

Kariong United Football Club



Coaches and Managers Information Manual

KUFC: PO Box 7288, Kariong NSW 2250

<http://www.kariongunited.com.au/>

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Introduction

Thank you for volunteering your services as a Coach/Manager for Kariong United Football Club (KUFC). This manual contains vital information on your role, the Club's expectations of Coaches and Managers, what you can expect from your Club and other information to help you do your job. This manual is intended as a guide only and you are encouraged to ask questions of your Committee and seek assistance or guidance when necessary. The Clubs Website <http://www.kariongunited.com.au> is also an excellent place to find up to date information on a wide range of Football related issues. The site has a 'Library' which is used to keep all documentation and policies related to the game and a "Links" page where further information can be found on other Football sites. For first timers it may seem a daunting task but it doesn't take long to get into the swing of things. Remember, we are not professionals (there are no paid personnel at Club level), only volunteers doing what we can to get the kids and grown-ups involved in sport and having fun.

Kariong United Football Club is a family friendly and community minded Club which has a proud history in the local area. Please be aware you are an ambassador for our Club and we are very anxious to foster and maintain a reputation of sportsmanship and inclusiveness. We sincerely hope that you will have a very rewarding experience helping to develop our young footballers.

The Central Coast Football Association (<http://www.ccfootball.com.au/>)

Central Coast Football is our parent association and we are one of 24 member Clubs covering the Central Coast from Gwandalan in the North to Umina in the South and Mangrove Mountain to the West. The Association has an enormous task looking after over 14,000 players and scheduling over 22,000 games in a season.

Club Committee 2020

Position	Name	Phone	Email
President	Adam Page	0404 847 959	
Treasurer	Sally Gaha	0407 061 331	
Secretary	Janene Flick	0409 305 845	
Registrar	Wayne (Reg) Richards	0418 412 361	
Coaching Co-ordinator	Shaun Mielekamp	0401 537 777	
Seniors Women	Lesley Mielekamp	0401 262 673	
Seniors Men	Nathan Secomb	0404 447 693	
Juniors	Nathan Quinlan	0406 722 480	
Youth			
Purchasing	Martin Leo	0419 018 496	
Equipment	Margo Rodrick	0409 716 058	
Fixtures	Steven Lloyd	0414 985 909	
Player Liaison	Wayne (Reg) Richards	0418 412 361	
MPO	Carly Bowman	0433 428 604	
Sponsorship Coordinator	Nathan Secomb	0404 447 693	
Publicity Officer	Jesse Wells	0434 259 430	
Canteen Co-ordinator			
Ground Official	Jake Close-Dodd	0425 294 145	
Public Officer	Sally Gaha	0407 061 331	
Social Coordinator	Shawn Trengrove	0408 430 127	
Grants Officer	Andrew Wright	0427 431 889	
General Committee	Gina Trengrove		
General Committee	Paul Stilgoe		

Team Managers

Who becomes a Team manager?

Generally the Team manager will be one or more parents from the team. Two managers is ideal to allow for sickness, holidays, and work commitments. You don't need to know much about football as information is available from other team managers and the committee members are always available for advice.

What's involved?

The main tasks of a Team manager are:

- Communicate information received from the Club to players and parents, such as fixtures, newsletters, Club activities, etc. and actively encourage team participation in Club events (these events raise vital funds to ensure the Club has the necessary equipment to operate efficiently).
- Attend matches to organise the team e.g. attending the Official Table on match day, issuing playing strips.
- Ensure players can attend the following week's game and arrange substitutes if necessary.
- Encourage players, coaches, parents and spectators to follow the CCF Codes of Conduct (available on CCF Website under "Winter Competition") and help them to remember that we are all here to participate in and enjoy football.
- As a manager you are required to register with the Club, and also complete a 'Working with Children Check.

Getting Help

So how do you find out all the details you need to know and what the job entails? Below is a list of the responsibilities and a general overview of what a team manager does. If you can't find the information there, contact your committee, or ask another team manager. The Club works on a volunteer basis, and everyone who appears to 'know it all' was once new, and will be only too happy to share their experiences with you. Never be afraid to ask.

Responsibilities of a Manager

Information Distribution

Please check your email and the KUFC website (<http://www.kariongunited.com.au>) regularly. All sorts of information regarding gala days, team photos, fundraising, development opportunities and newsletters etc. is passed on to teams via these means, please check them regularly and pass on relevant information to your team promptly.

General

- Ensure you have the contact details of all players – both home and mobile phone numbers
- Advise your Team to "Like" the Kariong United FC [Facebook](#) page for regular updates.
- Set up your teams communication, Facebook Group, WhatsApp Group, Messenger Group Whatever suits your team to enable effective communication between Players / Parents / Coach / Manager
- For junior teams, buy a small trophy to be given to a different player each week for Player of the Match – make sure everyone gets this at least once.

