



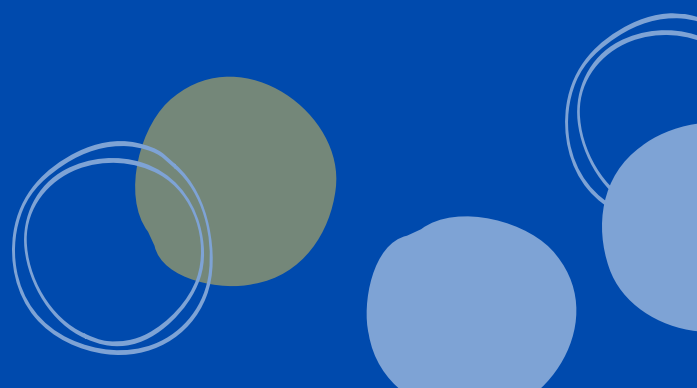
2021

**CENTRAL MONITOR
HANDBOOK**



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KEY STAFF CONTACTS



NAME



ROLE



EMAIL



PHONE

| | | | |
|--------------------------|---------------------------|------------------------------------|--------------|
| Craig Lees | AFLC Operations Manager | craig@aflcairns.com.au | 0433 162 653 |
| Jane Clarke | AFLC Marketing & Events | jane@aflcairns.com.au | 0433 493 177 |
| Marcus MacDonald -Camden | AFLQ Regional Manager | marcus.macdonald-camden@afl.com.au | 0437 841 308 |
| Melissa Dunstan | AFLCJ Treasurer | om2@firstclassaccounts.com | 0407 060 020 |
| Michael Etherington | AFLCJ President | etherington12@bigpond.com | 0459 810 137 |
| Mick Cornish | AFLC Facilities Manager | mick@aflcairns.com.au | 0488 235 070 |
| Richard Hollander | AFLCJ Junior VP | richard.hollander@bigpond.com | 0431 074 484 |
| Nick Bergman | AFL Umpires Manager | nick@aflcairns | 0431 138 141 |
| John Timms | AFLCJ Competition Manager | john@aflcairns.com.au | 0403 271 265 |
| Wayne Bowes | AFLCJ Senior VP | wbowes@altitudews.com.au | 0401 003 672 |
| Mandy Carney | AFLC Administration | admin@aflcairns.com.au | 07 4042 3000 |

