

Plympton Football Club - Juniors

Parent Information 2024 – All Grades



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1. Player Code of Conduct

Plympton (Junior) Football Club



Player Code of Conduct

This Code of Conduct applies to all of our Players.

- Play by the rules (of both the laws of the Game and the rules of my Club).
- Respect the umpire’s decision. Without them there would not be a competition.
- Never argue with an official. If you disagree, discuss the matter with your Coach or Team Manager after the game.
- Respect the rights, dignity and worth all of all participants regardless of their gender, ability, cultural background or religion.
- Control your temper. Verbal abuse of Officials or other players, or provoking an opponent is not acceptable and may be a breach of state, league and national Member Protection Policy.
- Never engage in any type of violence either on or off the field.
- Work equally hard for yourself and for your team. Your team’s performance will benefit, so will you.
- Be a good sport. Applaud all good plays whether they be by your team, opponent or the other team.
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player. Do not bully or take unfair advantage of another competitor.
- Cooperate with your Coach, team mates and opponents. Without them there would no competition.
- Play for the “fun of it” and enjoyment not just to please anyone else.
- Avoid using derogatory language.
- Do not take part in any form of bullying including via the use of social media.
- Be prepared to take responsibility for your actions.

Players should be mindful that they are members of a Club that seeks to be respected by all teams in the SANFL Juniors competition. We want to build this tradition and so we ask all players to act in a responsible manner at all times when in our own Clubrooms and when visiting other Clubs.

Remember, NO BULLYING. Bulldogs are tough; people who bully others are not. We will not tolerate bullying of any kind at the Plympton Junior Football Club. Any instances of bullying will be dealt with immediately.

By registering as a player with the Plympton Junior Football Club I agree to abide by these principles.

I support the Club in its undertakings and encourage the Club to take any necessary disciplinary actions including the suspension and banning where warranted of any players for repeated or serious breaches of the Player Code of Conduct.

Player Name		
	(print name)	(signature)
Parents Name		
	(print name)	(signature)
Date	___ / ___ / ___	


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2. Parent Code of Conduct

Plympton (Junior) Football Club



Parent Code of Conduct

The Online Registration form for SANFL Juniors includes the Players Code of Conduct and the following key statements regarding behaviour and expectations of Parents and Caregivers (Guardians) under the Terms and Conditions.

For Parents & Caregivers:

- I/We hereby consent to the registration of my/our son/daughter with SANFL Juniors.
- I/We acknowledge that I/we have been provided with, and understand, the Code of Conduct of SANFL Juniors under the Competition Rules and Bylaws (Rules).
- I/We hereby agree to abide by the Code of Conduct and agree to observe and obey this Code and all rulings made by the SANFL that relate to me/us, other family members and invited guests.
- I/We understand that the SANFL may withdraw or suspend my/our son(s)/daughter(s) registration to play in SANFL Juniors should I/we fail to comply with the Code, the Rules and/or any rulings of the SANFL.

This Code of Conduct applies to all of Parents of Registered Junior/Youth/Auskick Players.

- Encourage children to participate, if they are interested.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing a game.
- Remember that children learn best from example. Applaud good plays by all teams.
- Respect the Umpire's decision and teach children to do likewise. Without them there would not be a competition.
- If you disagree with an Official, raise the issue through the appropriate channels rather than questioning the Official's judgment and honesty in public.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Recognise the value and importance of volunteer Coaches, Officials, Administrators and Umpires and teach your children to do the same. Without them your child could not participate.
- Remember that children play organised sports for fun. They are not playing for the entertainment of spectators only, nor are they miniature professionals.
- Condemn the use of violence in any form, be it by spectators, Coaches, Officials or players.
- Demonstrate appropriate social behaviour by not using foul language, harassing players, Coaches or Umpires.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion
- Smoking and consumption of alcohol is only acceptable in designated areas and times.

If, as a player, or parent, you have an issue you wish to raise, we encourage you to approach a PJFC Committee member to discuss the problem. We will attempt to deal with all issues in a professional and caring manner, always keeping in mind the overall objective of helping our children to play Australian Rules Football.

By registering our child with the Plympton Junior Football Club I agree to abide by these principles.

