



2021



**CAPALABA BULLDOGS**

# MINIROOS PARENTS HANDBOOK



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## Welcome to the 2021 Miniroos season at Capalaba Football Club.

Welcome to the 2021 Miniroos season at Capalaba Football Club. We're excited to see so many new faces, and glad to see so many familiar ones too. Miniroos is the new Football Federation of Australia name for small-sided football programs across the country.

Miniroos is about fun, mastering skills and learning to love the game of football. Capalaba Football Club is passionate about our Miniroos and we aim to support and nurture these young players as the future of our club and the sport.

### Capalaba Football Club - Meet the Team

|                            |                 |  |
|----------------------------|-----------------|--|
| Technical Director:        | Dan Baker       | ( <a href="mailto:td@capalababulldogs.com">td@capalababulldogs.com</a> )                       |
| Director of Coaching:      | Luis Ruiz       | ( <a href="mailto:mduc@capalababulldogs.com">mduc@capalababulldogs.com</a> )                   |
| President:                 | Shaun McAney    | ( <a href="mailto:president@capalababulldogs.com">president@capalababulldogs.com</a> )         |
| Vice President:            | Phil Basnett    | ( <a href="mailto:vicepresident@capalababulldogs.com">vicepresident@capalababulldogs.com</a> ) |
| Secretary:                 | Sharon McAney   | ( <a href="mailto:secretary@capalababulldogs.com">secretary@capalababulldogs.com</a> )         |
| Treasurer:                 | Kerryn Prentice |  |
| Miniroos Chairperson:      | Kim Miles       | ( <a href="mailto:miniroos@capalababulldogs.com">miniroos@capalababulldogs.com</a> )           |
| Miniroos Coordinator:      | Michael Naumann |  |
| Capalaba FC Facebook page: |                 | <a href="https://www.facebook.com/CapalabaFC">www.facebook.com/CapalabaFC</a>                  |
| Capalaba FC Website:       |                 | <a href="http://www.capalababulldogs.com">www.capalababulldogs.com</a>                         |
| Capalaba FC Online Shop:   |                 | <a href="http://www.capalababulldogs.com/shop">www.capalababulldogs.com/shop</a>               |

#### SAP Coaches:

|                          |                          |
|--------------------------|--------------------------|
| SAP Head of Performance: | Jamahl Lolesi            |
| U9 SAP Head Coach;       | Fernando Perez Rodriguez |
| U10 SAP Head Coach;      | Joel Cornacchia          |
| U11 SAP Head Coach;      | Luis Carlos Jaramillo    |
| U12 SAP Head Coach;      | Rafael Marin Cobian      |





## Age Groups

What age group can my child join in 2021?

| If your child was born in:                            | They will be playing in: |
|---|--------------------------|
| 2012 – 2017 (never played before)                     | Kick-Off                 |
| 2015-16 (done Kick-Off program or have played before) | Miniroos U6s & 7s        |
| 2014 (done Kick-Off program or have played before)    | Miniroos U6s & 7s        |
| 2013  | Miniroos U8s             |
| 2012  | Miniroos U9s             |
| 2011  | Miniroos U10s            |
| 2010  | Miniroos U11s            |
| 2009  | Miniroos U12s            |

## Kick-Off Program

Capalaba Football Club will be running Kick Off (players aged between 4-9 years) as an opportunity to introduce our youngest players and their parents to the game of Football. The Program is run during and in line with the school terms.

### *MiniRoos Kick-Off in a nutshell*

A fun, safe sport taught in a friendly environment for children aged between 4 and 9.

Weekly 60 minute sessions that build skills through games and simple drills delivered in an engaging and inclusive environment.

Every player gets plenty of time on the ball and the prime aim of each session is for children to build fundamental motor skills.

Each child also receives an MiniRoos Participant Pack when they register which includes the following;

- Bag
- Ball
- Stickers
- Activity Book

### What are the benefits of signing up your children for a Kick-Off program?

- Make new friends and develop social skills.
- Develop values of teamwork, co-operation, fair play, and respect for others.
- Develop a child's ability to make quick decisions and improve reaction time.
- Keep healthy by getting active.

Capalaba FC has a long history of running our introductory football programs and in 2021 it continues.



Our Kick-Off program runs in 8 week terms over the season.