CLUB CONTACTS



CAIRNS CITY LIONS

Holloways Beach Sporting Complex
Wisteria St, Holloways Beach

WAYNE FEATONBY

0429 405 500
citylionsjuniors@gmail.com



CENTRALS TRINITY BEACH BULLDOGS

Crathern Park
Nautilus St, Trinity Beach

KELLY KREECK

0429 881 979
centralsjuniors@outlook.com



CAIRNS HAWKS

Cazalys Stadium
45-61 Tills St, Westcourt

JASON MILLER

0466 836 533
cairnshawksjuniors@hotmail.com



CAIRNS SAINTS

Griffiths Park
Cnr Monk & Warner St, Manunda

SHANE LIVERSIDGE

0408 079 535
cairnssaintsjuniors@gmail.com



CAPE YORK EAGLES

AFL Cape York House
53-75 Buchan St, Portsmith

RICK HANLON

0402 116 610
rick.hanlon@aflcy.com.au



NORTH CAIRNS TIGERS

Watsons Oval
Behan St, Manunda

GEORGE BENNETT

0439 109 238
juniors@northcairnstigers.com.au



PORT DOUGLAS JUNIOR CROCS

Port Douglas Sporting Complex
Wharf St, Port Douglas

CRAIG MITCHELL

0476 313 016
portdouglasjuniorcrocs@gmail.com



SOUTH CAIRNS CUTTERS

Fretwell Park
Roberts Rd, Edmonton

JOSEPHINE IZUMI

president.sccjafc@gmail.com

WEBSITE & SOCIAL MEDIA



WEBSITE

www.aflcairns.com.au/juniors

www.aflcairns.com.au

www.aflq.com.au



FACEBOOK

AFL Cairns - <https://www.facebook.com/afl.cairns/>

AFL Queensland - <https://www.facebook.com/AFLQUEENSLAND/>

AFLQ Community Footy - <https://www.facebook.com/AFLQfooty/>



INSTAGRAM

@aflcairnsq

<https://www.instagram.com/aflcairnsq>



#FOOTYINPARADISE



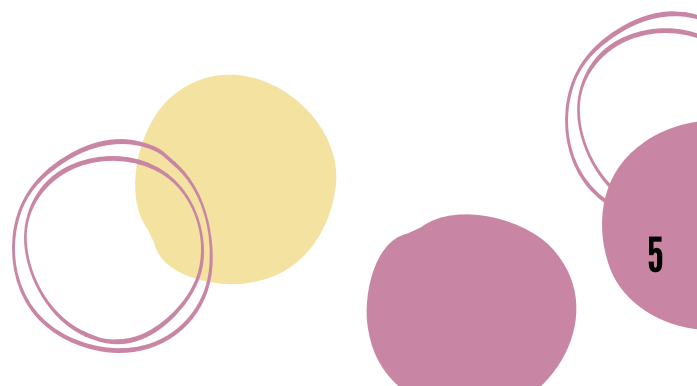
YOUTUBE

<https://www.youtube.com/c/AFLCairns>



TWITTER

@AFLCairns



MATCH DAY SET UP

OUTDOOR CHECKLIST



LINE MARKING

Lines clearly marked per the Laws of the Game and required distances applicable.



AWAY ROOMS

Clean and swept. Toilet paper & sanitary bins provided. Hot shower and lights working. Away team to clean up after use.



UMPIRE ROOMS

Clean and swept. Toilet paper, hot showers, table, chairs & working lighting.



GOAL POST PADS

Suitably fixed to posts and ready for game day.



PA SYSTEM

In working order with the ability to clearly be heard.



SIREN

In clear working order, tested pregame and with back up siren (air horn) in close proximity.



CONCUSSION

Refer to concussion management information (page 20).



FOOTBALLS

See rules and Procedures for competition specific number and placement of match balls.



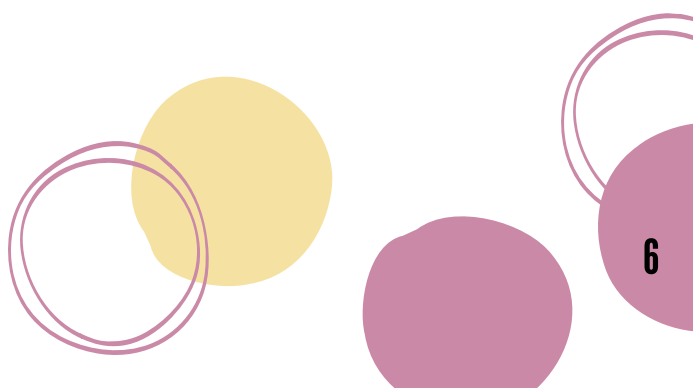
STRETCHER

At interchange bench.



COVID CHECKLIST & QR CODE SCANNING

Covid checklist must be completed prior to event, including QR code scanning



MATCH DAY TIMELINE

1 HOUR BEFORE FIRST GAME

Host club to open venue & changerooms
Goal post pads to be fixed to poles

30 MINUTES BEFORE FIRST GAME

Host club to submit JLT Match Day Checklist
in conjunction with Away Team
(via the AFL Match Day App by JLT)

30 MINUTES

Central Monitor in place with timer, siren,
paperwork, stationery and blue folder

30 MINUTES

Trainer in place with full medical kit, black
folder and stretcher at interchange

20 MINUTES

Home team to provide match football to
umpires & coin toss done by both teams

10 MINUTES

Scoreboard attendants are in place

10 MINUTES

Team sheet copies to Central Monitor &
opposition.

10 MINUTES

Ground Marshall to escort Umpires onto the
field

DURING

CM - Monitor Red, Yellow or Green cards
Ground Marshall to patrol venue & provide
escort for Umpires at breaks and fulltime

DURING

Sponsor announcements over the P.A
3/4 Break - announce games for the next round

POST GAME (15 MINS)

Team Managers gain 'All Clear' from umpires
including reports. Complete all match day
paperwork requirements

POST GAME (90 MIN MAX)

Match Day results are entered through Sports
TG. Home Team to ensure final scores are
correct

CENTRAL MONITOR / TRAINER

Return Central Monitor tub and medical kit to
Cazalys Social club (if after hours) or AFL
Cairns (if office hours) by 9am the next day

