



FOOTBALL FOR **ALL ABILITIES**



ALL ABILITIES CLUB HANDBOOK

This handbook is designed to provide you with quick answers to clubs' frequently asked match day questions, from security and referees to clash strips and ground conditions.

Football Victoria recommends clubs issue a copy of this handbook to team managers to assist on match day, regardless of where the game is being played.

This handbook is issued as a match day guide and ***includes the basic Rules of Competition***. Rules of Competition always take precedence. FV will review and update this document at the end of the season and welcomes feedback from anyone involved in the match day delivery of football.

These rules have been modified for the All Abilities League to ensure FV is providing an environment that welcomes people of all abilities.

These rules have been developed in consultation with coaches and clubs running inclusive football programs.

Please send feedback to **sharon.wong@footballvictoria.com.au** with ***"All Abilities Club Handbook"*** in the subject line.

Find us on





All Abilities Football & the All Abilities League	4
All Abilities League Eligibility	4
Team Entry	4
All Abilities League Divisions	5
The Rules of Competition	6
Playing Format	7-8

PREGAME



Fixture Venue Information	8
Playing Attire	9
No Official Referee	10
Match Requirements	10
2019 All Abilities Fee Schedule	11

THE MATCH



Delayed Kick off / Shortened Halves	12
Field of Play	12
Abandoned Matches	12
Postponement	13

POST GAME



Completing a Match Record / Entering Results Online	13
---	----

CLUB REFEREE GUIDE



EMERGENCY PROCEDURE



GET INVOLVED



7-A-SIDE FOOTBALL





What is All Abilities Football?

All Abilities Football is a subset of football in Victoria, that has been specifically created to ensure everybody has an opportunity to play football, regardless of their age, gender, background or ability.

What is the All Abilities League?

The inaugural All Abilities League began in 2017 to enable players with a disability to have the opportunity to play football matches on a regular basis.

Depending on a player's level of experience, the All Abilities League may be a player's first step towards playing a game of football, or alternatively might be used as additional training during any given winter season.

The format and competition rules have been modified to ensure the All Abilities League is flexible, inclusive and accessible for people of all ages and abilities (including people with a physical or intellectual Disability).

Who is eligible to play in the All Abilities Leagues?

The All Abilities League has been established through funding support from Sport and Recreation Victoria, and as such The League consist of teams of people with a Disability (physical or intellectual). Having said this, the All Abilities League is inclusive and FFV will consider clubs submitting additional teams to the League (particularly teams made up of underrepresented communities). In the event this occurs, please contact FV in the first instance to discuss your teams' needs. FV will consider the applicable but please note that the priority is that the competition consists of teams that of similar experience and skills.

Team Entry

All teams are required to pay a team entry fee and all players must be registered online prior to participating in the competition. Further information is outlined on the All Abilities Fee Schedule.



What All Abilities Leagues are on offer?

Kangaroos

- Metro—Melbourne-based
- **Criteria:** open age, no physical support on pitch is allowed, previous match experience is preferred, competitive competition.

Wallaroos

- Metro—Melbourne-based
- **Criteria:** open age, no physical support on pitch is allowed, social competition

Wallabies

- Metro—Melbourne-based
- **Criteria:** open age, physical support on pitch is allowed, social competition

Joeys

- Metro—Melbourne-based
- **Criteria:** Age group (6-14 year old), game support allowed, junior competition

Geelong Competition

- Regional – North and South hubs around Geelong
- **Criteria:** open age (preferably 14+), social competition

Please note that these are guidelines and FV will try to ensure all teams are in a division best suited to their ability.

Rules of Competition

- Players can choose to either throw-in, roll-in or kick the ball into play within the Joeys and Wallaby leagues. (Kick Ins are indirect). Kangaroos Leagues must throw-in or roll-in the ball.
- There are no off sides
- All free kicks are direct unless otherwise stated by the referee
- Joeys & Wallabies League players can't slide tackle. They're allowed in Kangaroos.

Players

- Must participate in their appropriate league, as outlined on page 4
- 7v7 or 5v5 format sides are permitted, including Goal Keepers.
- Teams need a minimum of 5 players to Kick-off
- Any Ratio of Men and Women can play on a field at any given time.
- Players can play for multiple teams on the same weekend /day *

Goal Keepers

- Goal Keepers are permitted to drop kick the ball, throw or roll the ball from their hands or place the ball on the ground and kick it.
- Goal Keepers can leave the penalty area
- For a Goal Kick, the ball must be placed inside the penalty area and kicked out of the penalty area.
- The Referee will remind the Goal Keeper of the rules if incorrect disposal occurs
- Joeys League can play with or without a GK, as agreed by both versing clubs.

Player Registration

- FFV requires all game day players to be registered through PlayFootball prior to participating in the League. This requirement must be adhered to for public liability and player insurance purposes, and to ensure a high level of safety exists for all players.

