



THE **GAME** PLAN

Match Day Procedures

**AFL Barwon Pre-Season Senior Male, Female U19 & Colts
Football Manager/ Coordinators Meeting / Check-In**

Presented by: Simon Riddoch.

The AFL acknowledges the Traditional Owners of the land on which we work and pay our respects to Elders past, present and emerging. We acknowledge we play our great game on this land and respect the cultures of all First Peoples and their contribution to our nation and to the game of Australian Rules Football.



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Feel free to ask questions throughout the presentation

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- AFL releases updated Community Concussion Guidelines (March 2024)
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Match Day Paperwork

2024 Season –

Male Senior, Reserve Colts Football - Female Senior, U19 Football:

- Transition to online reporting of Match Day Paperwork through Officials HQ
- No requirement to submit physical paperwork to Highton Reserve
- Clubs are required to submit relevant paperwork (Team Sheets, Interchange Sheet, Umpire Scorecards) to the Umpire, The Umpire will then submit all relevant documents to the League through Officials HQ.
- Clubs will be required to store relevant match day paperwork documents

Match Day Procedures

- A representative from both teams needs to complete the matchday checklist on Marsh Insurance (via QR Code, on the Resources slide) prior to the game.



**Marsh Insurance
Pre-Match Checklist**



Please scan the above QR Code and fill out the form before every game,
unless both participating Clubs have already played at the venue on the same day.



Resources in preparation for 2024






Resources –

- [Loco Sportswear \(for purchase of all AFL Barwon game-day vests\)](#)
- [AFL Barwon Match Day Forms](#)
- [Training Footballs Order Form](#)
- [AFL Barwon Policies \(including relevant codes of conduct\)](#)
- [De Grandi Club Catalogue – Access Password ‘degrandihigh’](#)
- <https://schools.degrandi.com.au/>
- [AFL Club Help: PlayHQ – Club Training Webinars, User Guides & support](#)
- [Marsh – Pre-Match Checklist \(paper copy\)](#)
- [Project Clothing – Umpire Uniform](#)

Home > Products

Products

Browse by Sort by

				
AFL Barwon Coach Vest \$26.00	AFL Barwon Junior U9-U16 Runner Vest \$26.00	AFL Barwon Netball Umpire Polo \$35.00	AFL Barwon Netball Umpire Shorts \$30.00	AFL Barwon Netball Umpire Skirt \$35.00



TOYOTA AFL ClubHelp

HELP RUNNING YOUR LOCAL CLUB

Club help

If you have any questions, you can contact our dedicated Community Football Customer Service Team (clubhelp@afl.com.au) or call 1800 PLAY AFL (1800 7529 235) 9:00AM AEDT - 5:00PM AEDT from Monday to Friday.

Paperwork – Home Team *

To be placed in Umpires Room – 60 min prior to the game

- PlayHQ Team sheet
- 2 Scorecards for the goal umpires– available from AFL Barwon
- Current notice of report pad – available from AFL Barwon
- Video Review Request Form (Seniors only) - Online

Other

- 2 x Scorecards to be given to the timekeepers
- Interchange sheets, clipboard, and pen's to be given to the interchange steward

Handbook & Clublist Reserves vs St Mary's Reserves

TEAM	ST. MARY'S SENIORS	VS	ST. MARY'S RESERVES
1	1		
2	1		
3	1		
4	1		
5	1		
6	1		
7	1		
8	1		
9	1		
10	1		
11	1		
12	1		
13	1		
14	1		
15	1		
16	1		
17	1		
18	1		
19	1		
20	1		
21	1		
22	1		
23	1		
24	1		
25	1		
26	1		
27	1		
28	1		
29	1		
30	1		
31	1		
32	1		

2022 2022 Barwon's Sporting Football Yearbook

WOMEN'S / MIBAS 20 Sep 2022 5:45 pm

Team Captain: *Michael Smith*

Coach: *Michael Smith*

Umpire: *Michael Smith*

Timekeeper: *Michael Smith*

Interchange Steward: *Michael Smith*

Final Score: *12-41*

SCORE CARD

HOME TEAM: *Barwon* VISITING TEAM: *St Mary's*

PLAYER	GOALS	POINTS	GOALS	POINTS
1	1	6	1	6
2	2	14	-	0
3	1	6	2	12
4	4	24	2	12
5	1	6	1	6
6	1	6	1	6
7	1	6	1	6
8	1	6	1	6
9	1	6	1	6
10	1	6	1	6
11	1	6	1	6
12	1	6	1	6
13	1	6	1	6
14	1	6	1	6
15	1	6	1	6
16	1	6	1	6
17	1	6	1	6
18	1	6	1	6
19	1	6	1	6
20	1	6	1	6
21	1	6	1	6
22	1	6	1	6
23	1	6	1	6
24	1	6	1	6
25	1	6	1	6
26	1	6	1	6
27	1	6	1	6
28	1	6	1	6
29	1	6	1	6
30	1	6	1	6
31	1	6	1	6
32	1	6	1	6

