



**WELCOME  
TO  
SEASON 2018**

**U11 to O45**



- Glenmore Park Football Club (GPFC) has over 1300 registered players, coaches and managers.
- It is a member of the Nepean Football Association (NFA) which will have approximately 13,000 members.
- The NFA covers 4 LGA's from Warradale to Glossodia & St Mary's Band Club to Wentworth Falls.





## New Rules in 2018

U11 – If Goalkeeper places ball on ground it is still dead until it has been kicked into play by the goalkeeper

U12 & U13 – 25 metre posts – Attacking team must retreat beyond 25 metres



# REGISTRATION COACHES & MANAGERS

Teams who do not have a registered coach in place will forfeit all games until such time as a suitable one is registered.

Make it your business to contact all the players in your squad make them feel part of the team.





# GAME DAY AT MULGOA RISE

The Draw

NFA issues the draw and is found on their website





# Nepean Football Association Incorporated



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**NEWS FLASH! .....CI**

Football news World Cup 2014: The Full-Time Whistle, 

## GRASSROOTS COACHING EXPO

Coaching, whether it's your first time or if you're returning for 2015, can be challenging. That's why **THE NEPEAN FOOTBALL ASSOCIATION** will run a **FREE** Miniroos Community Coaching Expo with Football NSW to offer practical advice for coaches and parents. You will see demonstrations, and receive information on how to run a training session and how to manage match day via the game leader session. You'll also cover tips on how to get kids to master the ball and how to get the best out of your players using growth mindset strategies.

Monday 23<sup>rd</sup> March, Cook Park, St Marys. 6.00- 8.30pm.

Receive your FFA Grassroots Coaching Certificate after completing the Expo and become a qualified coach. Register here:

<http://education.ffs-sportingrules.com/Entry/2510-11880>

### Our Sponsors



### Upcoming Events

[View Full Calendar](#)  
No events



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**CompMan**  
 Competitions Management Software

Nepean Football Association

iCompMan Version: 1.00Bn

Use your mobile - receive weekly next match remind

Standard  Mobile

Use My Favourites

**Fixtures & Results** | Tables | Ground closures | 'My Favourites' & 'SMS Alerts' setup

Competition: 2003 | Club: --- all --- | Field: --- all ---  
 Age Group: --- all --- | Division: --- all --- | Team: --- all ---  
 Date from: 10/03/15 | Date to: 17/03/15 | Round:

*Select from the above filter options and press the "Refresh Display" button*

R	Date	Time	AG/Div	Home Team	Away Team	Ground/comments
No Fixtures found matching your selection criteria						





# GAME DAY AT MULGOA RISE

- As coach and manager you should be at the field before your team arrives. At least 30 minute before the game.
- If you are the first game at Mulgoa Rise you will be required to put of the nets and corner posts, allow time.
- If you are the last game of the day you must pack all of the equipment away.







# GAME DAY AT MULGOA RISE

- Pick up the team sheet and commence filling it out.
- All players will be listed on the sheet
- If you are playing an upgrade, make sure you fill in the team they came from. Only three upgrades. 5 upgrades for O35.
- You can't upgrade from the girls competition to mixed.
- You can upgrade from a lower division within own age group or an equal or lower division in the preceding age group (e.g. 14/1 to 15/1 but not 14/1 to 15/2).
- Ensure the coach, manager and marshal has printed their name and signed the sheet.



# GAME DAY AT AWAY FIELD

- Get to the ground early
- Go to the hosts canteen and ask for the team sheet or the hosts team manager.
- Ensure the coach, manager & marshal has printed their name and signed the team sheet.
- You are GPFC ambassadors and your behaviour is on display at all times.





# GAME DAY

- You must perform the ID check regardless whether you are managing the U12's or O35's.
- No cards DO NOT play...not even a friendly. You can't be sure of who is taking the field.
- If your team is asked to appear before the NFA they will always ask if an ID check was performed. This supports your credibility at the hearing.
- The marshal MUST be over 18yo.





