc.com.au</a> <a href="mailto:jason.drake@newcombpowerfnc.com.au">jason.drake@newcombpowerfnc.com.au</a>
Under 16	Adam Bell	0447991630	<a href="mailto:adam.bell@newcombpowerfnc.com.au">adam.bell@newcombpowerfnc.com.au</a>
Under 18	Angus Farrow	0491732273	<a href="mailto:angus.farrow@newcombpowerfnc.com.au">angus.farrow@newcombpowerfnc.com.au</a>

## Age Groups

We cater to various age groups, from Auskick through to U18s. Refer to the current season's age group categories on our website. <https://newcombpowerfnc.com.au/public/pages/junior>

## Coaches and Volunteers

Our dedicated coaches and volunteers play a vital role in the development of our juniors.

It is not possible to provide a junior program without the help of many volunteers, as the saying goes many hands make light work.

See table below outlining different volunteer roles required.

- For Game day roles a roster will be provided before the season starts outlining the roles a family will have on a week by week basis. It is up to the family to swap if they are unable to attend.
- Team based roles are required to allow the team to function
- Off Field Roles are just as vital to ensure the smooth operation of the junior program and game day. These roles are at home games and will also be on a roster system.
- Planning roles include committee members outlined above as well as departmental roles also outline above.
- Fundraising is crucial to a club that provides such low prices and minimal cost to players. We require help throughout the year in the on and off season. A signup link is posted before the fundraising event outlining the shifts and shifts are usually split into 2-3 hour blocks. It's a great social outing and the club relies on the funds raised.

Roles				
Game Day	Team	Off Field	Planning	Fundraising
Field Umpire	Coach	Canteen Helpers	Committee Members	Community Events
Goal Umpire	Assistant Coach	Ground Setup	Department Members	BBQ's
TimeKeeper	Team Manager	Line marking		Raffles
First Aid	Runner (U12+)	Cleaning		
Snakes & Oranges	Interchange Steward (U14+)	Maintenance		

## 3. Membership Information

### Registration Process

#### Auskick

Player registration opens on the 1st of November. By registering early it allows the junior committee to plan for the season and get organised ahead of time.  
Season runs from 01st of May until the 28th of July.

It is easy to register at [newcombpowerfnc.com.au](http://newcombpowerfnc.com.au). Click Football and then Auskick



1. Register with PlayHQ to ensure AFL Barwon and insurance is taken care of.
2. The registration fee must be paid as part of the registration process through PlayHQ.
3. Order any team apparel.

Registration fees cover

- Marsh sports insurance
- AFL Barwon registration
- Equipment (footballs, training equipment, jumpers)
- Presentation day

Payment options  
Payment can be made through our website and is \$100 for the season.

#### Junior Football

Player registration opens on the 1st of November. By registering early it allows the junior committee to plan for the season and get organised ahead of time.

It is easy process to register at [newcombpowerfnc.com.au](http://newcombpowerfnc.com.au). Click Football and then Junior Football

1. Register with PlayHQ to ensure AFL Barwon and insurance is taken care of.
2. Pay your membership as part of the PlayHQ signup process
3. Order any team apparel.

### Fees and Payments

#### Registration fees cover

- Marsh sports player insurance
- AFL Barwon registration
- Ground runnings costs such as lights
- Equipment (footballs, training equipment, jumpers)
- Trophies, Presentations.

U9, U10, U12 & Girls Teams \$110  
 U14, U16, U18 - \$110

The fees are only able to be kept this low due to the fundraising initiatives ran throughout the year, please watch our for opportunities to volunteer your time to allow us to keep fees low.

### **Payment schedules**

Payment is expected at time of registration.

### **Financial assistance programs**

If you have a health care card then you may be eligible for a Get Active voucher valued at \$200. It is available at <https://www.getactive.vic.gov.au/vouchers/apply-for-vouchers/> This will cover the cost of registration and clothing in most cases. Please talk to your age group coordinator or the member engagement director about available grants on offer for families that require assistance.

## **Uniforms and Merchandise**

### **Uniforms**

The club will provide a playing jumper for the duration of the season, this must be returned at completion of the season clean and in good condition, otherwise a replacement fee will be invoiced. ( holding deposit instead that is returned). Football jumpers are to be worn on game day only, not to training.

