



Balmain & District Football Club

Coaches & Managers Information 2023



Community

Participation

Achievement

Welcome to Football 2023



**...as we bid a fond and long overdue
farewell to La Nina!**

Partners



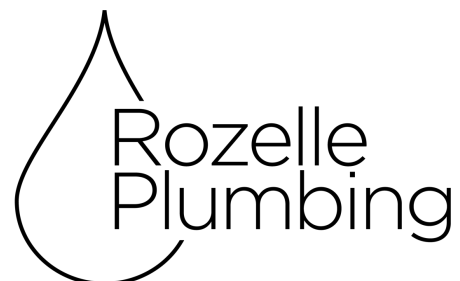
Premium Partners



Phil Gilbert



Season Partners



Preferred Partners



KIA
Phil Gilbert Kia

WEAR IT WITH PRIDE

— 2023/25 HOME KIT —

MOVEMENT THAT INSPIRES



PARTICIPATION • ACHIEVEMENT • COMMUNITY

Ultra Football Player Kit - 2023



- Returning players get a \$15 voucher to use in the Club Store
- All U6-U11 players receive a new shirt as part of the Phil Gilbert Kia partnership
- New players receive a **full credit** to purchase their kit through Ultra Football (create a UF account to access the BDFC Club Store)
- ALL players must play in the **correct Nike strip** with the **correct player number**

Actions

- ✓ Players need to contact playerstrip@balmainfootball.com.au or visit the FAQs on the club website if they have not received a code to order their new kit or shirt.
- ✓ Managers need to check the player's jersey matches the number on the Match Sheet. Contact playerstrip@balmainfootball.com.au if there are any discrepancies



Pre-Season

LAST MINUTE MENTIONS



There are several issues to be aware of...

EASTON PARK

- Easton Park upgrade has been delayed due to council/contractors being behind on drainage.
- Earliest opening date is Friday May 5
- Training Allocations have been TEMPORARILY relocated to Birchgrove Oval on the same date and at a *similar* time
- Limited Monday night training options may be available for some Easton teams
- **Rudd Park #2** (Belmore) has been booked to cover all Easton full-field games, Saturdays & Sundays
- BDFC Home games will be scheduled on Rudd #2
- Saturday half-field games (U10-U12) is still a work-in-progress

TRAINING ALLOCATIONS

- Draft allocations are with Age Coordinators, who are confirming with C&Ms
- Training Allocations may be published as soon as Wednesday (22 March)
- Full Birchgrove Oval allocations, including lights, may start tomorrow (Wednesday)
- Cohen Park allocations start Tuesday next week (March 28)

FINAL TRAINING KIT COLLECTION

- **Saturday March 25, Waterfront Oval, Callan Park 9am-Midday**
- Final opportunity to collect training kit prior to the season kick-off
- If you miss this kit pickup, next opportunity is from 8am Saturday April 1

2023 Competition Structure



IMPORTANT STUFF

- Important season dates/events are on the website:
<https://www.balmainfootball.com.au/season-dates/>
- Season starts weekend of 1st & 2nd April (Fri March 31 for O35/1 and O45/1)
- O35 & O45 MEN Division 1 competitions will be scheduled for Friday nights where possible.
O35 & O45 MEN Division 2 **may** also be scheduled for Friday games.
WOMEN & O35 WOMEN **may** have occasional Friday night games scheduled.
- Keep checking the draw as there **will** be changes: <https://cdsfa.dribl.com>
- **Non-competitive age groups**
U8 to U12, Mixed and Girls
NO points, NO tables, NO finals
- **Premiership Division/competitive age groups**
U13 to U16, Boys and Girls
MIL (Men's Intermediate League = U17 & U18)
WIL (Women's Intermediate League = U16 to U19)
AAM AAW (All Age Men, All Age Women, 18+)
O35 Men, O35 Women
O45 Men, O50 Men
BBC (Bill Brackenbury Cup) Premier Men's
GMT (Grace Martin Trophy) Premier Women's (AAW Division 1)
- Game Leaders in place for U8 to U12 matches, CRA Match Officials for U13 and up.
Details will be covered later in the presentation
- In the event that a complete round of a Premiership Division competition (U13+) is not played for whatever reason (e.g. a washout), then that round shall not be played unless there are catch up days available in the schedule on which to place those fixtures.

