

St Catherine's United Football Club Inc



**COACHES and MANAGERS
GUIDELINES 2021**

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St Catherine's United Football Club Inc.

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1.0 A MESSAGE TO OUR COACHES AND MANAGERS

On behalf of the Management Committee, thank you for agreeing to take on the task of coaching or managing one of our teams this season. Without people like you, the club would not operate. We appreciate your assistance.

We have prepared this booklet to help you with your role. Most of the tasks are simple once you get to know them. As with all our volunteers, most coaches and managers are parents and for many, your first time in the role will be with the under 6, 7 and 8 teams.

This information booklet has been compiled in consultation with experienced coaches, managers, and committee members. If you think of any additional (or alternative) information that could be useful, please contact the committee with your ideas.

Please take note of our Club's mission statement and remember that we are here to enable our kids and their families, to enjoy the game of football. We need your support to ensure appropriate behaviour from players and spectators. As a coach or manager, you are also the link between the parents and the committee.

Most of our committee members have experience as coaches or managers and many are still involved in these roles. Our club always needs volunteers, so encourage other parents to help as well. We believe in spreading out the workload as much as possible.

Thank you for making the commitment to being a coach or a manager. We hope that you have an enjoyable season with your team.

Anthony Percival

President

2.0 OUR MISSION

To foster, develop and encourage the sport of soccer for the benefit of players of all ages in the Centenary suburbs.

To foster and encourage good sportsmanship and a sense of friendly competition between all concerned.

To insist that all players, parents, and team officials abide by the Aussie Sports Code of Behaviour and the rules of the Queensland Christian Soccer Association.

To encourage players, coaches, managers, and parents to conduct themselves in a manner that the club would be proud to say that the person belongs to our club.

To improve the wellbeing of the Centenary community by providing a medium for a wide cross section of players and their families to form new friendships.

To encourage participation in the worship and undertakings of the Christian Gospel.

3.0 THE CLUB'S ATTITUDE TOWARDS WINNING

While we always encourage our teams to **strive** to win, we must not place too much emphasis on the **need** to win.

An over-emphasis on winning can result in our less skilled players spending too much time on the bench, as well as arguments between parents and officials of opposing teams. Our club considers this form of behaviour unacceptable.

On or off field incidents should not be settled on the day unless it can be done amicably. More serious incidents should be reported to the Committee in writing to be reviewed and directed to the QCSA if necessary.

4.0 THE ROLE OF THE COACH

The coach should:

- Abide by the Aussie Sports Code of Behaviour and to encourage players, parents, and spectators to do the same. You should ensure the team always displays a high level of sportsmanship.
- Recognise and foster the strengths of each player and develop their skills for the best of the team. This includes giving equal opportunities and encouraging teamwork and friendship.
- Be aware of the well-being and safety of the players in the team.
- Maintain communication with the team manager, the parents, and the Committee, as necessary.
- Be aware of the legal responsibilities of a coach.
- Be responsible for club equipment and ensure all equipment is returned at the end of the season.
- Wear the QCSA issued and approved Identification Card at each match (U9s to Seniors).

4.1 Working with the Team.

Coaches work with the team to develop their abilities and create a cohesive group.

- Work with the team to develop players' individual skills, their knowledge of positions and the laws of the game.

-
- Encourage players to be gracious – whether they win or lose.
 - Always offer encouragement to the team – even in defeat. Your attitude affects team morale and confidence. Focus on the positives and use problem areas as opportunities for improvement.
 - Ensure that players respect the team, the jersey, the officials, and the opposition and know that they are representing our club both on and off the field.
 - Maintain open communication allowing players to approach you if they have any problems or want to contribute ideas.
 - Place players in positions where they can be most effective for the team and help them to build confidence in that position. Younger players should be encouraged to play in several positions until they find the one which best suits them.
 - All players should be given the opportunity of having equal game time. For all teams up to seniors there are unlimited interchanges – use this to ensure players are only on the bench for short times.
 - Coaching for Under 9 to Seniors is allowed from the interchange area only.

4.2 Health and Safety

During games and training, the coach is responsible for the health and safety of players.

- All players should be appropriately dressed. Shin pads are always required when players are on the field – this includes during training – and must be worn under socks. Insurance may be waived for any injury resulting where a player is not wearing shin-pads.
- Players should be reminded to stay hydrated.
- Make yourself aware of any medical conditions with your players. Advice of medical conditions are provided on the Player Registration and Duty of Care Forms.
- Ensure all open wounds are covered.
- A warm-up is essential prior to any strenuous activities.
- Two adults should be present to ensure players are supervised if one must leave due to unforeseen circumstances.
- An adult must remain with all junior players until they have been picked up by their parents or guardians.
- All coaches are required to hold a valid blue card.