FINAL TOTAL: *8 10 58* vs *5 2 32*

NOTICE OF REPORT FORM

REPORTED PERSON: *[Name]*

OFFENSED PERSON: *[Name]*

CLASSIFICATION: *[Category]*

INCIDENT AREA: *[Location]*

INCIDENT TYPE: *[Type]*

INCIDENT SEVERITY: *[Severity]*

INCIDENT DATE: *[Date]*

INCIDENT TIME: *[Time]*

INCIDENT LOCATION: *[Location]*

INCIDENT DETAILS: *[Description]*

INCIDENT REPORTED BY: *[Name]*

INCIDENT REPORTED ON: *[Date]*

INCIDENT REPORTED AT: *[Location]*

INCIDENT REPORTED TO: *[Location]*

INCIDENT REPORTED BY: *[Name]*

INCIDENT REPORTED ON: *[Date]*

INCIDENT REPORTED AT: *[Location]*

INCIDENT REPORTED TO: *[Location]*

Video Request Form

Match: *[Match]* vs *[Match]*

Round No: *[Round]* Date: *[Date]*

What type of incident is to be reviewed? Please state a brief description.

When did the incident occur? Please state quarter and approximate time (max 5 minute time frame)

Quarter: *[Quarter]*

Time Frame: *[Time]*

Please state the players involved if known (Jumper No. and team)

Please state the relevant position on the ground the alleged incident occurred.

Why did you not issue a report at the time? (Umpires only)

Name: *[Name]*


Position: *[Position]*

Signature: *[Signature]*

Match Day Paperwork

Scorecards – All Grades

- One from each goal umpire and one from each of the timekeepers. The timekeepers' scorecards MUST be signed and all times of entry and exit from the ground filled in correctly.

ON GROUND	START	HALF TIME	SCORE CARD						
UMPIRES	11:35	12:41		ROUND					
HOME TEAM	11:35	12:41		<input checked="" type="checkbox"/> GFNL	<input type="checkbox"/> BFNL	<input type="checkbox"/> CDFNL			
VISITORS	11:35	12:42	<input type="checkbox"/> U18	<input type="checkbox"/> Junior Football	<input type="checkbox"/> Female Football				
Date:	10/9/22		GRADE/AGE GROUP	Reserves	DIVISION				
NOTES Card must be signed and handed to Central Umpire at the conclusion of the match.			HOME TEAM: <u>NESTON & CHURCHILL</u>						
			VISITING TEAM: <u>St Mary's</u>						
QTR	S	TIME	GOALS	BEHINDS	POINTS	GOALS	BEHINDS	POINTS	
1	S	11:45	1	-	6	1	11	2	8
	F	12:05							
2	S	12:11	2	2	14				0
	F	12:31							
3	S	12:45	1	4	10	2			12
	F	1:07							
4	S	1:13	4	4	28	2			12
	F	1:36							
FINAL TOTAL ▶			8	10	58	5	2	32	

Time Keeper (print name): _____ Signature: _____
Goal Umpire (print name): _____ Signature: _____
Time Keeper (print name): _____ Signature: _____
Goal Umpire (print name): _____ Signature: _____
CENTRAL UMPIRE (print name): _____ Signature: _____

Match Day Paperwork

Reported Players/Officials *

Report Form pads will be supplied to each Club. If you require additional pads, please contact the AFL Barwon Office.

The Home Club is responsible for ensuring the correct Report Pad is available in the umpire rooms with other match day paperwork for each game.

Each club must have an official who obtains the all-clear from the Field Umpire at the end of each game, and no later than 20 minutes after. In the event of a report, the officiating umpires will submit the original of the report form to the Home Team Manager.



The image shows a 'NOTICE OF REPORT FORM' from the AFL Barwon Office. The form is divided into several sections:

- PART A: MATCH DETAILS** - Includes fields for MATCH DATE, COMPETITION, HOME TEAM, AWAY TEAM, and STADIUM.
- PART B: REPORTED PERSON** - Includes fields for PERSON'S NAME, PERSON'S CLUB, PERSON'S ROLE (PLAYER or OFFICIAL), and JAMPER NO. or OFFICIAL ROLE.
- PART C: OFFENSED PERSON** - Includes fields for PERSON'S NAME, PERSON'S CLUB, PERSON'S ROLE (PLAYER or UMPIRE), and JAMPER NO. or UMPIRE ROLE.
- PART D: SITE OF MATCH** - Includes fields for SITE OF MATCH and TIME OF ON.
- PART E: CLASSIFICATION & DRAINING** - Includes a section for 'WHAT IS THE REPORTABLE OFFENCE' with options for UNWITTING, CARELESS, INTENTIONAL, CONTACT AREA, BUMP, HIGH OR BRUSH, SHOVE/PULL, and a severity scale from MINOR to SEVERE.
- PART F: UMPIRE SIGNATORY** - Includes fields for UMPIRE NAME, SIGNATURE, and DATE.
- PART G: FOR REPORTED PERSON'S CLUB USE ONLY** - Includes fields for REPORT CONTINUATION, PERSON'S NAME, PERSON'S CLUB, MATCH DATE, STADIUM, SITE OF MATCH, TIME OF ON, OFFENSED PERSON'S NAME, and OFFENSED PERSON'S DETAILS.