Match Day

On match day the team manager does most of the organising, leaving the coach to focus on the players.

- Official referees are generally provided for competition games (U10 upwards) and cadet referees may be available for U5s to U9s (although there is no guarantee). When there is no official referee in attendance it is the home team's responsibility to provide one (although some flexibility may be required at times).
- The team may also wish to contribute funds each week to cover an end of season party or gift for the players. Please ensure that you discuss this with all concerned (parents/carers or players, dependant on the age group) at the beginning of the season and everyone is aware of how the funds will be spent/distributed. To help keep track of the funds you can download a spreadsheet from the [Library](#) on the website called "Manage Team Finance".

Prior to Matches

Ensure the following items/people are at the field:

- A team ground official with vest
- Playing strip (N.B. - KUFC strips are only to be worn at the games; they are not to be given to players as general apparel for wearing around. The strips are very expensive to replace').
- Blank "Match Report"
- Weekly awards
- Someone to act as an unofficial referee if required

General Procedure at Matches

- Identify the field you are playing on
- Locate the Official table that is provided at every ground by the home club. This is usually found close to a canteen or similar.
- **At least half an hour prior to assigned kick off time** and sign your team on using the iPad **at the Official table** if you are a competition team, or just let them know you have arrived for non-competition teams.
- You may request to validate the identity of the opposition players against the photos on the iPad, or they may request to see yours. This should not be looked at as doubting the team, simply a formality, and must be agreed to if requested. This must be done before play commences.
- Introduce yourself to the opposition team manager.
- Issue playing strip to players. Number and name must correspond to official team sheet (not required for non-comp but good practice).
- If applicable, collect valuables from players for safe keeping. Note that jewelry including rings must be removed. Taping is not allowed.
- Organise referee if required.
- Ensure the players check their laces, shin pads, etc.
- Have players line up at the halfway line prior to the kick-off time. (The time notified for the match is actual kick-off time, not run on time).
- Take your position on the bench or sideline along with the coach and reserve players
- Encourage players during the game.
- If making substitutes, in competition age groups (U12 and up) do so only after notifying the assistant referees or referee when the ball goes out of play. Substitutions are to be made from the half way line. In Non-Competition age groups (U5-U11) substitutions can be made at any time without informing the referee. Just ensure that the player has left the field prior to the substitute entering the field

At Half Time

- Arrange for drinks, water is considered the best option.
- If making substitutions, inform referee (particularly if swapping goalkeeper).

After The Match

- Collect all shirts from the players and arrange to have them washed and available at the next game (rotate this with the parents)
- Return all valuables to players that were left in your safe keeping
- Complete the official Team Sheet at the Official Table.
- Enter your match report (optional), teams results (not optional) and Player Award Points on the team web page in the '[Managers Area](#)'. You will be given access to this site area at the beginning of the season by the relevant Vice President (password and login id).
 - **Player Award Points Allocation**
 - Non-Competition (U5-U9)
 - Three players per match should be awarded either 1, 2 or 3 points (3 being the best).
 - Points to be awarded by parents (1 parent per week on a rotating basis)
 - Competition (U10-Over)
 - Three players (only) per match should be awarded either 1, 2 or 3 points (3 being the best).
 - Points to be awarded **by players** after each game
 - This should be done by a secret ballot and then collated by the Manager.
 - The player with the highest total should get 3 points, 2nd highest gets 2 points, and 3rd highest gets 1 point.

NB. Points should be allocated based on each players' performance for that game.

Throughout the year

Beginning of the Year

- Set up a roster for washing shirts, match reports etc
- For junior teams, buy a small trophy to be given to a different player each week (see the Purchasing Officer, he/she may have spares) for Player of the Match – make sure everyone gets this at least once

Each week

- Make sure parents/ players know the location and time of the next game
- Get the parents/players who washed the shirts for the week to bring them back to training (this ensures you can fulfill your responsibility to take them to all games).

Canteen duty

Each team will be given a roster identifying which day and time they will be required to run the canteen. It is the teams responsibility to fulfill its obligations as per the roster. If you have a problem with the duty or are unclear as to what is required, please contact the Canteen Co-ordinator.

Other duties/commitments

Field set up and pack up for Home games at Kariong Ovals

If you are the first or last team to play on a field, your team is required to set up or pack-up the field of play for the day. There is a minimal amount to do and 2-3 volunteers per team should be ample:

- Set up - This will involve putting up the nets/posts, putting out cones where required and putting in corner flags. Please do this well before the desired kick-off time as any time lost will be deducted from the first game.
- Pack up – At the end of the last game on any of the fields, the last team to play will be responsible for packing up. This will involve pulling down nets/posts, bringing in cones and retrieving corner flags. These can then be left outside our storage shed for storage by committee member/s.