- Saturday 9AM – 10AM Beginners (3-9 years of age, or new to the sport)
- Friday 5PM – 6PM Beginners (3-9 years of age, or new to the sport)

Please visit <https://www.capalababulldogs.com/kick-off-kindy-under-4-under-9>

## Miniroos (U6 to U11)

### Under 6

Players in this age group may be born 2009 or 2010. Our U6 competition is an in-house competition played at Capalaba Football Club.

#### Training:

- U6 teams train one night per week, for one hour on Wednesdays
- U6 teams train together as an age group under an experienced coach, with a parent helper from each team assisting. Full training and support is available for parents interested in assisting with their child's U6 team.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in training.
- Insect repellent is essential for training nights and should be reapplied as frequently as possible.
- All players are expected to attend training every week unless unwell.
- Parents are required to attend training with their children to observe and assist the coach to manage player behavior.
- Training will start the week **10<sup>th</sup> March 2021**

#### Games:

- U6 teams play Saturday mornings at Capalaba Football Club.
- Games are 15 minutes each way in summer, 20 minutes each way in winter, with each team fielding four players, no goalkeeper.
- A schedule of games will be provided to your team co-ordinator as soon as it is available after Muster day.
- Games start on Saturday **23<sup>rd</sup> April 2021**
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in games.
- Sunscreen is essential for games and should be reapplied as frequently as necessary.
- Gameday shirts are provided by the club. Shorts & socks need to be purchased from the club online shop.



## Under 7

- Our U7 competition is an in-house competition played at Capalaba Football Club.

### Training:

- U7 teams train one night per week, for one hour, on Wednesdays
- U7 teams train together as an age group under an experienced coach, with a parent helper from each team assisting. Full training and support is available for parents interested in assisting with their child's U7 team.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in training.
- Insect repellent is essential for training nights and should be reapplied as frequently as possible.
- All players are expected to attend training every week unless unwell.
- Parents are required to attend training with their children to observe and assist the coach to manage player behavior.
- Training will start on Wednesday **10<sup>th</sup> March 2021**

### Games:

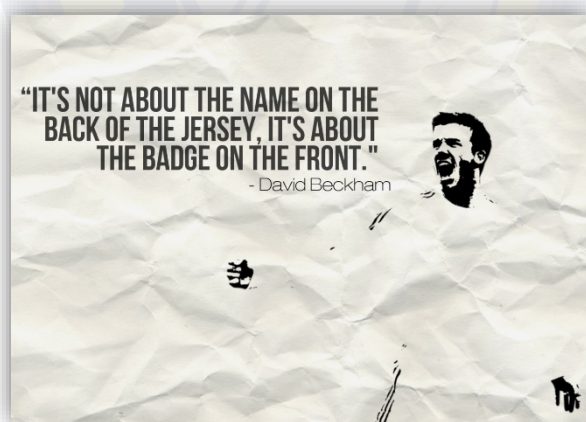
- U7 teams play Saturday mornings at Capalaba Football Club.
- Games are 15 minutes each way in summer, 20 minutes each way in winter, with each team fielding four players, no goalkeeper.
- A schedule of games will be provided to your team co-ordinator as soon as it is available after Muster day.
- Games start on Saturday **23<sup>rd</sup> April 2021**
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in games.
- Sunscreen is essential for games and should be reapplied as frequently as necessary.
- Gameday shirts are provided by the club. Shorts & socks need to be purchased from the club online shop.



## Under 8

### Training

- U8 teams are ungraded and train one night per week, for one hour, on Wednesdays
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in training.
- Insect repellent is essential for training nights and should be reapplied as frequently as possible.
- All players are expected to attend training every week unless unwell.
- Parents are required to attend training with their children to observe and assist the coach to manage player behavior.
- Training will start Wednesday **10<sup>th</sup> March 2021**
- Talent ID for U8's, during Term 2, starting from week 1, we will be identifying talented players and gauging interest for an additional training session on Fridays. All identified and interested players will be invited to the additional U9 group sessions on Fridays from 5-6pm throughout weeks 1-10 during Term 2. During these sessions, players will again be identified and progressed into a separate team in the U9 format. A separate training session will then be put on during the same time slot (5-6pm Friday) throughout Term 3. This team and these players will look at forming the core group of players for our U9 SAP team the following season.