Media Awards (Senior Male & Female Div 1 only)

Team Manager to Coordinate Club Coaches completed Geelong Addy Awards votes on a 5, 4, 3, 2, and 1 basis.

Votes to be submitted no later than the following Tuesday 9.30 am post-match.

Coach's votes can be given to players from both sides. i.e. 5,4,3, 2,1 for each team (5 being the best) via AFL Barwon QR Code / Link

Best practice for Team Managers, print off QR Code, and have QR Code on hand when playing an away match

- Geelong Advertiser Coaches Award Vote sheets (Senior Male & Female Div 1 only)

**GFNL
GEELONG
ADDY
COACH
AWARD
2024**



GFNL GEELONG ADVERTISER

**BFNL
GEELONG
ADDY
COACH
AWARD
2024**



BFNL GEELONG ADVERTISER

**FEMALE
DIV#1
GEELONG
ADDY
COACH
AWARD
2024**



FEMALE FOOTBALL GEELONG ADVERTISER

MATCHDAY PROCEDURES FOR TEAM MANAGERS *

- **Be organised!**
- **Print off 3 copies of the team sheet (night before or that morning)**
- **Ensure all players are registered to your club for the current year**
- **Positions to be filled**
 - Timekeeper
 - Umpire escort (use runner in junior grades)
 - Runner (one in all grades)
 - Trainers
 - Water carriers & individual water bottles.
 - Scoreboard attendants (home games)
 - Interchange steward (home games)
 - Goal umpire (Underage, or as required)
 - Boundary umpire (If required in Seniors or U18s only)
 - All clear to Umpires within 20 minutes of the conclusion of the match
- **Ensure all people undertaking tasks are aware of their responsibilities.**

Team Manager's Equipment Kit

- Equipment Kit:
 - First aid kit
 - Umpire t-shirt
 - Runners vest
 - Whistle
 - Timekeeper clock
 - Match day footballs (2)
 - Warm up footballs
 - Spare football jumpers and shorts
 - Water Carrier Vests + Water Bottles
 - Hand Sanitiser
- Paperwork Kit:
 - **AFL Barwon Handbook (access online)**
 - **Match day paperwork**
 - **Score Cards**
 - **Interchange sheet**
 - **Team Sheet PlayHQ**
 - **Video Review Request Form**
 - **Match day envelope**
 - **Pens!**

Match Day Procedures

- Team Managers need to ensure Coaches keep to the listed times at each break.
- Timekeepers must adhere to quarter break sirens as outlined in AFL Barwon HB.

14 Playing Times,

14.1 Duration of Games, Playing times for Seniors, Reserves and Under 18s games will be:

Home & Away Games

	Start	Quarters	¼ time	½ time	¾ time
Senior Male	2.10 pm	20 min +TO	5 min	15 min	7 min
Reserves	12.00 pm	23 min	5 min	15 min	5 min
Under 18 Male	10.00 am	20 min	5 min	10 min	5 min

Playing times may alter at the discretion of AFL Barwon

Finals Schedules will be released each week of the Finals Series

Penalty: Clubs responsible for late starts at any point of any match will incur a fine of \$50 per occurrence.

In finals late start penalty will be \$100 per minute for each Club causing the delay

If early games (prior to Seniors) are running behind time at half time the last 2 quarters are to be shortened accordingly to allow the game to finish on time.

This provision is NOT applicable in finals games

NB. Under 18s game times may vary according to the schedule

14.2 "Time On"

14.2.1 Home & Away Games

- Seniors (Male competition only) "Time on" is be signalled by the field umpires by either raising one hand above their head OR by crossing both arms across their chest or when a goal umpire signals a score is recorded (NOT when they complete waving their flags). If the Field umpire fails to signal "time on" when the ball goes out of bounds the clock is to be stopped when the signal is given by the boundary umpire and restarted when the ball is thrown into play.