The player must purchase the following from our online store at [newcombpowerfnc.com.au](http://newcombpowerfnc.com.au)

- maroon shorts
- maroon socks
- Training top
- Hoodie (strongly recommended for Team Unity and to keep warm)

The player must also source football boots and a mouthguard. These can be found at all good sports stores such as Rebel or Degrandi's for eg.

Any optional items worn underneath the uniform such as skins must match the skin tone of the player.

The Australian Dental Association recommends a custom fitted mouthguard for all Australians who participate in contact sport or sports with a high risk of dental injury. Newcomb Power has an agreement with Myers st Dental where a player can purchase a custom fitted mouth guard, in selectable colours, name printed and a case for approximately \$100.

To wear protective headwear (helmet) is the choice of the family and can be purchased at Rebel Sport. Playing gloves are not allowed by AFL Barwon.

### **Merchandise**

The club has a range of apparel available for players and supporters. Items such as hats, beanies, polo shirts, hoodies, spray jackets, puffer jackets, shorts, bags etc. These can be purchased at [newcombpowerfnc.com.au](http://newcombpowerfnc.com.au).

## 4. Playing Rules and Regulations

### AFL Junior Rules

Newcomb Power Football Netball Club Juniors follows the rules and regulations set by AFL Barwon for junior competitions. It's crucial that all players and parents familiarize themselves with these rules. The official AFL Barwon Handbook and other policies relating to the governance of the competition can be found here. <https://www.aflbarwon.com.au/governance-documents> . Attached in the appendices for convenience is the match day guide.

### Code of Conduct

We are committed to fostering a positive and respectful environment. All players, coaches, parents, and supporters are expected to adhere to our Code of Conduct, which includes principles of respect, fair play, and sportsmanship.

AFL Barwon have an extensive list of policies surrounding codes of conduct and policies that must be followed. We have reproduced the players, spectators and coaches code of conduct here for your convenience but we recommend you take the time to read all policies, they can be found here <https://www.aflbarwon.com.au/policies/>

#### Player's code of conduct

- Play by the rules – abide by the AFL Laws of the Game and the rules of your Club and League/ Association.
- Ensure that both on and off field behaviour is consistent with the principles of good sportsmanship. Swearing is unacceptable.
- Treat umpires and officials with respect. Do not abuse, dispute or react in an obviously provocative manner towards an umpire.
- Treat all players fairly. Ensure that players are involved in a positive environment where skill learning and development are priorities and not overshadowed by a desire to win.
- Display and foster respect for umpires, opponents, coaches, administrators, other officials, parents and spectators.
- Play for your own enjoyment, to improve your skills and further local football at club and league level.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

#### Parents and Spectators of Junior Football Code of conduct

1. Encourage children to participate if they are interested. However if a child is not willing do not force them.
2. Focus upon the child's efforts and performance rather than the overall outcome of the event. This assists the child in setting realistic goals related to their ability by reducing the emphasis on winning.
3. Teach your child that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.
4. Encourage your child always to play by the rules.
5. Never ridicule or yell at your child for making a mistake or losing a competition.
6. Remember your child should be involved in football for their enjoyment, not yours.
7. Remember your child learns best by example. Applaud good play by both your team and by members of the opposing team.
8. If you disagree with an official or umpire raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public. Remember, most officials give their time and effort for your child's involvement.
9. Support all efforts to remove verbal and physical abuse from junior sporting activities.



10. Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for your child and deserve your support.
11. Support your club officials in maintaining the highest standard of behaviour both on and off the field for the betterment of the league and your family. Offer your assistance to the team that your child is playing in so that every opportunity is being provided for the very best supervision and support. Your involvement will give both yourself and your child far more satisfaction.
12. Avoid use of derogatory language based on gender or race.
13. Promote all activities to make your club a child safe environment.

### Junior coaches' code of conduct

1. Be familiar with the Laws of Australian football and abide by the rules and conditions of your league and club.
2. Teach your players that rules of the game are mutual agreements, which no player should evade or break.
3. Group players according to age, height, skill and physical maturity whenever possible in any competitive practice session.
4. Avoid over-playing the talented players. The 'just average' players need and deserve equal time, if not more.
5. Remember that the players involved play for fun and enjoyment and that winning is only part of it. Emphasise the importance of the learning and development of skills and positive attitudes. Never ridicule or yell at your players for making mistakes or losing a competition.
6. Ensure that equipment and facilities meet safety standards and are appropriate for the age and ability of the players.
7. The scheduling and length of practice times and competitions should take into consideration the maturity level of the players.
8. Develop team respect for the ability of opponents, as well as for the judgement of umpires and opposing coaches.
9. Follow the advice of a qualified person when determining when an injured player is ready to play or train again.
10. Make a personal commitment to keep yourself informed of sound junior coaching principles and developments. Endeavour to attain coaching accreditation and to become an active member of the local branch of the Australian Football Coaches Association.
11. Avoid use of derogatory language based on gender or race.