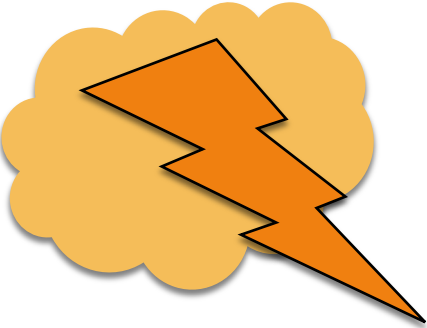
Match Scheduling – Online via Dribl



Match schedules are on [Dribl](#)

Regular training [schedule](#) starts from 29 March

Wet weather procedures

- 
- ALL washouts, cancellations, change of times, change of venues will be notified via the DRIBL app
 - BDFC will provide updates via social media for wet weather closures of training grounds and Home fields as soon as they are known
 - It also pays to check [local council](#) hotlines or websites for the most up-to-date to date ground status.
 - During wet weather, grounds may be closed at any time- even once you have arrived or started a match.
 - The ONLY source of truth on Match Day is.... **DRIBL**

Match sheets are electronic via the DRIBL App – go to the [Manager Information](#) and [C&M Quick Links](#) pages on our website for more details and guides.



A match sheet is required for all games involving teams from U8 up. They are a record of the match including details of all players, scores, red and yellow cards and any injuries. They are used by all clubs to record results and drive any required disciplinary actions.

How do I access them

- Each team is responsible for submitting their match sheet via the DRIBL app
- Detailed instructions are on the [website](#)
- Returning Coaches & Managers can login to the DRIBL app and access their information as per last year
- New Coaches & Managers (once registered) can activate themselves in DRIBL by following this guide: [Activating a Dribl Account \(Self Service Registration\) – Dribl](#)

What do I need to do

Before you leave for the game (or the day before the game)

- Check the electronic Match sheet using the Dribl app or website
- Check all players (including any borrowed ones) are added to match sheet
- Have your referee (Match Official) payment sheet
- Have the correct money for referees (U13 and up)

10 mins before the start of the match

- Coach/Manager have their Team Official vests on and ID cards around their necks
- Ensure all players shirt numbers are recorded correctly
- Final check of electronic match sheet and submit it. Check that the opposing team has also submitted their match sheet and click to confirm.
- **U13-O50** Pay the referees & get them to sign the Match Officials payment sheet

5 mins before kick-off (U13-O50) – The Referee will check the player cards in DRIBL

After the match is completed

- Confirm the result with the referee and opposition manager
- Enter the final score (in the **Recorder** section for the match) in the Dribl app and save it
- Make sure to do this at the field immediately after the game – that way you won't forget!
- **BOTH** teams need to enter and save the result after the game

Ground Officials for 2023

NEW ARRANGEMENTS



It is a CDSFA requirement for clubs to provide a ground official for each of their home grounds upon which a match is being played. Teams will need to provide one ground official for their own game each time they play a HOME game.

Organising

- Each **Balmain HOME team** MUST provide ONE volunteer for EVERY HOME game, regardless of the ground they play on. From 2023, your team MUST provide a Ground Official (GO) for **your own** game. Every team has an orange GO vest in their kit bag. If you are the HOME team on another club's field, you MUST provide a GO.
- Teams short on spectators must organise with BDFC team playing prior/after to provide a GO.
- Teams playing on BDFC fields as the AWAY team MUST also provide a GO – including

Ground officials are required to:

Duties on the day

- Be at least 18 years of age
- Be available 10 minutes before the game commences, wearing the orange Ground Official vest
- Make themselves known to the Referee before the start of the match
- Ensure that spectators stay behind ropes and fences and do not enter the field of play
- Ensure that the area behind the goal is kept clear at all times
- Ensure no person, including coaches and managers, enter field of play until signalled by the referee
- Assist the referee as requested at any time
- Enforce NO SMOKING/NO VAPING on fields
- Enforce NO ALCOHOL zones
- Ensure alcohol is not consumed in the vicinity of playing fields until AFTER the completion of the LAST match of the day.