From time to time it may be necessary to carry out other duties for example official tables, gala days, team photos etc. These duties are normally carried out by the Committee members and other dedicated volunteers. If for some reason these individuals are unable to fulfill these obligations on their own they may require further assistance, please do your best to assist if asked.

Internal or external difficulties

Where to get help

Of course things don't always go smoothly, so what then? You are usually the only contact between the team and the Committee, and this communication should be two way. The Club has an elected Co-Ordinator for the various age groups and competitions (see committee list above). These individuals should be your first point of contact if you have any concerns, they will be able to deal with the problem or put you in contact with someone who can help.

- Please keep the Club informed of any problems your team has, whether it is an internal difficulty with parents or players, or an external problem the team has experienced with another team or Club.
- Any external contact with another Club, the CCFA or any of the Associations is to be made only through the Club's Secretary. **Neither you nor any of your team's parents are to contact the CCFA or any other Club to report a problem.** This is to ensure that correct procedures are followed and all parties are kept informed.
- Finally, remember that it is the children's game and they are playing to enjoy themselves. Encourage parents to provide positive support and refrain from criticism and poor sportsmanship (unfortunately this may be one of your greatest challenges).

Team Coaches

The Role of the Coach

It is desirable that all coaches have, or are willing to obtain (with the Club's assistance) the minimum coaching qualification for the age groups being coached. Courses are conducted throughout the season by qualified coaching instructors. Any cost involved in the course will be refunded by the Club upon completion of the course, speak to your relevant Vice President or the Coaching Coordinator for details. The relevant certificates/qualifications are below

U5-U9: Grassroots Coaching Certificate

U9-U13: Skill Training Certificate

U13-U17: Game Training Certificate

U17 +: Senior Coaching Certificate

As a coach you are required to register with the Club, and also complete a 'Working with Children' declaration. New procedures for Child Protection began in 2015, and our Member Protection Officer is available if you require further information. There are legal responsibilities involved with being a coach, most importantly to provide a safe environment for players to play & train. The responsibility of the coach includes ensuring that junior players leave any playing & training area safely.

The coach assumes the responsibility of doing everything possible to ensure that the players on his or her team will have an enjoyable and safe sporting experience in a non-intimidating and friendly environment.

With younger players, coaches should ensure that players have fun, learn good values such as sportsmanship and team work, learn to love the game, and learn the basic rules and skills required of the sport. Ensure every player has equal time on the field and rotate positions so players can become familiar with different aspects of the game

The coach is responsible for planning and teaching activities in such a manner that the progression between activities minimises risks and maximises development. Coaches need to be able to demonstrate what is required, or otherwise choose a suitable candidate for others to follow. Make sure your players warm-up and stretch appropriately to minimise risk of injury (even at an early age). Try to condition your players with fun drills which teach correct techniques and enhance skills, not just sprints and running laps (which are used more for disciplinary measures than teaching them to play football). Technical development i.e. passing, dribbling, striking the ball, juggling, skills etc are crucial for a player's confidence in game related activities. All activities including warm up should be football related and should have a ball involved. Please consult the clubs Coaching Co-Ordinator to obtain relevant information for your coaching needs. Monitor each child during conditioning drills. Don't assume good cardiovascular conditioning just because they are young. Inspect equipment and facilities before practice and make sure each player has the proper equipment for the sport. Encourage players to drink plenty of water before, during and after practice.

The coach needs to find a balance between support and pressure to encourage kids to do their best. Positive, useful feedback helps player's self-esteem and understanding and it gives direction and guides players in the constant self-evaluation and self-correction that characterises learning, particularly in sports. Make sure you point out individual progress to each player. Help your players understand the difference between effort and natural ability. Pay attention to each player as a whole person, not just talent to be used to win. Know who responds well to stress and who doesn't.

The coach should be focused on creating a team. Develop a sense of belonging, camaraderie, and commitment among the players. Teach your players about responsibility, coming to practice and games on time and ready to work hard.

Listen to your players and game officials. The final decision is yours to make, but decisions based on more information are usually better than those based on less information. Parents are to be consulted with regards to unruly behaviour with players, emotional problems with players or physical injury to players.

Teach your players respect. Besides teaching respect for your team-mates and opposition, coaches should also teach respect for the game and for oneself. Your players should know the rules and play by them. They should exhibit good sportsmanship, don't allow offensive language, cheating or fighting. Make sure your players understand the difference between aggressive and hostile play. Aggressive play is playing physically within the rules with the intent to win and do ones best. Hostile play is excessive roughness with the intent to injure. Trying to injure another player should never be tolerated. There is no pride in winning a game by breaking the rules or causing purposeful harm to other players.