4.3 Equipment

Players should take responsibility for their own equipment as well as that of the club.

- Players need to care for and clean boots and shin pads.
- Ensure players have no sharp objects on them before they run onto the field.
- Remove all jewellery – including rings, earrings, watches etc – prior to taking the field. Breach of the rule during a game can result in a player being sent off by the referee. Exceptions can be made for medical jewellery which may need to be taped down.
- Monitor and ensure that players do not swing from the crossbars of goals, having regard to player safety and potential damage to equipment.

4.4 Commitment to Training and Games

- In conjunction with the Coaches Coordinator, arrange for a suitable night and time for training. Once confirmed, your team manager will communicate with families.

- Ensure that parents and players understand the requirement to give as much notice as possible if they cannot attend a game. They should also advise if they cannot attend training.
- You should always attempt to field a full team by substitution from another grade or division if require.

4.5 The Legal responsibilities of a Coach

Anyone who accepts a coaching position, whether as a volunteer or as a professional, has a legal responsibility to provide his or her athletes with the utmost care. Coaches can be judged not by what they know but by what they should have known. The following is a list of ten legal responsibilities for a coach as suggested by Martens 1990¹.

- Provide a safe environment.
- Activities must be adequately planned and suitable.
- Athletes must be evaluated for injury and incapacity.
- Young athletes should not be mismatched.
- Safe and proper equipment should be provided.
- Athletes must be warned of the inherent risks of the sport.
- Activities must be closely supervised.
- Coaches should be aware of first aid.
- Develop clear rules for training and general conduct.
- Coaches should keep adequate records (especially in relation to medical conditions).

5.0 THE ROLE OF THE TEAM MANAGER

The manager should:

- Assist the Coach with the efficient functioning of the team including administration tasks.
- Ensure that parents and players abide by the club objectives as listed in our Mission Statement and the Aussie Sports Code of Behaviour.
- In conjunction with the coach ensure that training and matches are conducted as safely as possible
- Communicate effectively with the coach, players, parents, club committee, referees and linesmen and officials of opposing teams.

5.1 Communication

Communication is one of the most important tasks as a manager.

- Work closely with the coach to form an effective partnership.
- Act as a link between the players (and their parents) and the Committee. Team issues should be directed to the manager first – managers can then seek guidance from the committee if needed.
- Plan ahead to give players and parents plenty of notice about upcoming events and important dates – for example field setup days, working bees, photo or trophy days etc.
- Communicate details of team training times, game times and locations, additional training opportunities etc.

¹ Martens, R., 1990 Successful Coaching, Leisure Coaching, Champaign, Illinois

5.2 Administration

- Work with the coach to keep records of match awards; match scores, goal scorers and substitutes to ensure all players get equal time on the field.
- Keep in your possession the ID sheets for all players in your team.
- Ensure your team understands the requirements for Field Set Up Duties (usually twice per season). The Managers Coordinator will advise you by email of the Field setup schedule and the duties to be completed on the day. You should send an email to your team as soon as you can and follow up with a reminder closer to the day. Remind families that field set-up is part of the participation levy.
- Additional information on a range of topics can be found on the QCSA website www.qcsa.org.au including:
 - A list of all clubs in the QCSA and their team colours.
 - Addresses for all playing fields.
 - Rules relating to player substitution.
 - Information about match cards.
 - What to do if the designated referee does not turn up.
 - Rules regarding forfeiting of matches².
 - Wet weather arrangements.
 - Guidelines for club vested officials.
 - Policy statement on behaviour.
 - Information about penalties received from infringements.

5.3 At the Beginning of the Season

- Attend the pre-season information session presented by the Club. This session provides some basic information about managing your team, duties, games, dates etc.
- Collect your team kit and jerseys at the end of the information session or as soon as possible after.
- Send a welcome email to your team introducing yourself and the coach. The coach will have confirmed a time for training, so you can share this information along with any other general team news. MyClubMate provides an easy form to send team emails (see below).
- Ensure parents know they can access MyClubMate to find match dates, times, and locations (see below for some instructions on MyClubMate).
- Prepare a roster for half time fruit and for jersey washing so both jobs are shared by the team.

5.4 Using MyClubMate

Log into the Team Managers portal on MyClubMate using the link www.qcsacats.myclubmate.com.au/TeamManagers

Your username is your email address provided to the club when you volunteered, and your password will be the name of your team. For Juniors, this will be just one word – Tigers, Crocodiles, Sharks etc – for older teams it will be U9Black, U14Red etc.