**This will be assessed case by case as we need to consider the experience and skills of the players. Please contact FV if this applies to your players.*

Playing Format

Game Format	5-a-side	7-a-side
Field Size	<p>Kangaroos/Wallaroos/Wallabies: ½ Full Size Pitch Min: 50m x 30m Max: 70m x 50m</p> <p>Joeys: ¼ Full Size Pitch 30m x 20m</p>	<p>Kangaroos/Wallaroos/Wallabies: ½ Full Size Pitch Min: 50m x 30m Max: 70m x 50m</p> <p>Joeys: ¼ Full Size Pitch 30m x 20m</p>
Penalty Area	<p>Kangaroos/Wallaroos/Wallabies: 5m depth x 12m width</p> <p>Joeys: 4m x 10m width (with GK) Or Nil (MiniRoos Goals, no GK)</p>	<p>Kangaroos/Wallaroos/Wallabies: 5m depth x 12m width</p> <p>Joeys: 4m x 10m width (with GK) Or Nil (MiniRoos Goals, no GK)</p>
Goal Size	<p>Kangaroos/Wallaroos/Wallabies: 5m x 2m</p> <p>Joeys: 3m x 2m (with GK) MiniRoos Goal (without GK)</p>	<p>Kangaroos/Wallaroos/Wallabies: 5m x 2m</p> <p>Joeys: 3m x 2m (with GK) MiniRoos Goal (without GK)</p>
Ball size	<p>Kangaroos/Wallaroos/Wallabies: Size 5</p> <p>Joeys: Size 4</p>	<p>Kangaroos/Wallaroos/Wallabies: Size 5</p> <p>Joeys: Size 4</p>
Playing Time	<p>Kangaroos/Wallaroos/Wallabies: 2 x 20 mins halves</p> <p>Joeys: 2 x 10 mins halves</p>	<p>Kangaroos/Wallaroos/Wallabies: 2 x 20 mins halves</p> <p>Joeys: 2 x 10mins halves</p>
Half-time Break	Maximum 5 minutes	Maximum 5 minutes



Playing Format continued ...

Interchange

- Interchange can take place at any time without consultation with the Referee.
- There is no limit to the amount of Interchanges that can be made, but they must take place from the sideline.

Fouls / Misdemeanours

The following warnings system will be enforced by the referee.

- Warning 1: Referee to remind the player to respect their team mates, match officials and opponents
 - Warning 2: Player will receive a Yellow Card
 - Warning 3: The Player will receive a Red Card and sent from the field of play
- If the misdemeanour is deemed serious, the Referee may report the incident to FFV.

Fixture and Venue Information

I have been told a different time/venue for my fixture to SportsTG.

Always refer to fixtures displayed on the FV website

Unsafe Playing Conditions

We have turned up to our fixture and the ground is not safe in our opinion (no 3m runoffs, poorly constructed goals, etc), should we still play?

- If a referee is appointed, bring your concerns to the attention of the referee who can address them with the home club prior to kick off.
- If the referee cannot solve the problem, or none is appointed, address the issue with the home club prior to kick off.
- We encourage clubs to play when possible however, if this is not possible please document pitch conditions with photos and report to FFV Competitions immediately.
- FV will investigate any issues submitted. Any team deemed to have not participated in a fixture without a valid reason, will forfeit the game with a 3-0 result recorded against them.



Host Club Responsibilities

What responsibilities do we have (e.g. balls, first aid and equipment)?

The Host Club is to ensure their venue (home or neutral) has all the correct equipment including balls, goals, stretchers, first aid and pitch markings (cones or line marking).

Playing Attire

It is compulsory for all players to wear shin guards.

What is our match day attire requirements?

- Matching Uniforms are not essential
- Field players should wear similar / same coloured jerseys, shorts and socks
- Goal Keepers must be distinguishable (bib/different coloured jersey)
- Players can wear football boots or joggers on the field.

The opposition has arrived and the uniforms are too similar, what happens next?

- Clubs must provide bibs that are a different colour to their playing strip and have them available at all games if required.

What jewellery can a player wear on the field?

- NONE. Using tape to cover jewellery is not acceptable.
- The IFAB Laws of the Game state that a player who has been required to leave the field of play because of an infringement of this Law.

What visible undergarments and headwear can a player wear during a match?

Goalkeepers: Are permitted to wear peaked caps and tracksuit / jogging pants.

Hair Ties: Material hair ties and non-metallic bobby pins are permissible.

Head Bands / Sweat Bands: wearing cloth head and wrist sweat bands is permissible.

Hijabs/Kippahs: Must be black or the same colour as the main colour of the player's shirt (players of same team must wear same colour) and doesn't create a danger to the wearer or any other player. Referees CANNOT check the affixing or touch the garment.



