



Family and Player Handbook

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Supporting your community club

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1. Club History

Irymple Knights Soccer Club (IKSC) established in 1978, is a proud and successful club and a prominent part of the Sunraysia soccer community.

Although there are numerous reports of sporadic soccer games in the Sunraysia region as far back as the early 1900s, the World Game in Northwest Victoria really kicked off and established itself in the 1970s with the influx of migrant workers. European workers arriving in the region were looking for a way to show their passion, where another type of football held sway. Regardless of origin or social class, soccer provided a sense of **identity and belonging**.

1.1 Our Irymple roots

Soccer in Irymple has had a rich history stemming back to the early 1900s. In 1911, Irymple (a satellite settlement to Mildura), proudly fielded a soccer team known as Irymple Soccer Club (Irymple SC), that comprised a vibrant mix of locally born players with working class British migrants. For four years from their inception in 1911, Irymple SC took the field in Mildura competition before the great war. The competition involved two or three teams. While Merbein dropped in and out, the Mildura and Irymple soccer clubs kept up a **steady** battle between 1911 and 1915.



Figure 1 1911 Irymple Soccer Club

However, this all came to an end with the start of the World War 1 in which the Irymple Soccer Club lost 9 of its starting 11 team. For 63 years, no team would represent the township again until **1978**.

Our club, formerly known as Zagreb S.C was founded in 1978 by Croatian migrants that had settled in the area. We are located on Henshilwood Reserve, Irymple. Frank Radman Senior (the founding member and inaugural President), not only initiated its establishment but proudly supported the running of the club for the years to follow and along with a few supporters, built the very foundation and values that the club still stands for today.

»It was 1911 that Irymple SC took to the pitch in GREEN style...«

Back in 1979, the club started their inaugural season with only two junior grades consisting of under 10, 12 and the senior team. Since then, the club has continued to grow its player base and now fields teams in all of the following:

- ✓ Mini Roos (Sub-Juniors)
 - a. U6
 - b. U8
 - c. U10
- ✓ Juniors
 - a. U11
 - b. U12
 - c. U13 Girls
 - d. U14
 - e. Under 16 Girls
 - f. Under 16 Mixed
- ✓ Seniors
 - a. Mens
 - b. Reserves
 - c. Over 35s
 - d. Womens

A common thread between the club of 1911 and the club today is its rich history of multiculturalism, acceptance and courage. They form the fabric of what our club represents.



Figure 2 1979 Zagreb Soccer Club

Irymple Knights Soccer Club invites newcomers to actively participate in the local club and we have often welcomed overseas students, refugees and visitors into our teams.

We have also seen many of members move through the club and to play soccer at more elite levels.

A thriving and successful club in Football Federation Sunraysia history, we have won:

- ✓ 17 Mens Senior League Championships,
- ✓ 9 Womens League Championships
- ✓ Over 10 Junior League Championships
- ✓ 10 Football Federation Sunraysia Cups and
- ✓ numerous Club of the Year Trophies

**»2023 ...Irymple
Knights are looking to
field more teams ever
before in its history... «**



Figure 3 2017 Senior Champions



Figure 4 Sunraysia Cup



Figure 5 IKSC Champions

Our Women’s team has also achieved 6 **straight** Sunraysia League premierships and a total of 9 premierships since the inception of the Sunraysia League Womens competition, the most recent being in 2021! At IKSC, we have been part of the pioneering of the Sunraysia Womens League competition and are proud of all our female players participation, dedication and achievement.



Figure 6 IKSC 2011 Womens Team



Figure 7 IKSC 2016 Women Team



Figure 8 IKSC 2018 Womens Team



Figure 9 IKSC 2021 Women Premiership Winners

2. Purpose

We represent around 200 active players, who participate in weekly social, competitive, and training opportunities throughout the year.

IKSC is a not-for-profit community organisation which supports members predominantly Irymple and surrounding districts. Our club is registered Football Federation Sunraysia S- League. As a club we are constantly looking for ways to accommodate our quickly expanding member base, and to provide diverse playing opportunities with modern day facilities to meet their needs.

We aim to provide a positive, safe and professional environment which encourages early engagement and a lifelong interest in soccer by providing quality training, facilities, staff, education and leadership for youth players of all ages and abilities.

We aim to develop character, encourage physical fitness and foster personal growth for all our participants with a focus on learning invaluable life lessons realized through commitment, leadership, teamwork, perseverance and sportsmanship.

We aim to develop our players of all ages and abilities for the next level of competition through age appropriate training designed to help each player reach their full potential.

VISION

To be Sunraysia's leading soccer club renowned for a strong association with its community and a tradition of developing young players.

CORE VALUES

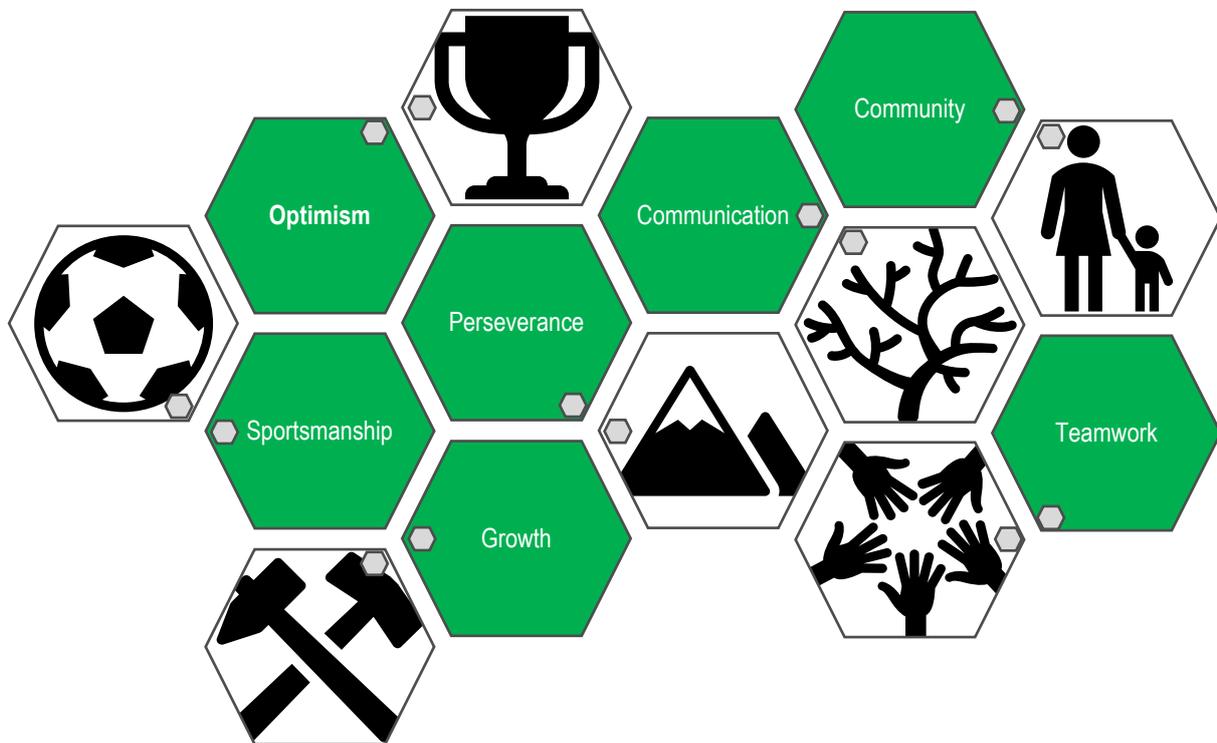


Figure 10 Our Core Values

Sportsmanship. We are passionate about sportsmanship. We expect the members of our club to respect the rules, spirit and etiquette of the game. We will respect our teammates, opponents, coaches, officials, and spectators.

