



Research Junior Football Club CLUB HANDBOOK

Season 2023



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RESEARCH JUNIOR FOOTBALL CLUB... AN INTRODUCTION

Research Junior Football Club is an award winning, all-inclusive, family orientated and successful junior football club offering teams for boys and girls from under 9's to under 17's for boys and under 12's through to under 18's for girls. We also run a fun Auskick program to provide kids from as young as 4 the opportunity to learn the necessary basics before playing competitively.

Perched on top of the hill in new clubrooms with its stunning outlook of *Research Park*, we pride ourselves, as a *junior only club*, on being solely focussed on the development of our kids. We offer an outstanding football program and in a fun, safe and family friendly environment. Research Junior Football Club also has an affiliation with the Lower Plenty Football Club to provide a pathway for our players as they progress to senior football.

Awarded the Northern Football Netball League '*Club of the Year*' in 2014 and finalist again in 2019 and 2022, RJFC is enjoying an exciting phase in its history with the rapid growth of *girls football*, now having representation in almost each age division. In 2019 substantial redevelopment of our clubrooms was completed delivering, arguably, the *leading facilities* across the region in the spectacular setting of Research Park.

Quick Facts

Name:	Research Junior Football Club Inc.
Address:	PO Box 1133, Research VIC 3095
Home Ground:	Research Park, 1459 Main Road, Research VIC 3095
General Enquiries:	secretary@researchjuniorfc.com.au
Competition:	NFNL (Northern Football & Netball League) www.nfnl.com.au .
2023 Teams:	Mixed: Under 9's & 10's; Boys: Under 12's, 13's, 14's, 16's, 17's; Girls: Under 12's, 14's, 16's, 18's
Games:	Sundays from 8.30am commencing with the youngest teams. Games last for around 70 minutes for Under 9's-Under 10s through to 110 minutes for the Under 17's.
Training:	Teams train in the evenings Mon—Fri @ Research Park
Auskick:	Saturday Mornings 9:30am – 11am at Research Park.
Club Affiliations:	Pat Cronin Foundation (https://patcroninfoundation.org.au/) Lower Plenty Bears Football & Netball Club (https://www.lowerplentyfc.com.au/)

Club Administration

The Club is administered and organised by a Committee of Management (CoM) that is elected once a year at the AGM when all positions are declared vacant. The CoM are usually parents of players and ideally represent all age groups.

There are multiple sub-committees dealing with specific club administration duties.

If anyone is interested in assisting either on Committee or with a variety of other non-committee or sub-committee roles, then they should contact the Club Secretary.



Team Administration

Each team is run by the following volunteers:

1) Coach & Assistant Coach/s

The Coach is responsible for the on-field running of the team and training sessions with the help of Assistant Coaches and any Special Skills coaches.

All coaching staff will have completed a relevant coaching accreditation and comply with the AFL, NFNL and Club Codes of Conduct and Child Safety requirements.

2) Team Manager

The Team Manager is responsible for the administration of the team. They organise duty rosters and administration for match days and communicate team and club information.

There are many other roles that play an important part within the team and the wider club in general, during training, game days and the various social functions and engagements. All families are expected to do their part for the smooth running and operation of the club for the benefit of all, and more information on these volunteer roles can be found in the Match Day section

Club Ethos

We have a unique environment at RJFC to bring out the best in our kids. To do this, the club must be a safe place... a place where kids can talk, be noticed, be understood and be encouraged. Not just a gathering place to play sport.

They need to know that they matter, and that if something is wrong, there is someone there to care and support them.

When this happens, as a club we become one of the great developmental experiences in the child's life as they prepare for adulthood.

Social Events

The Club holds weekly Sunday Night family dinners during the Home and Away season. There are also some special events, fundraisers and Social Nights during the season.

The dates of these nights will be published and advertised on the website, newsletter and social pages (Facebook & Instagram).

These nights are a great way to gather and socialise in a relaxed and friendly environment. They are integral to the development of a positive club culture.

Club Policies and Strategic Plans

In addition to key League policies, the Club has also developed policies and statements to clearly define who we are and what we stand for, specifically:

- Member Protection Policy
- Player Behavior and Expectations
- Parent/Guardian Expectations & Code of Conduct
- Spectator Behaviour and Expectations
- Child Safety and Wellbeing Policy

These can be found on the club website and League website.

