



**SOUTH  
METRO  
JUNIOR**  
FOOTBALL LEAGUE

COACHES MEETING

MODIFIED RULES

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**Jake McCauley**

**SMJFL**

**General Manager**

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**Gary Brown**

**AFL Victoria  
Regional Development  
Manager**

# Coach Accreditation

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- All coaches must be accredited
- Accreditations are for 4 years
- Re-accreditation notification is emailed out in the November of the expiry year
- Clubs can now check accreditation status through Sporting Pulse

SMJFL will complete annual audit in **May 2016**

- If a Club coach is not accredited:
  - Coach will no longer be able to coach
  - Club will be fined \$100 / coach

# COACHES CODE OF CONDUCT



I, \_\_\_\_\_, hereby commit, to the best of my ability, to uphold the AFL Coaches Code of Conduct.

***I understand that as an integral component of my accreditation, I must maintain a standard of behaviour and conduct in the best interests of the game and the players/ staff in my care.***

***In representing myself in an honest manner, and without bringing the coaching profession or the Game into disrepute, I will endeavour to uphold the following to the best of my ability:***

1. *I will respect the rights, dignity and worth of all individuals within the context of my involvement in Australian Football, including refraining from any discriminatory practices on the basis of race, religion, ethnic background, or special ability/disability.*
2. *I will abide by and teach the AFL Laws of the Game and the Rules of my Club and League/Association.*
3. *I will be reasonable in the demands I make on the time commitments of the players in my care, having due consideration for their health and well-being.*
4. *I will refrain from any form of personal abuse or unnecessary physical contact with the players in my care.*
5. *I will have due consideration for varying maturity and ability levels of my players when designing practice schedules, practice activities and involvement in competition.*
6. *I will avoid overplaying the talented players aiming to maximise participation and enjoyment for all players regardless of ability. Where I am responsible for players in the 5-12 year old age group, I will strive to ensure that all players gain equal playing time.*
7. *I will stress and monitor safety always*
8. *In recognising the significance of injury and sickness, I will seek and follow the physician's advice concerning the return of injured or ill players to training*
9. *I will endeavour to keep informed regarding sound principles of coaching and skill development, and of factors relating to the welfare of my players*
10. *I will at all times display and teach appropriate sporting behaviour, ensuring that players understand and practise fair play.*
11. *I will display and foster respect for umpires, opponents, coaches, administrators, other officials, parents and spectators.*
12. *I will ensure that players are involved in a positive environment where skill learning and development are priorities are not overshadowed by a desire to win.*
13. *I reject the use of performance enhancing substances in sport and will abide by the guidelines set forth in the AFL DRUG POLICY.*

**Note:** *This "Coaches Code of Conduct" is to be signed and conformed to as part of the accreditation requirements of the AFL. Coaches should be aware that, in addition to this Code, they may be obliged to sign a further Code of Conduct/Ethics with their Club and/or League.*

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**WITNESS SIGNATURE:** \_\_\_\_\_ **NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

*(To be signed by Club President, Auskick Coordinator, S*

# Code of Conduct

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10. I will at all times display and teach appropriate sporting behaviour, ensuring that players understand and practise fair play.

# Code of Conduct

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11. I will display and foster respect for umpires, opponents, coaches, administrators, other officials, parents and spectators.

## Code of Conduct

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12. I will ensure that players are involved in a positive environment where skill learning and development are priorities are not overshadowed by a desire to win.



# Citation 1

AFL Coaches Code of Conduct – Citation 1

May 13, 2014

Dear Joe

**Re: Coaches Code of Conduct**

The Northern Football League/AFL Victoria wishes to advise you that you have been issued with a Citation 1 for a breach of the AFL Coaches Code of Conduct. Specifically,

***Item 10 – “I will at times display and teach appropriate sporting behaviour ensuring that players understand and practice fair play.”***

***Item 11 – “I will display and foster respect for umpires, opponents, coaches, administrators, other officials, parents and spectators.”***

***Item 2 – “I will abide..... the rules of my Club and League/Association.”***

This is also in breach of NFL By-Law 44, Conduct of Behaviour at Matches.