BOTH TEAMS

Enter own club's best players and goal kickers
Must be done by 6:00pm game day

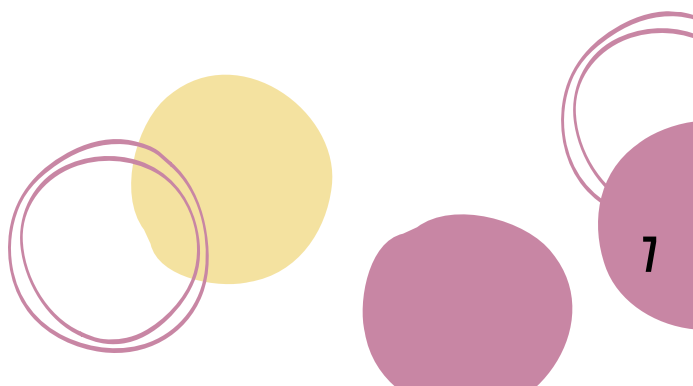
GOOGLE PLAY

[https://play.google.com/store/apps/
details?id=com.jlt.aflmatch&hl=en](https://play.google.com/store/apps/details?id=com.jlt.aflmatch&hl=en)



APP STORE

[https://itunes.apple.com/au/app/
aflmatch-day/id820150013?mt=8](https://itunes.apple.com/au/app/aflmatch-day/id820150013?mt=8)



HOME TEAM DUTIES

PAPERWORK



PLAYER REGISTRATION

All listed players are correctly entered into Sports TG prior to playing.



TEAM SHEET

Team selected prior to start of match and copies of team sheet printed (3 copies: home team, away team, central monitors) (competitive age groups only)



BLUE CARD

Blue card applicable for volunteers/ coaches working with anyone under 18 years old.



CONCUSSION

All coaches and trainers have full understanding of AFL Concussion Policy.



JLT MATCH DAY CHECKLIST

(Via the app)

SUPPORT STAFF



RUNNER

Only 1



WATER CARRIERS

Up to 4



FIELD UMPIRE

(If applicable)



GOAL UMPIRE

1 per team (except U18s)



INTERCHANGE STEWARD

Central Monitor



SPORTS TRAINER

Accredited Level 1 Sports Trainer/ ERC



UMPIRE ESCORT

Provided by Ground Marshall



BOUNDARY UMPIRE

Under 18 Colts provided by AFLCUA



TIMEKEEPER

If no Central Monitor in place



SCORE BOARD ATTENDANT

NOTE: All team officials **must be** listed on the team sheet. If they **are not** listed on the team sheet, **they are not permitted** to be in the coach's box.





The minimum age for a club goal umpire is 14 years old.

The minimum age for a club field umpire is 16 years old.










The minimum age for a runner is 14 years old.

AWAY TEAM DUTIES

PAPERWORK

-  **PLAYER REGISTRATION**
All listed players are correctly entered into Sports TG prior to playing.
-  **TEAM SHEET**
Team selected prior to start of match and copies of team sheet printed (3 copies: home team, away team, central monitors) (competitive age groups only)
-  **BLUE CARD**
Blue card applicable for volunteers/ coaches working with anyone under 18 years old.
-  **CONCUSSION**
All coaches and trainers have full understanding of AFL Concussion Policy.

SUPPORT STAFF

-  **RUNNER**
Only 1
-  **WATER CARRIERS**
Up to 4
-  **FIELD UMPIRE**
(If applicable)
-  **GOAL UMPIRE**
1 per team (except U18s)
-  **INTERCHANGE STEWARD**
(Not required)
-  **SPORTS TRAINER**
Accredited Level 1 Sports Trainer/ ERC
-  **UMPIRE ESCORT**
(Not required)
-  **BOUNDARY UMPIRE**
Under 18 Colts only, provided by AFLCUA
-  **TIMEKEEPER**
If no central monitor in place

NOTE: All team officials **must be** listed on the team sheet. If they **are not** listed on the team sheet, **they are not permitted** to be in the coach's box.

The away team is responsible for entering their own goal kickers and best players in Sports TG by 6:00pm on the day of the match or 90 mins after the match if it finishes after 5:30pm.

MATCH DAY PAPERWORK

BOTH TEAM MANAGERS

Need to provide a copy of their team sheet to the Central Monitor 10 minutes before the start of the match. (competitive age groups only)

GOAL UMPIRES

Need to pass on their scorecards to the field umpires following the end of the match.
Team Managers may take a photo of the scorecard for clubs use.