The club has also developed a Strategic Plan that is renewed and updated as required.



Volunteering

Without various roles and duties being filled on game-days, we simply won't be able to run the football club, or for our children to play in matches.

Parent/Guardians are expected to assist on match days, as well as club social events. Team Managers will organise a roster amongst the families to ensure that each match day duty and off-field role is filled.

Without parent involvement, the team cannot function properly and at a minimum the Club expects parents to complete their rostered duties as detailed by the Team Manager.

Parents are able to request certain duties that fit in with their time commitments / areas of expertise and of course if certain duties are not possible, then this can be explained up front to the Team Manager.

If parents are scheduled to perform a duty and are unable to complete it on the day, they must take responsibility for swapping with another parent so that the team and players are not disadvantaged.

In addition to match day duties, there are a host of other options available to parents who wish to be more involved or have a particular skill or passion. These include:

- Taking a key role on the Committee, or one of the numerous sub-committee opportunities;
- Assisting at social events with set-up or clean-down, organising a raffle and prizes or helping behind the bar for an hour on a Sunday night
- Volunteering in the canteen for a few hours on a Sunday
- Taking photos during games or providing content for the website and social media portals

The Committee are very open to new ideas and initiatives and would welcome input and assistance from any parent who is able to give some time to the Club.



FOOTBALL PATHWAY

The Club and the NFNL provide a pathway for footballers from Auskick to Under 17's (Under 18's Girls) and beyond.

All players are allocated into teams in line with the Club's 'Team Selection Policy' before the season starts. There are three distinct age groups:

Under 9s and 10s (modified rules)

The emphasis at these age levels is on learning the game, fun and participation. Each player has equal time on the field in each position, irrespective of ability. There is no visible score board, ladder or finals and the rules are modified.

While teams are put in to divisions, this is generally based on geographic locations of the club rather than team ability and performance.

Parents are encouraged to support this low-key approach to the beginning of their child's football journey with the understanding that as the child progresses through the age groups, the level of competition increases.

Under 11's & 12's (modified rules)

In these age groups, 'normal' rules are introduced with scoring and ladders available for viewing on the NFNL website and social media platforms.

Divisions are introduced at this age group, with generally the first 4 rounds of the season allocated towards 'grading' teams in to appropriate divisions. At the conclusion of the Home & Away season, qualifying teams will play off in a finals series with the winning team achieving a premiership.

All players in this age group are given the opportunity of fair and reasonable playing time irrespective of ability or skill or any other factor in line with club policies. Attendance and attitude at training sessions and games can influencing game time and the expectations of all players is to attend training and show respect to the coaching department and club officials at all times.

The coaches will have absolute discretion on game day selection and should there be any issues, a parent is to follow the dispute resolution policy.

Under 13's -17's

In the top age groups, divisions are more evident, with the first 4 rounds of the season allocated towards 'grading' teams in to appropriate divisions.

At the conclusion of the Home & Away season, qualifying teams will play off in a finals series with the winning team achieving a premiership.

All players will be expected to gain a level of fitness as required to play in these age levels. Fitness will have an influence on game time, as will attendance and attitude at training sessions. Attendance and a good attitude level at training sessions may receive preferential consideration.

Players not training and or arriving late for training and/or match day may disadvantage their eligibility for selection or match time quota. If any player breaches the Club's policies, as outlined in the Club's Information Booklet, the Coach and/or Committee may impose an appropriate penalty for such a breach. Any penalty must be consistently applied to all players who breach Club policy, irrespective of ability, skill or any other factor. The coaches will have absolute discretion on game day selection and should there be any issues, a parent is to follow dispute resolution policy.



Girls Football

All girls are encouraged and welcome to play football with the Club. Girls may play in mixed teams up to and including Under 11's when thereafter the competition ceases to be mixed.

There is a full girl's competition run by the NFNL with teams fielded in the Under 10's, 12's, 14's, 16's and 18's age groups. This competition has slightly modified rules to the mixed teams.

In 2022, RJFC fielded 4 teams in the Under 12, 14, 16 & 18 girls competition's.