Be calm; remember the officials are also human beings doing their best. They do not deserve to incur the wrath of angry spectators, parents, players and coaching staff. There is a mechanism for reporting referee's performances both good and bad and you should contact your committee about any concerns you have.

Responsibilities of a Coach

Communication

- Ensure the Manager knows of your intentions and any changes to routine so appropriate action can be taken to inform team members.
- Keep communication with players and parents as positive and professional as possible, you do not have the right to verbally or physically abuse players in your charge.
- Ensure everyone knows your expectations at the beginning of the season. This includes acceptable behaviour at training and games, appropriate times to attend training and matches (how long before kick-off do you want players on deck), what equipment is required for training and matches etc.

Training

In addition to the points highlighted above consideration should be given to the following:

- Preparation for training; what drills will we practise, do I have the equipment I need.
- Make sure you are on time and ready when the team arrive.
- If you require assistance with programs or training related issues speak to the Coaching Coordinator/s they are there to help.
- Make sure you advise your players to inform you of any injuries or illnesses before training and games.
- Coaches found to be under the influence of Alcohol, Drugs or smoking during training and games will be removed from their duties and will face a disciplinary committee for breach of conduct.

Match Day

- Warm the team up/down
- Encourage and direct the team without being demeaning / derisive.
- Encourage your players to give 3 cheers for the other team at the end of the game.
- Thank the other team, their coach, manager and the referee.

Wet Weather

This information is to help you confirm the impact of wet weather on football training and fixtures. Where possible any decision to close a ground for training or playing will be made as early as possible. It is the team's responsibility to obtain such information from the Club and to pass the information on to the rest of the team. The following points are intended to help you get this information.

For match days

- Check CCF website ([CCF Website](#)) **first** and then the relevant club's websites for closure details (links to these sites are available on the KUFC Website on the ['Links'](#) page).
- Check the Club Website for home games, top right hand corner and the banner on the ['Homepage'](#), also check the ['News'](#) page on the Club Website.
- The Club Fixture Officers will have details of games cancelled or grounds closed on the Coast.
- Check the Kariong United FC [Facebook](#) page.

For training sessions

- Check the Club Website for the status of Kariong Oval on the ['Homepage'](#).
- When the ground is closed for training, the lights will not be turned on.

Please remember at all times that wet weather can change situations very quickly and an initial check of the above sources of information may yield conflicting answers. Your fixtures officers will **usually** have the most accurate information but please be patient in these situations. It can take some time to process the information from all CCF member Clubs and confirm its accuracy.

Referees

Competition Referees

Central Coast Football Referees Branch supply Referees and Assistant Referees to competition Age Group (U12 – Seniors) matches during the season. Your game may have a Referee only or a Referee and 1 Assistant or a Referee and 2 Assistants.

Kariong United Football Club expects all Players, Coaches, Managers and Supporters to respect the Referees decision. It is expected that the Coach and Manager set the example for their team, and remind players of the expected levels of conduct in relation to Match Officials.

At no time should a Referee (or any match official for that matter) be abused or approached in relation to their perceived performance

Non-Competition Cadet Referees

Various clubs on the coast run Cadet Referee Programs. These programs assist young players in gaining experience in refereeing, whilst also providing an independent game leader for non-competition games. **At no time should a Cadet Referee (or any match official for that matter) be abused or approached in relation to their perceived performance. If there is an issue, speak to the Official at the table for direction, remember, you are the adult and should be setting a positive example for your team.**

Canteen

KUFC operates the canteen, as well as the barbeque, on a weekly basis and requires the help of parents / players from each of our teams. Each team should only have to do this once per season. The requirements are that the canteen be staffed the whole of the day that games are being played from 9.00am to 1.30pm. The canteen will be set up ready to go for you and will be packed away and cleaned as well. You require sufficient people to serve at the counter (2), cook the BBQ (1 or 2). Children under the age of 16 are not allowed in the canteen.

A roster ([Canteen Roster](#)) will be made available at the earliest convenience giving you as much notice as possible. The Canteen Coordinator will provide information for the canteen helpers to assist in the smooth operation of the canteen.

NOTE: It is the responsibility of the rostered team to find replacements should they be unable to fulfil their obligation.

Committee Meetings

Committee meetings are held throughout the year, usually on a bi-monthly basis. The time, date and location of these meetings are advertised on the KUFC website in the '[Calendar](#)' section. Please feel free to attend (and bring your coach) as the Committee is always in need of support and ideas. These meetings are a great way to find out what is happening at the Club and in Football on the Coast more generally. The Committee is elected at our Club AGM which normally falls in October. **Please note the Committee are all volunteers, there are no paid positions in Kariong United Football Club.**

Cadet Referee Program

The Club currently runs a Cadet Referee program for individuals interested in becoming referees. If you or any of your players are interested ask your Co-Ordinator for details.