Perseverance. We believe that development and growth are greatly influenced by our continued effort to achieve our potential despite any difficulties or failures we may encounter. We will be resilient; viewing adversity as an opportunity to learn and grow as we refocus our effort with a determination and willingness to persevere.

Optimism. We will prepare for and expect outstanding results by setting positive expectations for ourselves and the participants in our programs. We believe optimism is both contagious and inspirational.

Teamwork. We are a team culture that brings together members of our community through our love for soccer and service to others. We will work together efficiently and effectively to realize our goals for our generation and plan for the next generation.

Growth. We are committed to continuous improvement of ourselves. We will actively pursue learning opportunities to foster growth at the individual, team and club level.

Community. We are dedicated to connecting with our community and the social benefits this brings. Our community is made up of members, sponsors, partners and soccer enthusiasts of all ages. Our community is an integral part of our club.

Communication We value open communication within our committee, within our teams and within our club. We openly share our ideas and listen to each other. We will work effectively as a team with good communication, ensuring we seize opportunities and improve teams performance.



I want to inspire a generation like a generation inspired me

3. Sport Benefits Our Community

Sport and recreation builds stronger, healthier, happier and safer communities.

Communities that participate in sport and recreation develop strong social bonds, are safer places and the people who live in them are generally healthier and happier than places where physical activity isn't a priority.

Active kids are smarter

Research proves that if your child is physically active, they do better at school.

Physical activity enhances cognitive function improving memory, behaviour, concentration, and academic achievement.

On the other hand, inactivity negatively impacts brain health and executive control including:

- Maintaining focus,
- working memory,
- multi-tasking.

Active kids are healthier

Playing sport helps to:

- Bring people together, providing social interaction.
- Empower, inspire and motivate individuals
- Improve mental health.
- Create positive alternatives to youth offending, antisocial behaviour and crime.
- Develop life skills & leadership abilities.
- Provide a sense of belonging
- Foster community pride.
- Contribute to lifelong learning.
- Great opportunities for networking.
- Reduce obesity.
- Can help to prevent cardiovascular disease, diabetes and some cancers.

ref: www.dsr.wa.gov.au/about/benefits-to-the-community



Figure 11 Confident girls in action



Figure 12 Challenging our competitors



Figure 13 U14 Champions

4. 2023 at IKSC

Irymple Knights SC is the place to be for 2023. We are looking to field more teams than ever before in its history.

This coming year will see exciting times for the club. Like the rest of our community the club has to endure the economic aftereffects of the Covid 19 pandemic. The interruption.

This year we hope to increase our player participation and registrations, with the objective to field at least one team in every age group and increase our sub-junior participation with an objective to field more teams than ever before in its history.

At the club we are investing in our future with the continual improvement of our clubhouse and training facilities, such as:

- **Refurbishment of club house** with the replacement of flooring, blinds, and doors. Improvements to our kitchen facility
- **New Sports lighting** on our main pitch with the plan to have new lighting for the 2024 season.
- Planning for **new changeroom facilities** to cater for our growing player base.
- **Women's/junior members changerooms** (interim facilities is via old clubhouse change room facilities).
- **New training equipment.**
- **Affiliation with Western United Football Club** and development and implementation of future football clinics.

This season we will open the club house to our members during training times to encourage and give both our players and parents and non-playing members an option to stay at the club whilst the children train. **Coffee and tea will be available.**

Access to club merchandise will be easier than ever with the introduction of our **Merchandise Kiosk** to complement our **Online store** introduced last season. Sizing samples and small inventory of stock will be available at the club.

To capitalise on the growth of the sport in the region the club has engaged in several programs including a renewed strategic plan, updating of our systems/process, deeper engagement with council and community and focused fundraising.

This is coupled with giving local businesses and organisations the opportunity to get involved through regular events, sponsorship and social media. We have an assortment of sponsorship packages from small, medium and large so please get in contact if you are interested!

5. Club Program and Participation

Irymple Knights is a Community Soccer Club, focused on families, learning and enjoyment.

Currently, IKSC runs programs to accommodate a broad range of participants with different needs from across the region.

- ✓ ALDI MINIROOS (Under 6, Under 8, Under 10)
 - Small-sided non-competitive skills and fun, for Under 6, 8 10's. Mixed.

- Under 6
 - Ball Size 3
 - Generally train one night a week (TUESDAY) with game day on Sundays (non – competitive)
 - 4 a side, with 20min halves
 - 1/8 of a full-size pitch
- Under 8
 - Ball Size 3
 - Generally train one night a week (TUESDAY) with game day on Sundays (non – competitive)
 - 7 a side (including goal keeper), with 20min halves
 - 1/4 of a full-size pitch
- Under 10
 - Ball size 4
 - Generally – train one night a week (TUESDAY) with game day on Sundays (non – competitive). Note: that if very interested, can join the Under 11s for two nights.
 - Generally 9 a side (including goal keeper), with 25min halves
 - 1/2 of a full-size pitch



Figure 14 U6 MiniRoos firing all cylinders on game day!

- ✓ JUNIOR COMPETITION in accordance with Football Victoria Requirements
 - Under 12s (Mixed)
 - Ball size 4
 - Train two nights a week (TUESDAY and THURSDAY) with game day on Sundays (competitive)
 - 9 a side (including goal keeper), with 30min halves
 - 1/2 of a full size pitch
 - Under 14s (Mixed and U13 Girls)
 - Ball size 5
 - Train two nights a week (TUESDAY and THURSDAY) with game day on Sundays (competitive)
 - 11 a side (including goal keeper), with 30min halves
 - Full size pitch

- Under 16s (Mixed and U16 Girls)
 - Ball size 5
 - Train two nights a week (TUESDAY and THURSDAY) with game day on Sundays (competitive)
 - 11 a side (including goal keeper), with 40min halves
 - Full size pitch
- ✓ SENIOR COMPETITION Men (Senior, Reserves and Overs 35s) and Women in accordance with Football Victoria Requirements
 - Ball size 5
 - Train two nights a week (TUESDAY and THURSDAY) with game day on Sundays (competitive)
 - 11 a side (including goal keeper), with 45min halves
 - Normal pitch

6. Volunteers

The smallest act of kindness is worth more than the grandest intention.

