

# Coaches and Managers Meeting 2023

Russell Lea Women's Soccer Club







# Registering as a Coach or Manager on Dribl



Russell Lea

**Registration Products** Close Cancel Registration

You are eligible to register for the following products. **Select** an option to proceed.

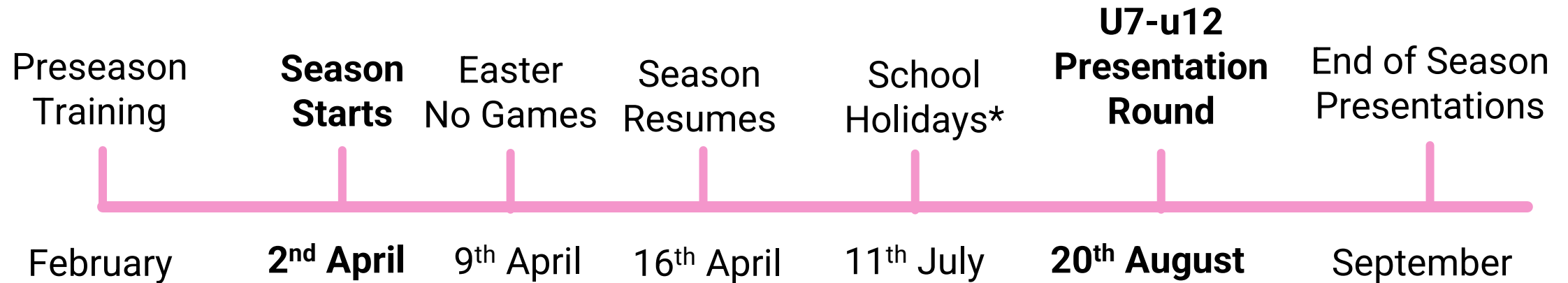
 Senior Coach Coach of adult team Price: \$0.00	<input type="button" value="Select"/>
 Junior Coach Coach of junior team Price: \$0.00	<input type="button" value="Select"/>
 Manager Team Manager Price: \$0.00	<input type="button" value="Select"/>
 Manager adult team Team Manager for an adult team Price: \$0.00	<input type="button" value="Select"/>

All Coaches and Managers must be registered on Dribl at <https://registration.dribl.com/club/24>

Only registered officials, with ID cards and yellow vests are allowed in the technical area on game day.

Dribl app is required to submit and confirm match sheets and final scores.

# 2023 Season Timeline



## Number of Teams in Division

Non-Premiership

6 -team divisions

8 -team divisions

10 -team divisions

12 -team divisions

## RLWSC Teams

Minitildas, u8, u9, u10, u11, u12

u13(2), o35(1)

u14(3), o35(3), AA(4), AA(6)

u16(1)

WIL(2), AA(1)

## Competition Structure

Will play 17 or 18 rounds, depending on weather.

3 rounds vs each team

2 rounds vs each team

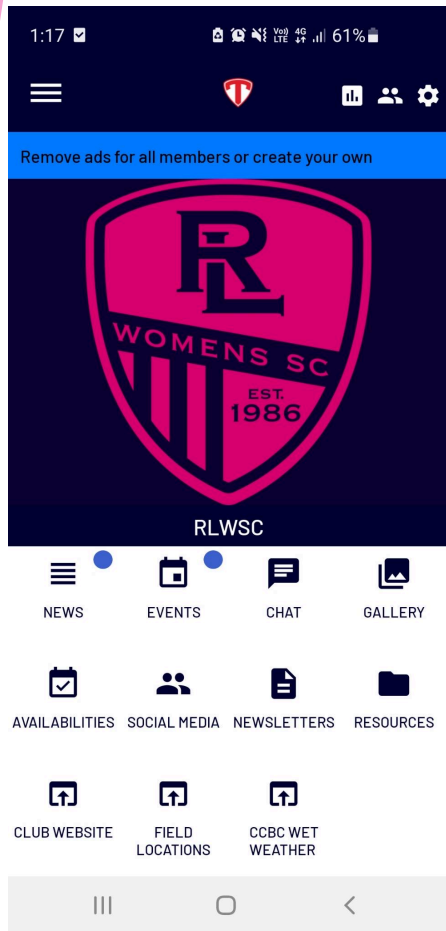
2 rounds vs each team

1 round vs each team, then split into 2 divisions for 1 round.