- Reserves Male and all Under 18s Time on only where a team count is called, a stretcher is on ground or there is a lengthy delay as deemed by the field umpire/s in charge

12.6 Number of Occasions Siren To Be Sounded:

Start of Match

Five minutes prior to scheduled starting time of the Match and as Umpires enter the Arena (once)

Two minutes prior to the scheduled starting time (twice)

One minute prior to the scheduled starting time (once)

Scheduled starting time (Start of Match) (once)

First Quarter time Interval

Two minutes prior to the scheduled starting time (twice)

One minute prior to the scheduled starting time (once)

Scheduled starting time (Start of Quarter) (once)

Half Time Interval

Five minutes prior to the scheduled starting time of the Quarter and as Umpires enter the Arena (once)

Two minutes prior to the scheduled starting time (twice)

One minute prior to the scheduled starting time (once)

Scheduled starting time (Start of Quarter) (once)

Three Quarter Time Interval

Two minutes prior to the scheduled starting time (twice)

One minute prior to the scheduled starting time (once)

Scheduled starting time (Start of Quarter) (once)

12.7 Timekeepers shall keep accurate records of scores on cards supplied by AFL Barwon to each Home

Club. Times of starts and finishes of quarters; appearance times of teams; elapsed playing time of players

ordered from the ground. The timekeeper must sign the cards and return them to the Field umpire for counter signature. Penalty \$30

12.8 Light system to be used for order off rule as outlined in AFL Barwon Bylaws.

Match Day Procedures – After the game.

- Both Team Managers must go to the Umpires' Rooms after the match to receive the “all clear”. I.e. confirm any reports or video review requests and collect relevant copies of any reports.
- Home Team Manager to collect, footballs and all match day paperwork from the umpires.
- Away Team Manager to provide the home team manager with their best players and goalkickers.
- Home Team Manager to enter Match Results, Best Players, and Goalkickers into PlayHQ.
- PlayHQ live scoring is advantageous – Why?

2024 Football Competition Rule Changes

Female Football:

3. Players Per Match

- The Division 1 Senior Female Competition is deemed to be a 16 per side competition with 20 players to be selected for each game.
Any lower Divisions in the Senior Female Competition are deemed to be a 16 per side competition with a maximum of 23 players and a minimum of 14 players. If both sides have 20 or more players on the day, then both teams will play with 18 players.
If either side has less than 16, both teams must play with the same number of players on the field.

19.2 State League Players

- **19.3** - For purposes of state league player eligibility, a player who has played nine (9) or more games for a club affiliated with a senior state league competition in that season will not be eligible to play any remaining home and away games or finals with her local club.
- **19.3.2** All state league players who have played eight (8) or less games in a senior state league competition, must play at least three (3) games with their community club in the current season to be eligible for finals.

2024 Football Competition Rule Changes

Male Football:

Seniors, Reserves Under 18 Male Football

22.8.2 A player may only play in one game over a weekend of finals if their Club is competing in more than one section. "This includes divisions of AFL Barwon Junior Football (cannot play in an AFL Barwon Junior final and an Under 18s, Reserve or Senior final on the same weekend)

22.8.3 An exemption to 22.8.2 may be granted on matchday by the AFL Barwon Ground Manager for a reserves player who has already participated in a final on that weekend being a late inclusion in the Senior team, if deemed appropriate due to exceptional and unforeseeable circumstances.

23.6 Any player who is ordered off three times during the season in an underage game inclusive of Under 18 Colts games will receive an automatic suspension of one game in home and away or finals matches. A player who is ordered off for a fourth time during the current season will face the AFL Barwon Tribunal whose decision will be binding

22.4 Talent League Player

22.4.1 Any player that plays ten (10) or more games in the Talent League competition may, provided they have qualified under the rules, return to play with their community club in the finals of the senior competition only. (Existing Rule 22.7.2 does not apply for these players)

CAN ONLY PLAY SENIOR FOOTBALL

Good Morning AFL Barwon Club Affiliated Presidents & Secretaries, CDFNL & GDFNL Board Members,

In recent weeks, you may have read in the media, the [2024 AFL Concussion Protocols](#) media release.

I write this morning to provide an update for all AFL Barwon Clubs, Leagues, and affiliated stakeholders. The most significant announcement detailed within the 2024 AFL Concussion Protocols was:

- ***All Australian rules football competitions at all ages (i.e. adult/open competitions and all junior competitions outside AFL/AFLW), will adopt a mandatory minimum 21-day return to play protocol. This new protocol will apply for State Football competitions (including the VFL and VFLW), elite pathway competitions (including the Coates Talent League for boys and girls) and all community football competitions; and***
- ***Under the new community guidelines, the earliest that a player can return to play after a concussion is on the 21st day after the day on which the concussion was sustained and provided that the player has safely progressed through each phase of the return-to-play program.***

In-line with this announcement, AFL Barwon has adopted:

1. The 2024 AFL Concussion Protocols for **all AFL Barwon and affiliated Australian rules football competitions at all ages**; and
2. Has also adopted this policy for **all AFL Barwon and affiliated Netball competitions at all ages**.