Cadets will need to make themselves available for any Kariong United Football Club Gala Days.

Gala Days

Throughout the season, Clubs on the Central Coast host Gala Days for various age groups. There will be advertising throughout the season where these occur. Usually held on Sundays during the season, Gala days are a series of shortened games in a round robin format complete with a finals series for the more successful teams (age dependant). Teams are usually guaranteed at least 3 games. Kids love it! There is a fee involved for entry to these competitions and while you are welcome to enter as many as you wish, your Club will cover the cost of one gala day entry per season. Contact our Treasurer for more information.

Kariong United Football Club hosts a Gala Day each season. Check the Website or ask a Committee member for details.

Training

With the incredible growth we have experienced in recent years, space is at a premium. You are asked to co-operate with each other and raise any issues with the Committee. Teams are asked to nominate a preferred training day/s and time at the beginning of the season, we will endeavour to accommodate everyone but this is not always possible. Please do not expect to have the use of an entire field when others require space too. Limit wear and tear in the goal areas where possible. You are encouraged to use training aids such as targets for the younger players and training poles etc. but they must be shared and returned to "The Hill" storeroom after use.

Gear

Your Club asks you to observe a few points with your team's gear. The Club loses over 100 balls and several shirts each season which cost a considerable amount to replace. Naturally these funds could be better spent elsewhere helping your children enjoy their sport.

- Please be reminded that the gear always remains the property of Kariong United Football Club, EVEN IF IT IS SPONSORED!!!
- ***Please keep the shirts together, do not let the players have one each to take home!!!!***
- Please do not cut the tags off the shirts.
- Please mark your soccer balls with your team name and KUFC.
- Please wash the training bibs from time to time (especially at the end of the season).
- Please do not ask to use the shirts for indoor soccer during the off-season.
- Please do not mix the kits up. If you need more gear, ask.
- Please return old or damaged balls and you will receive replacements. Don't just throw them away.

Please, return your kit on presentation day or when asked!

Player's Awards

The Club provides player of the week type awards through our sponsors which are usually available in the form of a gift voucher or similar. It is important with non-comp that each player receives recognition and that certain players are not singled out for special attention on a regular basis (a roster of some form works best). At the end of the season the Club holds a Presentation Day for U5 – U18

From the 2018 season participation only medals will be given to all players up to and including the U/11's.

For U/12's and above, Player's Player, Coaches Award and a third yet to be confirmed trophy will be given (potentially a second player's player).

For U/12's and up, a medallion will be given to all players in teams who have made it to a semi-final or further.

Sponsorship

Clubs cannot run on registration fees alone and sponsors play a very important role in the success of a Club. The introduction of our current playing strip was only possible through the generosity of many wonderful sponsors. Most of these sponsors have their logos or business name on our Website and on banners at our home games. You are encouraged to support them whenever possible.

The shirts do not last forever though and along with our other expenses to keep us afloat, continuing sponsor support is a fact of life. If you or someone you know may be interested in assisting us in any way, please make contact with our Sponsorship Coordinator. We are dedicated to promoting our sponsors to the best of our ability.

Fund raising is essential to any amateur sporting Club such as ours and raffles and fund raising functions play a big part. We are grateful for any donations, discount vouchers, meal vouchers, event tickets and so on that may be raffled or given away at our club functions.

Social Events

The Cougars hold a number of social events during the season. These have included dance nights for juniors and seniors, trivia nights, barefoot bowls days, BBQs and kid's fun days. These days are held to help create a sense of community within the Club, assisting members to meet each other away from the game and have some fun. They also provide vital extra money for the Club which assists us in the provision of equipment and clothing. These events take a lot of organising and always work best if well attended, so please make an effort to attend at least one event during the season (some are even free!) to have some fun and help us maintain and build our great Club.

Sports Rage

The impact of sport rage on children

We all know that sport is a great pastime and an important part of Australian life. For children in particular, sport is a great outlet to learn lessons about teamwork, rules, winning and losing – while keeping them fit and healthy. So it's a crying shame that for many young people, sport is not what it should be due to the growing incidence of 'sport rage'.

Sport rage is violence, bad language, abuse and general bad behaviour by players, coaches, officials and spectators. While friendly rivalry on the sporting field is a healthy part of growing up, when the line between competition and aggression is crossed, there are no winners.

Simply put, sport rage is bad for children and bad for sport as a whole. At its worst, sport rage reduces a child's enjoyment of sport, undermines the benefits and can lead to drop-out.

How parents can play an important role in preventing sport rage

While sport rage is often the result of many factors, parents can reduce incidents by being good role models and helping to create a positive sporting environment.