FIELD UMPIRES

To decide on the Competition Best & Fairest votes at the end of the match.
Votes to be recorded on Match Report and sealed in envelope and placed in Match Day Paperwork folder

UMPIRES

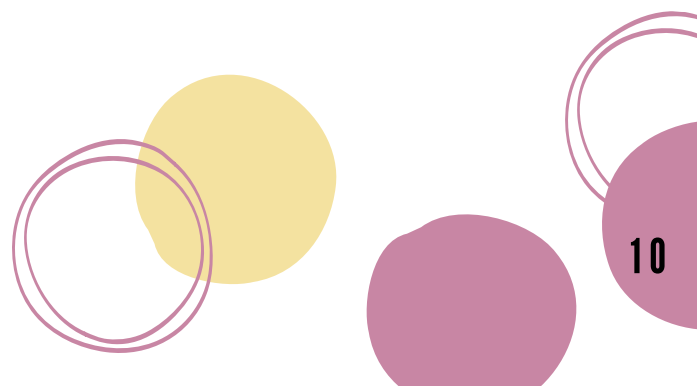
Provide all paperwork including team sheets, goal cards, best and fairest votes and if there any Incident Referral or Set Penalty forms to Central Monitor in Match Day Paperwork folder.

AFL CAIRNS UMPIRES ASSOCIATION APPOINTED FIELD UMPIRES

Collect all paperwork including team sheets, goal cards, best and fairest votes and if there any Incident Referral or Set Penalty forms.

Ensure all information is placed in the Match Day Paperwork folder inside the Central Monitors tub.

Return the tub to the Central Monitor who then drops it off to the Competition Manager via Cazalys Social Club or AFL Cairns by 9am the following morning.

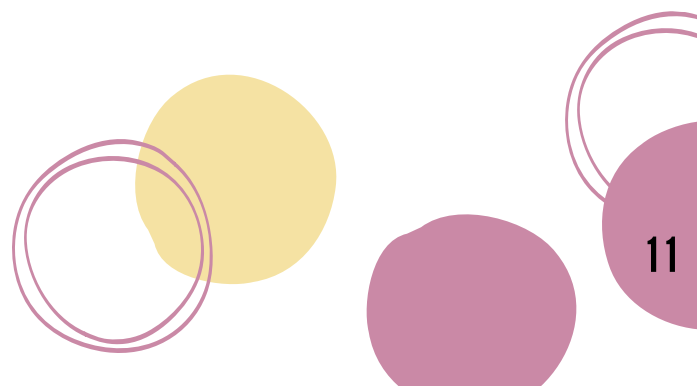


CENTRAL MONITOR DUTIES

A CENTRAL MONITOR HAS THE FOLLOWING RESPONSIBILITIES:

- ✓ Abide by the Administration/Officials Code of Conduct.
- ✓ Wear enclosed shoes and AFL Cairns Juniors Polo Shirt.
- ✓ Ensure games commence at the designated times, in consultation with the umpires.
- ✓ Be the contact person for visiting teams and umpires along with Ground Marshall.
- ✓ Conduct themselves in a firm and polite manner and are not overly officious when speaking to people regarding breaches of the Code of Conduct.
- ✓ Ensure the correct number of players are on the field at the beginning of each quarter.
- ✓ Ensure players only leave the Interchange Holding Area upon the player leaving the field.
- ✓ Assist field umpires in the event of a head count, where asked.
- ✓ Remind home clubs to update scores and goal kickers in footyweb directly after match.
- ✓ Monitor Yellow and Red Cards - display card to acknowledge to umpire.
- ✓ Ensure teamsheets have been completed correctly.
- ✓ Make announcements over the P.A for Sponsors.
- ✓ Contact Competition Manager - John Timms 0403 271 265 if any issues arise.

NOTE: Ultimately, it is the Clubs responsibility to ensure all game day procedures are adhered to. The Central Monitor is an additional resource provided by AFL Cairns Juniors to assist in the smooth operations of the junior competition. Penalties may apply to Clubs as per AFLQ's Rules and Regulations.