² Note that fines are imposed on the club when matches are forfeited (except in accordance with the rules stated in the QCSA rules and bylaws. Every attempt should be made to ensure that games are not forfeited.



St. Catherine's	
Game Day	Log Out
Team Contact Details	
Update Contact Details	
Confirm Players DOB	
Team Photos	
Players/Team Information	
Grade Players	
Team Colours	
Change Password	
Players Offences	
Print Team ID Sheet	
Team Defibrillator	
Upcoming Games	
Player Availability	
Print Paper Match Card	
My Electronic Match Card	
Review Opponents Match Card	

Once your email address is entered, the system will list any teams that you have access to – in most cases this will be just one team, but if you manage or coach multiple teams you can select the one you are working with at this time.

Once you have logged in, you will see the main menu which looks like the example to the right. To set up your team, click on Player/Team Information. For each player, click on their name to edit their details including their shirt number. This will prefill the match card each week.

MyClubMate provides a range of other options including sending player emails, checking availability, checking fixtures and so much more. Take some time to familiarise yourself with it.

5.5 Prior to Game Day

- Check player availability using the prepared email from MyClubMate (click Player Availability from the main menu – see above).
- Check the Match Card – from 2021 match cards will be submitted electronically (see details below).
- Ensure your kit is ready to go, including jerseys, bibs, Captain's armband, goalie gloves, match ball etc.
- At least one week prior to each game, check the team colours for the opposing team to avoid a clash of team strips. Team colours are available by checking Upcoming Games on MyClubMate or the QCSA website.
 - In the event of a clash, the manager of the **home team** is responsible for providing an alternative strip. St Cats has several sets of (white) alternative strips.
 - Contact the Equipment Officer to arrange collection of the alternate strip from the clubhouse on the Wednesday prior to the game. After the game, the kit should be washed and returned by the following Tuesday.
 - Note that match points can be lost if there is a colour clash.

5.6 On Game Day

- Remind players (U9 and above) to arrive at the field at least 45 mins before kick-off to allow time for warm up. For U6-U8, players can arrive 30 mins early.
- Check that players are ready to take the field on time as field and referee schedules can be tight.
- The manager is the link between our club and the opposing team officials. Ensure your actions reflect the spirit of the club.
- Arrange for a responsible adult to wear the Official's Vest. This is the person that the referee will deal with in the event of problem behaviour. Duties of the vested official are described in the Match Day Process section, below.
- Ensure no intoxicating liquor, tobacco or drugs are consumed on or near the field of play.
- Check the match card, ensuring all players (including those borrowed from another team) are listed against the correct jersey number. Your vested official also needs to sign the match card. Meet with the opposition manager at least 15 mins prior to kick-off to review match cards and ID sheets before submitting the match card (see below for details on how to submit the electronic match card).
- Check that all players have shin pads and have removed watches and other jewellery. Most referees will require players who wear glasses to have them strapped to a headband.
- Assist the coach to decide the Coaches Award for each game. Club policy is that all players will get at least one award through the season. For senior teams, For senior teams, Player of the Year votes should be submitted via the QCSA web site on a weekly basis, otherwise those team players will not be eligible for the QCSA end of season Player of the Year awards.

- Ensure that match results are sent to the Results Officer by text on **0481 880 245**. Results should be submitted immediately after your match.
 - List the winning team first using the format – St Cats U11Red 3, Blackstone 1.
- In the event of an incident between teams, referees, parents or officials, the matter should be reported to the Club Secretary at the earliest opportunity. Serious incidents may require witness statements from those present.

5.7 At the end of season

The Club provides player participation trophies for all players at the end of season presentation day. In addition, there are two awards per team for Under 9 to Seniors – usually given for ‘most improved’, ‘most consistent’, ‘players player’ or sometime similar. The manager and coach should determine who will receive these awards and advise the appropriate club officer when requested.

The club also presents perpetual trophies which are decided by the committee. These need to be returned to the club prior to the presentation day. These trophies are:

- President’s Cup – awarded to the team deemed most successful.
- Team Spirit Award – awarded to team that has displayed exemplary team spirit.
- Club Person of the Year Award – awarded to a club member for outstanding club contribution during the season.

At the end of the seasons, the manager should also ensure that their team kit is returned to the Equipment Officer the week after final round of fixtures or finals or as directed.

5.8 Child Protection and Photographing players

Due to changing child safety and welfare legislations, we need to monitor photography and videos of our children. It is suggested that the manager informs parents of the need to be considerate, and as a courtesy, determine if the opposition has any objections to photographs being taken prior to the game.