### Games:

- U8 teams play Saturday mornings at various clubs within our local hub (Bayside, Capalaba, Mooroondu, Redlands, Sheldon College, Wolves).
- Games are 20 minutes each way with each team fielding seven players, including a goalkeeper.
- A schedule of games will be provided to your team manager as soon as it is available from Football Brisbane. This may occur at short notice.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in games.
- Sunscreen is essential for games and should be reapplied as frequently as necessary.
- Gameday shirts are provided by the club. Shorts & socks need to be purchased from the club online shop.

## Under 9

### Training

- All coaches will be supported by their SAP age group coach & the Miniroos Director of Coaching. They will be able to help you run drills and plan sessions, and the DoC will be a point of contact for any footballing queries or issues you may have.
- U9 teams are graded. Goanna and Gecko teams train one night per week, for one hour. Days to be determined after Muster Day.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in training.
- Insect repellent is essential for training nights and should be reapplied as frequently as possible.
- All players are expected to attend training every week unless unwell.
- Parents are required to attend training with their children to observe and assist the coach to manage player behavior.
- Team training will start from the **8<sup>th</sup> March 2021**
- Additional technique based training sessions will be held on Fridays from 5-6pm (9s / 10s). These sessions are compulsory for all SAP players and are included in the fees. They are optional for all Komodo/Gecko/Goanna players and are not included in the fees, however they will be offered at a discounted rate for Capalaba FC members/players.

### Games:

- U9 teams play Saturday mornings at various clubs within our local hub (Bayside, Capalaba, Mooroondu, Redlands, Sheldon College, Wolves).
- Games are 20 minutes each way with each team fielding seven players, including a goalkeeper.
- A schedule of games will be provided to your team manager as soon as it is available from Football Brisbane. This may occur at short notice.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in games.
- Sunscreen is essential for games and should be reapplied as frequently as necessary.
- Gameday shirts are provided by the club. Shorts & socks need to be purchased from the club online shop.

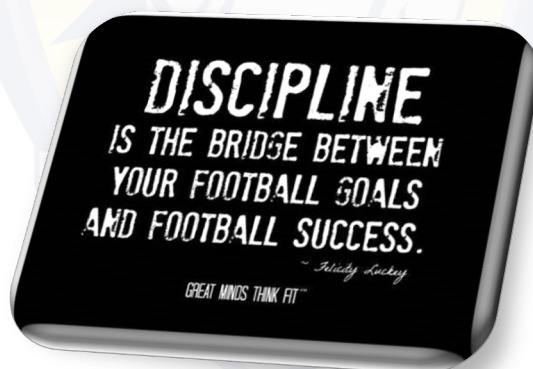




## Under 10

### Training

- All coaches will be supported by their SAP age group coach & the Miniroos Director of Coaching. They will be able to help you run drills and plan sessions, and the DoC will be a point of contact for any footballing queries or issues you may have.
- U10 teams are graded. Goanna and Gecko teams train one night per week, for one hour. Days to be determined after Muster Day.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in training.
- Insect repellent is essential for training nights and should be reapplied as frequently as possible.
- All players are expected to attend training every week unless unwell.
- Parents are required to attend training with their children to observe and assist the coach to manage player behavior.
- Team training will start from the **8<sup>th</sup> March 2021**
- Additional technique based training sessions will be held on Fridays from 5-6pm (9s / 10s). These sessions are compulsory for all SAP players and are included in the fees. They are optional for all Komodo/Gecko/Goanna players and are not included in the fees, however they will be offered at a discounted rate for Capalaba FC members/players.



### Games:

- U10 teams play Saturday mornings at various clubs within our local hub (Bayside, Capalaba, Mooroondu, Redlands, Sheldon College, Wolves).
- Games are 25 minutes each way with each team fielding nine players, including a goalkeeper.
- A schedule of games will be provided to your team manager as soon as it is available from Football Brisbane. This may occur at short notice.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in games.
- Sunscreen is essential for games and should be reapplied as frequently as necessary.
- Gameday shirts are provided by the club. Shorts & socks need to be purchased from the club online shop.

## Under 11

### Training

- All coaches will be supported by their SAP age group coach & the Miniroos Director of Coaching. They will be able to help you run drills and plan sessions, and the DoC will be a point of contact for any footballing queries or issues you may have.
- U11 teams are graded. Goanna and Gecko teams train one night per week, for one hour. Days to be determined after Muster Day.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in training.
- Insect repellent is essential for training nights and should be reapplied as frequently as possible.
- All players are expected to attend training every week unless unwell.
- Parents are required to attend training with their children to observe and assist the coach to manage player behavior.
- Team training will start from the **8<sup>th</sup> March 2021**
- Additional technique based training sessions will be held on Fridays from 6-7pm (11s / 12s). These sessions are compulsory for all SAP players and are included in the fees. They are optional for all Komodo/Gecko/Goanna players and are not included in the fees, however they will be offered at a discounted rate for Capalaba FC members/players.