This adoption extends to practice matches, interleague and other games of any kind, of Australian Rules Football and Netball, in all forms.

In the last 12 months, AFL Barwon has proactively engaged the AFL Medical Team as well as independent experts to work with the AFL Barwon Commission and internal team, to elevate our strategy and support. This work is part of our AFLB 2024-26 Strategic Plan to be community sport leaders in the safe and sustainable delivery of Football and Netball.

In addition, we've received the following resources from the AFL, to further support Concussion management at a community sport level, and thus resourcing to support all Clubs, across Football & Netball cohorts. Please see attached:

- *The Management of Sport-Related Concussion in Australian Football (March 2024); and*
- Memo summarising the substantive amendments to the Guidelines for 2024

As provided to all stakeholders via an AFL Barwon update on February 13, the [AFL Concussion Portal](#) contains extensive information and links to concussion management resources for all levels of the game. This includes [The Management of Sport-Related Concussion in Australian Football](#).

We hope this correspondence provides a clear update for all our Clubs and stakeholders, within the AFL Barwon region, following the release of the 2024 AFL Concussion Protocols. As always, please don't hesitate to contact me with any queries or ways we can support.

Kind regards, Ed

AFL releases updated Community Concussion Guidelines (March 2024)

The guidelines, designed to help those involved in the game including medical staff, volunteers, coaches, players, parents and administrators, outline the steps in the initial management of a suspected concussion and the stages for return to play following concussion.

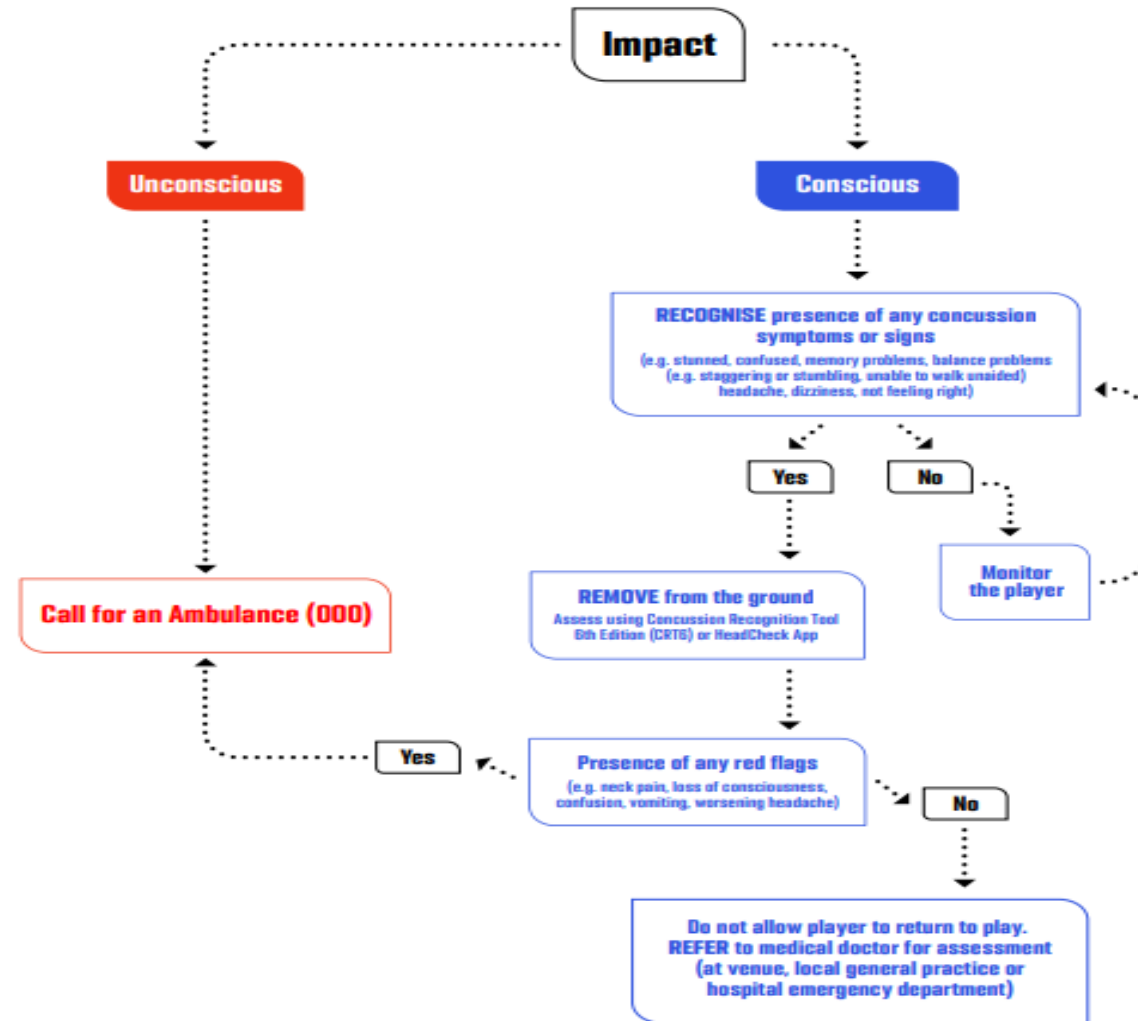
In following the guidelines, the earliest that a player may return to play (once they have completed a graded loading program and have obtained medical clearance) is on the 21st day following the concussion (where the day of concussion is designated day “0”).