I support the Club in its undertakings and encourage the Club to take any necessary disciplinary actions including the suspension and banning where warranted of any parents for repeated or serious breaches of the Parents Code of Conduct. I also support the Club in any disciplinary actions related to Players including the suspension or banning of Players, for either repeated or serious breaches of the Players Code of Conduct.

Parents Name _____
(print name) (signature)

Date ____ / ____ / ____

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3. SANFL Juniors Policies, Rules and Regulations

Our club is a member club of SANFL Juniors Competition. Accordingly our club, coaches, officials, players, parents, caregivers, spectators are subject to and bound by SANFL Juniors Rules and Regulations.

These rules and regulations are subject to change from time to time, and accordingly all players and families are referred to these rules which are contained within SANFL Juniors Website at the following link

<https://sanfl.com.au/juniors/clubshub/>

We do have some policies that are applicable to our club and these are contained within this document, or found on our club website.

<https://www.plymptonbulldogs.com.au/parent-info-documents>

4. Plympton Playing Policies

4.1 Player Rostering / Match Day Rotation Policy

Given that 22 players take the field each week rostering of players will be necessary. It is the policy of the Plympton Junior Football Club that during the Minor Round all players will receive equal playing time. We take rostering and game time of players seriously and this is a club and SANFL requirement.

We want all our players to develop in any position and improve over the course of a playing season.

We have implemented a Club method of ensuring all players receive game time that is fair during the minor round and every player will have the opportunity to experience as equal game time as possible. Team Managers are required to keep records of player game time and provide this to coach and club weekly.

In U7 to U12 it is expected that players will experience playing each position. This includes backline, midfield and forward line.

As players progress (u13 and above) coaches will give greater consideration to player's size, strength, skill level and game sense when rotating players through positions. This may result in players playing fewer positions, but the club still expects some rotation of positions.

There are situations where injuries and other issues can affect this, and of course Coach discretion is needed and in older grades U13, u14, u15, u16, U17.5 greater in game rotations can cause a large number of interchanges.

4.2 Equal Game Time & Playing Time Policy

As a club our philosophy is to ensure that all players over the course of the year are allocated game time as required during minor round games.

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Our strict policy is equal game time for all registered players throughout all our junior teams.

All players selected will be given as equal game time as possible each week. This means coaches should provide a minimum of ¼ per game for all players each week.

From U7 – U12 it is expected that this policy occur each game each week. The exceptions to this would be:

- Where player has to fill in to assist team numbers
- A parent has requested less playing time
- The player is injured during a game
- A player arrives late to a game or must leave early

From U13- U175 it is still expected that all players receive equal game time of at least ¼ per game during minor round games. The above exceptions do apply to these age groups as well as coach discretion must be given to player size, strength and positional play.

4.3 Age Group Eligibility

The SANFL determines that age group eligibility is based on a calendar year basis. As a club we follow these age group eligibilities and require that all players play within their respective age groups. There is a possibility for exemption this in but such exemption is only granted in conjunction with the club and with club request to SANFL. All decisions on age group eligibility remain with the Club Junior Football Director and Coaching Coordinator.

4.4 Player Commitment Expectations

All players at Plympton are required to acknowledge and accept a playing code of conduct from the club and also the SANFL.

A core fundamental of player commitment is an expectation on training attendance, behavior, games and injury management.

We encourage coaches to ensure that players are meeting their expected commitment levels and these requirements differ across age groups.

4.5 Finals Policy (only relevant for U12 and above)

This policy applies to all players, officials, parents and supporters of Plympton Junior Football Club in relation to player management during finals.

- From Under 12 and above Teams participate for premiership points, and ladders are maintained by SANFL. Finals series are conducted by the SANFL for grades including Under 12 and above
- Each age group is required to have a certain maximum number of players on a playing list in accordance with SANFL rules, and the club adheres to all finals rules and by laws as determined from time to time by the SANFL.
- Given that 22 (or 20 in some grades) players take the field each week rostering of players will be necessary. It is the policy of the PFC Juniors that during the Minor Round all players will receive as equal playing time as possible.