For more information about child safety issues please visit the Queensland Governments Child Protection website www.childcomm.qld.gov.au.

6.0 DEALING WITH INJURIES

The Vested Official, coach or manager should be prepared to enter the field only when instructed by the referee to deal with injured players. Also be prepared at a break in play, to call the referee or linesman’s attention to players who are injured but not noticed during play.

Home teams are generally responsible for providing a first aid kit and ice packs, which can be found in the Club Room at Peter Lightfoot Oval. Managers and coaches should be familiar with the location and contents of the kit. It is a good idea to also have your own cold or ice pack, as these are not readily available at some grounds.

In the case of injuries requiring medical attention, players can be taken to a local doctor’s surgery or a hospital by car. For more serious injuries, an ambulance should be called. It is possible that a player may incur a serious injury during a game where the parent is not present. Managers should seek advice from parents at the beginning of the season as to what form of hospital assistance they prefer (considering possible out of pocket expenses). This information should be available and kept in a folder that is taken to each game.

7.0 BORROWING PLAYERS

Teams who find themselves short of players for game day can borrow from another team at our club. The rules for borrowing are different for Seniors and Juniors.

In Juniors:

- Players can only be borrowed from age groups or divisions that are **lower**. Where two players are in the same division of the age group, they cannot be borrowed by the either team.
- In any one season a **Junior player may play no more than 4 matches** in a higher age group or higher division. This applies across all teams who borrow that player – not just your team.

In Seniors:

- A **Senior player may play no more than 7 matches** in a higher age group or higher division.
- Players can be borrowed from higher divisions, but with restrictions and still only a maximum of 7 times per season without losing their original registered age group and team status. Borrowing players down has a few restrictions.
 - you cannot borrow more than 3 for any one game.
 - you cannot borrow any players in the last 5 weeks of fixtures (or finals).
- Like juniors, if you have 2 teams in the same division of the age group, they cannot be borrowed by the other team.

For all players:

- If a player is borrowed more than the allocated number of times, they will automatically be transferred into the team where they played the extra match for the rest of that season. They will not be able to return to their team, or be borrowed again,
- Any player that is borrowed must be noted on the match card as a borrowed player. Their correct age and division need to be noted. Penalties apply for providing false information.

8.0 MATCH DAY PROCESSES

A step-by-step guide to getting matches underway and kick off on time.

8.1 Electronic Match Cards

Instead of printing a match card and taking it to the game, you can now submit your match card online. This needs to be done before the game starts.

Once BOTH teams have submitted their own match cards, they will then be able to review the other teams Match Card online, and either approve it, or mark it as “in dispute” if you think there is a problem.

So, to start, click on “Submit Your Match Card”, select the appropriate game and you will see this screen.

By default, a player is marked as NOT Playing if any of the following are true:

- The Player has responded to the Availability to say they can't play or they haven't responded.
- The Player is Suspended, in which case they will also have a line through their name.

Home to Greenwich M354
 Ground : at Naremburn upper
 Match Date : Saturday 21st Jun 2014
 Match Time : 13:00 pm

Select your Players to put on the Match Card.

You have 10 Players and 1 Subs allocated

Shirt#	Players	Available?	Playing?
4	Chris Ahrens	?	Yes
34	Aiden Boyce	?	Yes
19	Richard Clarke	?	Yes
3	Tom Flynn	?	Yes
5	Marcus Green	?	Yes
24	...	?	...

~~You can change No to Yes or Yes to No simply by clicking on the box.~~

April 21

Select Borrowed Players from other teams

Shirt#	Borrowed Players Name
<input type="checkbox"/>	Choose Player
<input type="checkbox"/>	Choose Player
<input type="checkbox"/>	Choose Player

Previous Next Done

✓ Choose Player

Alastair Wright (M352 Green) - 49 Yrs Old

Alex Damo (M453) - 51 Yrs Old

If you need to borrow subs from another team, click on Choose Player. You will be provided with a list of age-appropriate players.

Please note that MyClubMate does NOT consider team hierarchies, so you need to be aware that if you are in Division 4 you can't borrow players from Division 2.

Once you are sure that all your jersey numbers are correct and your players are correctly selected or not selected, you can either:

- 'Save After Checking – I will Submit Later' or;
- 'Submit my Final Match Card'

Please note, once you submit your match card you **cannot make any changes** and Match Cards need to be submitted and reviewed a minimum of 20 minutes prior to the game starting.

To review your opponent's match card, click on Review Opponents Match Card.