This means that a player who is concussed in a match on a Saturday will miss at least the next two Saturday matches and will only be able to return to play on the third Saturday (i.e., the 21st day after the concussion was sustained) if they have recovered according to the protocols and have been medically cleared to return to play. In many cases, recovery will be slower than the minimum 21 days.

How concussion presents and the rate and pattern of recovery, vary from person to person and injury to injury. Players will also have different individual circumstances and the return to play program must be individualised based on progress and medical clearance, rather than the number of days since the incident.

The guidelines (along with other supporting resources) are available via the Play.AFL website, [here](#).

SUMMARY OF THE INITIAL SIDELINE MANAGEMENT



Note: For any player with loss of consciousness, basic first aid principles should be used (i.e. danger, response, airways, breathing, circulation). Care must also be taken with the player's neck, which may have also been injured in the collision. The unconscious player must not be moved by anyone other than a medical professional or ambulance officer. An ambulance should be called, and these players transported to hospital immediately for further assessment and management.

STAGES OF GRADED RETURN TO PLAY

STAGE 1: RELATIVE REST

1

ACTIVITY

Relative rest

Gentle day-to-day activities - as guided by symptoms.
Minimise screen time (TV, computer/homework/work, phone/social media and gaming)

DURATION

1-2 days

CRITERIA TO PROGRESS

Nothing specific - should progress after 1-2 days

STAGE 2: RECOVERY

2

ACTIVITY

i. Daily activities that do not provoke symptoms

Increase day-to-day activities - as guided by symptoms. Include short walks.

Limit screen time (TV, computer/homework/work, phone/social media and gaming) -duration depends on symptoms

No team training drills. No resistance training.

DURATION

Minimum
1 day

CRITERIA TO PROGRESS

Progress if concussion-related symptoms resolved or not worsened from their previous level (either during activity or by the next day)

ii. Light aerobic exercise

Start light activity e.g., walking, jogging or cycling at a slow to medium pace.

Aim for about 50-60% maximum heart rate (can carry a conversation when exercising)

No team training drills. No resistance training.

Minimum
1 day

Progress if concussion-related symptoms resolved or not worsened from their previous level (either during activity or by the next day)

iii. Moderate aerobic exercise

Start moderate aerobic exercise e.g., walking, jogging or cycling at a medium pace.

Aim for about 60-80% maximum heart rate.

May continue with moderate aerobic exercise over a number of days/ sessions if still has symptoms related to concussion.

No team training drills. No resistance training.

Minimum
2 days

Progress if concussion-related symptoms resolved or not worsened from their previous level (either during activity or by the next day)

iv. High intensity aerobic exercise

Start high-intensity aerobic exercise (e.g. running or cycling at high intensity)

Up to maximum heart rate.

No team training drills.

Can commence gentle resistance training (50-75% of usual loads)

Minimum
2 days

Progress if
a) Complete recovery of all concussion-related symptoms and signs at rest and with high intensity training;
b) Have returned to school or work (without any need for modifications);

STAGE 3: GRADED LOADING PROGRAM

3

ACTIVITY

i. Non-contact training

Return to full team training sessions - non-contact activities only

Minimum of 2-3 training sessions with no consecutive days of football training (to allow for rest and recovery)

Minimum
7 days

CRITERIA TO PROGRESS

Progress if remaining completely free of any concussion-related symptoms*

ii. Limited contact training

Full team training allowed -able to participate in drills with incidental and/or controlled contact (including tackling)

No consecutive days of training (i.e. must have "non-contact activity" days in between training sessions)