There are five important considerations for all parents:

1. Understand what children want from sport
 - Emphasise trying hard and having fun, not winning
 - Don't pressure your child – it's their game, not yours
 - Never criticise or ridicule your child's performance
 - Discuss what your child enjoyed about the game
2. Encourage fair play
 - Be a good role model
 - Show respect for opponents, spectators and officials
 - Cheer and acknowledge good plays from both teams
 - Thank the referee, coach and other team after the game
3. Keep your emotions in check
 - Leave the stress of daily life behind
 - Be enthusiastic, but don't yell instructions from the sideline
 - Don't get into shouting matches with anyone
 - Address coaching or refereeing concerns after the game, out of view
 - Don't use bad language or harass others
4. Respect the coach and officials
 - Always set a positive example
 - You and your child should thank the referee after the game
 - Accept decisions by referees and other officials
 - Deal with issues professionally after the game
5. Uphold the code of conduct
 - Support and uphold the parents code of conduct
 - Don't drink alcohol at junior matches or arrive at the field intoxicated
 - All sporting grounds are NON-SMOKING areas, for the health and comfort of all players and supporters. This is a regulation enforced by both Gosford and Wyong Councils.

Despite your best intentions, sport rage incidents may occur. If you witness inappropriate behaviour, you should approach your team or Club's appointed ground official and notify them. The Clubs Member Protection Officer should also be informed of inappropriate behaviour. It is not your role to approach the offender(s) as this can further escalate the situation.

Lightning

Should thunderstorms be prevalent on match day, the '30-30' rule is to be used in order to determine whether a game should be suspended (to include delaying the commencement of the game) and when it is safe to resume play (to be determined by the Referee).

When lightning is sighted, count the time until thunder is heard. If that time is 30 seconds or less, the thunderstorm is within 10km and is dangerous. As most experts believe that the 'safe' distance is no less than 10km, all people at risk should be seeking, or already inside safe shelters. This is the time at which matches should be suspended.

This rule is one of the most practical techniques for estimating the distance to lightning activity and is based on the fact that light travels faster than sound. As sound travels at a speed of around 1km every 3 seconds, the time that elapses between the flash of lightning and clap of thunder can be divided by 3 to give a measure, in kilometres, of how far away the storm is.

The threat of lightning continues for a much longer period than most people realise. It is imperative to point out that sunshine or blue sky should not fool anybody into thinking that it is safe, and you should remain alert to the possible return of the storm.

Using the '30-30' rule, the distance of the storm should be estimated before allowing play to continue.

There is not a place absolutely safe from the lightning threat, however some places are safer than others and, where practicable, people should be moved to a safe structure as soon as possible. The best option is a large building with electric and telephone wiring and plumbing to provide a safe pathway for the current to the ground. Once inside, stay away from corded telephones, electrical appliances, lighting fixtures, radios or microphones and electric sockets and plumbing. Mobile or cordless telephones are a safe option if the person and antenna are located within a safe structure. Do not watch lightning from open windows or doorways. Inner rooms are preferable.

A solid building or a hard top (metal bodied) vehicle (including buses) that guides the lightning current around the passengers, is an alternative. Shelter should NEVER be sought under a small group (or single) of trees, in an open field or in small open structures such as rain/picnic shelters. People should stay away from metal poles, fences, clothes lines etc and should not use umbrellas or mobile telephones. Metal is not to be touched.

If located at a ground far removed from a safe shelter, preventative measures can still be taken. If lightning is about to strike, it may provide a very few seconds of warning. If hair stands on end, the skin tingles and a 'buzzing' is heard from nearby rocks or light metal objects, lightning may be about to strike and a crouching position should be assumed (alone, feet together, squat down with head tucked and ears covered). When the immediate threat of lightning has passed, safe shelter should be sought.

Source: Football NSW Website - Football Policy & Document Information
[Football NSW Policies](#)

The complete policy is also available in the KUFC website [Library](#).

Ground Locations

A comprehensive list of current Central Coast Football Association grounds is available on the Club Website or through the "CCF Grounds" link [CCF Grounds Information](#). This link gives detailed addresses and map locations of all CCF grounds.

Player Safety and External Protective Devices or Visual Aids

The safety of players on the field is of utmost concern. Soccer is a contact sport and there are times when players may be injured during a game. All players are required to wear the basic protective gear of shin pads and approved footwear, but are not restricted to wearing additional protective equipment of knee, ankle, elbow and mouth guards.

a) If a player takes to the field wearing any additional protective device, it is up to the discretion of the official or unofficial referee to determine whether the protective equipment is considered dangerous to any other person on the field. If it is considered to be dangerous the referee will ask the player in question to remove the protective device or not take any further part in the game.

b) External Plaster or Fibreglass casts-Prior to a player taking part in any game or training, written clearance from the players Medical Practitioner needs to be presented. If a player has received permission to play from their Medical Practitioner, it is the discretion of the official or unofficial referee to determine whether the protective equipment is considered dangerous to themselves or any other person on the field. If it is considered to be dangerous the referee will ask the player in question to not take any further part in the game.

c) Visual Aids-not restricted to Spectacles (glasses) but also headgear (hats and sun-visors). It is the discretion of the official or unofficial referee to determine whether the visual aid is considered dangerous to any other person on the field. If it is considered to be dangerous the referee will ask the player in question to remove the visual aid or not take any further part in the game.

d) Callipers-players that wear these devices will be granted a level of leniency, however, if the player is deemed to be dangerous in their actions toward other players they will be asked to leave the field for a short period of time.