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- During finals games each coach has discretion to choose the 22 players to participate in a game of finals. Some players may not receive a game during finals due to size of list and only having 22 players to participate each week.
- Coaches should attempt to select as many players as possible from their list for finals games up to 22 and give an opportunity for as many players to experience finals football.
- If possible where a team plays more than 1 final it is the coaches discretion as to which 22 players are chosen.
- The amount game time for each player during finals is at the discretion of the Coach.
- If a side gets the opportunity to play in a Grand Final then only 22 (or 20) players will be chosen to play. It is at the discretion of the Coach as to how much game time is given to each player.
- All players in the squad who participate in a Grand Final will receive a medal and will participate where possible on game day in some capacity, e.g. running water etc.
- Coaches are not to be approached during game time by any parent or spectator. Any issue or concern is to be raised with either the PLYMPTON CLUB Match Day Official present on game day, or the TEAM MANAGER for that team.

4.6 Injury Management & Concussion Policy

The Plympton Junior Football Club follows AFL and SANFL guidelines with respect to both injury and concussion management.

Each age group is required to have a registered First Aid officer in attendance at games.

In respect of injured players, it is still an expectation for older age groups (u13 and above) that injured players participate in some way or attend training and games. Circumstances of injuries will determine how coaches manage this. Any injury should be discussed and managed with parent/guardian and medical advice is to be sought.

It is the policy of the Plympton Football Club, both Junior and Senior, that should any player suffer from or have suspected concussion, there will be an automatic one-week rest. This will only be waived with a doctors' certificate clearing the player to play. We have a concussion management policy that is provided to all our coaches and trainers and all our families as well. We follow the AFL standards and SANFL guidelines with respect to Concussion Management on game day and afterwards.

Any player who has suffered a concussion or is suspected of having a concussion must be medically assessed as soon as possible after the injury and must not be allowed to return to play in the same game or train in the same practice session. A concussed player must not be allowed to return to training or playing before having a formal medical clearance.

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4.7 Member Protection Policy and Risk Management

All our Member protection policies, and risk management details can be found at our club website

<https://www.plymptonbulldogs.com.au/parent-info-documents>

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5. Training and Skill Development for Age Group – Boys & Girls

5.1 Young Pups (U7-9) “Base Stage”

This is the stage where the players have a base set for them on the key skills of the game. Where they learn a little about the game, the identification of positions, what each position is expected to do.

Skills & fun are key elements in this age group, with being able to teach & educate the young pups about how to kick the ball, mark the ball & handball the ball, and control the ball on the ground.

Within the key skills that are identified by the club, we need to be clear with how we are going to teach these skills. Small sided games are a foundation of developing skills in game situations.

Area	Key Points	Description
Skill Technique	Kicking Handball Marking Picking up the ball off the ground Tacking (from U9)	The establishment of kicking, handballing and marking. Getting all players to hold ball correctly, handball correctly, and have hands placed in good position. Established criteria, for coaches to work on here, with the first 10-15 minutes of each training session dedicated to these skills.
Physical Fitness	N/A	Natural
The Game	Positions	What are the positions on the ground and what they mean. How do positions help the team play well.
Decision Making	Direction of play	Play direct, avoid around corners Aim to give to teammate in better position Know direction of play and zones
Tactics	Have fun/learn	How to kick in, where to stand in zones
Mini Games	6v6 7v7	The playing of mini games is a terrific way for kids to get a feel of the game, with the coaches varying the type of game, rules and sides, depending on how many kids he has.
Listening and Respect	All players	To develop a respect and listening philosophy for all coaches and assistants and not disrupt other players.

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5.2 Pups (U10-11) “Development Stage”

This is the stage where the players have a base on which to build and develop their skills,

Skills & fun continue to be key elements in this age group, with being able to teach & educate the pups about how to use their skills in a game as the elements of the game develop to full rules.

Continuing to expand on game sense and assist and develop player’s decision making from using small sided games to then look to reproduce in actual games.