No Official Referee

No official FFV referee has arrived at our game, what now?

- Both Teams should agree on a club official / volunteer to referee the fixture for the match or until the official FV Referee arrives
- Fixtures should kick off at the scheduled time regardless of whether a referee arrives at the venue or not.
- Please report to FV if no referee arrives at a fixtured match.

Match Records

What information is required to be recorded on the match record each week?

- The team manager is required to tick who is playing in each fixture prior to kick off each week and can add players in manually that fill in to ensure fixtures can be played.*

Stretchers & First Aid

There is no stretcher and / or first aid kit at the ground, what do we do?

- The home club must allocate one (1) stretcher suitable for first-aid/emergency use
- Inform the referee if there is no stretcher and they will submit a report to FV.
- The match MUST still be played.

Match Ball Requirements

How many match balls are required and who provides them?

- Either the Home or Away team can provide the appointed match official with at least two (2) footballs of the appropriate size per match.

Match Introduction

- Before the match commences, coaches and referees are encouraged to introduce their teams. Introduced to remind teams about playing in a safe, supportive environment.

**Match records are currently not being used*

PLAYER REGISTRATION FEES		
All Abilities Program	Age	Cost
All Abilities - Junior	18 and under	\$20
All Abilities - Senior	19 +	\$30
TEAM ENTRY FEES		
All Abilities League	Fee	
Joeys Division	\$100	
Wallabies, Wallaroos & Kangaroo Divisions	\$150	

Delayed Kick-Off / Shortened Halves

The opposition are late. What happens now?

- If a team is late for their game by more than 5 minutes, they will be penalized a goal.
- If a team is late for their game by more than 10 minutes, they will be penalized 2 goals.
- If a team is late for their game by more than 15 minutes, they will be required to forfeit the fixture.

The Match Official has shortened each of the playing halves. Can they do this?

- The Match Official may cut short any Match if, in their opinion, playing conditions compromise player safety (e.g. insufficient lighting).
- In the event that teams are not ready to kick off as scheduled the referee may shorten the halves to ensure it doesn't affect other fixtures scheduled on that day.

Field of Play

Who is permitted to be in the field of play?

- Only 5 or 7 players from each competing team can be on the field at the one time.
- No parents or coaches can enter the field without the referee's consent.

Abandoned/Postponed Match

Our match was abandoned, what now?

- If 80 per cent or more of *Normal Time* has been played, the score at the time of abandonment will stand.
- If abandoned prior to 80 per cent of *Normal Time*, the Match will be investigated and an outcome will be determined by FV as per the 2018 *Rules of Competition*
- Match Officials are entitled to receive 100% of their normal Match fee.
- The club should contact FV by email (sharon.wong@footballvictoria.com.au)

Our match was postponed, what now?

- The club should contact FV by email (sharon.wong@footballvictoria.com.au). FV will then reschedule the fixture if required.
- The match official is entitled to 50% of their match fee in these circumstances.

Completing a Match Record And Disputed Results

What is the process for the Match Record at the completion of the game?

- There is no official Match Record process in place but referees/club referees are required to keep score and report it back to FV for the Kangaroos division.

Entering Results on SportsTG / Login Issues

Currently FV is responsible to enter scores into Sports TG.

By what time do match results need to be entered?

- Results should be entered by 9am the Monday following the scheduled fixture

What details do I need to enter in SportsTG (minimum requirement)?

- Full time score only.

I cannot log in to SportsTG. What should I do?

- Email your results to Sharon.wong@footballvictoria.com.au
- This email should include—League Name, Home Team, Home Team Score, Away Team and Away team score.

We disagree with the result on SportsTG. What can we do?

- Contact FV if you wish to dispute the results recorded.



Match Day Checklist

PREGAME



Match Records

- ensure that both teams have submitted their Match Record correctly.

Equipment Checklist

- Stopwatch / wrist watch, whistle, cards, flags, notebook, pen and coin.

Uniform

- Vest, no club logos, shorts, socks and boots to be comfortable

Warm Up

- To avoid injury ensure that you allow enough time to complete the pregame match information and also complete a warm up and stretches. You can inspect the pitch at the same time.

THE MATCH



Coin Toss

- Complete the coin toss and commence the match
- Write down any goal scorers, yellow cards and red cards in your notebook

POST GAME



Match Records

- Complete the half time and full time scores, yellow/red cards, goal scorers and sign the match record. A team official from each team should also sign the match record.
- Match Records need to be emailed to competitions@ffv.org.au
- Please note that we currently have not implemented the submission of match records as this is a social and developmental competition but will do so in the future.

EMERGENCY PROCEDURE



Injury Management

What should we do if there is a significant injury or emergency?