# Team Sheets

## SAMPLE TEAM SHEET 2018



**Nepean Football Association Inc**

To be printed and completed in blue or black and not using ink jet printer or water soluble pens.  
To reach NFA: Unit 9/51 York Road, PENRITH NSW 2750  
Refer to NFA By-Laws for team sheet delivery timelines.

Ball Brand used

REFEREE TO COMPLETE

Ground: <b>Andromeda Oval 2</b> Time: <b>11:00 AM</b> Grade/Div: <b>All Age Men/Div 12</b> Round: <b>1</b>						Ground Official's Name: _____					
Home Team: <b>Cranebrook United SC Whit-White</b>						Away Team: <b>St Marys Convent SC</b>					
Team Marshals' Name & Signature:						Team Marshals' Name & Signature:					
ID Check	Reg No.	Player Registered with Team	Shirt No.	YC	RC	ID Check	RegNo	Player Registered with Team	Shirt No.	YC	RC
	12345678	Barnes, Timothy					12345678	Aspland, Jason			
	12345678	Bourke, Drew					12345678	Callaghan, Marc			
	12345678	Cannon, Mitchell					12345678	Crittenden, Alexander			
	12345678	Calto, Alex					12345678	Figg, Tristan			
	12345678	Daniel, Aiden					12345678	Halpin, Glenn			
	12345678	Donney, Blake					12345678	Hampton, Timothy			
	12345678	Duncan, Christopher					12345678	Johnson, Bradley			
	12345678	King, Sam					12345678	Lewer, Dale			
	12345678	Love, Mitchell					12345678	Lewer, Nicholas	Susp		
	12345678	Mortimer, Benjamin					12345678	Metuanguro, Joshua			
	12345678	Rather, Imtiaz					12345678	Palermo, Daniel			
	12345678	Smith, Jacob					12345678	Palermo, Thomas			
	12345678	Smith, Jordan					12345678	Payne, Dylan			
	12345678	Turner, Brenden					12345678	Psala, Ben			
	12345678	Wheatland, Matthew					12345678	Smith, Justin			
	12345678	Williams, Thomas					12345678	Wells, Luke			
	12345678	Calto, Alex	C				12345678	Wilson, Nathan			
	12345678	Cannon, Mitchell	M				12345678	Yon, Graham			
							12345678	Lewer, Andrew	C		
							12345678	Lewer, Dale		M	

GROUND OFFICIAL PRINT NAME HERE

BOTH HOME AND AWAY TEAM MARSHALS TO PRINT FIRST NAME AND SURNAME & SIGN—MUST BE LEGIBLE—USED FOR IDENTITY PURPOSES

REFEREE TO COMPLETE

AWAY MANAGER TO FILL IN SHIRT NUMBERS OF THEIR OWN TEAM MEMBERS (IF NOT ALREADY DONE BY CLUB) AND INITIAL NEXT TO OPPOSITION NAME WHEN COMPLETING THE TEAM ID CHECK—MUST SIGHT ID CARDS & PLAYERS—MAXIMUM 16 PLAYERS SIGNED ON

HOME MANAGER TO FILL IN SHIRT NUMBERS OF THEIR OWN TEAM MEMBERS (IF NOT ALREADY DONE BY CLUB) AND INITIAL NEXT TO OPPOSITION WHEN COMPLETING THE TEAM ID CHECK—MUST SIGHT ID CARDS & PLAYERS—MAXIMUM 16 PLAYERS SIGNED ON

Registered Coach & Manager must initial next to their printed names (above) if present at the game. If the Coach or manager are not registered and are acting in these roles, please record name of acting coach/manager in the space provided below.