Representative Teams

The NFNL Junior Representative Development Program is an opportunity providing selected high standard level Junior players the chance to develop their football skills, training ethics and off-field skills while representing the NFNL in the annual AFL Victoria Metro Junior Development Series.

The NFNL fields representative teams in the Under 14 Boys, Under 15 Boys and Under 15 Girls competitions in the AFL Victoria Metro Junior Development Series held in June. The competition puts metro leagues against each other across the King's Birthday long weekend. Players may be invited to play in representative teams for our competition (NFNL) at U14 – U15 levels. Invitations to attend selection for the NFNL representative teams are made at the discretion of the Football Operations team.

In addition to the NFNL representative teams, a player may be invited to train with a Senior's team or NAB Futures u16's/NAB League u19's Teams such as the Northern Knights, Calder Cannons or Eastern Rangers, where AFL/AFLW clubs often recruit and draft players from.

Senior Football

Research Junior Football Club holds a close association with the Lower Plenty Bears Senior Football Club which is based locally in Lower Plenty. The two clubs are separate legal entities, however, work closely together to forge a stronger pathway for players leaving U17 junior football wishing to transition into Senior Football.



TRAINING

Pre-Season

Official pre-season for Research Junior Football Club commences beginning of January. While not compulsory, each team is encouraged to commence training from January. Your team manager or coach will be in contact regarding pre-season training.

Regular Season

Compulsory team training sessions are allocated to each team throughout the season (from March to August). Teams are allocated sessions Monday to Friday. Sessions are held between 4.30pm and 9.00pm. Exact session times and days will be communicated through the Coach/Team Manager.

All players are expected to attend every Research Junior Football Club training session and scheduled games (including injured players). If you are unable to attend a session/game, you must phone your Coach or Team Manager prior to the session.

There is significant work done to schedule all Research Junior Football Club training sessions and sometimes training will clash with other sports. There will be no changes to our schedule once completed.

Training Uniform

Players (and Coaches)

- Players must wear RJFC training singlets or RJFC apparel
- Players to wear footy boots to regular season training sessions
- Coaches must wear RJFC apparel

Club Clothing is available for purchase through the website or from the clubrooms.

MATCH DAY

Match Day Official & Parent/Guardian Duties:

Parent/Guardians are expected to assist on match days, as well as club social events. Team Managers will organise a roster amongst the families to ensure that each match day duty and off-field role is filled.

Match Day on-field duties include:

- Runner*^
- Trainer (First Aider)*^#
- Water Carriers*^ (not applicable for u9 & u10 teams)
- Boundary Umpire*^ (not applicable for u9 & u10 teams)
- Goal Umpire *^
- Umpires Escort*^
- Ground Steward (Mixed u9's & 10's and Girls u10's & 12's only) (Home games only)

Match Day off-field roles include:

- Time-keeper / Score Keeper^
- Canteen Assistant (Home games only)



- Oranges & Snakes

* Must have a current “Working with Children Check”

^ Must be registered as an “official” with NFNL on “PlayHQ”

Must hold current certifications for “HLTAID011 - Provide First Aid” and “HLTAID009 Provide Cardiopulmonary Resuscitation (CPR)”

Instructions will be given for each duty or role by their Team Manager, but are summarised as follows:

- **Runner:** Relay messages between the coaches and the Players;
- **Trainer:** Attend to injured players on the ground and administer basic first aid, or seek additional aid from qualified medical assistant at the ground
- **Water Carriers:** Run water out to players at appropriate times during the game
- **Boundary Umpire:** administer the duties of umpiring the boundary, determining when the ball is out the field of play and perform the boundary throw in under instructions from the field umpire/s
- **Goal Umpire:** administer the duties of determining if a score is a goal or behind, refer disputes to the field umpire, display the result by waving the flags as required and maintaining score on the supplied score-cards.
- **Umpire Escort:** escort umpires to and from the field from the umpires changerooms, hand in team-list
- **Ground Steward:** ensure that the field of play for modified rules games is in accordance with the NFNL guidelines
- **Time-keeper / Score Keeper:** manage time requirements and play siren at required teams. Maintain score on the supplied scorecards
- **Canteen Assistant:** provide support to the canteen staff (home games only)
- **Oranges & snakes:** pre-prepare cut up oranges for players & half time and jelly-snakes for after the game,

If any parent/guardian feels uncomfortable performing certain duties or roles, they should discuss this with the Team Manager.

