



## **EAST FREMANTLE DISTRICT**

### ***Coaches Code of Conduct***

- Obtain and maintain your coaching accreditations. It is a mandatory requirement that all coaches in the East Fremantle District are accredited. Keep up to date with latest coaching developments by attending meetings and seminars.
- Understand and abide by the Laws and Rules: - Including the *Laws of the Game*, the District By-laws and the rules of your Club.
- Teach the Rules – to players and parents. Encourage your players to always play by the rules.





- Develop team respect for opponents, umpires and coaches. It is also a coach's responsibility to ensure that this respect is also shown from the parents of the players in your team. Take an active role in ensuring that your parents always show respect for opponents, umpires and coaches. This includes showing respect for the umpire's decision.
- Create a **Safe, Fun and Fair** team environment for your players
- Follow the clubs (and districts) player rotation policy; this involves ensuring that all players are given equal opportunity to game time and playing positions. Avoid overplaying talented players. ***Your success as a coach should never be measured by winning a premiership, but by how many of your players continue to play football next year.***





- Avoid any discriminatory practices on the basis of race, religion, ethnic background, or special ability / disability. This includes any discriminatory or derogatory language.
- Always stress and monitor safety issues and ensure that you devise training programs that suit all levels of players within your team. Recognise the importance of proper injury treatment.
- Focus on the child's efforts and self esteem rather than winning or losing.
- Be reasonable in your demands on young players' time, energy and enthusiasm.





## **EAST FREMANTLE DISTRICT**

### ***Officials Code of Conduct***

- Remember you are representing your club and the East Fremantle District and setting an example to your players / parents.
- Foster high standards of behaviour for your club and the District.
- Try to resolve any conflict in a calm, sensible manner (when possible in private).
- Be aware of potential volatile situations at all times and be prepared to deal with them appropriately.
- Speak to parents / spectators that are not following the Codes of conducts stipulated by the club, reminding them of the club expectations regarding spectator behaviour.





- Ensure that there is a policy in place for player rotations for all teams at your club. Ensure that coaches abide by this policy.
- Take into consideration the developmental level of the children, when scheduling and determining the length of practice times and competition.





## **EAST FREMANTLE DISTRICT**

### ***Players Code of Conduct***

- Play by the rules.
- Never argue with an umpire or an official. If you disagree, discuss the matter with your coach after the game.
- Control your temper. Verbal abuse of umpires, officials or other players, or provoking an opponent is not acceptable.
- Be a team player. Work equally hard for yourself and for your team. Your team's performance will benefit and so will you.
- Be a good sport. Applaud all good plays whether they are by your team, opponent or the other team.





- Treat all players fairly. Do not interfere with, bully or take unfair advantage of another player.
- Cooperate with your coach, team mates and opponents. Without them there would no competition.
- Play for the "fun of it" and not just to please parents and coaches.
- Avoid using derogatory or discriminatory language.
- Be prepared to take responsibility for your actions.





## **EAST FREMANTLE DISTRICT**

### ***Spectators Code of Conduct***

The AFL has been extremely concerned about the way in which spectators (parents) behave at junior sport. In saying this they have implemented the AFL KIDS FIRST policy.

The basic principles of **AFL KIDS FIRST** are to remind adults that:

1. Sport for children is a vital part of their growing up.
2. Children like to win, but more importantly, they want to have fun.
3. Parents / coaches need to set the right example at the sports ground, not just at home.
4. Adults should be proud of a child's efforts irrespective of the result.
5. Sport is important to children's self esteem.





All adults that are involved in junior football need to be aware that their actions will have an effect on; a) their child's ongoing participation in sport, b) other children's ongoing participation in sport, and c) umpires and official's ongoing participation in sport.

Adults should;

- Encourage participation but do not force participation upon them,
- Teach that honest effort is the victory, not the winning,
- Ensure that you always respect the umpire's decision – **ALWAYS!!** Encourage kids to always play by the rules and accept the umpire's decision at all times.
- Never ridicule mistakes or yell at a child for making mistakes or losing,
- Remember, involvement is for their enjoyment, not yours,
- Remember, they learn best by example. Applaud both teams.





- Recognise positively the recreational contribution of voluntary officials, coaches and administrators from both clubs / sides, without them the kids could not participate,
- Never publicly disagree with officials. Raise issues privately
- Support all efforts to remove verbal, racial and physical abuse and to settle disagreements without resorting to hostility or violence.
- Support your club officials to foster high standards of behaviour for your club and the District.
- Remember that smoking and the consumption of alcohol is unacceptable at junior sport.





## **EAST FREMANTLE DISTRICT** ***Player Rotation*** **&** ***Selection Policy***

### **Player Rotation Policy / Equal Opportunity Policy**

It is imperative that all East Fremantle District coaches adhere to a player rotation policy. The on-field rotation of players is a policy recommended in the WA Junior Football Policy to enhance the participation and skill development of all players in junior or youth aged football.

The rotation of all players through a variety of positions in a game and season is designed to allow players to experience the skills and roles required in different positions, and to ensure all players are provided with equal opportunity. The policy recommends that every player in a team should play at least half a game. Further, every player should experience playing on each of the five lines of field position over a three match period.





(NB: players should be rotated through a variety of positions on the field in each line, not straight up & down the “spine” or only on the left or on the right side of the field.)

### **Methods of Player Rotation**

Several different models of player rotation have been developed to make the process as easy as possible for the coach on match day. These models, when used as part of the coaches’ planning prior to match day, can make the rotation a simple and equitable experience for all team officials, players, and parents. Attadale Junior Football Club have developed a comprehensive coaches team rotation utility which generates fair and equitable player rotations for every quarter of every game. This program is available at <http://www.attadalebombers.com.au/teamgenerator.htm> and is an extremely useful and valuable resource for all junior / youth coaches.





### Model One – Quarter by Quarter Rotation

Enter players' jumper number into the position in which he/she will begin the quarter.

#### Example

Quarter	F/Fwds	H/Fwds	Centres	H/Backs	F/Backs	Int	Notes
1 <sup>st</sup>							
2 <sup>nd</sup>							
3 <sup>rd</sup>							
4 <sup>th</sup>							

### Model Two – Half by Half Rotation

#### Example

Half	F/Fwds	H/Fwds	Centres	H/Backs	F/Backs	Int	Notes
1 <sup>st</sup>							
2 <sup>nd</sup>							

*“A successful junior coach is not one that wins the premiership but one that ensures all their players enjoy the season, improve their skills, get a fair go and come back next year.”*