## Match Day Procedures

- U9-U12 non competitive football, players must arrive 30 minutes before match is scheduled to start, this allows for warm up and team talk.
- U14-U18 competitive football, players must arrive 45 minutes before match is scheduled to start, this allows for warm up and team talk.
- Ensure your child has all required equipment, such as uniform, boots, water and mouthguard.
- Encourage positive and respectful behavior on the field.
- Observe our Good Sportsmanship guidelines at all times.

## Team Selections

### Auskick

- Fun and interactive
- Small groups, minimal waiting in line
- Concentration on basic skills such as kicking, hand balling and marking
- More advanced auskickers are challenged with games and competitive drills in readiness for under 9.

### Non Competitive

- Each player to play 75% game time where possible, this maybe impacted by team numbers, lack of training and arriving late.
- Players should be rotated through all positions, An under 9 ruckman might be an under 16 rover, no need to pigeon hole players at this age, we must provide development opportunities for all players to learn all facets of the game.
- If multiple teams per age group then teams to be arranged based on a number of factors such as friendship groups, participation levels, physical development, level of skill and understanding of the game to ensure that all players are being challenged and engaged. Our priority is for all players regardless of ability to develop and grow as players.

### Competitive

- Each player to play 75% game time where possible, this maybe impacted by team numbers, lack of training and arriving late.
- If multiple teams then teams are graded, there will be a Team A (higher level) and a Team B. The objective is to put the most competitive team on the field.
- If a player is brought in from a younger age group, they can play in either Team A or Team B as long as the player in the age group will still have a spot. For eg, an Under 12 player comes into the Under 14 Team A, the Under 14 player could make way and play in Team B. If there is only one team, the Under 12 player could not come in as there would not be a spot for the Under 14 player to drop down to.

## Finals Selections

Team selection for finals is at the coaches discretion, factors that will be taken into consideration include:

- attendance at training
- Positions required
- Number of games played.

The coaches decision and selection must be clearly communicated to players and their families.





## 5. Training and Development

### Training Schedule

The expectation is that players arrive at training 10 minutes before start so they can get settled with a few kicks before the coach starts the structured training session.

Training sessions are held at Grinter Reserve

- Under 9-12 train once per week, an optional 2nd session is offered at times.
- Under 14-18 train twice per week.

It is recommended but not mandatory that players complete further training on their own outside the scheduled training days, this can be kicking in backyard, going for a run or working on skills with friends.

Please refer to the Newcomb power website link [Current training schedule](#) for the current season's training schedule, which is subject to change.

### Skill Development

Our coaching staff is committed to developing the skills and knowledge of each player. Skill development drills are a regular part of training sessions, and our coaching staff is available to answer questions and provide guidance. We see learning football as a journey.



## Player Pathway

As juniors develop their skills and progress through the age groups, opportunities to participate in higher-level competitions become available. Our coaching staff will guide players through this pathway and provide opportunities for advancement.

## 6. Game Day

### Fixture and Fixtures

Typically the first 4 games of the season are grading games, then there might be a few more grading games before the fixture is released for the remainder of the season. This information is available on the app 'Play AFL'. Search for these words on Apple or Android App stores. The fixture will include match dates, times, and locations. Please keep an eye on the website and the club app for fixture updates and changes.

Under 9-12 do not have a ladder, best players are not recorded, nor are goals kickers. There are no finals.

Under 14-18 have all of the above.

### Transportation

Parents are responsible for ensuring their child's transportation to and from games. Carpooling is encouraged, and it's important to be punctual on game days.

### Game Day Etiquette

- Cheer positively for all players, regardless of the outcome.
- Respect umpire decisions, even if you disagree.
- Clean up after your family and team at game venues.



## 7. Safety and Well-being

### First Aid and Medical Support

On game day a parent is rostered on as a first aid officer. The parent is their to aid an injured player with any minor injuries on game day. All injuries whether at training, game day or outside of the club should be reported to the coach. Any serious incidents will be recored with an incident report form.