### Games:

- U11 teams play Saturday mornings at various clubs within our local hub (Bayside, Capalaba, Mooroondu, Redlands, Sheldon College, Wolves).
- Games are 25 minutes each way with each team fielding nine players, including a goalkeeper.
- A schedule of games will be provided to your team manager as soon as it is available from Football Brisbane. This may occur at short notice.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in games.
- Sunscreen is essential for games and should be reapplied as frequently as necessary.
- Gameday shirts are provided by the club. Shorts & socks need to be purchased from the club online shop.



## Komodo Dragons Teams (U9-U11)

### Training

- All coaches will be supported by their SAP age group coach & the Miniros Director of Coaching. They will be able to help you run drills and plan sessions, and the DoC will be a point of contact for any footballing queries or issues you may have.
- Komodo Dragon teams train two nights per week, for one hour. Days to be determined after Muster Day and after SAP & Komodo trainings being conducted in February 2021.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in training.
- Insect repellent is essential for training nights and should be reapplied as frequently as possible.
- All players are expected to attend training every week unless unwell.
- Parents are required to attend training with their children to observe and assist the coach to manage player behavior.
- Additional technique based training sessions will be held on Fridays from 5-6pm (9s / 10s) & 6-7pm (11s / 12s). These sessions are compulsory for all SAP players and are included in the fees. They are optional for all Komodo/Gecko/Goanna players and are not included in the fees, however they will be offered at a discounted rate for Capalaba FC members/players.

### Games:

- Komodo Dragon teams play Saturday mornings at various clubs within their hub (may be Brisbane-wide)
- A schedule of games will be provided to your team manager as soon as it is available from Football Brisbane. This may occur at short notice.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in games.
- Sunscreen is essential for games and should be reapplied as frequently as necessary.
- Gameday shirts are provided by the club. Shorts & socks need to be purchased from the club online shop.





## Skills Acquisition Phase (U9-U12)

### Training

- SAP teams train three nights per week, for one hour. Days to be determined after Muster Day and after SAP & Komodo trainings being conducted in February 2021.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in training.
- Insect repellent is essential for training nights and should be reapplied as frequently as possible.
- All players are expected to attend training every week unless unwell.

### Games:

- SAP teams play Saturday &/or Sunday mornings at various clubs within their hub
- A schedule of games will be provided to your team manager as soon as it is available from Football Brisbane. This may occur at short notice.
- All players must wear football boots and shin pads and bring a water bottle or they will be unable to participate in games.
- Sunscreen is essential for games and should be reapplied as frequently as necessary.
- Gameday shirts are provided by the club. Shorts & socks need to be purchased from the club online shop.

## Clothing and Equipment

All Miniros players will be required to purchase the following:

- Football boots (Molded plastic tags NOT screw in or metal tags)
- Shin pads (Slip-in shin pads are preferred for comfort for younger players)
- Club socks - Available to purchase from the Kennel or online shop
- Club shorts - Available to purchase from the Kennel or online shop

A football of the appropriate size for practice at home, and to bring to training night

- U6     Size 3
- U7     Size 3
- U8     Size 3
- U9     Size 3
- U10    Size 4
- U11    Size 4

Playing strips are supplied by the club and it is the responsibility of the Coach to ensure they are returned, laundered and in good condition, at the end of the season, along with training kits. Strips are not to be handed out. They MUST remain together in the strip bag.



## Game Fees

Game fees are included in the season's fees for 2021. Please visit for further information:  
[www.capalababulldogs.com/minirooms-football-u6-u12](http://www.capalababulldogs.com/minirooms-football-u6-u12)

## Wet Weather

### U6/7

In the event of wet weather, the club will contact your team manager at the first opportunity and the team manager will share this information with the rest of the team.

The club's Facebook page will be updated with a current Field Status as a priority when wet weather affects Minirooms training and/or games.

If the fields are closed, games and training are cancelled.