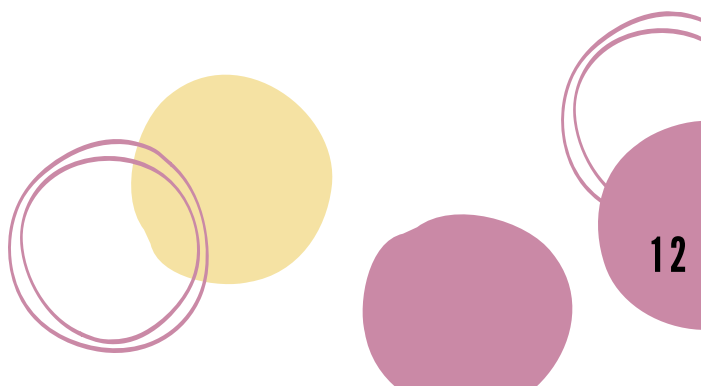


SPORTS TG POST MATCH SCORES

1. Log into passports.sportstg.com
2. Click "Results Entry and Live Scoring"
3. Click **AFL Cairns Juniors** database
4. Change date filters to today's date
5. Change venue to where you are located
6. Click **PRE GAME** of the first match you are entering
7. The home team will display. You need to ensure the players listed under **Selected Players** matches the teamsheet handed in. You can use the minus symbol to remove players selected if they are crossed out on the team sheet. You can use the addition symbol under **Available Players** if you need to add the players onto the teamsheet.
8. If you cannot find a player in the system, highlight them for Competition Manager to review on Monday. They may not be registered or are pending ID or a transfer.
9. Ensure the Jersey Numbers match the teamsheet
10. Click **SAVE**
11. Update the Team Officials below as per the teamsheet
12. Either select them from the dropdown box or type their name in the box beside
13. Click **SAVE TEAM OFFICIALS**
14. Once page has saved, select the AWAY team using the tab near the top and adjust their teamsheet accordingly
14. Once complete select **POST GAME**
15. Enter the quarterly scores under the Final Match Scores - NOTE: This is a running total:
eg. Q2 Goals = Q1 Goals + Q2 Goals & Q2 Behinds = Q1 Behinds + Q2 Behinds
16. Click on "Won" or "Lost" or "Draw" at the bottom of each team to record the final result.
17. Click **UPDATE MATCH SCORES**
18. Select the relevant teams tab to enter Goal Kickers
19. Enter club chosen Bests - 1 to 6
20. Enter Yellow or Red Cards
21. Click **UPDATE PLAYER SCORES**
22. Click **MATCH LIST** at the top of the screen to take you back
22. Tick the box next to the game you completed and select **UPDATE LOCK STATUS**

NOTES:

- Please ensure this is completed immediately after the match.
- Clubs or AFLCJ must grant its users permission via SportsTG to be able to access the database.
- If there are any discrepancies on scores, please refer to the Clubs Team Managers or make a note for the Competition Manager to follow up.



PARTNERSHIP ACKNOWLEDGEMENTS

AFL Cairns Juniors would like to acknowledge the commitment of all their partners for the 2021 season. Make sure you support our local partners where you can, as without them our competition would not be able to run as it does. We look forward to partnering them for many years to come.

LEAGUE MAJOR PARTNERS



Cazalys Social Club, Cairns are the major sponsor of AFL Cairns Juniors. Take your family, friends and visitors to Cazalys for a great night out and tantalize your taste buds with a great dining experience at Barassi's Bistro, open seven days. Cazalys has plenty of entertainment for all and is home to Australian football in Cairns. Sign up as a member today!

McDonald's Restaurants are another major sponsor of AFL Cairns Juniors and are happily supporting our local community. Drop into one of your local McDonalds Restaurants on your way home. McDonald's restaurants are located at Earlville Shopping Centre, Cairns Central Shopping Centre, the Esplanade, Manooro, Woree, Smithfield, Redlynch, Gordonvale and Martyn Street Cairns.



Bendigo Bank is the major sponsor of AFL Cairns Juniors Representative Program. All Cairns Representative sides are known as the Bendigo Bank Cairns Lions. Cairns Community Enterprise is an initiative developed by Bendigo Bank that focuses on building and improving the financial wealth of the local community bodies in

Cairns by developing sustainable income streams from banking businesses in our area. To find out more about this great initiative contact Bendigo on 4044 5211 or email the branch on: info@cairnscommunityenterprise.com.au. AFL Cairns Juniors are involved, is your club involved?

AGE GROUP SPONSORS

| | |
|-----------|---------------------|
| U8 | Cairns Golf Centre |
| U9 | Cazalys |
| U10 | Lane Orthodontics |
| U11 | Cazalys |
| U12 | Intersport |
| U13 YG | Cazalys |
| U14 | McDonalds |
| U15 YG | The Cheesecake Shop |
| U16 Boys | Cairns Zoom |
| U18 YG | Cazalys |
| U18 Colts | Cazalys |

PARTNERSHIP ACKNOWLEDGEMENTS

LEAGUE PARTNERS



Lane Orthodontics are a major supporter of AFL Cairns. Let the team at Lane Orthodontics change your smile forever. They are located at 566 Mulgrave Road, Woree.

Don't have a referral, no problem; call 4054 1100 to make an appointment with Dr Lane for all your orthodontic needs. They promise you will leave with a smile on your dial!



Intersport is located at the Cairns Homemakers centre, locally owned and operated by Billy and Stubbo. Intersport has the latest sporting equipment, apparel, footy boots and much much more.

Talk to your club about the 10% discount available to all members of the AFL Cairns Junior competition.