As designated by Stage 1 of the AFL Coaches Code of Conduct administration procedure, your club will be responsible for assisting you in this area.

Myself and Ron McKeown, Operations Manager, NFL can provide you with an opportunity to gain further information regarding the Coaches Code of Conduct philosophy and its importance to Australian Football if you so wish.

Your Club President, Mark McNeil will also be advised of the Citation.

Chief Executive Officer NFL, Peter McDougall, and Ron McKeown will also be provided with a record of the Citation which highlights the information regarding the Coaches Code of Conduct philosophy and its importance to Australian Football.

Yours Sincerely,



Phiv Demetriou

AFL Victoria,

Community Development Manager, Northern Region

# Citation 2

## **AFL Coaches Code of Conduct – Citation 2**

Michael

### **Re Code of Conduct – Friday June 21, Training Under 10**

Dear Michael

Monday July 1, 2013

The Northern Football League/AFL Victoria wishes to advise you that you have been issued with a breach of the AFL Coaches Code of Conduct. When you sign the Code of Conduct, you are bound by and committed to the following statements:

"I understand that as an integral component of my accreditation, I must maintain a standard of behaviour and conduct in the best interests of the game and the players/staff in my care.

In representing myself in an honest manner, and without bringing the coaching profession or the Game into disrepute, I will endeavour to uphold the following to the best of my ability"

You have also breached in the following areas of the Code of Conduct

- ***Item 1 – "I will respect the rights, dignity and worth of all individuals within the context of my involvement in Australian Football***  
.....  
....."
- ***Item 4 – "I will be supportive at all times and refrain from any form of personal or physical abuse or unnecessary physical contact with the players in my care"***
- ***Item 7 – "I will stress and monitor safety always"***
- ***Item 9 – "I will endeavour to keep informed regarding sound principles of coaching and skill development, and other factors relating to the welfare of my players"***
- ***Item 10 – "I will at times display and teach appropriate sporting behaviour ensuring that players understand and practice fair play."***
- ***Item 12 – "I will ensure that players are involved in a positive environment..."***

As designated by Stage 2 of the AFL Coaches Code of Conduct administration procedure, the AFL Regional Development Manager in the Northern Region, Phiv Demetriou will be responsible for counselling and if required conducting further education with you.

As you have been stood down from coaching duties at....., any further coaching duties must be preceded by a meeting with yourself and myself (Phiv Demetriou), CEO Northern Football League, Jeremy Bourke, and the Club President, the expectation that any breach of the Code of Conduct again within a 12 month period from when you resume coaching, as part of the Citation 2, will result in your de-registration as a coach.

CEO of the NFL, Jeremy Bourke and Operations Manager Ron McKeown will also be provided with a record of the Citation which highlights the information regarding the Coaches Code of Conduct philosophy and its importance to Australian Football. We will keep this record on the AFL National Coaches database and here at the NFL Offices for future reference if needed.

**LAST course for the year**

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**Central Region Junior Coaching Course**

**Saturday 23<sup>rd</sup> April**

**at Box Hill Senior Secondary College**

**8.30am-5.00pm**

**Morning Tea & Lunch Provided**

**Box Hill Senior Sec. College**

**19 Dunloe Avenue,**

**Mont Albert North Vic 3129**

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# Jake McCauley

## General Manager

# SMJFL Values

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## OUR MISSION

- To provide kids a safe, supportive and inclusive environment which develops, promotes and maximises participation in Australian Rules Football

## OUR VALUES

The SMJFL believes in:

- **Independence** – to remain independent, strong and viable
- **Accountability** – the highest level of accountability for all stakeholders through open and transparent communication
- **Respect and Tolerance** – to promote respect, tolerance & fairness for all
- **Inclusiveness** – regardless of gender, sexuality, disability, cultural background, socio-economic status or football ability
- **Quality** – a commitment to continual improvement and best practice
- **Health, Well-Being & Fun** – to foster a community based environment that is family friendly, healthy and fun