The screen will show a list of opponent players information including their name, photo, player ID number and jersey number. If there are any players on the card that have been borrowed from another team, they will be listed with the words underneath "Borrowed from" and their own team name.

Review the match card and if you are happy with their submission, click on the positive button, if you believe there is an issue with the match card, then mark the card as "In dispute".



A final point to note. Date and Times are recorded when the match card is submitted, and when the match cards are reviewed and approved or marked as In Dispute.

Cards need to be submitted and reviewed a minimum of 20 minutes prior to the game starting. Remember: Once you "submit" your match card, you cannot change it, so make sure all your players who 'may' play are listed on the card (only listing the allowed number of players per team)

NOTE: Fines apply for incorrectly completed match cards.

8.2 Game Preparation

- If players are turning up late: The opposition official is entitled to check the players' ID before any player enters the field. If you know a player is turning up late, inform the other team; point out their name on the match card and advise the opposition when they arrive.
- Game Time: Teams have 5 minutes from the scheduled starting time to present themselves on the field. If the game does not start within 5 minutes of kick off, through the fault of a team, the referee can abandon the game and the QCSA Fixture Committee will determine the outcome. If it is through no fault of either team, such as the game before running over time, the referee will start the game as allowed. If it cannot be started because the game will not be finished for the next game to kick off on time, the match will be replayed at a future date or one or both teams penalized by fixture committee.

8.3 Player Interchange

- All QCSA matches are played with unlimited interchange (U9 to O40).
- Teams can have a maximum of 4 interchange players.
- Interchange is only permitted at stoppages in play (i.e. when the ball is over the side lines or goal lines) at the referee's discretion. The referee will signal the interchange.
- The Referee must be informed of any interchange of a goalkeeper, e.g. if you change goalkeepers at half time.

- Players should stay out of the Interchange Area until the interchange is ready to take place.
- Players leaving the field must do so quickly to the nearest side before the interchange player comes on the pitch.
- Referees will disallow interchanges if they are deemed disadvantageous to the opposition – for example, by slowing the game with multiple changes when the opposition is attacking.

8.4 Vested Official

The Vested Official is the designated club representative who can deal with situations arising during a match. The Manager should appoint one person to perform this role. The Vested Official wears the official club (fluro) vest so that they are easily recognisable to all people attending the match. The Vested Official must be at least 18 years of age.

Roles and Responsibilities:

- To assist the referee in the control of the match and to maintain appropriate standards of behaviour by the spectators of the team.
- To introduce themselves to the referee prior to the commencement of the game.
- To print and sign the appropriate place on the match card.
- To welcome visiting teams to the grounds.
- To generally represent the Club and the team in all manners.

8.5 Forfeits and Rescheduling of Matches

In the event of a forfeit:

- The team manager needs to contact the Club Registrar by 7pm on Wednesday night (Tuesday for Friday Night games) to enable the appropriate notice to be given to the QCSA, opposition and referee.
- Fines will apply to the Club if these procedures are not followed.

If you need to reschedule:

- The team manager needs to inform the Club Registrar that there is a problem, and you are hoping to reschedule.
- Contact will be made with the other club, and a new time and place can be agreed to,

8.6 Wet Weather

A decision to cancel play on a particular field will be made by 6.30am on the morning of play (or 3pm for Friday evening matches).

Managers should check the QCSA website and advise their team if the game has been cancelled. If there is no advice of cancellation from the QCSA, you should assume the match will proceed. QCSA may also direct that the game be played at an alternate field, so check for this as well.

Any decision to cancel play after 6.30am is up to the referee of the match prior to the appointed time of the commencement of play.

Managers of Under 6, 7 and 8 teams may call off their game by mutual agreement between managers as most games will either be against another St Cats team or Kenmore. Managers are given a list of all phone numbers of managers in their age group.

8.7 Match Durations

Following is an extract from the Bylaws for game duration, ball sizes and location of corner kicks.