Please remember your Manager is your first point of contact for enquiries, including wet weather queries. Calling the club or the SSF Co-ordinator simply ties up the phone lines and slows the process of sharing information with everyone.

### U8 - U10

#### Training and home matches

In the event of wet weather, the club will contact your team manager at the first opportunity and the team manager will share this information with the rest of the team.

The club's Facebook page will be updated with a current Field Status as a priority when wet weather affects Minirooms training and/or games.

If the fields are closed, games and training are cancelled.

Please remember your manager is your first point of contact for enquiries, including wet weather queries. Calling the club or the SSF Co-ordinator simply ties up the phone lines and slows the process of sharing information with everyone.

#### Away matches

Please check the Football Brisbane website [www.footballbrisbane.com.au](http://www.footballbrisbane.com.au) for all ground closures.

Team managers will be notified if we receive information directly from the home club.

Please remember your manager is your first point of contact for enquiries, including wet weather queries. Calling the club or the SSF Co-ordinator simply ties up the phone lines and slows the process of sharing information with everyone.

The club's Facebook page will be updated with a current Field Status as a priority when wet weather affects Minirooms training and/or games.







## Policy: Grading of Miniros Players

### Purpose

The purpose of this policy is to ensure that all players, parents and coaches understand the process of grading as it applies to Miniros (Small Sided Football, U6 to U11) players at Capalaba Football Club Inc.

### Scope

This policy applies to all Miniros players of the Capalaba Football Club Inc.

### Definitions

**The Club** – refers to the Capalaba Football Club.

**SSF** – refers to Small Sided Football, aka Miniros, which includes all players in U6 to U11 age groups. Used interchangeably with Miniros.

Miniros – see SSF

**U6** – Players are eligible to play in Under 6 in the calendar year they turn 6.

**U7** – Players are eligible to play in Under 7 in the calendar year they turn 7.

**U8** – Players are eligible to play in Under 8 in the calendar year they turn 8.

**U9** – Players are eligible to play in Under 9 in the calendar year they turn 9.

**U10** – Players are eligible to play in Under 10 in the calendar year they turn 10.

**U11** – Players are eligible to play in Under 11 in the calendar year they turn 11.

**FB** – Football Brisbane

**FFA** – Football Federation of Australia

### Policy

Players in U6-U8 age groups will not be graded.

Players in U6-U8 who wish to play together in a team may request to be allocated to the same team and every effort will be made to accommodate friendship groups in this situation. However the Club makes no guarantee that this can be achieved, as the needs of all players must be considered.

SSF Players at the Club in U9-U10 will be offered grading as per the FFA/FB competition levels.

- Gecko teams will involve players who are new to SSF or have basic skills of the game and as such require assistance and time to develop their skills and teamwork. If the Club has more than one team within this group, the teams should be of equal standard where possible.



## Friend Request Form (FRF)

In line with our community club aspect we do realise that playing with your friends is what makes team sport in most cases. Therefore, we have created a Friend Request Form (FRF). In general, we attempt to fulfil FRF for all players that are registered and paid by the advertised deadline.

### Please remember that we ask that:

- that parents have spoken to the parents of players in FRF forms to ensure both players have listed each other
- that parents understand that to be able to fulfil FRF that we may need to move a / the players out of his or her existing team into a new team. We do not move players not listed in a FRF out of their existing teams to accommodate other players' FRFs.
- Under 6/7 age group your competition is ungraded therefore we usually have a much higher success rate.

To download the form please visit: [www.capalababulldogs.com/miniros-football-u6-u12](http://www.capalababulldogs.com/miniros-football-u6-u12)





## Policy: Players Playing Outside Their Age Group

### Purpose

The purpose of this policy is to ensure that all players, parents and coaches understand in what circumstances a Miniroos (Small Sided Football, U6 to U11) player might be permitted to play outside his or her chronological age group. The policy is designed to protect the best interests of all SSF Players at Capalaba Football Club Inc.

### Scope

This policy applies to all Miniroos players of the Capalaba Football Club Inc.

### Definitions

**The Club** – refers to the Capalaba Football Club.

**SSF** – refers to Small Sided Football, aka Miniroos, which includes all players in U6 to U11 age groups. Used interchangeably with Miniroos.