*SMJFL Strategic Plan 2015-2018 tagline*

**“It’s about the kids”**

# JUNIOR FOOTBALL

## PLEASE REMEMBER

- ▶ WE ARE KIDS
- ▶ OUR COACHES ARE VOLUNTEERS
- ▶ THE UMPIRES ARE HUMAN
- ▶ WE DO NOT PLAY IN THE BIG LEAGUE

THIS IS  
**OUR GAME**

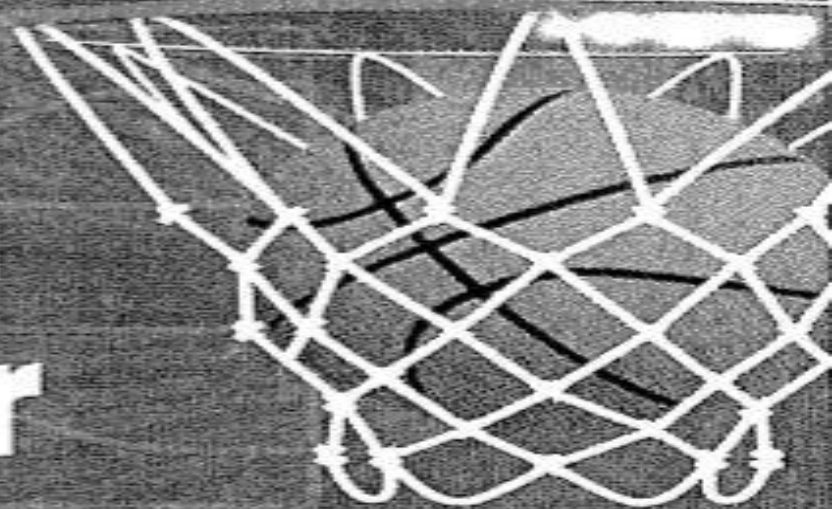


# Please remember...

- 1 These are kids**
- 2 This is a "game"**
- 3 The coaches are volunteers**
- 4 The referees are human**
- 5 It's not the World Cup final**



# Call FOUL on Bad Behaviour



## **SPECTATOR BEHAVIOUR POLICY**

We are committed to providing a safe basketball environment for all to enjoy. Aggressive, threatening or inappropriate behaviour will not be tolerated.

This includes:

- Using bad language
- Making racist, religious, sexist or homophobic comments to players, coaches, officials or spectators
- Any threatening behaviour

See [www.basketballvictoria.com.au](http://www.basketballvictoria.com.au) for a full copy of our Codes of Conduct for Officials, Administrators, Coaches, Parents, Players, and Spectators.





# NSWRL backs security guards at Penrith junior games

Date: March 24, 2015

The NSW Rugby League [NSWRL] has backed Penrith's plans to employ security guards at its junior matches.

Fairfax Media revealed on Sunday that the Penrith District Junior Rugby League will employ security guards to watch over Sydney matches this season to ensure they aren't marred by violent and unruly parents.

NSWRL chief operating officer Stuart Clark backed the move.

"If it's about ensuring the promotion and more participation in the game we're fully supportive of that," Clark said. "It is in our code of conduct which we've clearly set that every club can do what they need to do to control the behaviour of crowds.

"We need to decide this on a case-by-case basis. If it's going to help support junior league and Phil Gould and the Penrith junior rugby league believe it's necessary, [then we support it]."

Under the NSWRL's code of conduct "each club must take positive steps to control the behaviour of members of the public at a match" which includes hiring security guards and police and the potential expulsion of anyone who fails to behave in an appropriate manner from membership of the club or ban them from attending.