Cairns Golf Centre caters for all weather golfing day and night. They have a 6 hole par 3 golf course, mini golf, bunkered chipping green and a sensational driving range. They cater for the hiring of golf clubs for the whole family, so if you feel like a family fun day this is the perfect place to go.

Get up close with our native Australian wildlife at Cairns Zoom, including Goliath, a 4.1m estuarine crocodile, or experience adventure with their challenge ropes course. Enjoy breathtaking views of Cairns and Trinity Inlet from the top of Cairns Zoom's glass dome, or challenge yourself (and your fitness!) with their Commando Rope Climb or Pirate Climb. Call Cairns Zoom on 4031 7250 to make a booking.



Whether it's a birthday party, baby shower, engagement party or simply to just satisfy your sweet tooth, The Cheesecake Shop located at Shop 2, 377 Mulgrave Road has got you covered! Call them on 4038 7188 to book your custom cake or simply stop in to pick up a pre-made delicious cake!

GET ON BOARD TODAY!

If you are interested in supporting AFL Cairns Juniors and would like further information on how you can become a partner, please contact jane@aflcairns.com.au or phone (07) 4042 3000. We would love to hear from you!

TIMEKEEPING

IF CENTRAL MONITOR NOT IN PLACE - CLUB APPOINTED TIMEKEEPER SHALL:

1. Keep time for each quarter of a Match
2. Sound the siren in accordance with the procedures contained in these Laws
3. Stop the clock which is used for the timing of each quarter
4. Perform any other function as may be directed by the relevant Controlling Body

PROCEDURE FOR SOUNDING SIREN

START OF MATCH AND QUARTERS

The timekeeper shall sound the siren at the times and on the number of occasions as set out in the following table (Below):

| START OF MATCH | NUMBER OF OCCASIONS |
|---|---------------------|
| Five minutes prior to scheduled starting time of match and as umpires enter the field | Once |
| Two minutes prior to scheduled starting time | Twice |
| Scheduled starting time (Start of Match) | Once |
| First Quarter Time interval | Once |

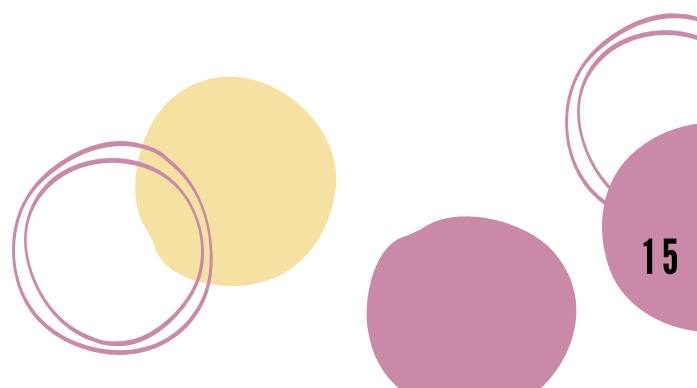
START OF SECOND QUARTER

| | |
|--|-------|
| Two minutes prior to scheduled starting time | Twice |
| Scheduled starting time (Start of Quarter) | Once |
| Half Time interval | Once |

START OF THIRD QUARTER

| | |
|---|-------|
| Two minutes prior to the scheduled starting time | Twice |
| One minutes prior to scheduled starting time | Once |
| Scheduled starting time (start of quarter) Three Quarter Time | Once |

| START OF FINAL QUARTER | NUMBER OF OCCASIONS |
|--|---------------------|
| Two minutes prior to the scheduled starting time | Twice |
| One minutes prior to the scheduled starting time | Once |
| Scheduled starting time (Start of Quarter) | Once |
| END OF MATCH | |
| Completion of match | Once |



BRINGING PLAY TO AN END

END OF QUARTER

The timekeepers shall sound the siren to signal the end of a quarter until a field umpire and, or the Emergency umpire acknowledges that the siren has been heard and brings play to an end.

SIREN HEARD BY FIELD UMPIRE

Play in each quarter shall come to an end when any one of the field umpires or emergency field umpire hears the siren.

SIGNAL

A field umpire shall signal that they have heard the siren by blowing a whistle and holding both arms above their head.

If immediately before hearing the siren, a field Umpire is of the opinion that a Player should be awarded a Free Kick or a Mark, the field Umpire shall signal that play has come to an end and then award the Free Kick or Mark to the Player. A Free Kick will not be awarded where the football has been kicked and, after the field Umpire has heard the siren, lands Out of Bounds on the Full.