Oscar Wilde

Your contribution is important to us. The children, families, and the greater community benefit enormously from your every small kind deed.

The truth is Irymple Knights SC would not exist without Volunteers. Our committee, coaches, team managers, grounds and maintenance person, business management and grade coordinators are all volunteers. They put in many hours every week, and no one is paid.

These individuals are also parents, employees, people with the normal constraints and stresses that we all endure. Their motives vary from a deep passion for football, an interest in the development of individuals through team sport, to support their child's journey, contributing to our greater community, right through to self-development and education. As a family club, we support each other in our roles.



Figure 15 Volunteers selling seconds for training



Figure 16 Volunteer serving BBQ

6.1 Parent or Guardian Participation

IKSC relies on participation. It is an expectation that every member, or their families, will be proactive and give help whenever possible.

Parents or Guardians should expect to place their name into their team's roster, which will be provided at the beginning of the season and managed by your team manager throughout the season.

This involvement will make a BIG difference to the way YOUR Soccer Club is run and managed and will be greatly appreciated.

Duties may include:

Mini Roos Coach

The sub-junior J-League competition (also known as the Miniroos) is a non-competitive league to introduce our children from 5 years and upwards to the game of soccer. To assist our Miniroo's Coordinator, every season we look for parents interested to put a hand up and volunteer as a Miniroo coach during training and gameday. We understand this can be daunting especially to those new to the game. To ease parents into this role, the club through its sun-junior coaching coordinator will provide a short workshop to give volunteer parents guidance and the tools to confidently fulfill the role as a Miniroos coach. These roles can be very rewarding, and we encourage parents to get involved and have a go with the support of our coaching team behind you.

Team Manager

A Team Manger assists the coach to run and maintain a successful team and manages the team roster. See next page for a more detailed description of the role of a Team Manager.

BBQ & Kiosk

This involves assisting our Kiosk Coordinator during training times, on occasional exhibition or home games, or turning some sausages during select home games and training nights. The BBQ and kiosk raise important funds which assist the club to continue providing quality facilities and helps keep your annual fees down.

Assistant Referee

To run the lines and signal if a team has committed an offside offence. IKSC will provide information and education on this role during training times. It's not as daunting as it might sound.

Home Game Preparation and Pack Up

Helping with field set up and pack up duties before and after each home game. This includes set up or pack up of goals and nets, checking the field is safe, chairs and substitution area, marquee if required, first aid stretcher, corner flags, general tidy of club rooms, checking toilets are open. This will require arriving at the ground 45 minutes before the game.

Scoring

Recording the player numbers, the goals scored and any offences.

Half Time Oranges

Bring a container of cut orange for half time refreshment. The IKSC do not encourage nor support lollies as a half time snack.

Car Pooling

Parents or guardians can share driving to and from matches and provide positive support to their children's team. It is also a fantastic way to conserve valuable resources!

Team Marshal

For every game each club required to have a Team Marshal present. To effectively manage and administer the team's (including parents, supporters, and spectators associated with their respective team) behaviour and actions throughout the duration of the game. More details can be found in relation to this role on our club website.

Everyone gets more out of the experience when the work is shared. If you have other skills you think may benefit the club, please contact one of the committee members. We would love to speak with you.

Community spirit thrives at Irymple Knights Soccer Club. Join us in creating a special and safe sporting environment for your kids and families.



Figure 17 **Volunteer by helping with registrations**

6.2 Team Managers

Team managers are integral to a successful team.

Alongside the committee, coaches, and coordinators, the Team Managers are some of the most important volunteers in our club.

A Team Manger assists the coach by performing all the administrative tasks required to run and maintain a successful team. A good Team Manager will allow a coach to

concentrate on coaching the players, which in turn ensures each player receives optimum attention and gives every player a chance to perform to the best of their ability.

The parents should appoint a Team Manager for their team. If more than one parent is interested in the role the position may be shared.

Please see team manager job description for further details.

Duties:

- Provides a contact point for team members.
- Ensures the coach is fully aware of a team member's availability.
- Compiles team lists and match (day/location/time),
- Ensures team box, first aid kit and medical records are at each game.
- Provides administrative support (supported by club committee).
- Rosters parents for their game duties.
- A Team Manager needs to be appointed for each team as soon as possible after registration day.
- Emphasis is on helping the club; therefore, your input is essential!

Working with Children Check

All coaches and any parent who will be working directly with the players are required to have a valid Working with Children Check. These are free for volunteers and instructions for applying can be found at www.workingwithchildren.vic.gov.au.

Once obtained, please email your working with children details to our registrations officer junior coordinator at regos@irympknights.org.au

7. Communications

IKSC encourages managers, members, parents and players to use the Smartphone team management app, **Team App**.

It'll keep you up-to-date with your team's news, events, schedules and much more. **Its 100% FREE.**



Download Team App here [Team App](#)

- Launch Team App. Then:
- Sign-up to Team App. You'll be sent an email to confirm your registration.
- Log in. Then search for Irymple Knights SC and request access to group(s) that apply to you.

If you don't have a smartphone, you can sign yourself up at <https://www.teamapp.com/> and you will receive email notifications.

Contact your Age Group Coordinator if you need assistance.

Also check our Facebook page

<https://www.facebook.com/groups/208636036005214/>

and our website www.irympknight.org.au



Photography

We love to take photographs of our teams playing during the course of the season and we love to share them where appropriate. If you do not wish for photographs of yourself or your child to be used, please tick the appropriate permission box on the medical form and draw you managers attention to this.

Photographs and any recordings will only be used in appropriate club promotional material, including but not limited to facebook, web and local papers. Full names and details will not be supplied with photos unless prior permission has been obtained.

Under no circumstances are mobile phones or cameras permitted in change room areas, toilets or showers.

8. Training

Every day is a chance to get better.

Training times will be confirmed by the coaching group prior to the start of the season and will be issued with the club's information pack.

- **Regular attendance**

Regular attendance at training is fundamental in developing team unity and commitment. However, IKSC recognises that on occasion players will have problems attending training due to other commitments. If a player cannot attend due to illness, injury, or a school commitment, they must advise the Coach or Team Manager in advance.

If players do not attend training and do not notify the Coach or Team Manager on regular basis, they may find they are "benched" for part of the next match; this is entirely at the discretion of the Coach.

- **Suitable Sports Attire**

It is a requirement for all players to wear suitable sports attire for training. Soccer boots / runners (depending on surface) and shin guards are compulsory for all training sessions and games.