If a parent/guardian is unable to perform their rostered duty or role (due to illness, absence, etc), it is their responsibility to first attempt to swap with another family, and then advise the Team Manager of the roster change *at the earliest possible opportunity*.

Working With Children Checks

In line with the Victorian Government’s Child Safety Standards that came into effect on 1st January 2017, all match day on-field duties (and some off-field roles) are to be performed by parents/guardians holding a current “Working With Children Check”.

As such, each family is required to have at least one member who holds a current “Working With Children Check” and be available to perform any game day duties required. Applications for a check are made on-line (<https://www.workingwithchildren.vic.gov.au/>) and are required as part of parent/guardian registration as an “Official” with the NFNL on “GameDay”.

Club Voting

Voting for the season is conducted by the coaching staff and by team parents. Voting for Club Awards is conducted for all age groups from U11 up. Two sets of votes are conducted for each round in addition to coaches votes, including any finals matches played. Players are eligible for Team Best and Fairest awards which are presented at the end of the season.



Player Uniform and clothing

All attire/boots must be clean and presentable on match days.

PLAYING ATTIRE AND EQUIPMENT

For all matches:

- Club Jumper: This will be provided by the club at the start of the season, usually during the team “Jumper Presentation” held during the pre-season practice matches.
It must be returned in good condition at the end of the season, otherwise a replacement charge of \$70 will apply.
- “Home” (Maroon with NFNL logo) or “Away” (white with NFNL logo) shorts.
Shorts are available for purchase from the club
- Maroon RJFC Socks with NFNL logo
Socks are available for purchase from the club
- Football Boots
Boots must not have steel or aluminium studs (this is checked by the umpires before each match).
Boots can be purchased from most sporting goods retailers, and the Club runs a “boot exchange” stall on the official Registrations Days’. Players can drop off old boots that no longer fit and select another pair from the basket inside the storage area.
- Mouthguards
An unconditional for all players... No Mouthguard, No Play
- Head Protection
the club strongly supports any player who chooses to wear head protection. Specific football head guards are available to purchase from major sports equipment retailers (SportFirst, Sportsmart, Rebel Sport etc) and there are no colour requirements or restrictions
- Compression Garments
Beige/Skin colour shorts only are permissible, providing they are no longer than knee length. Chest compressions can be worn but should not be visible under club jumpers.
Girls are permitted to wear ‘Zena’ vests for protection when tackling
- Jewellery
No jewellery is allowed to be worn on match day, including piercings.
- Gloves
Gloves are not allowed to be worn.

NB- Failure to wear the correct attire will result in the Club receiving fines.

NFNL Schedule 32 Junior Football Rules Matrices (updated November 2022)