Minimum of
7 days to
progress
through
graded
contact
training

Progress if:
a) Remaining completely free of any concussion-related symptoms*
b) Player is confident to return to full contact training
c) Player has medical clearance to return to full contact training

iii. Full contact training

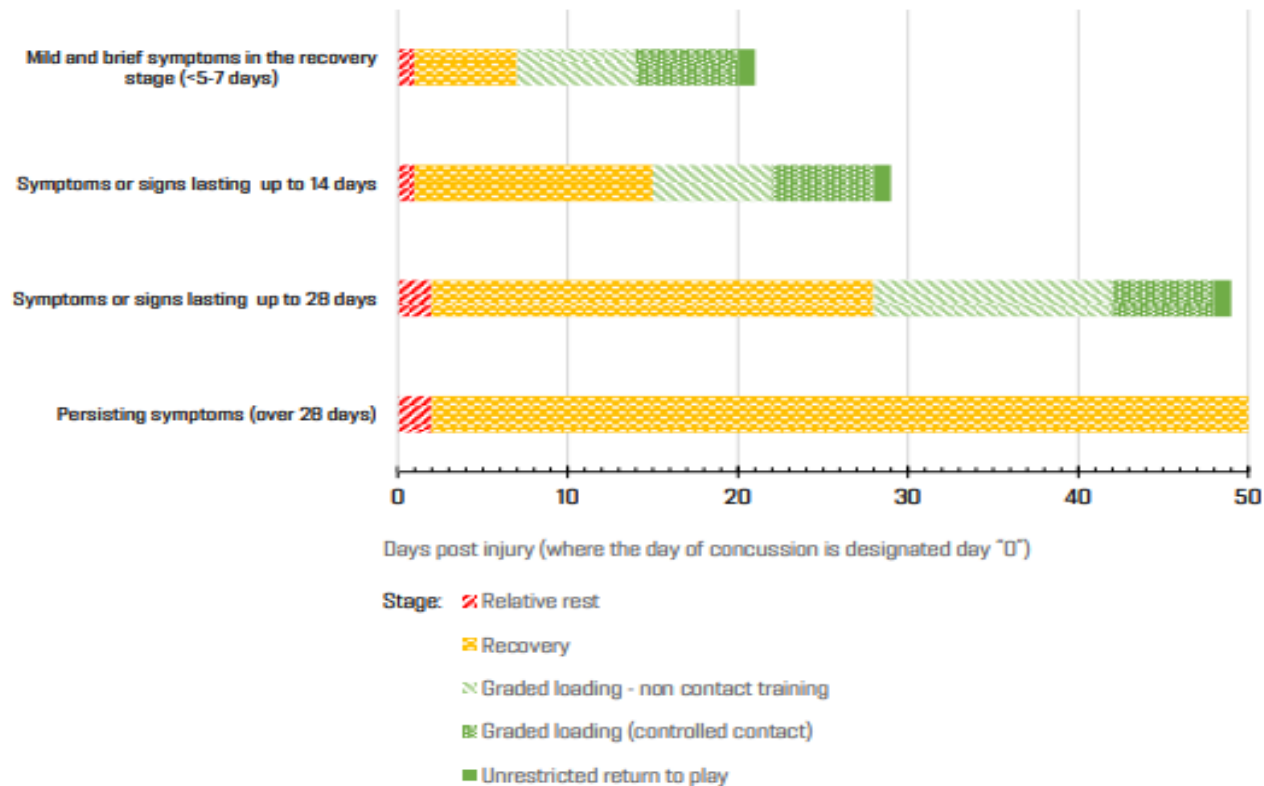
Progress if:
a) Remaining completely free of any concussion-related symptoms*
b) Player is confident to return to play

STAGE 4: UNRESTRICTED RETURN TO PLAY

4

*If concussion-related symptoms reappear at any time in stage 3 (Graded loading program) then the player should go back to the previous symptom-free step in stage 2 (Recovery) and seek medical review from a doctor.

EXAMPLES OF RETURN-TO-PLAY TIMELINES BASED ON PATTERNS OF RECOVERY FOLLOWING CONCUSSION*



**The timing of return to play depends largely on the duration of the recovery stage, which is variable in length from injury to injury and person to person.*

MATCH DAY HEAD INJURY

ASSESSMENT & REFERRAL FORM | AGES 13 & ABOVE



SIDELINE FORM

(to be completed by the examiner (first aider/trainer) on the day of the suspected concussion)

PLAYER NAME	CLUB
DETAILS OF INCIDENT	
DATE	
OCCURRED AT: <input type="checkbox"/> MATCH <input type="checkbox"/> TRAINING <input type="checkbox"/> OTHER	
BRIEF DESCRIPTION	

1 IDENTIFICATION OF RED FLAGS

(tick all those that apply)

- Loss of consciousness
- Seizure or convulsions
- Deterioration of conscious state
- Persistent or increasing vomiting
- Double vision
- Severe or increasing headache
- Increasing restlessness, agitation, or combative behaviour
- Neck pain
- Weakness or tingling/burning in the arms or legs

ACTION: If any one of the boxes above is ticked, an ambulance should be called for immediate transportation to hospital.