Acting Coach/Manager Details:

Name & Signature \_\_\_\_\_ Name & Signature \_\_\_\_\_

ACTING COACH/MANAGER TO COMPLETE— ONLY IF REGISTERED COACH/MANAGER IS NOT PRESENT

ID Check	Reg No.	Name of Substitute from Different Team	Normal Team/Div	Shirt No.	Card Y	Card R	ID Check	Reg No.	Name of Substitute from Different Team	Normal Team/Div	Shirt No.	Card Y	Card R	
Home Yellow Cards							Away Yellow Cards							
Home Red Cards							Away Red Cards							
Match won by						Score Home Team	Score Away Team							
Home agrees:							Away agrees:							
Referee Name FFA # NRC Official NFA Club Ref Unofficial Ref							Asst Ref 1 name FFA #							
Home Manager's Signature confirming score							Asst Ref 2 name FFA #							
Home Manager's Signature confirming score							Away Manager's Signature confirming score							

AWAY MANAGER TO COMPLETE WHEN UPGRADING PLAYERS

HOME MANAGER TO COMPLETE WHEN UPGRADING PLAYERS

HOME MANAGER TO SIGN (CONFIRMS & AGREES TO SCORE)

REFEREE TO COMPLETE

AWAY MANAGER TO SIGN (CONFIRMS & AGREES TO SCORE)

ONLY TO BE COMPLETED IF THERE IS NOT AN OFFICIAL REFEREE



# Team Sheets

- Only Black/Blue Pens – no felt tip or pencils
- No liquid paper
- Make sure all players have a number. If same for season provide club with list and we will update teamsheet
- Coach and Manager must sign
- Complete any upgrades or acting positions
- Ensure Marshal recorded and signature
- Only initial players who are present
- End of Game - Check score is correct
- Manager must sign at end of game
- Home games – return to committee room



# Team Sheets

<https://m.youtube.com/watch?v=7C6Oh6Vjve4&feature=youtu.be>





# TECHNICAL BOX

- Coaches, manager and substitutes only
- Both teams must be on the same side of the field
- Substitutes must wear identical bibs
- Changes made at half way
- Spectators must be behind 3m line







# REFEREE

- Check to see if a referee has been appointed. Last year NRG had a cover report available to clubs and believe this practice will continue.
- If none appointed the following hierarchy applies;
  - NRG ref who is willing to officiate
  - club referee (ask for their credentials)
  - away team candidate
  - home team candidate

If you are a suspended player you can not referee a game.





# YELLOW CARD CAUTION

New regulations allow for five cautions before a 1 game suspension is applied. This must be served the following week, we don't wait for 'stand down notices'.

Additional two cards and the player serves a two game suspension.

Two yellow cards in one game is still a send off offence resulting in a one game suspension.

Sin Bin – 10 Min for players who verbally abuse a ref





# RED CARD

If you are sent off by an official or unofficial ref you must leave the ground immediately, and take no further part in the game.

This must be reported to the club secretary on the same day, and all details must be communicated.

Don't pretend it didn't happen we will find out.

Player's card is to be handed to a club official as soon as possible

Card will be returned once suspension is served and fine paid





# TEAM MISCONDUCT

- i. five (5) Players are given Yellow Cards or Red Cards during one (1) Match;
- ii. three (3) Players are given Red Cards during one (1) Match;
- iii. one or more together make threats or show force against a Match Official; or
- iv. Players and/or Participants engage in violent conduct.





# ABANDON GAME

- You must ring and inform the Club Secretary, President or Vice President on the day, **NOBODY ELSE**. Whether you caused the game to be abandoned or not.
- The club must inform the NFA on the day or fines will apply.
- You will be given instructions to follow regarding the writing of statements and who will be required to submit one.
- Be factual





# Codes Of Conduct

As a result of the new constitution the codes of conducts have changed, they still cover the usual areas, such as;

- Players
  - Coaches
  - Managers
  - Marshals
  - Spectators
- 
- These can be found on the NFA website, and it is GPFC intention to review local documents in light of the changes.