NFNL Junior Football Rules: Mixed & Male Competitions

AGE GROUP	MIXED						MALE		
	Under-9	Under-10	Under-11	Under-12	Under-13	Under-14	Under-15	Under-16	Under-17
D.O.B	1/1/14 - 30/4/15	1/1/13 - 31/12/13	1/1/12 - 31/12/12	1/1/11 - 31/12/11	1/1/10 - 31/12/10	1/1/09 - 31/12/09	1/1/08 - 31/12/08	1/1/07 - 31/12/07	1/07/05 - 31/12/06
PHASE	Development	Development	Competition	Competition	Competition	Competition	Competition	Competition	Competition
REGULATIONS									
Ground Size	100m x 80m	2/3 Full size	Full size	Full size	Full size	Full size	Full size	Full size	Full size
Zones	✓	✓	X	X	X	X	X	X	X
Players on Ground	Max: 15 Min: 9	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14
Players on Bench	9	6	6	6	6	6	6	6	6
Evening Up Rule	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ball	Size 2 Synthetic	Size 2 Synthetic	Size 3 Synthetic	Size 3 Leather	Size 4 Leather	Size 4 Leather	Size 3 Leather	Size 3 Leather	Size 3 Leather
Quarter Duration (mins)	12	12	15	15	15	15	20	20	20
Break Duration (mins)	1/4 - 1/2 - 3/4	3 - 10 - 5	3 - 10 - 5	3 - 10 - 5	3 - 10 - 5	3 - 10 - 5	3 - 10 - 5	3 - 10 - 5	3 - 10 - 5
Scoring & Finals	No scores, ladders or finals	No scores, ladders or finals	✓	✓	✓	✓	✓	✓	✓
Results	No recording of best players or goal kickers	No recording of best players or goal kickers	No recording of best players or goal kickers	No recording of best players or goal kickers	✓	✓	✓	✓	✓
Mercy Rule	N/A	N/A	✓	✓	✓	✓	✓	✓	✓
Coach Position	On-field	On-field	Bench	Bench	Bench	Bench	Bench	Bench	Bench
Umpires	Field: 1 (NFNL) Boundary: 0 Goal: 2	Field: 1 (NFNL) Boundary: 0 Goal: 2	Field: 1 (NFNL) Boundary: 2 Goal: 2	Field: 1 (NFNL) Boundary: 2 Goal: 2	Field: 1 (NFNL) Boundary: 2 Goal: 2	Field: 1 (NFNL) Boundary: 2 Goal: 2	Field: 2 (NFNL) Boundary: 2 Goal: 2	Field: 2 (NFNL) Boundary: 2 Goal: 2	Field: 2 (NFNL) Boundary: 2 Goal: 2
LAWS									
Tackling	Modified	Modified	✓	✓	✓	✓	✓	✓	✓
Bumping	X	X	✓	✓	✓	✓	✓	✓	✓
Stealing	X	X	✓	✓	✓	✓	✓	✓	✓
Barging	X	X	✓	✓	✓	✓	✓	✓	✓
Smothering	X	X	✓	✓	✓	✓	✓	✓	✓
Shepherding	X	X	✓	✓	✓	✓	✓	✓	✓
Fending	X	X	✓	✓	✓	✓	✓	✓	✓
Bouncing	1 max	1 max	✓	✓	✓	✓	✓	✓	✓
Kicking Off Ground	X	X	X	X	✓	✓	✓	✓	✓
Marking (m)	Any distance	Any distance	10	10	15	15	15	15	15
Playing On	X	X	✓	✓	✓	✓	✓	✓	✓
Advantage	X	X	✓	✓	✓	✓	✓	✓	✓
Ball-ups	Nominated players of equal size / must tap	Nominated players of equal size / must tap	✓	✓	✓	✓	✓	✓	✓
Throw-ins	X	X	✓	✓	✓	✓	✓	✓	✓
Behind Scored	Ball returned to centre	Ball returned to centre	Kick in	Kick in	Kick in	Kick in	Kick in	Kick in	Kick in
Penalty Distance (m)	10	10	25	25	25	25	25	25	25
Deliberate Out of Bounds	X	X	X	X	✓	✓	✓	✓	✓
Deliberate Rushed Behind	X	X	X	X	✓	✓	✓	✓	✓

NFNL Junior Football Rules: Female Competitions

	FEMALE				
AGE GROUP	Under-10	Under-12	Under-14	Under-16	Under-18
D.O.B	1/1/13 - 31/12/13	1/1/11 - 31/12/11	1/1/09 - 31/12/09	1/1/07 - 31/12/07	1/07/04 - 31/12/05
PHASE	Development	Competition	Competition	Competition	Competition

REGULATIONS

Ground Size	80m x 60m	2/3 full size	Full size	Full size	Full size
Zones	✓	✗	✗	✗	✗
Players on Ground	Max: 15 Min: 9	Max: 15 Min: 11	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14
Players on Bench	9	9	6	6	6
Evening Up Rule	✓	✓	✓	✓	✓
Ball	Size 2 Synthetic	Size 3 Synthetic	Size 4 Synthetic	Size 4 Leather	Size 4 Leather
Quarter Duration (mins)	12	12	15	15	15
Break Duration (mins) 1/4 - 1/2 - 3/4	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5
Scoring & Finals	No scores, ladders or finals	✓	✓	✓	✓
Results	No recording of best players or goal kickers	No recording of best players or goal kickers	✓	✓	✓
Mercy Rule	N/A	✓	✓	✓	✓
Coach Position	On-field	Bench	Bench	Bench	Bench
Umpires	Field: 1 (NFNL) Boundary: 0 Goal: 2	Field: 1 (NFNL) Boundary: 2 Goal: 2	Field: 1 (NFNL) Boundary: 2 Goal: 2	Field: 1 (NFNL) Boundary: 2 Goal: 2	Field: 2 (NFNL) Boundary: 2 Goal: 2