Volunteer assistants must wear suitable sports footwear and attire.

- **Supervision**

All players must be supervised by a parent/guardian or responsible adult at all times. Players should be picked up promptly at the cessation of both training and games.

IKSC has child safe practices in place, which means if your child is waiting, two club representatives must wait with them. Those two club representatives also have families and chores to do when they get home, after wrangling a whole team of children.

Whilst we encourage the participation of parents, the training field is not the best time to interact with players and coaches. If you would like to assist with training, please speak to the individual coach to work out an option that suits both. Please be respectful of the coach's boundaries. Different teams and coaches have different needs, and your teams coach will be aware of these.

If you have questions, please speak to the team manager or wait until after the session is finished to speak with the coach. We minimise distractions in this way to ensure a higher quality training session.

The Club is not responsible for:

- The security of players' belongings.
- Children left unattended by parents or carers.



Figure 18 *IKSC training pitch.*

Wet/Dry weather policy

Ground conditions will be assessed on a continuing basis and a decision made if grounds are suitable for training. If in doubt as to whether training has been cancelled due to inclement weather, players are to contact their own Team Manager.

The team manager or coach will contact all players via TeamApp as soon as a cancellation comes to light.

Team Selection

In determining the number of teams to be registered, account is taken of the number of eligible and registered players in each age group, availability of coaches and grounds for training and match day.

We aim to try and accept all those who wish to play. If it is necessary to reduce squad sizes, a recommendation on players who are to be omitted shall be the responsibility of the appropriate age level Coordinator in conjunction with the Team Coach.

IKSC Boot & Teamwear Exchange

You may have grown out of your boots this season, but there is always someone with smaller (and larger) feet than you.

Donations can be made by contacting iksc@irympkights.org.au

Please ensure all donations are clean and in suitable condition to be exchanged. Boots can also be placed in the boot donation bin in each change rooms.

This is a not-for-profit program, all money raised will go towards buying vital equipment for the club. Don't worry if you don't have any to swap. For as little as \$5 you can walk away with your next seasons boots.



*»You play at the rhythm you train at.
If you train badly, you play badly. If
you work like a beast in training, you
play the same way«*

Pep Guardiola

9. Game Day

It's hard to beat someone who never quits.

All games are played at the **Old Aerodrome Ovals**, located on Eleventh street, Mildura. You can enter via Eleventh Street or Flora Avenue. The grounds are owned and maintained by Mildura Rural City Council.

Generally, Game Day commences with Mini Roos and Juniors in the morning, followed by Seniors in the afternoon. The figure below shows the Pitches used on Games Days with toilet facilities located in the centre.

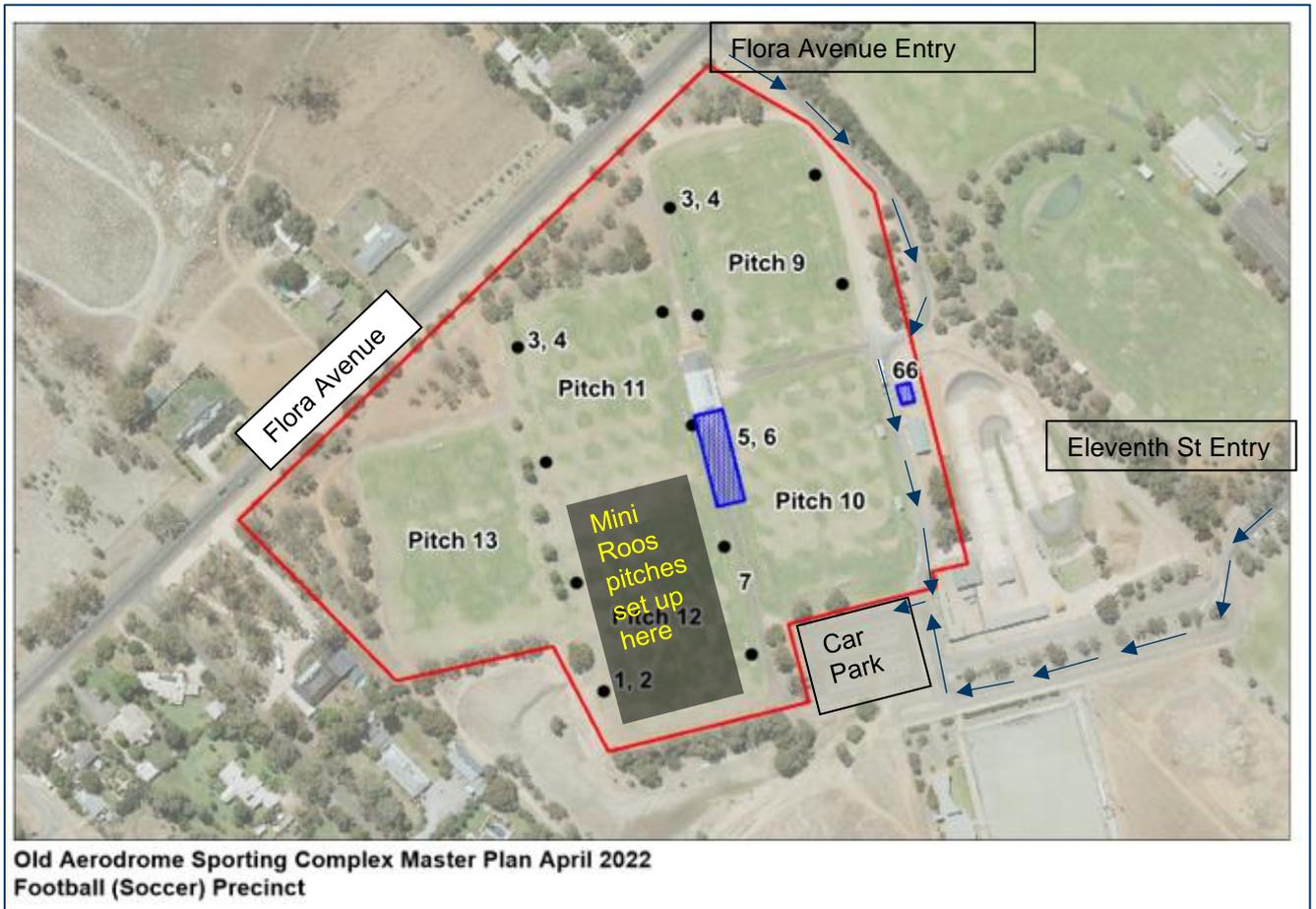


Figure 19 Old Aerodrome Ovals, Pitches 9 to 13

9.1 What Players need for Game Day

Players are expected to arrive, a **minimum of 30 minutes prior** to the scheduled match start time, to allow for adequate warm-up and pre-match briefing. Please be aware that your coach may alter this time-frame.