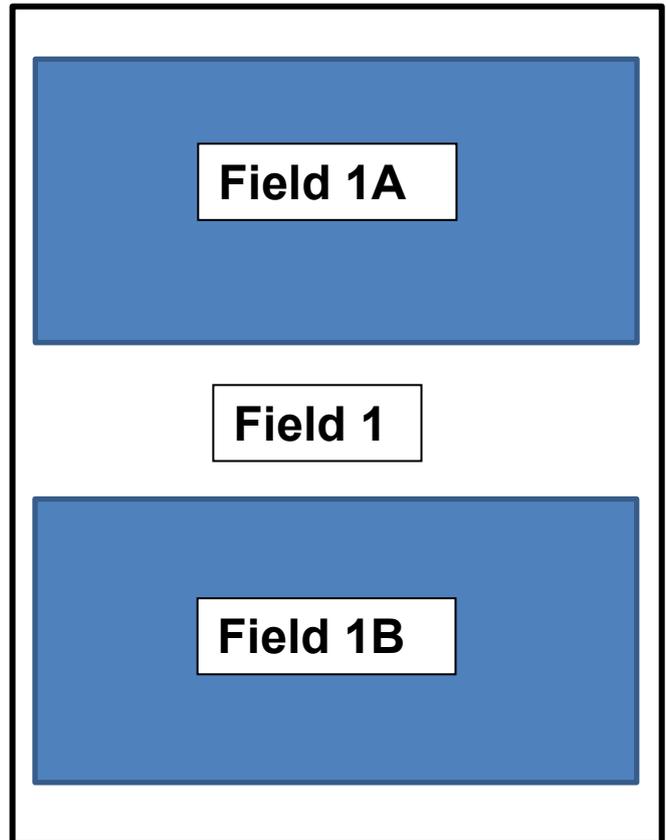
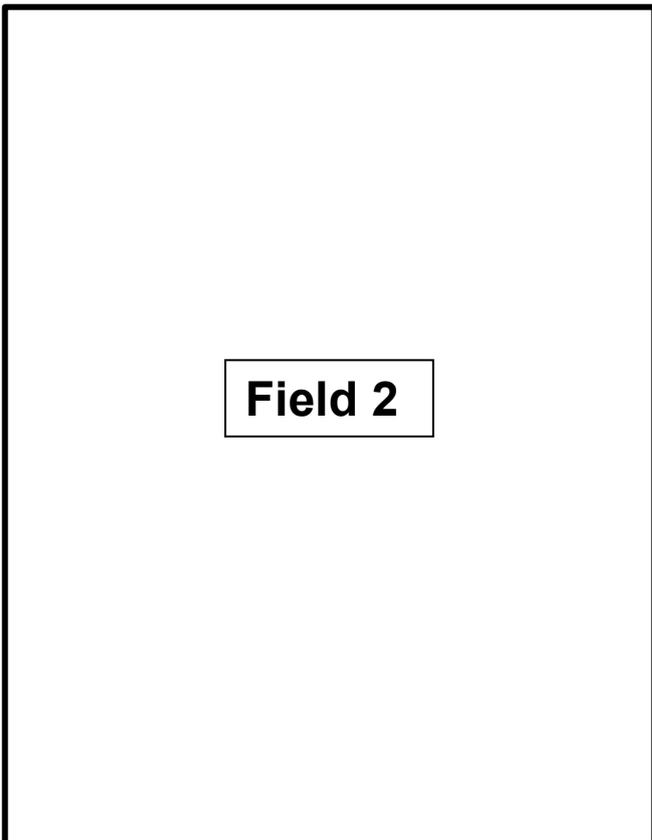
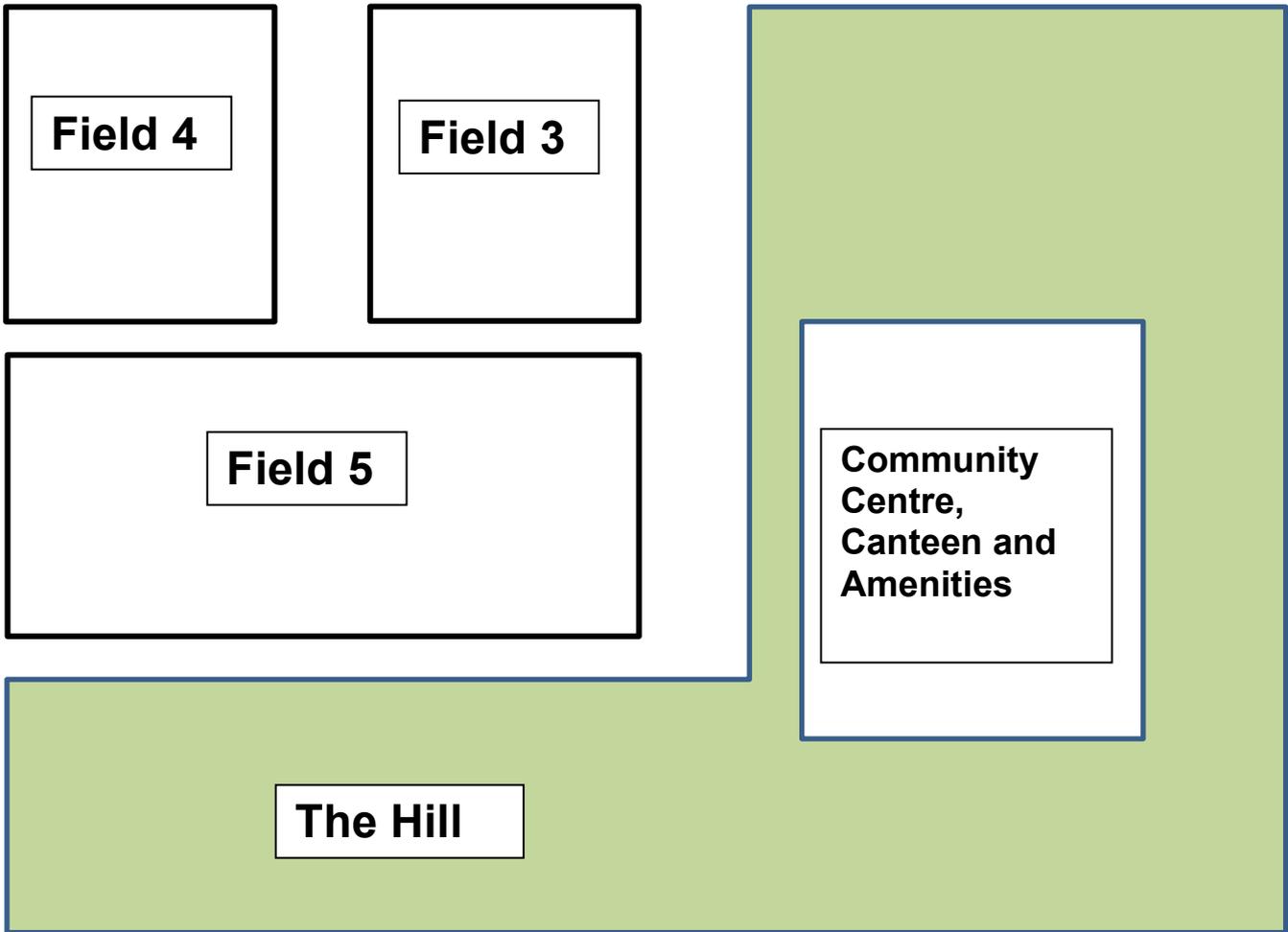
Rules of the Game

