

JUNIOR COACH'S HANDBOOK

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Mainland Football is now using online results please contact your club regarding this.

CANCELLATIONS

Cancellations will be broadcast on 92 More FM, News Talk ZB and The Breeze

Details will be broadcast as follows from 7:00am on the day of the game.

Full cancellation:

Mainland Football Junior/Youth Cancellation.

All football games 18th Grade Boys and Girls and below, in the Canterbury region are cancelled.

Partial cancellation:

Mainland Football Junior Partial Cancellation.

Specific grades will be mentioned i.e.

9th, 10th grade only football games in the Canterbury region are cancelled.

Cancellations also found on the Mainland Football website www.mainlandfootball.co.nz

Or by ringing 355 3595 and pushing '9' for cancellations.

Please note any in-house competitions (First Kicks) that are run by a club and are not within Mainland Football competitions, that club will post their own cancellations.

REFEREES

Any person wanting to know about Referees Courses, please phone Mainland Football Referee Development Officer, Wayne Stapley, 027 417 1576

If no official referee has been appointed any individual with suitable qualifications and agreeable to both teams may officiate, or the coach of each team shall referee half a game each.

PLAYING AND COACHING CODE

Football, to be universally enjoyed, has to be played to a standard code of conduct. To avoid bringing the game into disrepute **players** are expected to observe the following code of practice:

- Decisions:** Accept the decision of the match officials without question. On points of fact these are always final.
- Respect:** Treat opponents and officials with the respect you would wish them to accord you.
- Appeals:** Avoid appealing for decisions to be given in your favour e.g. Throw ins, corner kicks, apparent infringements by opponents.
- Fair play:** Play fairly and without danger to opponents.
- Discipline:** Keep your temper under all circumstances.
- Disputes:** Support the referee immediately should any dispute arise.
- Sportsmanship:** Do not indulge in practices of cheating under the guise of 'gamesmanship.'

To win without honour, is a hollow victory

Similarly, Coaches should observe the following code:

- Encourage good sportsmanship at all times.
- Encourage a good standard of dress, including the coach
- Give constructive coaching at all times.
- Encourage parents to applaud good endeavour and play from both sides.
- Never abuse, strike or attempt to strike your players.
- Never use or allow the use of foul abusive language.
- Never use or condone ungentlemanly or violent conduct towards an opponent, a colleague, the referee, a linesman or other persons.
- Never encourage foul or dangerous play at any time.

Coaches are responsible for the conduct of all players, parents and supporters associated with the team

PLAYING STRIP BURWOOD	Maroon White shirts, maroon shorts
CASHMERE TECHNICAL	Yellow, Blue, Blue
CBHS	Blue/black vertical stripe shirt, black shorts
COASTAL SPIRIT	Please look at the next pages for all team strips
CHCH UNITED	Royal blue shirts, blue shorts
CHRIST'S COLLEGE	Black/white vertical stripe shirts, black shorts
FC TWENTY 11	Red shirt, white shorts
FERRYMEAD BAYS	Navy blue/white collar & cuffs Div 1 – navy shorts, Junior – white shorts
HALSWELL UNITED	Bottle green shirts, green shorts
HORNBY UNITED	Tangerine shirts, black shorts
HURANUI RANGERS	White and Sky Blue, Navy Blue Shorts and socks
MEDBURY SCHOOL	Red shirts, red shorts
METHVEN	Black/ white stripe shirts, Black/ white stripe shorts
MID CANTERBURY	Green/Gold tops
NOMADS UNITED	Blue shirts, white shorts, red socks
OXFORD FOOTBALL	Black/Red Strips shirts, Black/Red Strips shorts
PAPANUI REDWOOD	Green shirts, black shorts
PARKLANDS	Yellow shirts, black shorts
SELWYN UFC	Blue/Black shirt, black shorts and socks.
SHIRLEY BOYS	Blue & yellow combination, shirts, shorts and socks
ST ALBANS SHIRLEY	Navy with Sky Blue trim, Sky Blue socks
ST ANDREWS	Navy & White hooped shirts, navy shorts
ST BEDE'S	Red shirts, black shorts
UNIVERSITIES	
WAIMAK	Black/Black/Black
WESTERN	Red shirts, black shorts

11th Grade (9:45am Kick off)

9 a side

Intermediate field

Approved size 4 ball

25 min halves with 5 min break

Rolling Subs (Max 5)

Normal throw ins

Offside should be applied

All opposition must be 10 mtrs from the ball for corners and free kicks

Corner kicks from edge of penalty area or up to corner flag

1 coach to ref one half, no coaching while

refereeing only from sideline

If the game has started late, the length of playing time must be reduced to finish on time. To allow the following game to start on time

12th Grade and 13th Girls (10:50am kick off)

9 a side

Intermediate field

Approved size 4 ball

30 min halves with 5 min break

Rolling Subs (Max 5)

Normal throw ins

Offside should be applied

All opposition must be 10 mtrs from the ball for corners and free kicks

Corner kicks from edge of penalty area or up to corner flag

1 coach to ref one half, no coaching while

refereeing only from sideline

If the game has started late, the length of playing time must be reduced to finish on time. To allow the following game to start on time