Players from older teams are expected at the match site **ONE hour before start**.

All players should arrive at a game equipped with necessary sporting attire, which includes:

- Soccer boots & Shin guards
- Warm jacket as a minimum, or a clothing change
- DRINK. At least one litre of water. NOT caffeinated and/or soft drinks.
- Uniform (IKSC supplied shirt, black shorts and green socks)
- Towel

If a player is sick or unable to make the game it is important to let the Coach or Team Manager know as soon as possible. If you are running late please give a courtesy call or text, as it saves team anxiety, helps the coach plan and look professional.

9.1.1 Coaches

Our club makes every attempt to have Coaches and Team Managers appointed in place prior to the commencement of season training.

IKSC participate in the FFV Club Coach Co-ordinator (CCC) Program. The purpose of CCC is create a coaching team environment where coaches support and mentor each other and share resources. The focus for our coaches is on player engagement, development, and enjoyment, creating a positive environment which helps both players and coaches to stay in the game for longer. We have coaching guidelines in place to ensure quality coaching practices throughout our club, from small sided to seniors.



Figure 20 *Some of our amazing 2023 coaches!*



Figure 21 Coach Roger with U15 Girls



Figure 22 Coach Marco with U6's.



Figure 23 U16 Training



Figure 24 Coach Sam

9.1.2 Uniform

In 2019, the IKSC updated the club kit, creating a uniform look across all teams.

IKSC will loan players a team shirt which they are required to take care of until the end of the season. At that time the team manager will collect the shirts and return them to the club, taking note of any damaged or unreturned shirts.

Any player who purposefully damages a shirt or does not return it will not be allowed to register the following year until they have either paid for or replaced the shirt.

A set of goalie gloves will be provided for each team.

Junior players will be required to purchase their own socks, shorts, shin guards and football boots. There is also a range of club merchandise available through the kiosk and on-line.

Merchandise can be purchased on-line at **[SHOP | Errea Sportswear | Errea Australia | Irymple Knights](#)**



Figure 25 In 2019, IKSC updated the club kit. Get online at ERREA and order some IKSC merchandise.

9.1.3 Player Registration

Every player must be fully registered with the club prior to the commencement of the season. Registrations are online through www.playfootball.com.au/

New players will need to create a FFA account through www.myfootballclub.com first, then continue to registration. Returning players use their existing FFA number.

Please ensure you update your personal details including address and email address.

Players will not be eligible to participate until registration fees are paid in full, or a payment plan has been agreed upon with the IKSC Registration Officer.

What do your Registration fees Cover?

- Team and Player registration and insurance.
- Registration with Football Federation Australia (FFA), Football Federation Victoria (FFV), Football Federation Sunraysia (FFS) and IKSC. Part of the fees that you pay to us go to our governing bodies and associations.
- Referees fees
- Purchase of club training equipment
- Coach education (Our coaches do not get paid but we can help pay for their training)
- General maintenance and running costs.

Each year IKSC reviews fees, which are calculated to cover player and club running costs. It is not the clubs aim to profit from player registration fees.

IKSC reserves the right to withdraw any player that has not paid his/her membership.

Train Only Packages - For those not able to commit to weekly games, but would still like to train or play socially, IKSC offer training only packages.

Please note: When you register on-line you are agreeing to the Irymple Knights Soccer Club Terms and Conditions as detailed in this handbook and agreeing to uphold the parents and members Code of Conduct.

9.1.4 Rules and Regulations

Irymple Knights Soccer Club is governed by the Codes of Conduct and Rules and Regulations found in this handbook, as well as those of our governing bodies:



Figure 26 Football Federation of Victoria
www.footballfedvic.com.au/club-hq/rules-regulations



Figure 27 Football Federation Sunraysia (FFS)
www.ffs.org.au

9.2 Health and Safety

Important. Notify the coach and team manager of any health/medical condition that you believe may impact the player's ability to train or play. Please ensure the coach is aware of your asthma or anaphylaxis plan and make sure any medication required are present at every game and training session.

Shin-pads are a compulsory piece of equipment for ALL players and players are not permitted to play without them.

First Aid Kits are provided by the Club and are available while training or playing in home or away matches. Parents/Guardians are reminded that they are responsible for any medications that a child might require. Parents should discuss their child's special needs with the coach at the beginning of the season.

To ensure the safety of all players, jewellery must not be worn during games. Earrings may only be worn if they are covered with tape, but the REFEREE has final say on this issue and may ask the player to remove the earring(s).

Extreme Weather Policy

IKSC follows the Football Victoria Extreme Weather Policy for training. The policy communicates the club and player responsibilities for training in Extreme Heat, Extreme Cold, Lightning & Thunderstorms, Air Quality & Pollution and Unforeseen Environmental Conditions.

The policy refers to a Thermal Comfort Observation (WGBT – Wet Bulb Globe Temperature Heat Stress Meter). Clubs are advised to refer to the Bureau of Meteorology website and track the Thermal Comfort Observation. Station Name is Mildura.

Please refer to Football Victoria Policy for most up to date information

[FV Extreme Weather Policy.pdf \(footballvictoria.com.au\)](#)

Players and Parents will be notified via Team App if training and or game day play is cancelled.

The importance of a mouth-guard when playing football

Sports-related injuries to the mouth and jaw are common, yet only a small percentage of young players wear a mouth-guard. Mouth-guards are particularly important when playing sports such as soccer.

A mouth-guard can help cushion a blow to the face that might otherwise result in an injury to the mouth and joints. It acts as a shock absorber protecting the teeth and lower jaw

from breaking, prevents you from accidentally biting your lips, tongue or cheeks, and helps prevent chipped or broken teeth, nerve damage to a tooth or even tooth loss.

IKSC recommend players wear mouth-guards for their own safety.

No Smoking

IKSC recognises that passive smoking is hazardous to health and those non-smoking club members and visitors have the right to be protected from exposure to tobacco smoke.

All club facilities are to be 100% smoke free, including:

- No smoking is to take place around the ground or near the buildings. Smoking is permitted outside the fence and in the gravel carpark areas only.
- No smoking in the kitchen, club room, veranda, kiosk, and storage areas.
- No smoking in the player change rooms including warm up areas, toilets and showers and medical room.

Harassment and Discrimination

Irymple Knights Soccer Club is committed to providing a safe and inclusive sporting environment where each participant is a valued member of the club, are treated fairly and recognised for their contribution.

Harassment or discrimination whether verbal, physical or environmental will not be tolerated by the Club.

Child Safety

We believe that all children have the right to feel safe and to be safe all the time.

All committee, coaches, team managers, technical directors, sports trainers/physios, referees, parents/guardians, players, family members of players and volunteers of the IKSC are required to observe child safe principles and expectations for appropriate behaviour towards and in the company of children. We are committed to protect children from physical, sexual, emotional, psychological, and cultural abuse, and neglect wherever possible.