STOPPING AND COMMENCING TIME (ONLY APPLICABLE IN FINALS)

STOPPING TIME

THE TIMEKEEPERS SHALL STOP THE CLOCK WHICH IS USED FOR THE TIMING OF A MATCH WHEN:

1. Directed to do so by a field Umpire in accordance with Law 10.5.3;
2. The goal Umpire signals that a Goal has been scored;
3. The goal Umpire signals that the football is Out of Bounds or Out of Bounds on the Full; or
4. The field Umpire crosses their arms to indicate they are going to throw the football up.

RECOMMENCING TIME

THE TIMEKEEPERS SHALL RECOMMENCE THE CLOCK USED TO THE TIMING OF A MATCH WHEN;

1. Direct to do so by the field Umpire in accordance with Law 10.5.3;
2. The football is bounced or thrown up by the field Umpire;
3. The football is brought back into play after a Behind has been scored;
4. The football is thrown back into play by the boundary Umpire or brought back into play by a Player (as the case may be), after it has gone Out of Bounds or Out of Bounds on the Full;
5. The football is obviously in play; or
6. The Umpire calls 'Play On'.

SIGNALLING

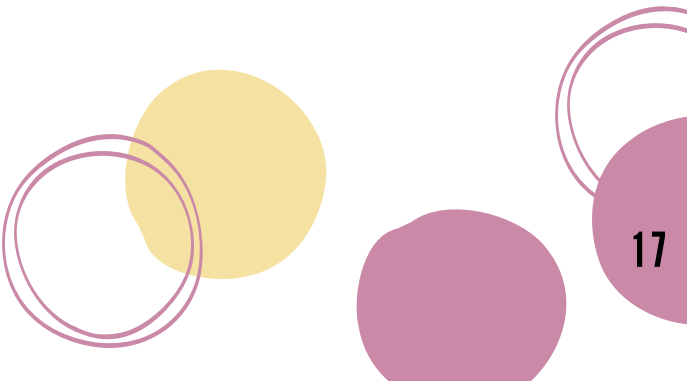
A field Umpire shall signal to the Timekeeper to stop the clock or re-start the clock used for the timing of the Match by blowing a whistle and raising one arm above their head.

DOMESTIC PROVISIONS

A Controlling Body may prescribe that Law 10.5.1(d) does not apply (for Matches organized and conducted by the Controlling Body).

AGE GROUP MATCH TIMINGS

| AGE GROUP | QTR LENGTH | BREAK LENGTH | | FOOTBALLS | |
|-----------|------------|--------------|----------|-----------|-----------|
| | | QTRS | HALFTIME | SIZE | TYPE |
| U8 | 10 MINS | 3 MINS | 5 MINS | 1 | SYNTHETIC |
| U9 | 10 MINS | 3 MINS | 5 MINS | 2 | SYNTHETIC |
| U10 | 10 MINS | 3 MINS | 5 MINS | 2 | SYNTHETIC |
| U11 | 15 MINS | 4 MINS | 5 MINS | 3 | LEATHER |
| U12 | 15 MINS | 4 MINS | 6 MINS | 3 | LEATHER |
| U13 YG | 15 MINS | 4 MINS | 6 MINS | 3 | LEATHER |
| U14 | 15 MINS | 4 MINS | 6 MINS | 4 | LEATHER |
| U15 YG | 15 MINS | 4 MINS | 6 MINS | 4 | LEATHER |
| U16 Boys | 18 MINS | 4 MINS | 8 MINS | 5 | LEATHER |
| U18 YG | 15 MINS | 4 MINS | 6 MINS | 4 | LEATHER |
| U18 Colts | 18 MINS | 4 MINS | 8 MINS | 5 | LEATHER |



KEY RULES & PROCEDURES

BELOW ARE SOME FREQUENTLY ASKED QUESTIONS ABOUT THE RULES AND PROCEDURES.

FOR THE FULL COPY OF AFL QUEENSLAND RULES AND PROCEDURES 2021, PLEASE VISIT:

<https://aflcairns.com.au/wp-content/uploads/2021/02/2021-AFLQ-State-Junior-Youth-Rules-Regulations-Final.pdf>

MATCH DAY PERMITS

The club requesting the match day permit must seek written permission (text or email) from the club (not the player) to which the player is registered before submitting this request.

When permitting junior players to senior competition, please make sure both clubs, as well as the player, are aware of junior rules and regulations.

WATER CARRIERS

Water carriers must wear closed in shoes(runners) and be in the prescribed uniform – high-vis pink water carrier vest or blue AFLCJ shirt.