13th Grade (9:15 am Kick off)

11 a side

Senior field

Approved size 4 ball

35 min halves with 5 min break

Rolling Subs (Max 5)

Normal throw ins

Offside should be applied

All opposition must be 10 mtrs from the ball for corners and free kicks

Corner kicks 21 mtrs from near goalpost

1 coach to ref one half, no coaching while

refereeing only from sideline

If the game has started late, the length of playing time must be reduced to finish on time. To allow the following game to start on time

14th Grade (10:45 am Kick off)	
11 a side	1 coach to ref one half, no coaching while
Senior field	refereeing only from sideline
Approved size 5 ball	
35 min halves with 5 min break	
Rolling Subs (Max 5)	
Normal throw ins	
Offside should be applied	If the game has started late, the length of
All opposition must be 10 mtrs from the ball for corners and free kicks	playing time <u>must</u> be reduced to finish on time. To allow the following game to start
Corner kicks from corner	on time
15th Grade (9:15 am Kick off)	
15th Girls (9:15 am kick off)	
11 a side	1 coach to ref one half, no coaching while
Senior field	refereeing only from sideline
Approved size 5 ball	
40 min halves with 5 min break	
Rolling Subs (Max 5)	
Normal throw ins	
Offside should be applied	If the game has started late, the length of
All opposition must be 10 mtrs from the ball for corners and free kicks	playing time <u>must</u> be reduced to finish on time. To allow the following game to start
Corner kicks from corner	on time
16th Grade (12:30 pm Kick off)	
11 a side	1 coach to ref one half, no coaching while
Senior field	refereeing only from sideline
Approved size 5 ball	
40 min halves with 10 min break	
Rolling Subs (Max 5)	
Normal throw ins	
Offside should be applied	If the game has started late, the length of
All opposition must be 10 mtrs from the ball for corners and free kicks	playing time <u>must</u> be reduced to finish on time. To allow the following game to start
Corner kicks from corner	on time

Boys Youth	
18th Grade (10:40 am kick off)	
11 a side	1 coach to ref one half, no coaching while
Senior field	refereeing only from sideline
Approved size 5 ball	
45 min halves with 10 min break	
Rolling Subs (Max 5)	
Normal throw ins	
Offside should be applied	If the game has started late, the length of
All opposition must be 10 mtrs from the ball for corners and free kicks	playing time <u>must</u> be reduced to finish on time. To allow the following game to start
Corner kicks from corner	on time

Referees

If no official Referee has been appointed, the coach of each team shall referee half a game each, or preferably such person as may be mutually agreed.

APPENDIX FOUR CANTERBURY JUNIOR AND YOUTH FOOTBALL 2015

COACHES, PERSONS REFEREEING, PARENTS

Remember that you are dealing with young people who are learning the game. The younger the players, the more inexperienced they will be. Teach players the laws of the game; do not expect deep knowledge (after all many adults do not understand the laws); do not be harsh in the application of the laws; make sure players understand the reason for your decision. Rather than penalise young players, teach them. For example, get a player to take a throw in again so that it is correct. Above all use common sense.

1.0 DEFINITIONS

1.1 Junior Football means First Kicks (4 – 6 years), Fun Football (7 – 8 years), Mini Football (9 – 12 years)

1.2 Youth Football means 13 to 18 years inclusive.

1.0 COMPETITION FORMAT

1.1 Where possible leagues of 6 or 8 will be formed.

1.2 Either 3 rounds or 2 rounds

1.3 At the conclusion of the League season the highest placed team will be promoted to their highest next league.

1.4 At the conclusion of the League season the lowest placed team will be relegated to their highest next league.

1.5 For 12th grade and above, after the first 3 (three) games if a team needs to move up or down a division within the league, all points will move with that team.

3.0 PLAYERS AND AGE DISPENSATION

3.1 Players shall remain within their age group as per policy. **Schedule A**

3.2 Age group example 11th Grade, this is for players 11 years old 1st January till 31st December in that year.

3.3 Each club has an allowance for two players per grade whose birthdays fall in October, November or December that year. Example player turning 12 in October is eligible to play in 11th grade and also 12th grade but not both. Club still can only have only 2 players per grade per club.

3.4 For players turning 16 in the calendar year they may play in 18th grade once they have reached 16. There are no restrictions to number per team.

3.5 Players who have received age dispensation as per **Schedule A** can only play 1 year above their age: Note: For girls in dual age-band competition one "age grade" shall be applied.

3.6 Players who have been granted age dispensation as per **Schedule A** to play in senior football can also play within their clubs respective age or above.

3.7 When a player is first registered, the registration shall be accompanied by acknowledgement that his/her certificate of birth or such other evidence as may substantiate his/her date of birth and is acceptable to the Federation has been sighted and held by the Club/School.

3.8 If proof of age is not possible to obtain at time of initial registration, 28 days shall be allowed, on request, for dispensation. Players without proof of age after the 28 days shall be classified as unregistered and not permitted to play.