### Concussion Management

1. In the event of a potential concussion, the player must be promptly removed from the field and evaluated by the Team manager using the HeadCheck app, accessible from the app store.
2. Should the HeadCheck assessment recommend that the player refrain from further participation, the player is prohibited from rejoining the match.
3. If the HeadCheck assessment advises against continued play, the player is not allowed to return to play until the 12th day after the concussion was suffered.( A medical certificate must be presented to the coach).

### Child Safety

Our club is dedicated to providing a safe environment for all children. We have a Player Wellbeing officer in place, see Section 2. of this document titled Junior Football department for contact details. Child safety polices are in place and can be accessed here <https://www.aflbarwon.com.au/policies/> All coaches have a Working With Children check.

## 8. Communication

### News and Updates

Stay informed about club news, announcements, and updates by checking the

- Club's website: [www.newcombpowerfnc.com.au](http://www.newcombpowerfnc.com.au),
- Social media channels: [www.facebook.com/NewcombPowerFNCJuniorFootball](https://www.facebook.com/NewcombPowerFNCJuniorFootball)
- Heja app: per team communication about training and games.
- PlayAFL app: fixtures and results

### Social Media Guidelines

When engaging with the club on social media, please follow our guidelines to maintain a respectful and positive online environment. Avoid posting negative or harmful content related to the club or its members.

### Club Website

The club's website provides valuable information, including fixtures, news, and contact details.

### Team Communication

Each team communicates through the app Heja, here the coach will post relevant information to the team, such as training times, game times, change of plans, what to bring etc. If you do not have access, please ask the Team Manager or Coach for access.

## 9. Parent and Volunteer Involvement

### Parent Responsibilities

Parents are an essential part of our club's success. Your responsibilities include supporting your child, attending games and training, and actively participating in club activities. Your involvement contributes to the positive atmosphere of the club.

### Volunteering Opportunities

We encourage parents to get involved by volunteering in various roles, such as team manager, canteen duty, or event organization. Please reach out to the committee if you're interested in volunteering.

### Fundraising and Sponsorship

Fundraising activities are crucial to the club's financial stability. We appreciate your support and participation in fundraising efforts. Additionally, we are open to sponsorships from local businesses; please contact the Junior sponsorship coordinator for more information.

## 10. Club Events and Social Activities

### Social Calendar

The club hosts various social events throughout the season, such as family days, Thursday night meals, kids discos, and awards ceremonies. These events provide an opportunity for players and their families to connect and have fun.

### Photos

Towards the end of each season a photo session at the club is organised where a team photo is taken as well as a photo of each player. The photos are made available to the families of the players.



### Awards

At the end of the season, we celebrate the achievements of our players at the club's awards presentation. Players are recognized for their dedication, improvement, and sportsmanship. It is great to see the players recognised for their hardwork.



## 11. Useful Resources

### Links to AFL Resources

- AFL Barwon policies - <https://www.aflbarwon.com.au/policies/>

### Emergency Contacts

In case of an emergency, please contact:

- Ambulance: 000
- Local Hospital: University Hospital Geelong, Phone: 03 4215 0000
- Local Police: Victoria Police Geelong, Phone: 03 5225 3100

### Conclusion

We hope this comprehensive handbook provides you with the information you need for a successful and enjoyable experience at Newcomb Power Football Club Juniors. Remember to check the website, Facebook, PlayAFL and Heja app regularly for updates and stay connected with our vibrant club community. We look forward to a fantastic season!



# Parent Expectations

Dear Parents and Guardians,

Welcome to the Newcomb Power Football Netball Club! We are thrilled to have your child as a part of our club, and we believe that together, we can create an enjoyable and successful season. In order to achieve this, we would like to outline our expectations for parents and guardians to ensure the smooth functioning of our club and the development of our young athletes.