LAWS

Tackling	Modified	✓	✓	✓	✓
Bumping	✗	✓	✓	✓	✓
Stealing	✗	✗	✓	✓	✓
Barging	✗	✗	✗	✓	✓
Smothering	✗	✓	✓	✓	✓
Shepherding	✗	✓	✓	✓	✓
Fending	✗	✓	✓	✓	✓
Bouncing	1 max	2 max	2 max	✓	✓
Kicking Off Ground	✗	✗	✗	✓	✓
Marking (m)	Any distance	10	10	15	15
Playing On	✗	✓	✓	✓	✓
Advantage	✗	✓	✓	✓	✓
Ball-ups	Nominated players of equal size / must tap	Must tap	Must tap	✓	✓
Throw-ins	✗	✓	✓	✓	✓
Behind Scored	Ball returned to centre	Kick in	Kick in	Kick in	Kick in
Penalty Distance (m)	10	25	25	25	25
Deliberate Out of Bounds	✗	✗	✗	✓	✓
Deliberate Rushed Behind	✗	✗	✗	✓	✓



At The Game

Arrival

All players and officials should arrive at the match venue no later than the time announced by their Coach/Team Manager. Players who arrive late for their match and have not communicated with their respective Coach or Team Manager may be disadvantaged in regard to their allocation of playing position and time.

On arrival at the ground, players are required to:

- immediately notify your Team Manager of your arrival
- sign the appropriate team sheet
- notify the medical staff or Team Manager of any requirements regarding strapping, massaging, medical conditions, injuries requiring treatment, etc. Parents are responsible for notifying medical staff or team officials of their children's injuries/illness which may affect their health or well-being.

Alcohol

No alcohol can be consumed on any part of the premises (oval, grandstand, changing rooms, social rooms, etc) until 30 minutes after the conclusion of the final match of the day at the ground

Smoking

Research Park is a No Smoking/No Vapping venue in line with Council regulations. Smoking and Vapping is not permitted within the grandstand, change rooms, club rooms or within 30m of the boundary line of the oval.

PLAYER SAFETY

Each team has a dedicated qualified trainer in attendance at all games.

Other Player Safety strategies that we implement are:

- Employ a Venue Trainer (through Colbrow Medics) at Research Park for all matches
- Conduct a documented Ground Inspection before the commencement of each day's matches
- The Club provides first aid equipment to all Trainers including industry standard first aid kit bags. At Research Park, there is a defibrillator in 'Away Change-Room 1' located next to the Canteen which is accessible during all matches.
- Affix padding to goal posts
- Enforce the wearing of mouthguards by all players on the field (we will not allow a player to play a game without a mouthguard) and compulsory head-protection for all players playing in Under 9's
- Promote and support any players wearing appropriate head protection during matches at all age levels. It is the choice of the individual player (and his/her parents or guardians) whether to wear such safety equipment from under 10's up.
- We ask all players and parents to be observant of potential hazards. If you notice a potential hazard, please take immediate steps to either remove the hazard or minimise its impact and notify a club or team official.

Concussion Management

Research Junior Football Club follows the AFL Community level guidelines for the management of concussion and head injuries. Namely, any player who has suffered a concussion or is suspected of having concussion must be medically assessed by a qualified medical practitioner as soon as possible after the injury and must not be allowed to return to play in the same game or training session.

A player who has experienced a head injury may initially appear fine, but it is important that they are not allowed to resume playing and that the guidelines are strictly adhered to for their safety and wellbeing.



The player will not be able to return to playing or training until they are able to present a medical certificate giving them the all clear to resume. This is inline with the NFNL By-Laws.

Players with Pre-Existing Medical Conditions

Parents must advise coaches and / or team managers of any pre-existing medical conditions that may require treatment during the course of the season (e.g. Asthma, Anaphalaxys, Diabetes, history of concussions, etc.). This information will be passed onto the team trainer, along with any medication, inhalers etc for them to manage on match day.

Managing Injuries during a Match

The welfare of all players takes precedence over the outcome of any match and is a responsibility the Club takes very seriously.