Please encourage your children to speak to one of our child protections officers if they are feeling uncomfortable in any way, or experience bullying or any kind of harassment.

A copy of the IKSC Child Safe Policy and Procedure are available on the club website and in the clubrooms.

Irymple Knights SC has implemented the child safe standards as recommended by the Victorian State Government's, Commission for Children and Young People.

www.ccyp.vic.gov.au/child-safe-standards/index.htm

Dedicated Child Safety Officers at IKSC are:

- Junior Coordinator.
- Coaching Coordinator.
- Club President.

You or your child may speak to any of these people in confidentiality, safety and with confidence that the appropriate steps will be taken to ensure child safety. As part of our process the club President will be notified of all reports.

10. Codes of Conduct

Please remember... keep calm and let the kids play.

IKSC aims to develop and improve the skills, game play, and team spirit of its players and teams. It is important that all spectators, club officials, team officials, parents, and players are able to enjoy the match in a safe and comfortable environment. The Club requires its players, parents and officials to be uncompromising in aspects of fair play and good sportsmanship.

When you register on-line you are agreeing to the Irymple Knights Soccer Clubs Code of Conduct.

Please read and adhere to the following Codes of Conduct.

The FFA Code of Ethics

This code is designed:

- To emphasise the elements of enjoyment and satisfaction to junior players and coaches involved in soccer.
- To make adults including parents and coaches aware that young player's play soccer to satisfy themselves and not necessarily to satisfy adults or members of their own peer group.
- To improve the overall health and fitness of Australia's youth by encouraging participation in soccer and making it attractive, safe, and enjoyable for all to play.
- To remind administrator's, coach's, referees, and parents that soccer must be administered, taught and provided, for the good of those young people who wish to play soccer, as ultimately "It is their game".

10.1 Parent Code of Conduct

- Remember that children play the sport for their enjoyment, and not yours.
- Encourage children to play according to the rules and spirit of the game.
- Encourage all children to participate, do not force them.
- Focus on the child's efforts and performance rather than the result of the activity (that is winning or losing).
- Never ridicule or yell at a child for making a mistake or losing a game.
- Remember that children learn best by example, so applaud good play by both teams.
- Support all efforts to remove racial and religious vilification, verbal, and physical abuse from sporting activities.
- Respect the match official's decisions and teach your child to do likewise.
- Show respect and appreciation to Club officials, including coaches, officials, and administrators. Ensure any issues are raised through the correct channels.
- "Smart supporting" – not loud and intense but calm, relaxed and at all times positive.
- Respect the rights, dignity and worth of every young person regardless of gender, ability, cultural background, or religion.
- Do not smoke or consume alcohol near the team bench (technical area) or sideline, or within those grounds that restrict this.

10.2 Player Code of Conduct

- Play by the rules and within the spirit of the game.
- Do not argue with match officials. If you disagree, have your captain or coach approach the match official during a break in play or after the match is concluded.
- Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking another person is not acceptable or permitted in any sport.
- Maintain your focus and work hard for yourself and your team.
- Be a good sport and be prepared to acknowledge good play whether it is from your team or the opposition.
- Treat all players as you would like to be treated. Do not interfere with, bully, or take unfair advantage of another player.
- Cooperate with your coach, teammates, and opponents. Without them there would be no competition.
- Play for your own enjoyment, and not just to please parents and coaches.
- Remove all jewellery prior to training and match play, as it is a hazard to you and those around you.
- Do not accept or use any banned or unauthorised drug(s) including the consumption of alcohol at any time.



Figure 28 *Honouring our referees on game day*

10.3 Coach Code of Conduct

- I will respect the rights, dignity and worth of all players and ensure that everyone is treated equally.
- I will ensure that the players are involved in a positive environment, and that the game and training is a positive and enjoyable experience.
- I will respect all players individuality and help them reach their own full potential.
- I will be fair, considerate, and honest with all players.
- I will be professional and accept responsibility for my actions and encourage players to demonstrate the same qualities.
- I will make a commitment to my team, and myself that I will continue to improve my own knowledge of the game through coach education and various training programs.
- I will coach my players to play within the rules and in the spirit of the game of soccer.
- I will avoid any physical contact with the players and should it be required it would be appropriate to the situation and necessary for the player's skill development.
- I will refrain from any form of personal abuse towards my players. Also be aware to any forms of abuse directed towards my players from other sources whilst they are in my care.
- I will refrain from any form of harassment towards my players.
- I will provide a safe environment for training and competition, by ensuring the equipment and facilities meet safety standards.
- I will show concern and caution towards sick and injured players and allow for further participation in training and competition only when appropriate.
- I will not engage in the use of crude, foul or abusive language that may be determined offensive or engage in any conduct detrimental to the image of the game when on or off the field.
- I will refrain from arguing with the referee and / or assistant referees regarding decisions they make.
- I will treat participants, officials and spectators with courtesy and respect.
- I will always encourage my team to play within the laws of the game.
- I will not consent to the use of any banned substance or drugs of dependence by my players.
- I will act in a responsible manner and accept responsibility for my actions.

10.4 Administrator Code of Conduct

- Help coaches and officials highlight appropriate behaviour and skill development and assist in raising the standards of coaching and officiating.
- Ensure everyone involved in football emphasises fair play, and not winning at all costs.
- Be tolerant and calm under pressure and approach problem solving in a supportive manner as members and players will expect you to set an example for others.
- Make every effort to educate persons who breach these guidelines from time to time.

10.5 Spectator Code of Conduct

- Applaud good play and performances from both teams, and be forward in congratulating all participants on their performance regardless of the final outcome.
- Respect the match officials decisions on the day.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
- Show respect for both teams when watching matches, because without them there would be no game.
- Encourage all player s to follow the rules and accept the decision of the match official.
- Do not intimidate, harass or use foul language towards players, match officials, Club officials or spectators.

10.6 Breach of Codes of Conduct

If a breach in the code of conduct occurs, it will be referred to the committee for an appropriate course of action. Breaches may result in a caution or formal letter of warning. Continuous infringements of the same nature will result in match bans and ultimately exclusion from the club.

Severe breaches such as violent or threatening behaviour to players, coaches, parents etc. will result in expulsion from the club and potentially from the FFV/FFA. Inappropriate parental behaviour will adversely affect the children as the entire family may be asked to leave the club.

11. Member and Parent Agreement

Dear Parent/Guardian, players and other members,

The following are the Terms and Conditions of the Club, which you agree to when you or your child register on-line, sign our player information sheet and become member, or take on a volunteer role within the club.