2 FEATURES OF A SUSPECTED CONCUSSION

(tick all those that apply)

- Loss of responsiveness
- Motor incoordination (losing balance, staggering, etc)
- Confused/disorientation (not aware of plays or events)
- Impaired memory (unable to recall events before or after the injury)
- Looking/feeling dazed, blank or vacant
- Player reporting symptoms:
 - a. 'don't feel right'
 - b. more emotional than usual - sad, nervous or anxious
 - c. 'feel slowed down', confused or 'feel like in a fog'
 - d. Sensitivity to light or noise

The player is not their normal self, or there is any other concern that they are not quite right

Other (please list):

ACTION: for any suspected concussion, the player needs to see a doctor as soon as practical for assessment, including confirmation of the diagnosis. The player must not return to play or full contact training until they have been cleared by a doctor.

EXAMINER NAME	ROLE AT CLUB
EXAMINER SIGNATURE	DATE

MATCH DAY HEAD INJURY

ASSESSMENT & REFERRAL FORM | AGES 13 & ABOVE



PLAYER FORM

(to be completed on the day of the suspected concussion)

PLAYER NAME	
CLUB	AGE
How many concussions have you had in the past?	
When was the most recent concussion?	
How long was the recovery (time to being cleared to play) for the most recent concussion? (approximate number of weeks)	

SCORE YOURSELF ON THE FOLLOWING SYMPTOMS, BASED ON HOW YOU FEEL RIGHT NOW.

	NONE	MILD	MODERATE	SEVERE			
	0	1	2	3	4	5	6
Headache	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Pressure in head"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Neck Pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nausea or vomiting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dizziness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blurred vision	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Balance problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sensitivity to light	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sensitivity to noise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling slowed down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling like "in a fog"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Don't feel right"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty remembering	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fatigue or low energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Confusion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drowsiness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble falling asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
More emotional	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Irritability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sadness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nervous or Anxious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PLAYER SIGNATURE	DATE
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(Please take a copy of both the sideline and player form with you to your visit to the doctor)

AFL Barwon Coaching Box Card Policy

White Card



AFL Barwon Coaching Box Card Policy

1.1 Introduction

- a) AFL Barwon is committed to enacting measures that ensure the match day environment for all players, coaches, volunteers, umpires, and spectators is safe, inclusive and a positive experience.
- b) This AFL Barwon Coaching Box Card Policy is established in accordance with Rule 8 “Coaches” and 17.3 “Officials of the AFL Barwon Handbook and sets out the objectives and application of a process aimed at addressing **unacceptable behaviour directed at umpires from the Coaching Box Area.**
- c) The Policy recognises the influential role that a Coach plays in establishing the behavioural standards of a team and places responsibility on that Coach to manage the behavioural conduct of those persons in the Coaching Box Area in accordance with the Code of Conduct provisions.

Phase	Action Overview
Phase 1	Play immediately stopped. A free kick awarded against the offending team. A first warning (white card) shown to the offending team’s Coach
Phase 2	Play immediately stopped. A free kick and 50m penalty awarded against the offending team. A second warning (white card) shown to the offending team’s Coach
Phase 3	Play immediately stopped. A free kick and 100m penalty awarded against the offending team and a RED Card (ejection from Match) issued to the Coach.

Term	Means
Captain	A person listed by each team as Captain on the official team sheet
Club Umpire	An umpire appointed by a club to officiate as a Field Umpire in a match
MRP	AFL Barwon Match Review Panel
Coach	The Head Coach. Where the Head Coach is also a player and is on the field in a playing capacity when a third phase card is invoked, the person who has assumed the Coaching Responsibility on the sideline will be deemed to be “the Coach”.
Coaching Box Area	Incorporates the designated areas outside the boundary line of a playing field where any person listed on the team sheet as a coach, team official or player is to be located to undertake their duties.
Competition	Refers to any Australian Rules Community Football Competition conducted or affiliated by/with the AFL Barwon Football Commission in which clubs participate in a season, and for clarity, excludes any Masters, AFL 9’s, AFLX competitions.
Controlling Body	The League or AFL Barwon Football Commission
Field Umpire	Any League appointed field umpire or club field umpire officiating a match
Handbook	The ‘National Community Football Policy Handbook’, as amended or varied from time to time.
Head Coach	The person listed on the official team sheet as the Head Coach
MRP	Match Review Panel
Policy	This AFL Barwon Coaching Box Card Policy as amended or varied from time to time.
Rules	The AFL Barwon Rules/By-Laws, as varied by each League, that are in place for the season(s) to which this Policy applies.
Season	A football season commencing from the first Home and Away Match until, and including, the Grand Final of a Competition and all Sanctioned Practice Matches.
<u>Unacceptable Behaviour</u>	Any of the following behaviours arising from the Coaching Box Area that are heard or observed by the Field Umpire(s) <ul style="list-style-type: none"> i. Continually questioning/disputing any umpiring decisions; ii. Abusing, threatening, or insulting any umpire or making inappropriate comments about them; iii. Using inappropriate language or gestures towards or about any umpire.

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