In the event of an injury, where possible / appropriate, a player will be immediately removed from the field and the injury assessed. Most minor injuries will be treated on the spot and a recommendation will be made by the Trainer on whether the player may continue to play. The team Trainer has full authority to override coaching staff on deciding whether a player may resume their match.

In the event of more serious injury, an ambulance may need to be called, or the player may need to be taken by a parent to hospital or doctor. The Club has an operational Medical Emergency Plan, which provides our Trainers and all Club Officials with full details on procedures to follow in the event of an emergency situation.

Rehabilitation of Injured Players

After an injury a discussion will occur between the parents of the injured player and the Club to ensure that there is appropriate follow up to the injury. It is the responsibility of the parent to ensure that follow up treatment occurs. Medical certificates may need to be produced before training / match play can resume.

CLUB SONG

(Sung to the tune of "On the Road to Gundagai")

There's a track with a mark
That leads to Research Park
We are the team from Research land. Oo! Oo!

Where the big kids are flying
And the little kids are trying
To bring old Research fame.

Where the crowd of supporters are rushing the fence
And the opposition's trying To break our defence.
But it's all done in vain Mighty Research won again,
We are the team from Research land. Oo! Oo!



2023 COMMITTEE OF MANAGEMENT

Executive:

President:	Nic Cochrane	0407 559 471	president@researchjuniorfc.com.au
Vice President:	Nadene Humphreys	0439 565 683	vice.president@researchjuniorfc.com.au
Secretary:	Virginia Maher	0433 553 990	secretary@researchjuniorfc.com.au
Treasurer:	Jacqui Robinson	0414 362 275	treasurer@researchjuniorfc.com.au
Football Operations:	Brad Johnson	0425 781 158	football.operations@ researchjuniorfc.com.au

General Committee:

Registrar:	Justine Girdlestone	0417 844 493	registrations@researchjuniorfc.com.au
Girls Football Coordinator	Virginia Maher	0433 553 990	secretary@researchjuniorfc.com.au
Asst Football Operations:	Position Currently Vacant		
Auskick Coordinator:	Andy Bata	0409 353 658	ResearchAuskick@gmail.com
Child Safety Officer:	Child.Safety@researchjuniorfc.com.au		
Grants Officer:	Mark Noonan	0475 954 194	Grants@researchjuniorfc.com.au
Merchandise Manager:	Position Currently Vacant		merchandise@researchjuniorfc.com.au
Sponsorships Manager:	Jenni Welch	0400 029 655	sponsorship@researchjuniorfc.com.au
Grounds Manager:	Greg Tripp	0409 400 610	gregtripp@bigpond.com
First Aid Coordinator	Katie Carr	0408 436 021	katie.carr2012@gmail.com
Lower Plenty Football Club Liason:			
	Luke Groves	0430 536 999	lukeandsam36@yahoo.com.au
Marketing & Comms:	Megan Bata		
Newsletter:	Nadene Humphreys	0439 565 683	vice.president@researchjuniorfc.com.au
Social, Events & Fundraising:	Solveig Twomey	0428 754 543	solveigtwomey@hotmail.com
Canteen Manager:	Sandra Sosnovec	0439 805 981	sandra.sosnovec@gmail.com
Bar Manager:	George Tsakiris	0412 367 755	george@advancefp.com.au
Club Advocate:	Luke Groves	0430 536 999	lukeandsam36@yahoo.com.au
Photos & Trophies:	Justine Girdlestone	0417 844 493	justineg.rjfc@gmail.com
General Member:	Paul Northey		
General Member:	Adam Raphael		
General Member:	Kevin Maher		



CLUB SPONSORS

Community sporting clubs like Research Junior Football Club simply would not exist without the amazing support we receive from our sponsors.

Every year, over 300 kids and their families from the Research community and surrounding area, are engaged in playing football right across North and north-East Metro Melbourne & fringe suburbs.

Every Sunday during the NFNL Season, our kids are representing themselves, their families and Research Junior Football Club ("the Searchers"). Competing and striving for greatness in football, and becoming amazing young community minded humans in the process. The unwavering generosity of our club sponsors is in no small way helping our amazing young athletes of today become amazing adults tomorrow... we thank them.

Just as our sponsors support us, we ask that you show your appreciation by supporting them to!