# Club Communication

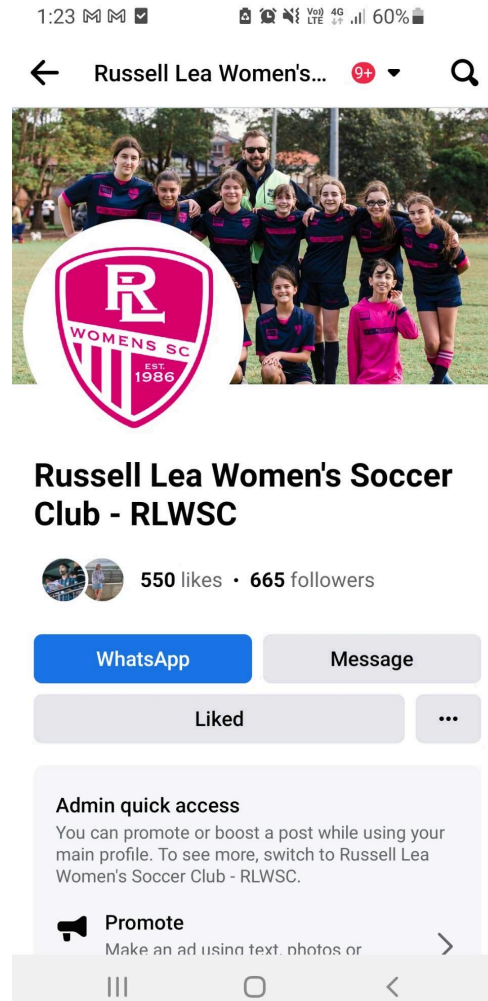
## Team App

[www.rlwsc.teamapp.com](http://www.rlwsc.teamapp.com)



## Facebook

[www.facebook.com/RLWSClub](http://www.facebook.com/RLWSClub)



## Website

<https://www.rlwsc.com.au/for-coaches-managers>



# Wet Weather



## Training

- If fields are closed **do not train at QEP!**
- Canada Bay Council will update field status by 2pm. You can check that here: [www.canadabay.nsw.gov.au/lifestyle/sports-and-recreation/wet-and-recreation](http://www.canadabay.nsw.gov.au/lifestyle/sports-and-recreation/wet-and-recreation)
- Or you can ring their hotline at 9111 6375
- We will put out an alert on TeamApp

## Game Day

- The **only** place to check if a game is cancelled or rescheduled is on Dribl!
- Games may be rescheduled or transferred to a different field at late notice
- Check the draw at <https://cdsfa.dribl.com/>
- **PENDING** – Game is going ahead as scheduled
- **WASHOUT RESCHEDULED** – Game will be rescheduled to a later date
- **WASHOUT CANCELLED** – Game is washed out and will not be rescheduled

# Training Nights



- Only train at QEP in your scheduled slot.
- Make sure players wear shin pads at both games and training!
- If you need equipment, contact Equipment Coordinator



QEP 1 and 2 are booked on Tuesday, Wednesday, and Thursday nights. The training scheduled will be uploaded to website. **If you haven't booked in a training time yet, contact [secretary@rlwsc.com.au](mailto:secretary@rlwsc.com.au)**

# Match Day – Competition Rules

Age	Number of Players	Match Duration	Ball Size	Field Size	Goal Size	Premiership
Minitildas	4 + 3 subs	2 x 20 mins	3	Quarter	2 x 1m	N
u8-u9	7 + 4 subs	2 x 20 mins	3	Small	3 x 2m	N
u10,u11,u12	9 + 4 subs	2 x 25 mins	4	Half	5 x 2m	N
u13-u14	11 + 5 subs	2 x 30 mins	5	Full	Full	Y
u15-u16	11 + 5 subs	2 x 35 mins	5	Full	Full	Y
WIL, AA, o35	11 + 5 subs	2 x 45 mins	5	Full	Full	Y

Only registered players **who are on the match sheet** are allowed to play!  
Take note of the maximum number of subs allowed for each age group.



