



East Geelong Football & Netball Club

Junior Football Handbook Season 2023

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About East Geelong Football & Netball Club

Established in 1879 as part of the first competitive football competition in Geelong, the East Geelong Football and Netball Club (EGFNC) has been affiliated with the surrounding community for more than 140 years. EGFNC is based at Richmond Oval, on the border of East Geelong and Geelong. In 2022, EGFNC has close to 400 participants across both senior and junior football and netball programs.

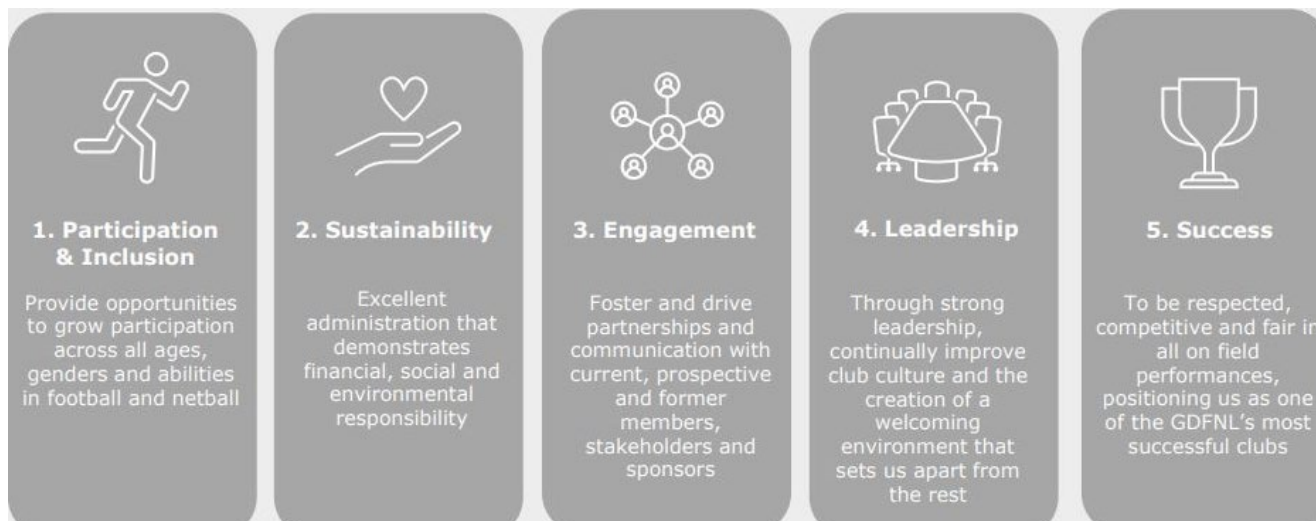
Our Vision

To be the Geelong and District Football & Netball League's most welcoming, successful and family friendly club; providing equal opportunities for all to participate in football and netball.

Our Values



Our Priorities



Our Committee

- President: Dan Payne
- Vice President: Blair Silkstone
- Secretary: Nathan McLaren
- Treasurer: Cherie Ford
- Facilities: Andrew Hill
- Child Safety Officer: Rebecca Williamson
- Social Co-ordinator: Aimee Lefoe
- Sponsorship Co-ordinator: Damien Mulvahil
- Football Director: Mick O'Leary
- Netball Director: Brooke O'Leary
- Junior Football Co-ordinators: Ben Gellie & Andrew Hill
- General Member: Claudia Cook

Junior Football Mission Statement (Who we are)

The East Geelong Junior Football Club aims to be the Geelong's most welcoming, inclusive and family friendly club. We offer a safe and fun environment for players, parents, volunteers, officials and coaches, whilst building skills, confidence and a love of football.

Our Values (To be demonstrated by all club representatives including coaches, players, volunteers, families and supporters)

- Safe, diverse, inclusive, family friendly environment
- Respect and responsibility
- Effort and fair play
- Enjoyment and development
- Child and Family Voice

These are further supported by the club providing as far as reasonable

1. Highly credentialed and experienced junior coaches
2. Appropriate community-based facilities, and equipment
3. Appropriate family-based functions and social events
4. Regular communication and consultation with players and families
5. Visible and active leadership by club personnel
6. A Child Safety and Well Being Code of Conduct and Policy
7. A Child Safeguarding Officer
8. Positive reinforcement to support behaviour
9. Modelling of safe behaviours (online and in person)
10. A fun and developmentally appropriate, based environment and training program aimed to cultivate enjoyment, social relationships, teamwork, confidence, maturity, talent and skill development, on and off field

Parent Volunteer Expectations

As a community-based sports club, we require volunteer support from our parents, families and community to ensure that football can run. We strongly encourage everyone to be actively involved when they can, to maximise the enjoyment and success of the game. Every team will setup a parent volunteer roster for specific tasks that are required each week. If you are unavailable when rostered, please organise a swap or ask a friend or family member to fulfil that role.

Key Roles & Coaches



(Ben Gellie)

(Andrew Hill)

(Matt Gorski)

(Ricky O'Toole)

(Toby Stewart)

(Mick Aylett)

(John Chandran)

- Junior Football Co-ordinator: Ben Gellie
- Junior Football Co-ordinator: Andrew Hill
- Child Safety Officer: Rebecca Williamson
- Under 18's Boys Coach: Matt Gorski
- Under 14's Mixed Coach: Ricky O'Toole & Toby Stewart
- Under 12's Mixed Coach: Ben Gellie
- Under 10's Mixed Coach: Mick Aylett
- Under 9's Mixed Coach: Andrew Hill
- Under 12's Girls Coach: Ben Gellie
- Under 10's Girls Coach: John Chandran



CHILD SAFEGUARDING OFFICER (CSO)

NAME

Bec Williamson

PHONE

0418828054

EMAIL

EGFNCchildsafegmail.com



WHAT DOES THE CSO DO?

- Acts as the first point of contact for all safeguarding matters.
- Help adults at the Club understand their obligations to protect children and young people and promote their rights.
- Helps members reports complaints, concerns and incidents to the Club, Committee, or the AFL State Entity/AFL for appropriate action.

HOW DO I RAISE SOMETHING?

If you have concerns about your safety or the safety of another child or young person, or have seen or heard something that just doesn't feel right, it is important you say something. Speak to your CSO, parent, carer, family member or trusted adult at your club.

Or you can report directly to the AFL Integrity team by scanning this QR Code.



Club Theme Song

East Geelong Football Club Theme Song

There's a team that comes
from East Geelong,
And they're wonderful to see.

Oh, their backs are fine
and their forward line
They can kick goals from anywhere.


Oh, they play the game
In the sun or rain
And they're lead by the captain's head.

In this world of sport
There is just one sort
That's the team from East Geelong.

Who are, who are, who are we.
We are the Easties down by the sea.
Roll 'em, bowl 'em, pitch 'em in the mud
East, East ra, ra ra

Did we win?
How did we do it? – Easy!

AFL Barwon Match Day Guide

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