Locations for ground official duty

- Remind last team of the day that they MUST help pack down the field

Ground Officials are required in the following locations:

Waterfront Oval, Glover Street Sporting Fields, Easton Park, Birchgrove Oval, Cohen Park, Leichhardt #3, Rudd Park #2 and any field where a BDFC team is designated as the HOME team.

Ground Officials



A Ground Official (wearing an orange vest) must be present at every match:

- Teams provide Ground Officials for each game where BDFC is designated as the HOME team
- For matches played at **away** venues where you are designated as the HOME team, you **MUST** provide a ground official for your game
- For matches played at **neutral** venues, including Finals, you **MUST** provide a ground official
- Orange vests are included in your Team Kit bag

What can go wrong?

- The referee may not allow play to start
- The HOME team can be fined \$110 by Football Canterbury for each match this occurs
- All fines issued to teams or players are passed onto and payable by the team/player
- Where issues with the game lead to judiciary proceedings, the absence of a ground official is a distinct disadvantage

Match Officials

Referees and assistant referees



Referees and assistant referees are provided for games from U13 to O50

Paying match officials (U13 and above)

- Managers of both teams pay the match officials **prior** to the start of the match
- Balmain DFC manages referee payments on a **reimbursement** basis
- Match Official Signature Sheet must be completed and signed by all officials that were paid
- Referees do not carry change, so it is important to bring the **correct money** to the match
- All match official payment sheets and online reimbursement forms can be found on the Manager Information page of the website in the Match Official Payments section

Reimbursement

- **U13 and above:** Managers can claim reimbursement of match official fees by completing the online Match Official Reimbursement form, which also requires attaching a scanned copy (or photo) of your completed Match Official Signature sheet
- Reimbursement requests can be submitted at any time during the playing season, but **no more often than monthly**.
- A match sheet is **not** proof of match official payment. You must complete and have signed the **Match Official Signature Sheet** at each game.
- **U8 to U12:** Game Leaders will be paid by the hosting club at each ground or by the CRA. They will **NOT** require payment from the teams themselves.

Match Officials

Referees and assistant referees



Match Official Signature Sheet

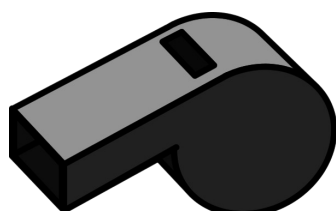
Round #		Date		Opposition Team	
	Name		ID #	Signature	Amount
Referee					
Assistant #1					
Assistant #2					

Round #		Date		Opposition Team	
	Name		ID #	Signature	Amount
Referee					
Assistant #1					
Assistant #2					

When there's no supplied match official

Sometimes there are not enough referees to cover all matches. When this happens:

- The Home team is responsible for supplying a referee
- The Away team must agree to the person nominated
- Non-appointed referees are **not** paid for officiating the match (unless they have completed the CRA short course, in which case they get the standard fee)
- The volunteer referee has ALL the powers of a normal referee, including send-offs



Looking out for match officials

- Referees are often young, sometimes inexperienced, and always human. Like all of us, they can and do make mistakes
- The availability & retention of referees is often impacted by the negative and inappropriate ways they are sometimes treated by players, spectators, and team officials
- Be kind and respectful to referees, and be a role model for the way they should be treated.