- ✓ *We, the parent/guardian/player, have received and read the Irymple Knights Soccer Club Inc. Parents and Players Handbook which outlines all Club rules, regulations, codes of behaviour and guidelines under which the Club is governed and agree to be bound by these. We also acknowledge that we are bound by the Rules and Regulations as laid down by the Football Federation of Australia, the Football Federation of Victoria and Football Federation Sunraysia.*
- ✓ *We acknowledge that we understand where the insurance policy held by the Club with respect to medical and like expenses incurred as a result of injuries suffered by the players during the course of training and/or competition does not cover all of the medical and like expenses any shortfall in the cost of obtaining urgent and/or continuing medical treatment shall be borne by us.*
- ✓ *We understand that players who have not paid their registration fee will not be selected to play.*
- ✓ *We consent, unless we otherwise advise in writing to the Club, to the use of our child/ children's photographic image and likeness, before, during or after the season for promotional, broadcasting or reporting purposes in any media.*
- ✓ *We give permission to the Club to attend to any medical or emergency needs for our child/ children, in the event that neither parent, nor guardian is present, and we agree to meet all resulting medical expenses. We also acknowledge it is our responsibility to ensure the Club, in writing, is fully aware of any medical condition that may affect our child whilst engaged in soccer activities.*
- ✓ *We consent to our child/children's contact details be made available to Club officials (i.e. coach, team manager).*
- ✓ *We acknowledge that soccer training and games is a contact sport and accordingly hold the Club harmless against all claims of whatsoever nature arising out of any injury, loss or damage suffered as a result of any player participating in any authorised Club soccer training or game.*
- ✓ *We agree to reimburse the club for any loss or damage to Club equipment (this includes the playing strip) due to our or our child's negligence.*

12. Football Federation Sunraysia

Football Federation Sunraysia (FFS) delivers a vibrant and sustainable competition throughout Sunraysia and IKSC is a valued and engaged club in the FFS. On the Football Federation Sunraysia website, you will find information about our local football competition, its affiliate members as well as the rules and regulations that we abide by. [HOME | FFS](#)

FFS also participate and field teams in the Football Victoria Competition. Please talk to your coach about nomination and representation of FFS Team.



Figure 29 *Mini Roos from different local clubs participating in the Sunraysia competition.*

13. Facilities for Hire

The IKSC Clubroom is available for hire for members!

The function area accommodates **up to 200 people standing or 150 people fully seated**. The venue comes with audio/visual equipment, kitchen, restrooms, surround parking and large open space for outdoor entertaining.

What makes our space a great option for your occasion is the opportunity to make the space your own. We have facilitated many types of events that have completely transformed our venue to suit their needs. This includes kids themed birthday parties, corporate sessions, sport training sessions, cocktail parties or as simple as a band with open floor space to dance the night away. We also provide ample outdoor space on both sides of the clubroom that can be used for various purposes such as jumping castles and outdoor games.

Please check out our website under Hall Hire or email iksc@irympknights.org.au

14. Useful Resources Useful Resources



Play by the Rules

www.playbytherules.net.au



Commission for Children and Young People
- Child Safe Standards

www.ccyp.vic.gov.au/child-safe-standards/index.htm



Play Football

www.playfootball.com.au/



FOOTBALL FEDERATION
SUNRAYSA

Football Federation Sunraysia

www.ffa.org.au



Irymple Knights Soccer Club

www.irympleknightsofc.com.au



FOOTBALL
VICTORIA

Football Victoria

www.footballvictoria.com.au/



Vic Health

www.vichealth.vic.gov.au

Attachment 1

2023 Staff / Coaches

2023 COMMITTEE



President
Tony Romeo



Vice President
Sam Primarano



Treasurer
Rita Valentich



Secretary
Linda Primarano



Registration Officer
Heather Stamation
regos@irypleknights.org.au



Sponsorship /Events
Carmel Pitto

MINI-ROO COACHES

Please talk to **Mini Roos Coordinator Heather Stamation** if you can assist coaching



U6
Coach
TBA



U8
Coach
Marco Pettinau



U10
Coach
Phil Karalis



U10
Coach Assistant
Michael Pitto

JUNIOR COACHES

Please talk to **Junior Coordinator Sam Primarano** if you can assist coaching



U12 (Mixed)
Head Coach
Frank Giugno



U13 Girls
Head Coach
Ray Miemetis



U14 (Mixed)
Head Coach
John Ayling



U16 Girls Coach
Head Coach
Roger Burrows

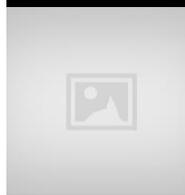


U16 Mixed Coach
Head Coach
Sam Primarano

SENIOR COACHES



Senior Mens
Head Coach
Phil Karalis



Senior Mens
Assistant Coach
Mick Morton



Senior Reserves
Head Coach
TBA



Senior Reserves
Assistant Coach
TBA



Senior Womens
Head Coach
Luke Sheehan



Senior Womens
Assistant Coach
Phil Cochrane



Over 35s
Head Coach
TBA



Over 35s
Head Coach
TBA

Attachment 2

**ALDI Mini Roos National Playing Format
and Rules**



National Playing Formats and Rules

ALDI MiniRoos Club Football



Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 6 & 7:

The number of players	4-a-side with no goalkeeper Maximum of three substitutes
The field of play	30m x 20m
Goal size	2m wide x 1m high
Ball size	Size 3
Duration of the game	20 min halves Minimum 5 min half-time break
Penalty area	No penalty area required

Goal type

It is preferable that pop-up style portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using pop-up style portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au.

Goalkeeper

There are no goalkeepers in ALDI MiniRoos Under 6 & 7.

It is the responsibility of the Game Leader to discourage children from permanently standing in front of the goal.

Ball crossing the touch line

There is no throw in.

A player from the opposing team to the player that touched the ball last before crossing the touch line will place the ball on the touch line and pass or dribble the ball into play. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

Ball crossing the goal line

There is no corner kick.

Regardless of which team touched the ball last, a player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.

Offside

There is no offside rule in ALDI MiniRoos Under 6 & 7.

Game Leaders should strongly discourage children from permanently standing in blatant offside positions.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).

Most acts of handball or fouls and misconduct at this level are caused by a lack of coordination, with no intent. In this case try and give the advantage to the attacking team and continue play. If you decide a deliberate or serious act of handball, foul or misconduct has occurred, explain to the child they have done the wrong thing and that they should not do this again. Free kicks should be awarded as appropriate.

Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 6 & 7 football and do not exist.





National Playing Formats and Rules

ALDI MiniRoos Club Football



Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 8 & 9:

The number of players	7-a-side including a goalkeeper Maximum of four substitutes
The field of play	Minimum: 40m long x 30m wide Best Practise: 45m long x 35m wide Maximum: 50m long x 40m wide
Goal size	3m wide x 2m high
Ball size	Size 3
Duration of the game	20 min halves Minimum 5 min half time break
Penalty area	5m deep x 12m wide

Goal type

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au.

Offside

There is no offside rule in ALDI MiniRoos Under 8 & 9.