Premier League	45 + 45	15 + 15	10 mins	5	Corner Flag
Senior Men	45 + 45	15 + 15	10 mins	5	Corner Flag
>30's Men	45 + 45	15 + 15	10 mins	5	Corner Flag
>40's Men	30 + 30	10 + 10	10 mins	5	Corner Flag
Senior Women	35 + 35	10 + 10	10 mins	5	Corner Flag
>30's Women	30 + 30	10 + 10	10 mins	5	Corner Flag
Junior Colts	40 + 40	10 + 10	10 mins	5	Corner Flag
Junior Women	35 + 35	10 + 10	10 mins	5	Corner Flag
Under 15	35 + 35	10 + 10	10 mins	5	Corner Flag
Under 14	30 + 30	10 + 10	10 mins	5	Corner Flag
Junior Girls	30 + 30	10 + 10	10 mins	4	Corner Flag
Under 13	30 + 30	10 + 10	10 mins	4	Corner Flag
Under 12	25 + 25	10 + 10	5 mins	4	Corner Flag
Under 11	25 + 25	10 + 10	5 mins	4	5 yards out from Penalty Corner Spot
Under 10	20 + 20	5 + 5	5 mins	4	
Under 9	20 + 20	5 + 5	5 mins	4	
Under 8	20 + 20	5 + 5	5 mins	3	
Under 7	15 + 15	5 + 5	5 mins	3	
Under 6	15 + 15	5 + 5	5 mins	3	

8.8 Finals, and Other Finals Competitions

Every Senior age group (U9s to O40s) has a finals competition whereby the top 4 teams from each division play off in the Championship Competition in accordance with QCSA By-Laws 11.1 to 11.3 inclusive.

In addition, those teams in the U9 and U10 age groups who do not make the top 4 in their divisions are invited to join the Pennant Race for their respective age groups.

Please contact the Club Committee if you have any queries about the structure of the finals competitions or refer to the QCSA web site for full details.

8.9 Discipline – QCSA and Club Suspensions

Coaches and Managers are requested to remind their players of the Christian values and ethics of fair competition and abide by the QCSA constitution and associated rules and by-laws (available from the QCSA web site). QCSA By-Laws set appeals and disciplinary processes. Coaches and Managers are requested to familiarise themselves with the QCSA and Club disciplinary rules and procedures.

All players (particularly those in U15s and above) should be made aware of the QCSA Automatic Penalties for offences committed. To increase awareness of fair play, in certain circumstances the Club may impose a mandatory one-week suspension on top of any QCSA suspension.

YELLOW CARD OFFENCES

Any player who receives **3** Yellow Cards in any one season will serve the penalty imposed by the QCSA **will not** incur an additional one week's penalty from the Club.

Any player who receives **5** Yellow Cards in any one season will serve the penalty imposed by the QCSA **and will also** incur an additional one week's penalty from the Club.

Any player who receives **7** Yellow Cards in any one season will:

- be suspended by the QCSA for three weeks.

- **will also** incur an additional one week's penalty from the Club and
- the QCSA Disciplinary Committee will review the disciplinary record of the player and MAY call the player in to show cause why the player should be allowed to continue to be registered in the QCSA.

RED CARD OFFENCES

A player sent from the field of play will automatically be suspended by the QCSA for one game and that suspension shall apply to the player's next scheduled fixture round. The Club **will not** impose a further one week's ban for the first red card offence for which only a one game suspension is imposed by the QCSA. Having served the one game suspension imposed by the QCSA, the player will then be able to resume playing unless the QCSA notify that further disciplinary action is being applied.

However:

- If a player has received more than one red card during the season, the Club WILL impose an additional one-week suspension over and above that issued by the QCSA for each red card received.
- For a red card offence that receives more than a one-week ban imposed by the QCSA (a serious offence) the offending player WILL ALSO receive an additional one-week suspension from the Club.

Coaches, Managers, and players should be aware that the Club Committee does not act as a disciplinary committee. All disciplinary matters are dealt with by the QCSA governing body pursuant to the By-Laws. Any additional suspension imposed by the Club is given as a deterrent and pro-active measure to improve player behaviour in the future.

9.0 U6 TO U8 GUIDELINES

Playing laws for under 6 to under 8 games are modified versions of those prescribed from the full-field game by the Federation of International Football Associations (FIFA). The following guidelines are based on the Queensland Christian Soccer Association's 2007 by-laws

- Matches for U6 to U8 players shall comprise a six-a-side competition with a maximum of 3 interchange Players.
- At any time, a team must have no more than 6 players and no fewer than 4 players on the field, one of whom must be a goalkeeper.
- Any number of substitutes may be used in a match provided they are registered players with that Club. A player who has been playing earlier and been replaced can return to the field as a substitute for another player. The referee must be advised of all substitutions.
- The coach or his nominee (i.e. one person per team) may run with the players on the field to coach and direct them providing that the conduct of the match is not disturbed.
- The off-side rule will not be applied.
- There shall be no direct free kicks (a goal cannot be scored from a free kick unless another player touches it), and no penalty kicks.
- Kick-offs shall be taken from the spot in the middle of the centre circle. If the ball does not pass out of the circle before being kicked by another player, then the kick-off is re-taken by the same team. If the player taking the kick-off kicks the ball a second time before it is kicked by another player, then a free kick is awarded to the opposing team. Players from the opposing team must be at least 5 metres from the ball when a kick-off is being taken.
- If the attacking team kicks the ball out over the goal line other than between the goalposts, then a goal kick is awarded to the defending team. Goal kicks may be taken from any point on the semicircle. All players, other than the player taking the kick (and the goalkeeper if someone other than the goalkeeper is taking the kick) must be at least 5 metres from the ball when a goal kick is being taken (otherwise the kick is re-taken).