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# SMJFL PLAYER FEEDBACK

# SMJFL Player Feedback

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## SMJFL Player Survey (Under 14-Under 17)

2013

388 players

2014

417 players

2015

198 players

## SMJFL Player Forum (Under 14 & Under 15 players)

2013

58 players

2014

62 players

### Key Points:

- Players play football because they like **AFL**, like playing with **mates** and it's **FUN**
- <50 players out of 1,003 surveyed said they play football because of **winning**
- Injury was listed as the #1 reason why a player would stop playing in the future
- Match Day Behaviour was listed as the #1 issue for SMJFL footballers\*
- Players reported they that don't enjoy winning or losing by **large margins**

# SMJFL Player Survey Results

Q12. Why do you like playing football? (1 = Like MOST, 6 = Like LEAST)

	1	2	3	4	5	6	Total	Score
I like playing Australian Rules Football	47.96% 200	20.38% 85	12.71% 53	8.39% 35	6.24% 26	4.32% 18	417	4.82
I like playing with my friends	25.42% 106	27.34% 114	19.66% 82	12.95% 54	10.31% 43	4.32% 18	417	4.32
I play football because it's fun	11.27% 47	21.10% 88	27.82% 116	19.66% 82	14.63% 61	5.52% 23	417	3.78
I play football because it keeps me active & healthy	7.43% 31	13.91% 58	18.23% 76	26.38% 110	18.94% 79	15.11% 63	417	3.19
I like being part of a Club	4.32% 18	10.31% 43	12.47% 52	19.66% 82	36.21% 151	17.03% 71	417	2.76
I like winning	3.60% 15	6.95% 29	9.11% 38	12.95% 54	13.67% 57	53.72% 224	417	2.13

# SMJFL Player Survey Results

## Q19. What would make you stop playing SMJFL football?

Answer Choices	Responses
A major injury	54.68% 228
Concentrate on school studies (VCE)	27.58% 115
My Club team folds due to lack of numbers	25.90% 108
Concentrate on another sport	23.74% 99
Concentrate on school football	17.75% 74
Stop playing football	13.43% 56
Move to another league / competition	11.27% 47

Total Respondents: 417

# SMJFL Player Survey Results

## 2014 – Girls Football Playing in the SMJFL

117 players  
(Under 8 mixed  
– Under 16 Girls)

<b>What do you LIKE about playing in the SMJFL?</b>	<ul style="list-style-type: none"> <li>▪ Playing with friends</li> <li>▪ Playing Australian Rules football</li> <li>▪ It's fun</li> </ul>	These three reasons were ranked equally as the highest reasons (4.5/5 <u>avg rating</u> )
	Winning	Rated lowest (1.63/5 <u>avg rating</u> )
<b>What do you NOT LIKE about playing in the SMJFL?</b>	<ul style="list-style-type: none"> <li>▪ Umpires</li> <li>▪ Not enough teams</li> <li>▪ Behaviour of opposition teams</li> </ul>	18 responses 7 responses 5 responses
<b>What makes you keep playing SMJFL football?</b>	<ul style="list-style-type: none"> <li>▪ It's fun</li> <li>▪ Friends</li> <li>▪ Love of football</li> <li>▪ My team</li> </ul>	41.8% 21.4% 17.1% 14.5%
<b>What do you like most about your COACH?</b>	<ul style="list-style-type: none"> <li>▪ He/she is nice</li> <li>▪ Makes football fun</li> <li>▪ Encouraging</li> <li>▪ Teaches</li> </ul>	16.2% 15.4% 12.0% 12.8%
<b>What will make you stop playing football in the SMJFL?</b>	<ul style="list-style-type: none"> <li>▪ Major injury</li> <li>▪ Lack of numbers</li> <li>▪ Concentrating on another sport</li> </ul>	57.3% 35.0% 29.1%
<b>What would you like the SMJFL to change/improve?</b>	<ul style="list-style-type: none"> <li>▪ Seasons longer</li> <li>▪ Umpires</li> <li>▪ Player behaviour</li> <li>▪ Condition of ovals</li> <li>▪ Spectator behaviour</li> <li>▪ Club change rooms</li> </ul>	Average rating 6.23/10 6.1 5.9 5.7 5.2 5.0

# By-Laws

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## By-Law 20.4

**20.4.** It shall be the responsibility of **coaches** to maintain team discipline and to instruct the players to play within the rules and spirit of the game at all times.