Match Officials

GAME LEADERS – U8 to U12



Creating Leaders

- The Game Leader (GL) program has been adopted to allow players aged 11+ the opportunity to build leadership skills and understand responsibility by 'leading' games for U8 – U12.
- Each GL, in training or accredited, has the support of a Supervisor/Mentor.
- The GLs are expected to not only act as referees but to also aid players by **teaching and explaining** the correct way to play the game.
- This allows Coaches and Managers to stay in the technical area and concentrate on organising their team and player substitutions.
- **Accredited GLs are paid directly by the Club.** Teams do NOT make payment on the day.
- When a GL is not appointed or not available, a Home team official or parent must fill the role.
- ❖ Parent GLs must NOT favour or coach their team when on the field as a Game Leader.
- More information about the [Game Leader Program](#) is on our website

Keeping Game Leaders

Looking out for Game Leaders

- GLs are young, often inexperienced, and always human. Like all of us, they can and do make mistakes
- Today's Game Leaders are tomorrow's referees. Their desire to continue as match officials is directly influenced by the way coaches, managers, players and parents treat them.
- **BDFC Game Leaders are BDFC players** and the children of our members.
- Negative and inappropriate comments and behaviour will be severely dealt with by clubs.
- If you have concerns or feedback, speak to the **GL Mentor or Supervisor**.

The technical area



A maximum of TWO team officials are permitted in the technical area regardless of the age group:

- Must be wearing a high-viz vest (supplied in Team Kit bag)
- Must display a current season Team Official ID card

Only players entered on the match sheet are permitted in the technical area

Not permitted in the technical area (or bench)

- Sick, injured, surplus, suspended, or banned players
- Additional team officials above the maximum of 2
- Player's or Team Official's children, partners, friends, or animals

What can go wrong?

- The referee may not allow play to start
- It can create issues for the ground officials trying to apply the rules for the technical area
- The home team can be fined by CDSFA \$110 for each match where this occurs

Eligible players



Playing up or for another division

- Rules for using players from another team are complex
- There are restrictions on the age, grade and number of players who can be used as substitutes
- There are also rules about how many times a player can play up in a higher division or age group.

➤ There is a maximum number of players that can be listed on a team sheet.

➤ There is a **maximum** number of players that may be **borrowed**:

- ❖ U8 & U9 - 2 players
- ❖ U10 to U12 - 3 players
- ❖ All other age groups - 4 players

Incorrect match sheet records

Common problems on match sheets are:

- Too many players
- Ineligible players
- Incorrect shirt numbers

Referees/Match officials do not check the eligibility of players.
Team managers & individual players are held accountable for eligibility of their players.
See the CDSFA Rules of Association

What can go wrong?

CDSFA review match sheets each week & detect ineligible players. Where ineligibility is detected:

- The game is awarded to the opposing team
- The team loses 3 additional competition points
- The team is fined an additional registration fee
- An adult player deemed ineligible is suspended for a minimum 2 matches, but 12 months if they were already ineligible through a disciplinary issue.

Football Canterbury Rules & Fines for 2023



Important Information on Football Canterbury and BDFC Fines & Penalties

CDSFA and Balmain DFC Common Fines and Charges (Players)

- First Red Card: \$75 (in addition to any suspension)
- Second and subsequent Red Cards in a season: \$100 + volunteer work for the club (plus suspension is double the standard for the offence)
- Five Yellow Cards in a season: \$75 (plus 1 match suspension)
- If a Red Card is shown to a player, it means an AUTOMATIC minimum 1-week suspension

Red/Yellow Card accumulation for a team (U13 and above)

- Team accumulates 3 red cards in a season → 1 point deducted from their total
- Subsequent red cards for that team → additional 1-point penalty per card
- Team accumulates 5 red cards in a season → Appear before FC Judiciary to show cause why it should remain in the competition
- Team accumulates 20 yellow cards in a season → Appear before BDFC Disciplinary Panel

O45 & O50 MEN – Borrowing Rule and Length of Matches

- As of 2023, borrowing rules have been reverted to standard - meaning O45 MEN teams will NOT be able to borrow players from an O50 MEN team.
- O50 MEN matches will remain as a duration of 2 x 45minute halves for 2023.