Game Leaders should strongly discourage children from permanently standing in blatant offside positions.

Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds.

The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5 metres away from the ball until it is in play.

The ball is in play once it enters the field of play.

A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal.

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

Fouls and misconduct are:

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps at an opponent;
- charges at an opponent;
- strikes or attempts to strike an opponent;
- pushes an opponent;
- tackles an opponent from behind to gain possession of the ball;
- makes contact with the opponent before touching the ball;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player.

Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 8 & 9 football and do not exist.



National Playing Formats and Rules

ALDI MiniRoos Club Football



Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 10 & 11:

The number of players	9-a-side including a goalkeeper Maximum of five substitutes
The field of play	Maximum: 70m long x 50m wide Best Practise: 65m long x 45m wide Minimum: 60m long x 40m wide
Goal size	Maximum: 5m wide x 2m high
Ball size	Size 4
Duration of the game	25 min halves Minimum 5 min half time break
Penalty area	10m deep x 20m wide

Goal type

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au.

Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over their head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play once it enters the field of play.

A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

Offside

The official offside rule (Law 11, FIFA Laws of the Game) does not apply to ALDI MiniRoos Under 10 & 11. Goals can be scored from the offside position.

Game Leaders should direct players permanently standing in blatant offside positions to move into onside positions.

Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

Fouls and misconduct are:

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps at an opponent;
- charges at an opponent;
- strikes or attempts to strike an opponent;
- pushes an opponent;
- tackles an opponent from behind to gain possession of the ball;
- makes contact with the opponent before touching the ball;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player.

Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 10 & 11 football and do not exist.



National Playing Formats and Rules

Effective from 1 January 2015



The following aspects of ALDI MiniRoos Club Football are common across all age groups from Under 6 to Under 11.

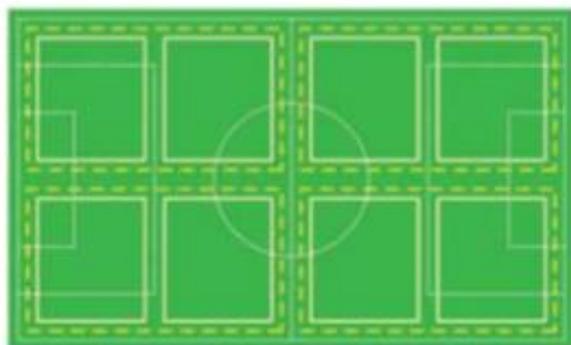
Field Layouts

ALDI MiniRoos fields are easy to set-up and only take a few minutes.

The below diagrams outline how ALDI MiniRoos pitches should look when set-up on a full-size football field:

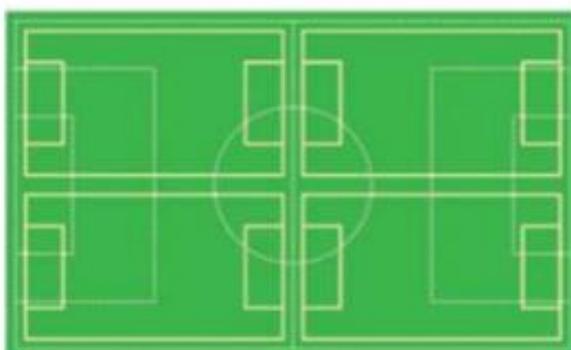
Under 6 & 7

Up to 8 pitches on a full-size football pitch



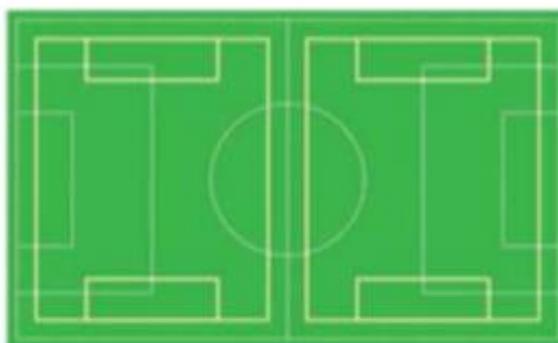
Under 8 & 9

Up to 4 pitches on a full-size football pitch



Under 10 & 11

Maximum of 2 pitches on a full-size football pitch. Alternatively 1 pitch can be set-up penalty box to penalty box.



Field Markings

Cones, markers or painted line markings are suitable.

This includes the penalty areas in the U8 – U11 age categories.

Start of play and re-start after a goal

Pass to a team mate from the middle of the half way line. All players must be in their own half of the field of play. Opponents must be at least 5 metres away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

Ball in and out of play

The ball is out of play when it has wholly crossed the goal line or the touch line on the ground or in the air, or when play has been stopped by the Game Leader.



National Playing Formats and Rules

Method of scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar. When goal posts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them, below shoulder height of the player.

Shin guards

Shin guards must be worn by all players without exception.

Concussion

Any player suspected of suffering from concussion should be examined by a medical practitioner before returning to play. As a general rule; "If in doubt, sit it out".

Substitutions

Players may be rotated on and off the field at any time during the game. A coach/parent may make substitutions while the ball is in play, ensuring the player is off the field before the substitute goes on. Equal playing time should be a priority ensuring all players regardless of age, gender and/or ability get to take the field.

Regular rotation of players is key. Kids don't register to watch football – they just want to play! If there is space on the sidelines, substitutes should be encouraged to set up small-sided games or practice their skills in a designated area, not interfering with play.

Game Leaders

Each game is to be controlled by one Game Leader.

The main role of the Game Leader is to keep the game moving fluently, limit stoppages and assist players with all match re-starts. Most importantly, they must make every effort to create an environment that ensures that all players have fun, are learning the game and have maximum involvement.

The Game Leader can be a club official, parent, older child/player or beginner referee and should always be enthusiastic and approachable. Most importantly, remember the children are learning the game – be flexible and patient.

The Game Leader should:

- Encourage all children to have fun and different children to take re-starts;
- Ensure the correct number of players are on the field;
- Discourage players from permanently over-guarding the goal;
- Check all players are wearing shin guards;
- Use a "Ready, Set, Go" prompt to encourage quick decisions when restarting play;
- Encourage children to dribble or pass ball to team mates rather than kick the ball long;
- Ensure the opposing team is at least 5 metres outside the penalty area for all goal line restarts;
- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children;
- Encourage children to be involved in all aspects of the game, attacking and defending;
- Award free kicks as appropriate to help children learn the rules and consequences of committing fouls;
- Explain the rules to players and why a free kick has been awarded;
- Let the game flow and give instruction to all players on the run where you can;
- Praise and encourage both teams; and
- Be enthusiastic and approachable.

Game leaders are encouraged to undertake a free FFA ALDI MiniRoos Certificate prior to start of the season.



#IKSC

#GoKnights

#IKSC2023

Irympleknights.org.au