# By-Laws

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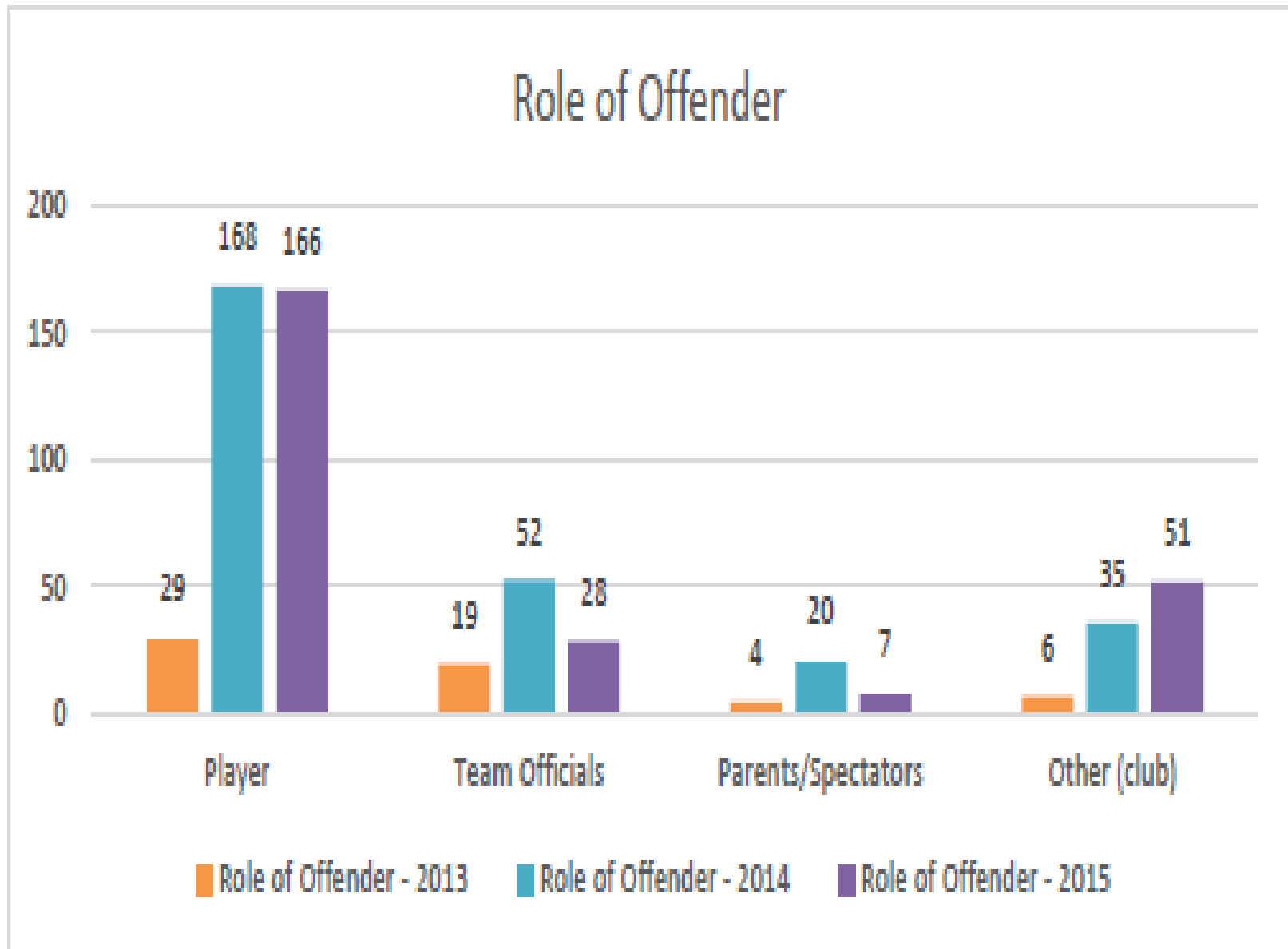
**20.5.** All Head Coaches must have, as a minimum, a **current level 1 AFL Coaching Accreditation** to coach in the SMJFL. Failure to comply will result in the Member Club being fined as per Appendix 3 – Fines.