4.0 SUBSTITUTIONS

4.1 All leagues have 5 rolling substitutions named on the team sheet.

5.0 PLAYING CONDITIONS

Applicable to junior games in Canterbury under the control of Mainland Football competitions.

5.1 All players must wear shin pads

5.2 No street glasses i.e. approved sports glasses only

Referees

5.3 If no official Referee has been appointed, the coach of each team shall referee half a game each, or preferably such person as may be mutually agreed.

Equipment

12th, 13th, 14th and 15th Div 1 have their own criteria Schedule B, below is for all other divisions

1. Two corner flags must be provided by each team. The flags must be such that they extend a minimum of five feet above the playing surface and are of a material and in such condition that they are unlikely to cause injuries to players. The minimum fine for not providing corner flags or flags deemed to be hazardous shall be five dollars (\$10.00).
2. Nets, if nets are available these can be assembled using plastic pegs to secure.
3. Balls, The game shall be played with FIFA approved match balls, each team shall provide 1 FIFA approved match ball, and during the course of the game other FIFA approved match balls may be used. If no FIFA approved match balls are available a ball suitable to both coaches may be used.

Non Competitive Grades

4. All grades below and including 11th Grade shall be non-competition, non-competition being defined, as there shall be no points awarded for winning or drawing a game, nor will games be "strung" together for the purposes of determining a winner of a grade.

SCHEDULE A

Application for Age Group Dispensation

Age Group Dispensation is available to the players identified through the NZF National Talent Pathway & attaining National Talent Centre invitation to have the opportunity to compete in a competition division higher than their chronological age.

- **The purpose:** To provide better and more appropriate football competition for Junior & Youth players.
- “ **Competitive Football, Div1:** Players to compete in their own age group, with the exception of identified talented players at NTC level who have the option to play ONE year up only. Note: For girls in dual age-band competition one “age grade” shall be applied.
- “ **Competitive Social, Div2 & below:** Players to compete in their own age grade but have more flexibility with two players available to play up or down from their age grade per grade per club.
- “ **Senior Dispensation:** Players must be over 15 (girls) & 16 (boys) to compete in senior football. Dispensation only granted to National Talent Centre identified players upon application.

Regulation 1 for 2015 shall allow freedom of movement from senior football to 18th / 16th Grade as appropriate to the age of the player and as see the club determines.

This shall apply to any players over the age of 16 (boys) and 15 (girls) or players who have received, by application, approved dispensation to play in senior football

Exceptions for consideration, outside the above criteria shall be limited to:

- “ **Travel:** If a player lives more than one hour driving time from a recognised Federation Talent Centre & therefore cannot access the NZF National Talent Pathway
- “ **Physical Maturity:** If a player is considered disproportionately above the average of physical maturity for his age grade (details shall be required)
- “ **Holistic development:** If a player is considered to exceed a significant number of attributes linked to the holistic four corner model of development

Physical

The physical size, speed, power & endurance of the player & ability to cope at an older level

Mental

The capability to cope with greater levels of responsibility & independent decision making

Social/Emotional

The ability manage/adapt to an older group in behaviours surrounding them on & off the field

Technical/Tactical

Effectiveness to continue develop technically/tactically at an older age group

Consideration must be provided to all Four Corners of Player Development prior to completion of the Dispensation Form

SCHEDULE B

Criteria for Junior and youth Leagues Div 1

Mainland Football expects clubs in Div 1 to adhere to the criteria, with fines in place for noncompliance. Div 2 has to work towards Div 1 criteria if entry in Div 1 season is required.

All players have to be graded by the club and placed in the appropriate team.

Players have to play in their own age group, except players who have dispensation as per the age dispensation procedure, and there is no dispensation for players playing below their age group.

All grounds must be equipped with goal nets, corner flags, and marked with white lines according to the laws of the game. **All teams must use the Lotto ball provided or a better quality Lotto ball.**

Division 1

Fencing off ground:

- 12th and 13th Grade grounds need to be roped off; the supporters must be situated on the opposite side to the coaching staff.
- 14th and 15th grade grounds need to be roped off, the supporters must be situated on the opposite side to the coaching staff. The technical area should be marked in the space between the by line and fence line. Changing facilities adjacent to the ground should be provided for each team, and where possible separate facilities should be provided for the match officials.

Staff Criteria

- 12th grade must provide a coach who has attained the minimum of Junior Coaching Award, working towards Junior Coaching Certificate in the current season, a manager, a designated qualified referee, a qualified linesman and a qualified first aider.
- 13th, 14th and 15th Grade must provide a coach who has attained the minimum of the Youth Coaching Award, working towards Youth Coaching Certificate in the current season, a manager, a designated qualified referee, a qualified linesman and a qualified first aider.

The barrier when required shall be one meter high and two meters from the side line.

Qualified Referee and qualified linesman means a minimum of club based referee, **the home team referees the whole game, and provides 1 linesman, and the away team provides 1 linesman**

Qualified 1st aider means a person with a first aid certificate from a reputable organisation, or is qualified through work.