Staying out of trouble



Player cards

(a thing of the past)

- U13 and over: **Digital cards** must be active and available to the referee in the DRIBL app. No card means no play!
- U11 to U12s need a player card ONLY if playing up in an under 13s team (added as Borrowed Player in DRIBL)
- U8 to U12 – Player cards are NOT required for matches

What can go wrong:

Players who don't have an active card (or do not appear on the match sheet) will not be permitted to take to the field - no exceptions.

Out of bounds

- Warming up behind the goal, or in the goal area of any field, is not allowed
- Warming up in the goal area is not permitted for night matches

What can go wrong:

- Your team may be fined \$110 by CDSFA
- If a night-time venue offence - you may be banned from future night fixtures

Coach Support



Coaches
webpages

Coaching tips and materials are available on our website divided up into age categories - <https://www.balmainfootball.com.au/coach-resources/>

- Includes technical and tactical goals for each category to help you with guidance and session content
- Includes sample activities and examples of training drills, games, warm-ups, etc.
- Age group appropriate information !!!

Tiny Tigers

U4-U5

U6-U7

U8-U11

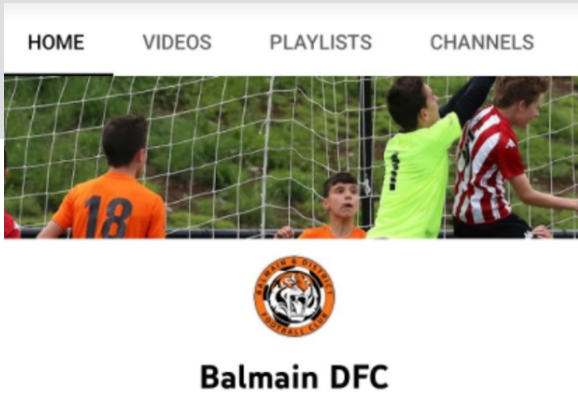
U12-U16

Seniors

Balmain DFC
YouTube
Channel

Unique content can be found on our [YouTube channel](#):

- [Coaching corner](#) - Tactics, tips
- [Training problems](#) - How to overcome common training issues
- [Injury prevention program](#)
- [Ideas for coaching topics](#) - Games, exercises with video guidance
- [Videos for players](#) - Skill videos, topic specifics and more