# Match Day – Field Set Up

If you are the first team to play on a field at QEP, you will need to set up the field, using the carts in the clubhouse

## QEP2 & Mini (u8 & u9)



### what's in the cart

- QEP1 tear-drop flag
- 13 stools
- 6 posts
- 2 bags blue net
- Ground Official vest
- hammer
- pegs
- 2 reels rope
- metal rope stakes
- hammer
- ladder
- esky for icepack



- Nets/Goals
- Corner flags
- Boundary Ropes
- Bench Seats
- Ice Pack

If you are the last team to play, you will need to pack up the fields and return equipment to the clubhouse




# Referee Fees



- Referees must be paid in cash **every game** (home + away).
- Try and have the correct change
- Make sure you fill out the reimbursement form completely and get the ref to sign it at every match!

## 2023 Fees

Age	Referee	Assistant Referee
u10,u11	\$12.50	-
u12,u13,u14	\$20	\$10
u15,u16	\$25	\$15
WIL, AA Div 4/6, o35	\$35	\$17
AA Div 1	\$40	\$20

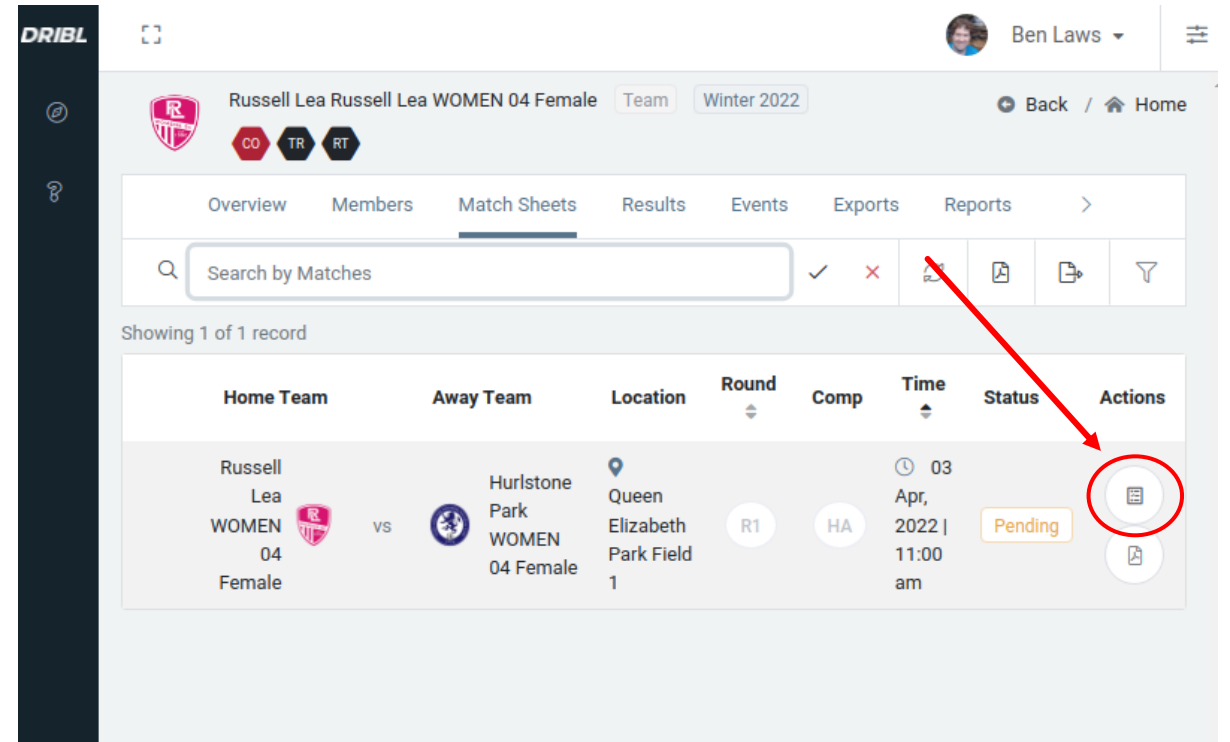
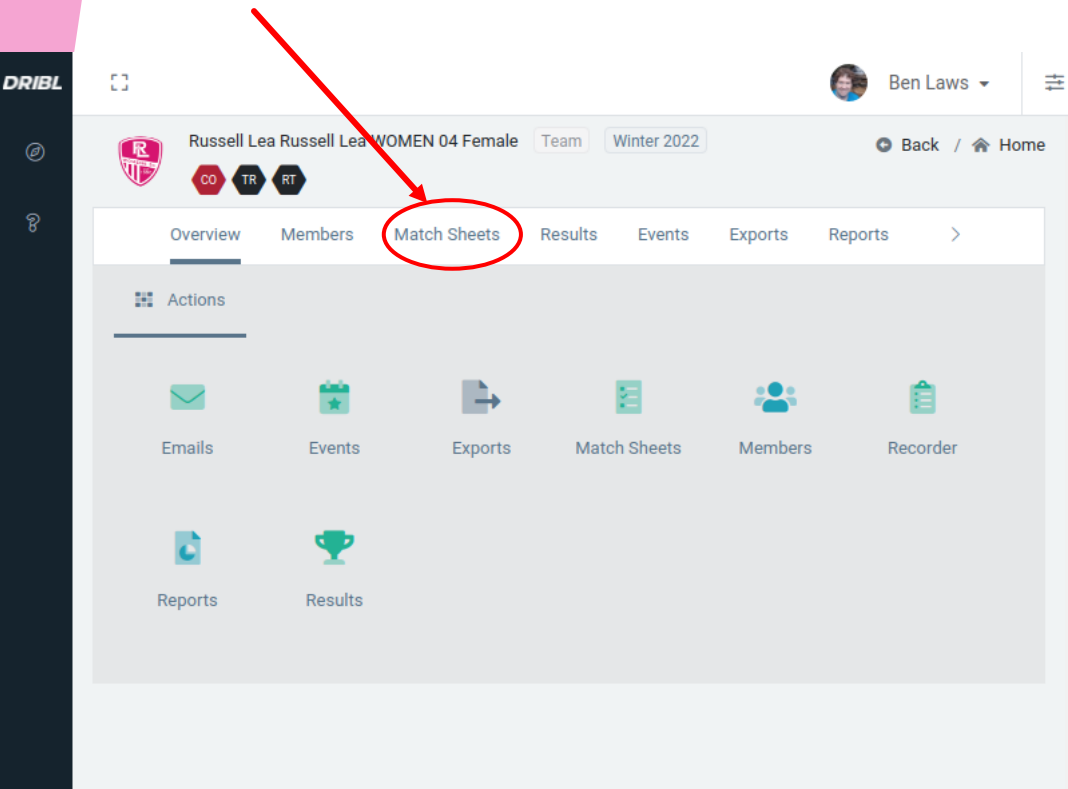
	<b>Referee Fees Claim Form 2023</b>	Team:
		Manager phone & email:

Round 1 Date:		Amount Pd	Signed Ref	Signed Mgr
Opposition:	Referee			
	Assistant Ref 1			
Field:	Assistant Ref 2			

Round 2 Date:		Amount Pd	Signed Ref	Signed Mgr
Opposition:	Referee			
	Assistant Ref 1			
Field:	Assistant Ref 2			

# Match Sheets – Before the game

- Make sure you have downloaded the Dribl app on your phone
- Before the match, log into Dribl, select your team, and click on the match sheet for your upcoming game



# Match Sheets – Before the game

- Select the players that will be playing the game. Make sure you don't exceed the maximum number of players your team can have
- Make sure players shirt numbers are correct

Match Sheet Details

Queen Elizabeth Park Field  
1

Russell Lea WOMEN 05 Female 03 Apr, 2022 11:00 am Pending

Hurlstone Park WOMEN 05 Female

Home Away Referees Cards Scores Reports Disputes Forfeit Requests

RUSSELL LEA WOMEN 05 FEMALE Status: Open

Players: 15 Available Players: 0 / 16 Starting Players: 0 / 11 Borrowed Players: 0 Coaches: 1 Managers: 1