- In an emergency, call 000.
- In first instance, only trained first aid personal should attend to an injured player/supporter.
- FFV encourages clubs to have an **Emergency Management Plan** including the location of the nearest hospital, doctor, ambulance access point, defibrillator and first aid equipment. This should also include a list of trained first aid club officials.
- For insurance claims, go to www.gowgatesport.com.au/football/

CPR11 Safe Sport

CPR11 can be downloaded as an app on iPhone and Android

Sudden cardiac arrest (SCA) is a vital emergency that may occur on the football field.

When it happens, we should all know how to respond immediately.

In a simple way and in just 11 steps, the CPR 11 application offers a plan with clear and precise instructions on how to give compressions and ventilations correctly, how to handle an automatic external defibrillator (AED) and if necessary, how to transfer the player.

With the help of text and voice messages, the 11 short videos will help you recognise a SCA and meet the objective of starting resuscitation manoeuvres in the first 2 minutes and early defibrillation in the first 3 minutes after the player's collapse.

The application has been designed taking into account some of the specific characteristics of SCA cases during contact sports, such as football, like taking special care of the cervical spine when handling the player.

CPR 11 is a guide that may be very useful for anyone (players, coaches, referees, relatives, spectators, etc) attending sports events of any level. It is not a substitute for proper training in cardiopulmonary resuscitation (CPR). We recommend everyone to receive formal instruction in CPR and AED use.

Download the application and share it with everyone. Showing these techniques to the greatest number of people, will help in saving lives.

Get involved at your local and inclusive football club

The world game can be enjoyed by people of all ages and abilities.

Do you want to play Football? Do you or somebody you know, live with a Disability and wants to start playing football? More and more Victorian clubs are running programs for players with disabilities, and now is the time to get involved and join in the fun.

To find your local club, call FFV - 9474 1800 or visit www.ffv.org.au/access-all-abilities/

Play football in new and existing competitions in 2018

FFV partners with a number of organisations in the sports industry to deliver competitions for people with a Disability. These competitions are designed to give participants the choice to play matches against others of a similar standard, and to start them on a pathway to more competitive football. The competitions being run in 2017 are:

<u>Stream</u>	<u>Competitions</u>	<u>Date</u>	<u>Venue</u>
All Abilities	All Abilities League	May - Sept	Various
Blind Football	Training Program	April - July	North Melbourne
Wheelchair Football	South-East Comp	April - Sept	Springers Leisure Centre

Start a club program with support from Football Federation Victoria

If your or somebody you know is interested in starting an All Abilities football program, FV is here to help. For more information, contact:

Sharon Wong, Project Development Coordinator—Diversity & Inclusion: 9474 1805 or Sharon.wong@footballvictoria.com.au



7-A-SIDE FOOTBALL

Take your football to the next level as a Pararoo

Cerebral Palsy Football is for athletes with cerebral palsy, acquired brain injury or stroke related injuries who wish to play in a team environment whether at the social level, competitively at clubs or as a pathway to the state-representative or national teams.

As a registered footballer in Victoria, FV encourages people and footballers with a Disability to come and try 7-a-side Football - a football pathway in Victoria.

Last year, our Victorian squad competed at Nationals in October and came Runner's Up in the competition. Players are then scouted into the National team to compete overseas.

Interested to know more about the Pararoos? Head to www.pararoos.com.au to find out more information.

Who can play 7-a-side Football?

FFV is seeking to recruit more players to join the 7-a-side State Team Training Program and Development programs emerging across the state.

Age: minimum age for National Championship eligibility is 13, however children younger than 13 can train at a local 7-a-side Football program.

Gender: Mixed Gender

Disabilities: Cerebral Palsy, Acquired Brain Injury or symptoms resulting from a Stroke

How can I get involved?

If you or your friends would like to give 7-a-side Football a go or join a local program, then we'd love to hear from you! For more information, contact:

Sharon Wong, Project Development Coordinator—Diversity & Inclusion: 9474 1805 or Sharon.wong@footballvictoria.com.au





FOOTBALL FOR **ALL ABILITIES**

2019 Key Dates

METRO - MELBOURNE
1 – 25 Apr – Team Entry Period
2 May – Draft Fixtures released
4 May – All Abilities League Gala Day
11 May – Final Fixtures released
18 May – Round 1
1 June – Round 2
15 June – Round 3
13 July – Round 4
25 July – Round 5
9 Aug – Round 6
7 Sept – Football for All Gala Day

REGIONAL - GEELONG
1 Apr – 1 May – Team Entry Period
11 May – Draft Fixtures released
17 May – Final Fixtures released
25 May – Round 1
15 June – Round 2
29 June – Round 3
20 July – Round 4
3 Aug – Round 5
17 Aug – Round 6
31 Aug – Geelong All Abilities Gala Day

Please note that these dates do not include club training dates.
Please speak to your club regarding training.