**20.6.** All SMJFL Coaches shall uphold the AFL Coaches Code of Conduct, and must maintain a standard of behavior and conduct that is in the best interests of the game and the players in their care.

**20.7.** Coaches are not permitted to enter the field of play while any match is in progress, and must remain in the designated Team Bench area at all times other than during the breaks.



# Reports Statistics



# By-Laws

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## **2014 – total of 11 coaches**

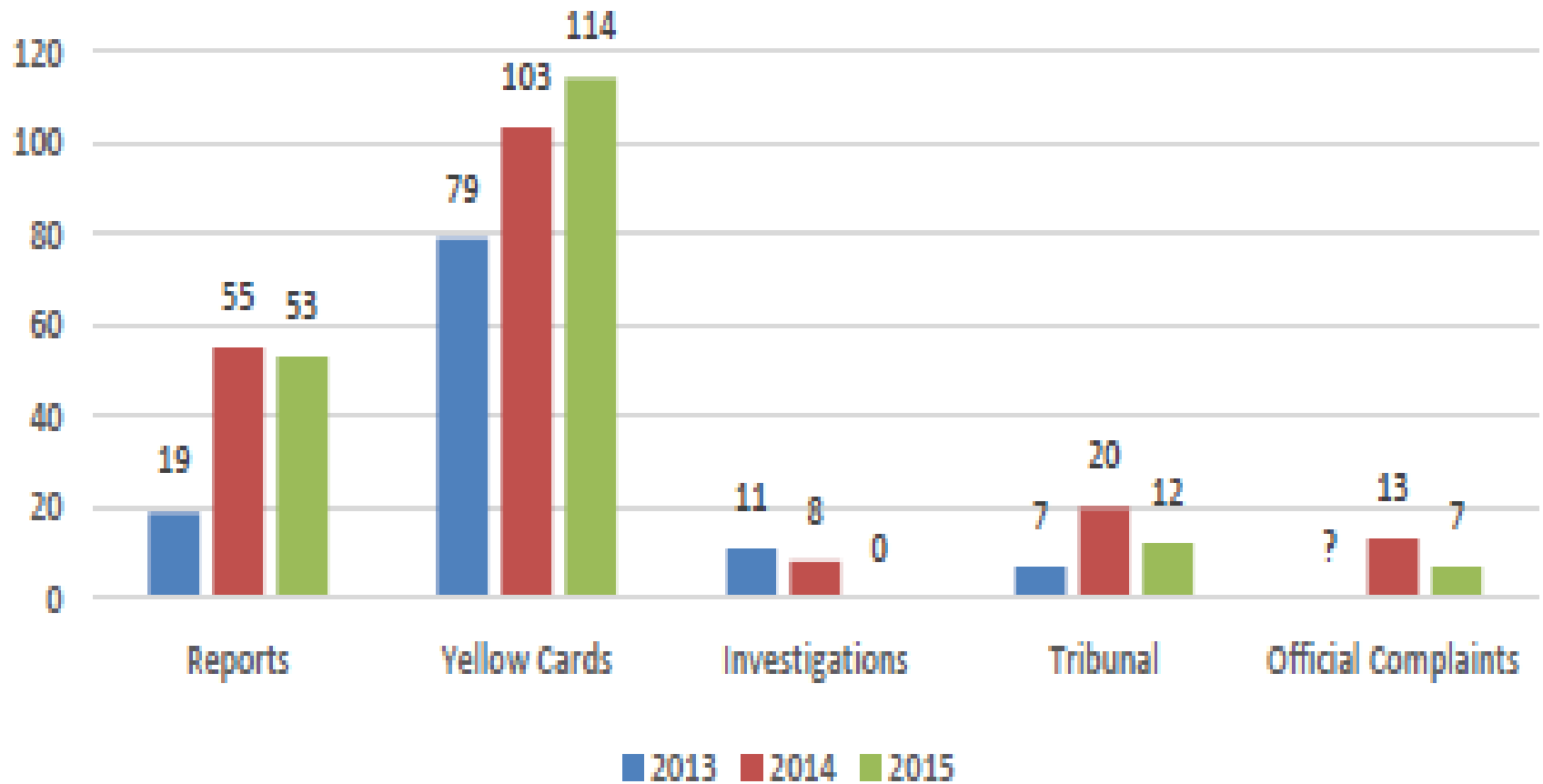
16 Officials (8 head coaches, 3 asst. coaches, 2 boundary umpires, 1 runner, 1 team manager, 1 umpire escort)