A copy of the most recent CCFA rules of the game for Small Sided Games, Junior Non-Competition and Competition games are available on the Club Website in the [Club Library](#).

Resources [KUFC Library](#)

The clubs website has a number of links to relevant information regarding conduct policies, rules and regulations, coaching resources and up to date news and events. Please make use of these facilities as this is the most effective (and up to date) mode of communication for all club members. KUFC Website: <http://www.karionunited.com.au/>

Kariong Oval Field Layout



Child Protection:

In 2015 we saw the implementation of the Working with Children Check to Sporting Clubs across NSW.

Who requires a WWC Check?

- Paid and Volunteer Coaches and Managers of Teams with players under 18
- Youth Co-Ordinators and Member Protection Information Officers
- Persons who help with an activity or program involving children under 18
- Committee Members who assist with the delivery of activities or programs involving children under 18
- Persons who mentor children under 18
- Referees

How do I get a WWC Number?

- Apply online at www.kidsguardian.nsw.gov.au
- Take your Application Number and proof of ID to the nearest RTA
- Wait until you receive your WWC Number via email and provide this to the Club
- As a volunteer the WWC Check is free of charge

How long does the WWC Check last for?

- A WWC Check lasts for 5 Years before it needs to be renewed

For further information visit www.kidsguardian.nsw.gov.au or email the Kariong United Football Club Member Protection Information Officer on mpo@kariongunited.com.au