Water carriers must only enter the field of play when there is a shot at goal, after a goal is scored, there is a clear break in play or if a player requires assistance.

The minimum age for a water carrier is 14 years old. Max 4 per team.

JUMPER CLASH

In the event of a uniform clash, the away team is responsible for arranging an alternative strip. The Central Monitor or AFLCUA official may liaise with the Competition Manager to determine the outcome.

Clubs are encouraged to contact the Competition Manager when this situation arises and seek use of alternative jumpers.

STRETCHERS

Clubs must ensure a Sports Medicine Australia approved stretcher is available from the interchange bench. Match not to commence until a stretcher is available. A player on a stretcher is to be taken off the ground in the shortest and most direct route. A player, for whom a stretcher is called, shall not resume playing for a period of twenty (20) minutes of play, as per the Laws of Australian Football (including time on but excluding the quarter/half time breaks)

UMPIRE ESCORTS

The home club is responsible for providing a Ground Marshall to act as an umpire escort for all matches. They should escort the umpires from the umpire's rooms to the field whenever they enter or leave the field (start of match, half-time & end of match). The minimum age for an umpire escort is 18 years old.

CLUB APPOINTED UMPIRES

Club umpires will only be appointed should there be insufficient numbers of registered and accredited umpires available, or it has been predetermined before the start of the season that club umpires will always be used. Where it has been determined that club umpires are required, each club is responsible for providing a field, goal and boundary umpire.

PLAYER UNIFORMS

All protective apparel, including bandages & skins must be beige or black in colour.

EXTREME WEATHER

AFL Queensland has policies in place relating to extreme weather. Full a full list, head to www.aflq.com.au

OFFICIALS UNIFORMS

Sports Trainers must be in the prescribed uniform - high-vis pink sports trainer vest or AFLCJ Trainer shirt and closed in shoes (runners).

YELLOW & RED CARDS

Yellow and Red cards are used in all AFLCJ youth age competition. Refer to 'ROLES' guidelines for specific age groups.

Runners must be in the prescribed uniform - Orange AFLCJ shirt and closed in shoes(runners).



CONCUSSION MANAGEMENT

CONCUSSION RECOGNITION TOOL 5[®]

To help identify concussion in children, adolescents and adults



RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury, including whether ANY of the following signs are observed or complaints are reported, then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma



Supported by



STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

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ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

HEAD INJURY ASSESSMENT

COMMUNITY FOOTBALL HEAD INJURY ASSESSMENT



A. GENERAL INFORMATION

Player Name: Club:

Examiner Name: Date:

Quarter: Approximate Time in Quarter:

B. STRUCTURAL HEAD OR NECK INJURY

1. Are there clinical features of a serious or structural head and/or neck injury requiring urgent and emergency hospital transfer?¹ ☐ Yes ☐ No

C. REMOVAL FROM PLAY

The player **must** be removed from play with **any** of the following clinical features² observed directly, reported by others or from video review (if available):

| | Observed Directly | YES Reported | Video Review | NO |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 2. Loss of consciousness or prolonged immobility (> 2 seconds) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. No protective action in fall to ground (not bracing for impact) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Impact seizure (stiffening arms or legs on impact) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Balance disturbance (loss of control over movements) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Dazed, blank/vacant stare or not their normal selves | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Unusual behaviour change for the player | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Confusion or disorientation | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Memory impairment (e.g. fails Maddocks questions ¹) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Player reports concussion symptoms ¹ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

¹ Refer to the AFL Concussion Management Guidelines available on the AFL Community website: <http://www.aflcommunityclub.com.au/>.

² Example videos of each clinical feature are available on the AFL Community website.

D. OUTCOME AND ACTION

If 'Yes' is selected for question 1, it requires an ambulance to be called for immediate transfer to hospital ☐

If 'Yes' is selected for questions 2-9, it requires immediate removal from play and medical assessment³ ☐

If 'No' is selected for questions 1-10, no criteria for removal from play for concussion⁴ ☐

³ A player who is removed from play for concussion or possible concussion must not return to play until cleared by a doctor.

⁴ A player cleared to play requires regular checks at least every 30 minutes and removal from play with any deterioration.

E. SIGNATURE OF EXAMINER

Signed: Date: Time completed:

F. MEDICAL CLEARANCE – TO BE COMPLETED BY A MEDICAL PRACTITIONER

I have examined: following the above head injury and declared him/her medically fit⁵ to train and play.

Practitioner Name: Medical Practice Stamp:

Signed:

Date:

⁵ Please refer to the medical check list over the page when assessing the player and determining his medical fitness to train and play.