## **2015 – total of 6 coaches**

17 Officials (5 head coaches, 1 asst. coach, 2 boundary umpires, 5 runners, 1 team manager, 2 umpire escorts and 1 water carrier)

# Reports Statistics

## Types of Issues



# Match Day Behaviour Working Party

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## 2016 Recommendations (relevant to Coaches)

### Umpire Escort

- is a critical role – choose carefully
- Responsible for addressing issues of poor spectator behaviour towards the umpires
- Interchange Steward during play

### Match Day Behaviour

- Behaviour of Players, Officials & Spectators to be rated by umpires after each game
- Best rated Clubs will be rewarded by the league, Poor rated Clubs will be sanctioned

### Team Benches

- Recommend having team bench away from spectators
- Recommendation for coaches to be seated and away from players

# Additional Power to Report

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## By-Law 28.7

Members of the Umpiring Department shall have the power to report players, or officials in relation to an incident which they observe first-hand...

## By-Law 28.8

In addition to By-Law 24.8, the Director of Umpiring or the Football Operations Manager shall have the power to report players or officials in relation to an incident of which he or she becomes aware.

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# **MODIFIED RULES**

# Modified Rules

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## **The over-riding objective**

Provide an environment where young players can play the game and sequentially develop their skills through activities, games, match rules and conditions commensurate with their stage of learning and level of ability.

## Perception

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**Why can't we play the  
'real' AFL rules**

**Because there is no  
such thing!**



# Modified Rules

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## Community Football

### **Modified Rules (U8-U10 mixed, U9 girls & U12 girls)**

- Modified ground size
- Modified tackling
- Zones
- Club umpires
- No ladders / finals

### **Under 11-12**

- No kicking off the ground

### **Under 11-13**

- Mercy Rule

# Modified Rules

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## **TAC Cup (Under 18)**

- No tagging
- Decongestion rule (min. 5 players behind halfway)

## **VFL (State League)**

- 23<sup>rd</sup> player rule

## **AFL (Professional)**

- Limited rotations (cap. 90)
- Stricter interpretation of deliberate out of bounds
- 10m exclusion zone