## Parent/ Guardian Commitment Agreement

I, \_\_\_\_\_], the undersigned, acknowledge that I have read and understand the expectations outlined in this document for parents and guardians at the Newcomb Power Football Netball Club. I am committed to adhering to the requirements and behaviors set forth herein, which include:

- **Volunteer Commitment:** I understand that I am expected to volunteer as described in this document, including assisting at training sessions or fulfilling rostered team roles such as field umpire, goal umpire, first aid, timekeeper, or canteen duty.
- **Canteen Duty:** I agree to volunteer at least once a season in the club canteen for a 2-hour shift.
- **Attendance at Social Functions:** I commit to attending at least one social function run by the club throughout the season.
- **Supporting Our Young Athletes:** I will support and encourage my child in their sporting endeavors, attending their games and fostering a sense of sportsmanship and fair play.
- **Respect and Sportsmanship:** I will model respectful and sportsmanlike behavior at all times, including interactions with coaches, officials, other parents, and players.
- **Sponsorship and Media:** I consent to the use of my child's name, image, and likeness for promotional and media purposes related to the Club, including but not limited to social media, the Club's website, and promotional materials.
- **Communication:** If I have any problems or concerns, I will first speak with the Coach or Team Manager. If I am not satisfied with the response, I will take the matter to my age group coordinator and/or Junior Football Director.
- **Safety and Welfare:** I will adhere to all club policies and procedures related to safety and child protection, and I will promptly notify the appropriate club officials if I have concerns about my child's welfare.

I understand that my commitment to these expectations is essential in creating a positive and supportive environment for our young athletes and maintaining the integrity of the Newcomb Power Football Netball Club.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Full Name:** \_\_\_\_\_

Please return this signed agreement to your coach in a timely manner. Thank you for being a part of our Newcomb Power family!





\* Please note the Female Football Number of Players Ruling on P123 of 2023 AFL Barwon Handbook