Ben Laws Age: 30 FFA: 81899627 Male Coach

Kira Ralley

Mariam Fabia

Carmen Famularo

Gabby Florek

Pria Hussain

Christine Juno

Selina Khoo

Update Jersey Number

1

Cancel Update

Submit Team Close

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Carmen Famularo

Gabby Florek

Pria Hussain

Christine Juno

Selina Khoo

Update Jersey Number

1

Cancel Update

Submit Team Close

- S = starting
- A = available
- P = played
- GK = goal keeper
- C = captain

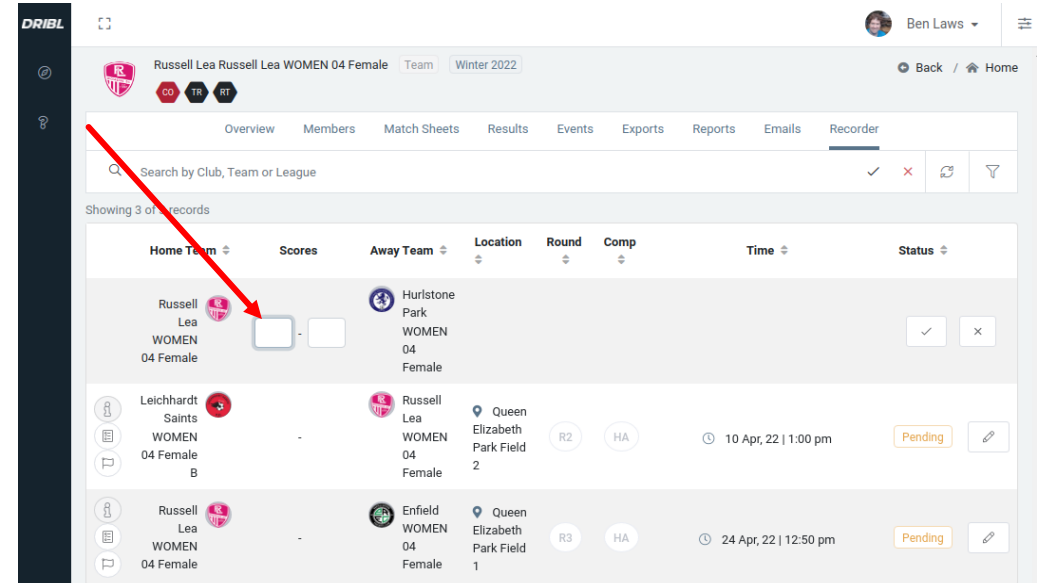
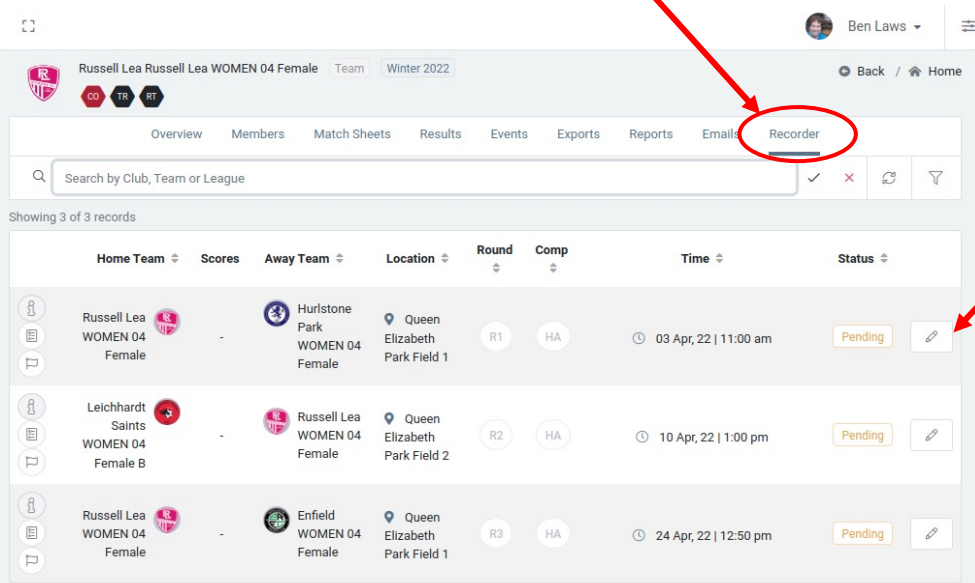
# Match Sheets – Before kickoff