**Miniroos** – see SSF

**U6** – Players are eligible to play in Under 6 in the calendar year they turn 6.

**U7** – Players are eligible to play in Under 7 in the calendar year they turn 7.

**U8** – Players are eligible to play in Under 8 in the calendar year they turn 8.

**U9** – Players are eligible to play in Under 9 in the calendar year they turn 9.

**U10** – Players are eligible to play in Under 10 in the calendar year they turn 10.

**U11** – Players are eligible to play in Under 10 in the calendar year they turn 10.

**FFA** – Football Federation of Australia

### Policy

The Club will adhere to FFA Guidelines which state that SSF Players should play in their own age group, based on calendar year of birth.

SSF Players may never play below their own age group.

There are very limited circumstances in which SSF Players may be allowed to play above their own age group.

Exceptions allowing SSF Players to play above their own age group will only be considered based on football ability, but SSF Players playing above their own age group must also demonstrate the maturity and the social skills to successfully play and train with older players, without disadvantaging those players.



Whilst the Club acknowledges it may be more convenient for parents to have multiple children in the same team, this will not be considered when deciding whether to grant an exception allowing the SSF Player to play above their own age group.

Requests for exceptions must come from a SSF Coach at the Club. To apply for an exception, the coach must identify the player with a brief, written appraisal, forwarded to the Club's Technical Director. Requests from parents will not be considered.

After receiving the request for an exception, the Technical Director will organize for the appropriate person to assess the player, and decide whether or not the exception will be granted. The Technical Director will advise the SSF Chairperson and will advise the committee in writing of his/her decision, after which the coach and parents will also receive notification in writing.

## Policy: Code of Behaviour

Capalaba Football Club has adopted the "Play by the Rules" Code of Behaviour. Any transgressions will be dealt with firmly by the club with sanctions varying from a temporary removal from the game ("time-out") to an extended suspension of rights as a player and/or spectator.

No violence, in any shape or form, will be tolerated. Abuse of SSF Referees will not be tolerated.

If you witness, or are faced with, any behaviour that you feel contravenes this code of conduct, please bring it to the attention of a ground official immediately. Do not attempt to deal with it on your own.

## Play by the Rules

This Code of Behaviour aims to set out the minimum standards for anyone involved in sport. It should apply when playing, training or taking part in club-sanctioned activities.

- Act within the rules and spirit of your sport.
- Promote fair play over winning at any cost.
- Encourage and support opportunities for people to learn appropriate behaviours and skills.
- Support opportunities for participation in all aspects of the sport.
- Treat each person as an individual.
- Show respect and courtesy to all involved with the sport.
- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion.
- Respect the decisions of officials, coaches and administrators.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance exists) with people under the age of 18.
- Display appropriate and responsible behaviour in all interactions.
- Display responsible behaviour in relation to alcohol and other drugs.
- Act with integrity and objectivity, and accept responsibility for your decisions and actions.





- Ensure your decisions and actions contribute to a safe environment.
- Ensure your decisions and actions contribute to a harassment-free environment.
- Do not tolerate abusive, bullying or threatening behaviour.

## Players

- Give your best at all times.
- Participate for your own enjoyment and benefit.
- Play by the rules and show respect for other players, coaches and officials.

## Coaches

- Place the safety and welfare of the players above all else.
- Help each person (player, referee, official, etc.) to reach their potential. Respect the talent, developmental stage and goals of each person and encourage them with positive and constructive feedback.
- Obtain appropriate qualifications and keep up-to-date with the latest coaching practices and the principles of growth and development of young players.
- Ensure that any physical contact with another person is appropriate to the situation and necessary for the person's skill development.

## Officials

- Place the safety and welfare of the players above all else.
- Ensure all players are included and can participate, regardless of their race, gender, ability, cultural background, sexuality or religion.
- Be consistent, impartial and objective when making decisions.
- Address unsporting behaviour and promote respect for other players and officials.

## Administrators

- Ensure quality supervision and instruction for players.
- Support coaches and officials to improve their skills and competencies.
- Act honestly, in good faith and in the best interests of the sport as a whole.
- Ensure that any information acquired or advantage gained from the position is not used improperly.
- Conduct club responsibilities with due care, competence and diligence.

## Parents

- Encourage your child to participate, do their best and have fun.
- Focus on your child's effort and performance, rather than winning or losing.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Help out the coach or officials at training and games, where possible.
- Model appropriate behaviour, including respect for other players and officials.

## Spectators

- Respect the effort and performances of players and officials.
- Reject the use of harassment, bullying or violence in any form, whether by other spectators, coaches, officials or players.