Area	Key Points	Description
Skill Technique	Kicking Handball Marking Picking up the ball off the ground Tackling	The establishment of kicking, handballing and marking. Getting all players to hold ball correctly, handball correctly, and have hands placed in good position. Established criteria, for coaches to work on here, with the first 10-15 minutes of each training session dedicated to these skills. Using both sides of body for kicking and handball
Physical Fitness	N/A	Natural
The Game	Positions	What are the positions on the ground and what they mean. How do positions help the team play well.
Decision Making	Direction of play	Play direct, avoid around corners Aim to give to teammate in better position Know direction of play and zones
Tactics	Have fun/learn	How to kick in, where to stand in zones
Mini Games	6v6 7v7	The playing of mini games is a terrific way for kids to get a feel of the game, with the coaches varying the type of game, rules and sides, depending on how many kids he has.
Listening and Respect	All players	To develop a respect and listening philosophy for all coaches and assistants and not disrupt other players.

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5.3 Guard Dogs (U12-13) “Establishing Stage”

After setting a base for the players as they come through, there now needs to be an establishing stage, to continue to re-inforce the skills that have been identified at this age level.

Teaching about how the game now needs to be played becomes important. Game style does play a little part here, as the kids watch footy at this age and can correlate game style to their own games and club.

At this age level finals and competition are introduced.

Area	Key Points	Description
Skill Technique	Kicking Handball Marking Ground Balls (protection) Tackling	Continue work on technique, especially kicking. Being able to be a good kick on the run is important at this age.
Physical Fitness	Fit	All fitness type of work should be done in conjunction with using the football. This allows to enjoy training whilst at the time gaining an understanding a fitness levels (relays etc.)
The Game	Positions	The expectation of what we now want from these positions. How each position plays and the skills required for these positions. Where to stand and position around the ground, stoppages, centre bounces, kick ins
Decision Making	Kick to advantage Kick to a lead H/ball to teammate	Introduce new concepts
Tactics	Centre square In 1 side, out other	Some small introduction with these. Very simple and easy to understand.
Mini Games	6v6 7v7 5v6	Establish an understanding of game sense, which helps players with decision making. Coach can focus players on a particular phase of the game. E.g. we have won the ball in our backline and now we are going to run hard and kick long.
Listening and Respect	All players	To develop a respect and listening philosophy for all coaches and assistants and not disrupt other players.

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5.4 Top Dogs (U14- 17.5) “Emerging Stage”

The players are now ready to emerge and take responsibility for their actions, giving an indication of commitment.

Skill progression is still very important in this age group, with the development of game style, decision making and tactics playing a role in this emerging stage.

A willingness to provide the coach with feedback / communication is a vital part of development in this stage. The new “Y” Gen type need to feel this type of relationship in this stage.

The continued use of simulated match conditions and games at training is critical in continuing to foster and develop decision making and skills under game style pressure.

Individual feedback and one on one player interviews help to develop clear goals and outcomes for player and coaches and assist with areas of improvement.

Area	Key Points	Description
Skill Technique	Kicking Handball Marking Ground Balls Tackling	Identify the particular kicking that needs covering. Introduction of other skills of the game as well.
Physical Fitness	Fit Strength (body) Core work	All fitness type of work should be done in conjunction with using the football. This allows to enjoy training whilst at the time gaining an understanding a fitness levels (relays etc.)
The Game	Positions	Rather than positions, the development of roles that are given in games. e.g. attacking HBF, High HFF.
Decision Making	2 v 1 Tackle v zone Kick v H/ball	Introduce new concepts Drills focused on decision making in games under pressure
Tactics	Centre square Stoppages In 1 side, out other Zones Kick Ins Style of play (opp)	Develop player’s ability to understand the game better and identify it in the game.

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Area	Key Points	Description
Mini Games	6v6 7v7 5v6 Backs v Fwds 2 goals in 3 min	Continue with the development of mini games. Working on advantaged or disadvantaged situations of a game.
Training Performance	How To	<p>The capacity for players to understand the benefits of training and what it can lead to. The foundation of train as you play still holds true and is an area at his age needs addressing.</p> <p>Come prepared and ready to learn and improve at every training</p> <p>Show leadership and take responsibility for attendance</p>
Listening and Respect	All players	To develop a respect and listening philosophy for all coaches and assistants and not disrupt other players.

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6. SANFL Juniors Match Conditions

A copy of all SANFL Juniors rules and regulations and match conditions for all grades can be found at the following

All SANFL Juniors codes of conduct can be found at

<https://sanfl.com.au/juniors/clubshub/>