- Submit your match sheet. The opposition team and referee will now be able to view your ID cards
- Click on 'View Player ID cards' for the ID check. Make sure all players on the opposition team match the ID cards.
- Click Confirm Team to say ID check complete. The match can now start!



# Match Sheets – After the match

- Confirm the score with the referee
- **Make sure the referee notes down any injuries in the notes section of the match sheet** (important for insurance claims afterwards)
- Record the score in Dribl under the recorder tab. **Scores must be entered within 24 hours.**



# Borrowing Players

- Dribl doesn't filter player eligibility! If you borrow a player, you need to make sure you follow association rules. **I recommend you check with Frank ([juniors\\_coordinator@rlwsc.com.au](mailto:juniors_coordinator@rlwsc.com.au)) or Paul ([registrar@rlwsc.com.au](mailto:registrar@rlwsc.com.au)) first!**
- A player can only be borrowed 4 times – after that they move into the higher team permanently
- A player must play at least 3 games for a team to be eligible for finals

5.2.2.1 WITHIN THE SAME DIVISION:- Where two or more teams from the same Club are in the same division, then no interchange of players between those teams is permitted.

5.2.2.2 WITHIN THE SAME AGE GROUP:- A player registered and graded in a lower division team can play in a higher division team, but NOT the other way round.

5.2.2.3 BETWEEN DIFFERENT AGE GROUPS:- A player registered and graded in a lower age group can play in a higher age group, SUBJECT TO THE FOLLOWING RESTRICTIONS:

- (a) Non-Premiership Division (U8-U<sup>12</sup>): When playing one (1) or two (2) years above the player's actual age, a player graded into a Division 1 team can only play into a division 1 team in that higher age group. A player graded into a Division 2 team or lower when playing up one (1) or two (2) years above their actual age may play in any Division in the higher age group. Any player who plays in a non-eligible Division is an ineligible player and will be dealt with as an ineligible player in accordance with the provisions contained within these rules. **Note: A non-premiership player playing up in a premiership division must comply with the regulations governing the premiership division.**
- (b) Premiership Divisions: Where the difference in age group is only one year (eg: under <sup>13</sup> to under <sup>14</sup>) then a player from the lower age group can play in the higher age group at the same division or higher. eg: a <sup>13</sup>/<sub>2</sub> player could play in <sup>14</sup>/<sub>2</sub> or <sup>14</sup>/<sub>1</sub> but NOT in <sup>14</sup>/<sub>3</sub>. Notwithstanding the foregoing, a maximum of two players from the lowest team in a particular division may play up into the lowest team of the next highest age group. eg: a <sup>15</sup>/<sub>1</sub> player may play up into a <sup>16</sup>/<sub>2</sub> team if both of those teams were the lowest graded teams in their respective age groups.
- (c) Premiership Divisions: Where the difference in age group is two years (eg: under <sup>13</sup> to under <sup>15</sup>) then a player from the lower age group can play in the higher age group in any division which is not more than 3 divisions lower than the player's registered division.
- (d) For reasons of safety, **and noting any exemptions elsewhere in these Rules**, it is not permitted for a player registered in an under 6 to under 16 age based **girls** team, or an under 6 to under 18 age based mixed/**boys** team to play more than two years above the player's age group. For example, a player who turns 10 years of age in the relevant year, and who is registered in either an under 10 or an under 11 team, might play up in an under 12 team but not in an under 13 team.