Coach Support – Education Pathways

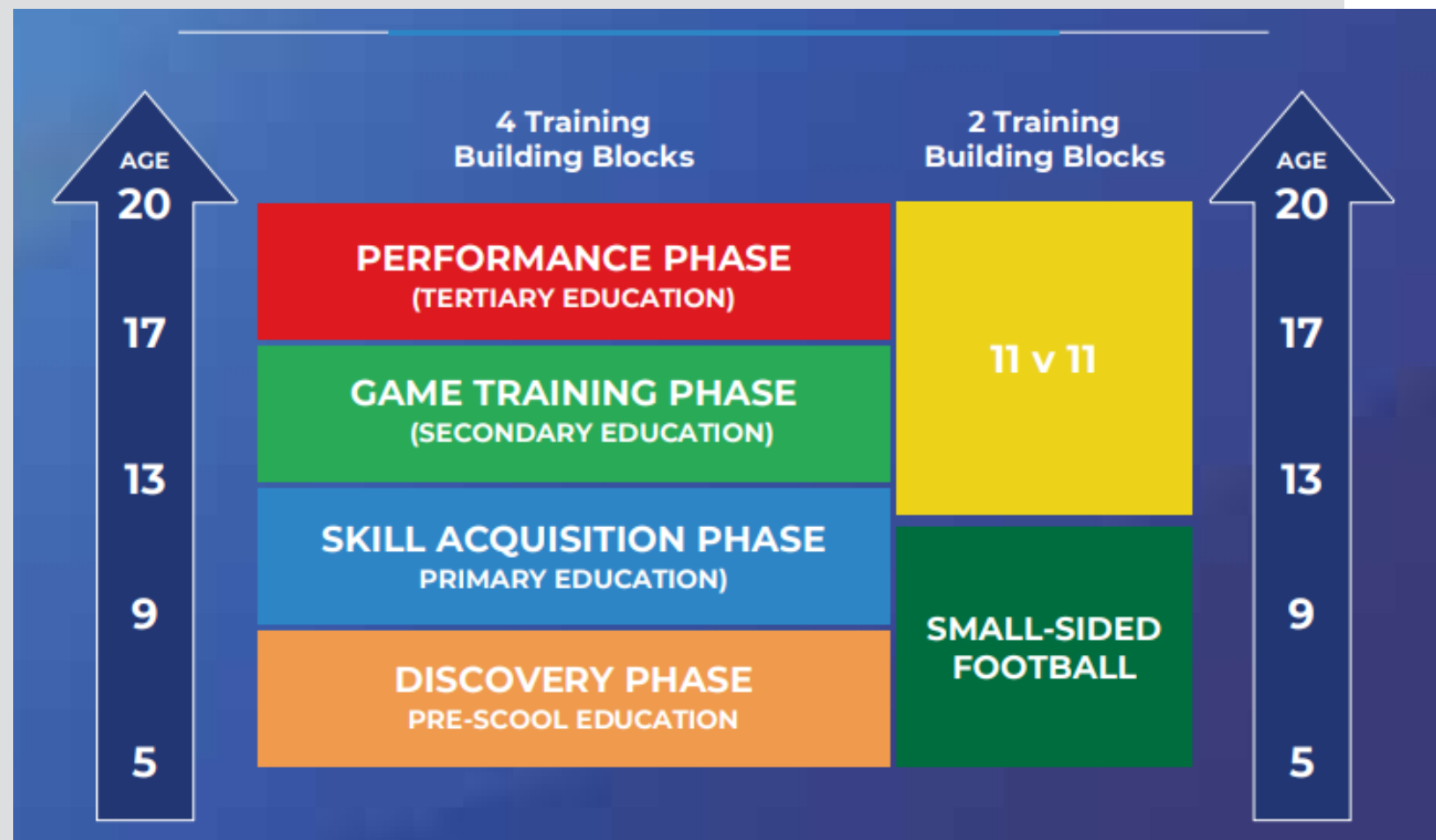


Educated coaches = good training = good players = happy players

The education and coaching pathway starts with [community certificates](#):

- **MiniRoos coaching certificate:** suitable if you are coaching 4 – 8yo
- **Skills Training certificate:** suitable if you are coaching 9 – 12yo - [Participant Manual](#)
- **Game Training certificate:** suitable if you are coaching 13 – 17yo - [Participant Manual](#)
- **Senior Training certificate:** suitable if you are coaching 17yo+ - [Participant Manual](#)

Attending the appropriate coaching courses can build your confidence and skills, and make your football journey with your children more enjoyable and productive. Please contact the club with any questions, or to ask how we can help support you in achieving certification.



Coach Support – Education Pathways



Educated coaches = good training = good players = happy players

- Upcoming CDSFA learning events can be viewed [here](#).
- A summary (and link to full version) of the FIFA coaching booklet for Youth can be found [here](#).
- If you would like to learn more about tactics, structures, and systems, there are [advanced coaching courses](#) available.
- The CDSFA document [The Supportive Parent](#) is recommended reading for everyone, including parents, coaches, and volunteers. It outlines the pathways for a player and how parents can help children to have a better football experience.
- Equally important to the **WHAT** we do during training sessions (*exercises, games, drills...*) is **HOW** we pass on information (*communication with players, suitability of used coaching styles ...*)!!!
- Coaching related questions for any age group, please contact radim@balmainfootball.com.au

When you need information or help?



Our website



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

Our website contains:

- All information & links required by players, managers, and coaches
- A coaches only area, with the club's development training plans and additional resources to support coaches

Your Age Coordinator



Executive Committee

& sub-committees



Comms

Development

Finance

Grounds

Registration

Sponsorship