- For Goal kicks, it is a St Cats rule that the attacking team must retreat to the halfway line. The attacking team is not allowed to touch the ball until either the ball crosses the halfway line, or it has been touched by a player on the defending team other than the player taking the goal kick.
- When the defending team kicks the ball out over the goal line other than between the goalposts, then a corner kick is awarded to the attacking team. Corner kicks shall be taken from the point marked on the goal line, 5 metres from the semicircle. A goal may be scored direct from a corner kick.
- When a free kick is being taken, all opposing players must be at least 5 metres from the ball. If a free kick is awarded to the attacking team within 5 metres of the goal area or inside the goal area, the ball is taken back to a point 5 metres from the goal area (so that defenders may stand just outside the semicircle).
- Only the goalkeeper is allowed in the goal area at any time, except for a defending player taking a goal kick or free kick. The player taking the kick (if not the goalkeeper) must vacate the goal area immediately after the kick is taken. If the ball is kicked from within the goal area by an attacker, the defending team is awarded a free kick from the semicircle. If the ball is kicked from within the goal area by a defender (other than the goalkeeper), the attacking team is awarded a free kick from 5 metres outside the semicircle (as above). However, a player unavoidably running into the semicircle on follow-through shall not be penalised provided he does not kick the ball whilst in the semicircle.
- Normal FIFA Rules apply regarding throw-ins and deliberate fouls.
- Unless otherwise stated above, the normal FIFA Rules shall apply.
- Field Dimensions: When using a field separate to splitting a full-size field, field size is to be Min: 45x25 metres to Max: 55x35 metres.
- Field Markings: The field has a halfway line. The centre of the field has a 5-metre diameter circle. The goal box has a 5-meter radius semicircle. Corner kicks are marked 5-metres from the goal semicircle.
- Goal Dimensions under 7 and 8: Goal posts to have a 1.5-meter-high post with a 3-meter opening.

10.0 U9 and U10 MODIFIED RULES

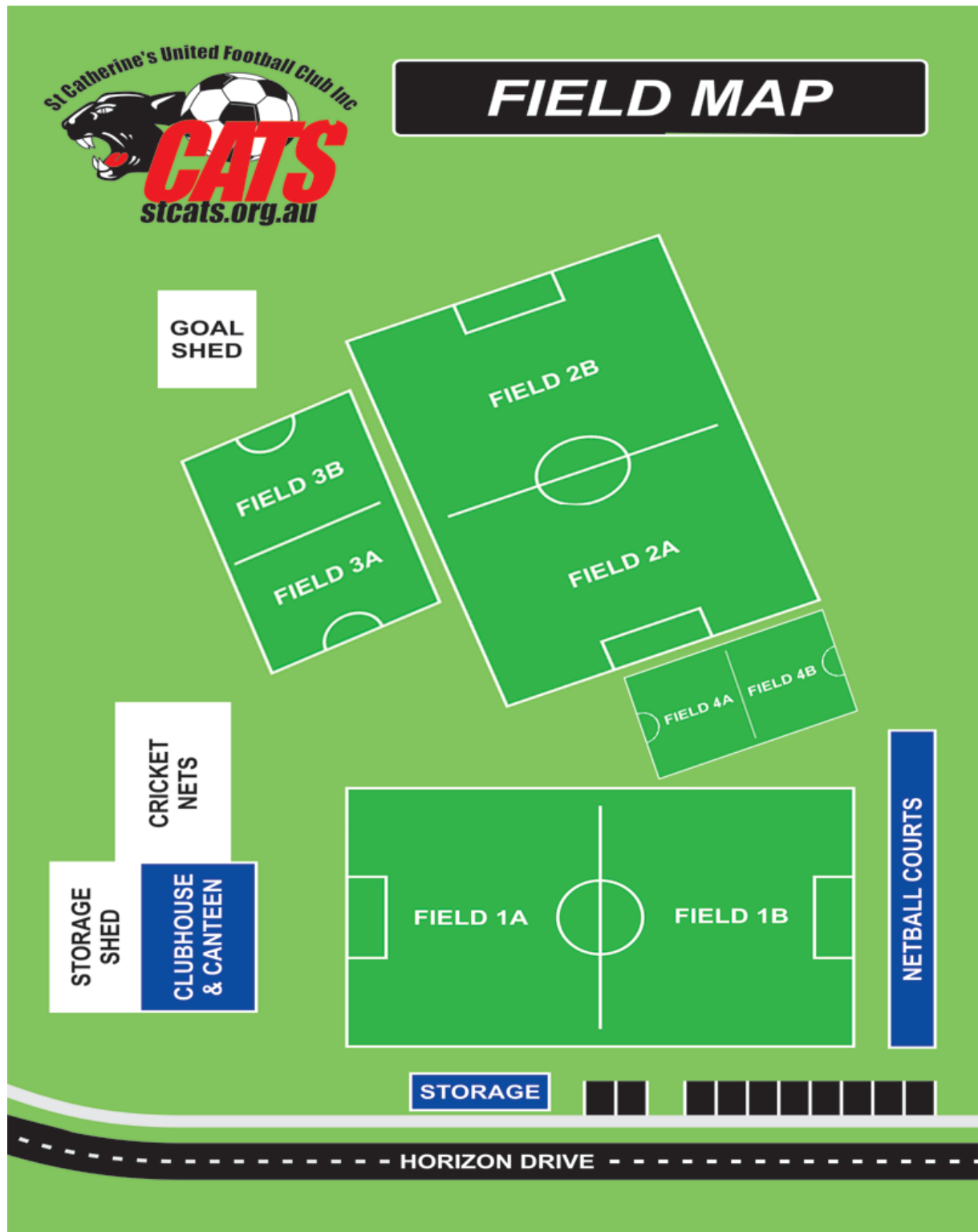
Matches for U9 and U10 players shall comprise a nine-a-side competition. Rules to apply for these matches are:

- Teams can register up to 12 players per team.
- At any time, a team must have no more than 9 players and no fewer than 5 players on the field, one of whom must be a goalkeeper.
- The duration of matches will be 25 minutes each way, with a half time break of 5 minutes.
- Any number of substitutes may be used in a match provided they are registered players with that Club. A player who has been playing earlier and been replaced can return to the field as a substitute for another player. The referee must be advised of all substitutions. All substitutions are to take place from the half-way line or as directed by the referee. Players must leave the field before being substituted.
- The off-side rule will not be applied.
- There shall be no direct free kicks (a goal cannot be scored from a free kick unless another player touches it), and no penalty kicks. If a free kick is awarded to the attacking team inside the goal area, the kick must be taken from 5m from the edge of the goal box/penalty box. Defending players may stand on their goal line.
- Kick-offs shall be taken from the centre mark in the middle of the halfway line. All players, except the player taking the kick-off, must be in their own half of the field of play. The

opponents of the team taking the kick-off must be at least 5 metres from the ball until it is in play. The ball must be stationary on the centre mark. The referee gives a signal. The ball is in play when it is kicked and clearly moves.

- If the attacking team kicks the ball out over the goal line other than between the goalposts, then a goal kick is awarded to the defending team. Goal kicks may be taken from any point on the penalty box. All players, other than the player taking the kick must be at least 5 metres from the ball when a goal kick is being taken (otherwise the kick is re-taken).
- When the defending team kicks the ball out over the goal line other than between the goalposts, then a corner kick is awarded to the attacking team. A goal may be scored direct from a corner kick.
- When a free kick is being taken, all opposing players must be at least 5 metres from the ball.
- Normal FIFA Rules apply regarding throw-ins and deliberate fouls.
- Unless otherwise stated above, the normal FIFA Rules shall apply.
- Field Dimensions: field size is to be Min: 60x40 metres to Max: 70x45 metres.
- Field Markings: The field has a halfway line. The centre of the field has a spot in the middle of the half-way line. The goal box/penalty box is 5 metres x 12 metres.
- Goal Dimensions: Goal posts to be 5 metres wide and 2 metres high.
- The field will be line marked with a different colour paint if on the same field as full-size games to be played.
- The ball size is size 4.
- QCSRA referees will officiate these matches and appoint assistant referees to matches where possible.

11.0 PETER LIGHTFOOT OVAL FIELD NUMBERS



12.0 REFERENCE WEB SITES

St Catherine's United Football Club:	www.stcats.org.au
Queensland Christian Soccer Association:	www.qcsa.org.au
Queensland Football (State FFA):	www.footballqueensland.com.au
Football Federation of Australia:	www.footballaustralia.com.au
FIFA:	www.fifa.com