Rules can be found at

<https://www.footballcanterbury.com.au/resources/>

# Match Day Rules

- Only players and registered coaches and managers are allowed in the technical area on game day. Injured players, family, and friends will be asked to move. Coaches and Managers **must** have their physical ID card and a yellow high vis vest.
- If a team needs to forfeit they **must tell the competition secretary** ([competition\\_secretary@rlwsc.com.au](mailto:competition_secretary@rlwsc.com.au)) **with 3 days notice**. Otherwise, you will receive a fine from the association - For a Sunday game, **email the club before 3pm on Friday**
- During games, coaches must abide by the RLWSC Player Rotation policy, based on the club ethos of fair play and equal opportunity for ALL players.
- Remember that this is community sport - there is no place for unsportsmanlike behaviour, and the referee has the right to expel a coach, manager, or spectator from a field if necessary.
- Shinpads and correct uniform must be worn by all players. Jewellery (including earrings, rings, piercings, watches, hair clips) is not allowed.

# Canteen and Ground Officials Roster

Each team will be rostered on one week during the season to help manage the games at QEP

## Ground Officials

- Wear orange vests at ground to help spectators
- Make sure spectators stay behind boundary ropes, matches starts on time, etc.



### Canteen and Ground Official (G.O.) Duty

It is a requirement of CDSFA that we operate a canteen when games are played at our home as well as provide Ground Officials for each home field games are played on.

**Each team is responsible for the smooth running of the canteen, BBQ and provision of Ground Officials for at least one entire Sunday throughout the season.**

*Some teams may be requested to do an additional day or half day at the end of the season, especially if their original allocated day is washed out. A roster is issued for the season but is subject to change in the event of re-schedules.*

**The manager of the team is responsible for recruiting the necessary volunteers and making sure that the whole day is covered.**

#### What do I need to do in the lead up to our rostered day?

→ Start discussing the volunteer roles with your team. You will need to ensure cover for **one** G.O. for each game as well as having **two** people in the canteen and another one or two people to man the BBQ for the morning. Volunteers can be players, family members or friends - they must be 16 or over.

- **No children under the age of 16 are permitted in the canteen section of the clubhouse. This is a directive from Football NSW.**

→ Check your inbox for an email from the canteen coordinator 2-3 weeks before your duty. It will contain a link to a roster for you to fill out with your volunteers. The roster will include the games scheduled for the day which require the G.O.'s as well as time slots for the canteen/BBQ.

→ Canteen opens at 8:30am and is to remain open until **final match at the ground commences**. BBQ to operate from 8:30am until around 1:00pm or until sold out (ideally by midday) - whichever occurs first.

→ Make contact with the [treasurer](#) to arrange collection of cashbox and canteen keys. Discuss a return plan too.

→ Keep an eye out for another email from the canteen coordinator in regards to what you'll need to collect on the day such as bread & milk as well as other general instructions.

→ Ensure G.O. volunteers are familiar with the responsibilities of their role. The following documents can assist with this:

- ◆ [General overview of the role](#)
- ◆ [Resolving Conflict for Ground Marshals](#)
- ◆ [Spectator Code of Behaviour](#)

## Canteen



- Volunteers may also need to help run our canteen

Instructions can be found on website



# Coach Accreditation

There are 4 coaching courses offered by Football Canterbury



- Grassroots course – one 3 hour practical session where you learn the basics of coaching. Recommended for all new coaches
- The Skills, Game, and Seniors certificates are more advanced courses, which are run over three sessions.
- Courses can be found at: <https://www.footballcanterbury.com.au/events/>

# Female coaching scholarships

Russell Lea Women's Soccer Club is aiming to help encourage more girls and women to get involved with coaching.

To help achieve this, we have scholarships available for anyone who would like to become accredited through our club! If you or someone you know may be interested, please contact Ben at [secretary@rlwsc.com.au](mailto:secretary@rlwsc.com.au)





## End of Season

- ▶ Following the completion of the season, team managers are required to collect and return (clean) all players jerseys handed out at the start of the season, along with all training equipment.
- ▶ The club's presentation day and AGM will both be held in September. More details to come...

Thank you for volunteering your time to coach/manage!

Good luck this season!