Rules & Regulations	U9/U10 Mixed	U12 Mixed	U14 Mixed	U16 Male	U18 Male	U10 Female	U12 Female	U14 Female	U16 Female	U19 Female
<b>Day of Play</b>	Friday Night / Saturday	Friday Night / Saturday	Sunday	Saturday	Saturday	Sunday	Sunday	Sunday	Sunday	Sunday
<b>Players on Field</b>	15 (Unlimited on bench)	16 (Unlimited on bench)	18 (5 on bench)	18 (5 on bench)	18 (5 on bench)	15 (Unlimited on bench)	16 (Unlimited on bench)	16 (5 on bench)*	16 (5 on bench)*	16 (5 on bench)*
<b>Competition/non-comp</b>	Non Competitive	Non Competitive	Competitive (finals)	Competitive (finals)	Competitive (finals)	Non Competitive	Non Competitive	Competitive (finals)	Competitive (finals)	Competitive (finals)
<b>Minimum Players</b>	12	12	14	14	14	12	12	14	14	14
<b>Maximum ground size / use of zones</b>	100 x 80 3 zones of 5 players	120 x 80 No Zones	Full Size	Full Size	Full Size	100 x 80 3 zones of 5 players	120 x 80 No Zones	Full Size	Full Size	Full Size
<b>Match length</b>	4 x 12 min	4 x 15 min	4 x 15 min	4 x 18 min	4 x 20 min	4 x 12 min	4 x 15 min	4 x 15 min	4 x 18 min	4 x 18 min
<b>Breaks</b>	3 min; 6 min; 3 min	3 min; 6 min; 3 min	3 min; 10 min; 3 min	5 min; 10 min; 5 min	5 min; 10 min; 5 min	3 min; 6 min; 3 min	3 min; 6 min; 3 min	3 min; 10 min; 3 min	5 min; 10 min; 5 min	5 min; 10 min; 5 min
<b>Competition details</b>	Scoring permitted No ladders or finals permitted. No recording of best players and goal kickers permitted.	Scoring permitted No ladders or finals permitted. No recording of best players and goal kickers permitted.	Scoring, ladders & finals permitted. Recording of best players and goal kickers permitted.	Scoring, ladders & finals permitted. Recording of best players and goal kickers permitted.	Scoring, ladders & finals permitted. Recording of best players and goal kickers permitted.	Scoring permitted No ladders or finals permitted. No recording of best players and goal kickers permitted.	Scoring permitted No ladders or finals permitted. No recording of best players and goal kickers permitted.	Scoring, ladders & finals permitted. Recording of best players and goal kickers permitted.	Scoring, ladders & finals permitted. Recording of best players and goal kickers permitted.	Scoring, ladders & finals permitted. Recording of best players and goal kickers permitted.
<b>Contact</b>	Modified tackle / no bump. Players cannot bump / push an opponent, knock/steal the ball out of their hands or smother an opponent's kick.	Tackling is permitted as per the Laws of Australian Football. (no sling tackle permitted)	Tackling is permitted as per the Laws of Australian Football. (no sling tackle permitted)	Tackling is permitted as per the Laws of Australian Football. (no sling tackle permitted)	Tackling is permitted as per the Laws of Australian Football. (no sling tackle permitted)	Modified tackle / no bump. Players cannot bump / push an opponent, knock/steal the ball out of their hands or smother an opponent's kick.	Tackling is permitted as per the Laws of Australian Football. (no sling tackle permitted)	Tackling is permitted as per the Laws of Australian Football. (no sling tackle permitted)	Tackling is permitted as per the Laws of Australian Football. (no sling tackle permitted)	Tackling is permitted as per the Laws of Australian Football. (no sling tackle permitted)
<b>Ball size</b>	U9's Synthetic size 2 U10's Synthetic size 3	Synthetic size 3	Leather size 4	Leather size 5	Leather size 5	Synthetic size 2	Synthetic size 3	Synthetic size 4	Leather size 4	Leather size 4
<b>Umpiring</b>	Club appointed 2 field, 2 goal (one each per club)	Club appointed 2 field, 2 goal (one each per club)	2 field (appointed), 2 goal (club)	2 field (appointed), 2 goal (club)	2 field, 2 goal, 2 boundary (all appointed)	Club appointed 2 field, 2 goal (one each per club)	Club appointed 2 field, 2 goal (one each per club)	2 field (appointed), 2 goal (club)	2 field (appointed), 2 goal (club)	2 field (appointed), 2 goal (club)
<b>Coaching position</b>	On-Field	Sideline	Sideline	Sideline	Sideline	On-Field	On-Field	Sideline	Sideline	Sideline
<b>Bounces</b>	1 bounce	Unlimited	Unlimited	Unlimited	Unlimited	1 bounce	Unlimited	Unlimited	Unlimited	Unlimited
<b>Marking</b>	A mark is awarded irrespective of the distance the ball has travelled to any player who catches it or shows control	A mark is awarded when a player catches the ball directly from another player's kick that has travelled at least 10 metres.	A mark is awarded when a player catches the ball directly from another player's kick that has travelled at least 15 metres.	A mark is awarded when a player catches the ball directly from another player's kick that has travelled at least 15 metres.	A mark is awarded when a player catches the ball directly from another player's kick that has travelled at least 15 metres.	A mark is awarded irrespective of the distance the ball has travelled to any player who catches it or shows control	A mark is awarded irrespective of the distance the ball has travelled to any player who catches it or shows control	A mark is awarded when a player catches the ball directly from another player's kick that has travelled at least 15 metres.	A mark is awarded when a player catches the ball directly from another player's kick that has travelled at least 15 metres.	A mark is awarded when a player catches the ball directly from another player's kick that has travelled at least 15 metres.
<b>Out of Bounds</b>	Last possession rule applies as per AFL Barwon Competition Rules	Last possession rule applies as per AFL Barwon Competition Rules	Last possession rule applies as per AFL Barwon Competition Rules	Last possession rule applies as per AFL Barwon Competition Rules	Permitted as per Laws of the Game	Last possession rule applies as per AFL Barwon Competition Rules	Last possession rule applies as per AFL Barwon Competition Rules	Last possession rule applies as per AFL Barwon Competition Rules	Last possession rule applies as per AFL Barwon Competition Rules	Last possession rule applies as per AFL Barwon Competition Rules
<b>Kick off the ground</b>	Not permitted unless accidental	Permitted	Permitted	Permitted	Permitted	Not permitted unless accidental	Permitted	Permitted	Permitted	Permitted
<b>Stealing, smothering, shepherding, barging</b>	No stealing, smothering, shepherding or barging	Permitted as per Laws of the Game	Permitted as per Laws of the Game	Permitted as per Laws of the Game	Permitted as per Laws of the Game	No stealing, smothering, shepherding or barging	Permitted as per Laws of the Game	Permitted as per Laws of the Game	Permitted as per Laws of the Game	Permitted as per Laws of the Game
<b>Penalties</b>	10m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.	25m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.	50m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.	50m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.	50m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.	10m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.	25m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.	50m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.	50m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.	50m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.



## AFL Barwon Age Groups for Season 2024

Age Group	Year of Birth
Under 9	Born 2015 and 2016 and before 30/04/2017
Under 10	Born 2014
Under 12	Born 2012 and 2013
Under 14	Born 2010 and 2011
Under 16	Born 2008 and 2009
Under 18	Born 2006 and 2007