# JUNIOR FOOTBALL



## Junior Football Match Guide

Examining the effectiveness of the AFL Junior Football Match Guide

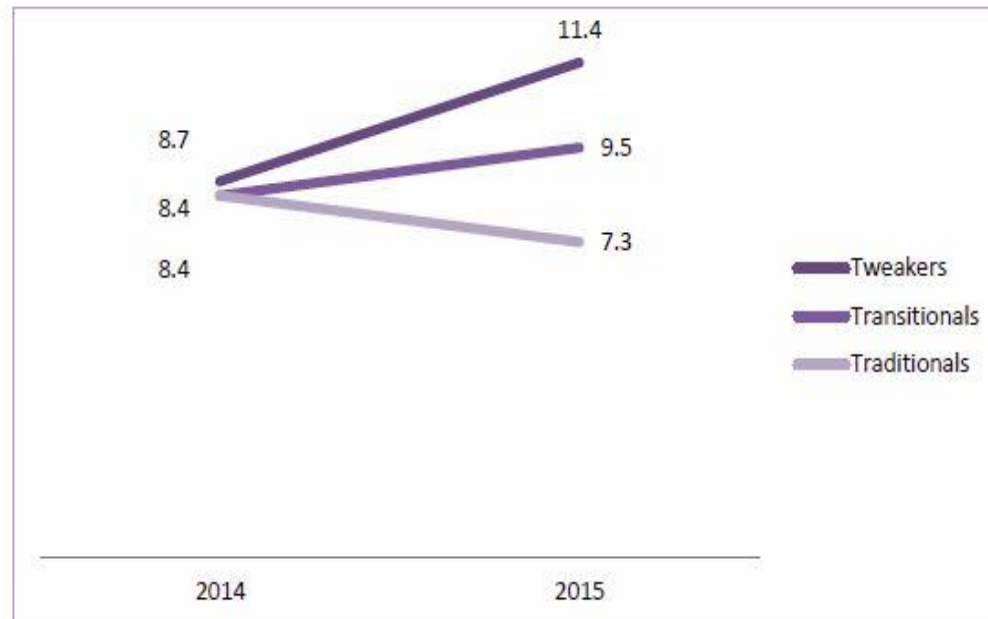
November 2015



**AUSTRALIA'S GAME**

1. Modified rules, when implemented well, increases player involvement;
2. Involvement impacts children's perceptions of competence and enjoyment;
3. The way modified rules are implemented by coaches and umpires impacts play and is critical to setting an appropriate environment. Coach and umpire education is critical;
4. Perceptions of what is important to parents in modified rules does not align with what is important to children;
5. There is a relationship between Auskick participation and player ability.

## Player Involvement 2014-2015: U10



**Experience in delivery of modified rules significantly increases player involvement**

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# Common sense approach

# Club Volunteer Umpires

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## Reasons for implementation

1. Aligns with the AFL Junior Match Policy
2. Parent umpire knows at least ½ of the players names during a game and be able to encourage during the Game
3. Parent umpire less likely to be intimidated by any inappropriate team or spectator behaviour
4. Team officials and spectators will be less likely to behave inappropriately with an adult volunteer umpire.

# Modified Rules

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## By-Laws Reminder

*Coaches are not allowed  
on the field.*



# Important Documents

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- SMJFL By-Laws 2016
  - Section 25. Rule Variations
- 2016 Rule Variation Matrix
- 2016 Laws of Australian Football
  
- *Club Umpire Handbook 2016 (optional)*

All documents are available for download on the  
SMJFL website.



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FOOTBALL LEAGUE

*It's about the kids*

[Home](#) [About The SMJFL](#) [News](#) [Media](#) [Clubs](#) [Partners](#) [Rules, By-Laws & Policies](#) [Fixtures/Results](#) [F](#)

[Home](#) / [Rules & By-laws](#)

## Rules & By-laws

[2016 By-Laws](#)

[2016 Rule Variation Matrix](#)

[2016 Laws of Australian Football](#)

[SMJFL Statement of Rules](#)

[SMJFL Board Code of Conduct](#)

[SMJFL Board Terms of Reference](#)

*It's about the kids*



ers Rules, By-Laws & Policies Fixtures/Results Female Football Development Umpires Club Admin

Coaches' Box

SMJFL Interleague

**ELITE**  
ATHLETE PERFORMANCE NETWORK

## SMJFL YouTube Resources:

[Team Rules – for Coaches](#) – developing consistent team rules for your players

[Style of Play – for Coaches](#) – learn a number of strategies to use during key plays

[Hear from the Coaches](#) – AFL Coaches on Coaching and other hot topics

[Modified Rules Demo Videos](#) – check the rules and how they should be interpreted



# Modified Rules Demo Videos

We owe our thanks to the Northern Football League who produced the following clips and have allowed us to use them as an educational tool. Please note that there are several differences between our league and the NFL – notably that we use volunteer parent umpires, not league umpires as used in these videos, and that the distance run before having a bounce is 10m in the SMJFL (not 15 as per video).

## 1. BALL UPS



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# Coaches Survey

# JUNIOR FOOTBALL

## PLEASE REMEMBER

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**Close**