# Codes Of Conduct

Something that has NOT changed;

**PLAYER, COACH, MANAGER OR SPECTATOR HAVE  
NO RIGHT TO APPROACH AND HARASS A REFEREE  
OR GAME OFFICIAL.**







# Role of the Marshal

- Must be 18yrs old or over
- Manages spectator conduct
- Must wear the Orange Vest
- May be called upon to provide evidence or testify in a disciplinary hearing
- Referees have been instructed not to commence games until marshals are visible



# Codes Of Conduct

## Duties of a Manager

- Do the ID check, it is the first question asked at a hearing. If you haven't your credibility as a witness and statement of fact is reduced, because you have signed a team sheet saying you have.





# Codes Of Conduct

Escalation of an incident

On field – running to help a mate  
being third man in

Off field - running onto the field  
helping a mate

You choose to do this nobody has forced you to run onto the field. This includes spectators.





# Codes Of Conduct

All fees and fines levied on GPFC as the result of adverse findings in a hearing conducted by;

- NFA,
- Football NSW

will be passed onto the team or individual player where applicable. Monies owed to the club will be paid before the team or individual can play a game.





# CLUBS AMBASSADOR

Your behaviour as a coach, manager, player or spectator is on show at all times, both home and at away venues.

Ensure all litter is picked up by the players plastic bottles is the worst.

The committee will get reports from other clubs if our behaviour is below standard.

.





# INJURIES

If a player is injured and only after you have been invited on the field to attend the player, assess the severity.

Ensure all other players are ok, and if needed call an ambulance.

**DON'T MOVE THE PLAYER TO ALLOW THE GAME TO PROCEED.**





# Shirt Management

- Game Shirts are only to be worn at the fields
- Shirts are not to be worn to training or at home
- Shirts should be kept together and a roster for washing created
- In the case of girls and those who may have a reaction to some washing powders, consideration should be made.







# WET WEATHER

- The PCC can close grounds.
  - NFA can postpone games
  - GPFC can close the ground
  - Referees can close the ground on the day.
- 
- DON'T CALL A COMMITTEE MEMBER TO CHECK IF THE GAME IS ON.**
- 
- ASSUME IT IS ON**
- 
- UNLESS INFORMED OTHERWISE.**





# Communication

- Website
- FaceBook
- Team App
- MyGameGuru





# WHAT YOU CAN DO TO HELP THE CLUB

## Canteen roster

Saturday teams will do a Sunday and Sunday teams will do a Saturday.

## BBQ Roster

The club will conduct a number of BBQ days

All rosters can be found on the web, it is your role to find out when you are on.



# GLENMORE PARK FOOTBALL CLUB

*Home of the Kookalurras!*

- HOME
- DRAWs
- GROUNDs
- OFFICIALs
- ROSTERS**
- MERCHANDISE
- SPONSORS
- LINKs
- ABOUT GPFC
- CONTACT

CANTEEN ROSTERS

GROUND DUTY ROSTERS

BLUE HILLS BBQ ROSTER

TRAINING BOOKINGS

- MULGOA RISE SPORTS FIELDS**
- OUR GROUNDS**



# SMOKING & DRINKING

## Smoking

You can not smoke anywhere on the ground. That is in force both Saturday and Sunday.

## Drinking

NOT on Saturday. On Sunday near the south and north end car parks. **NOT ON THE SIDELINE.**

When visiting other grounds make it your business to find out where you can smoke or drink. Ask the ground official.





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**NOTE – Penrith Rovers have a total alcohol ban this season at their fields.**



Denotes School or Public Holidays

Changed Start Date of 10 team Comps

Updated: 5th March 2018

**NEPEAN FA 2018 COMPETITION CALENDAR - SUBJECT TO CHANGE**

DAY	DATE	8 TEAM (14 ROUNDS)	6 TEAM (15 ROUNDS)	10 TEAM (18 ROUNDS)	PREMS ONLY (21 ROUNDS)	SSF (U5 TO U11)	NFA Cup
SAT	17-Mar-18						
SUN	18-Mar-18						
SAT	24-Mar-18			R1			
SUN	25-Mar-18			R1	R1		
SAT	31-Mar-18	EASTER - NO PLAY	EASTER - NO PLAY	EASTER - NO PLAY	EASTER - NO PLAY	EASTER - NO PLAY	EASTER - NO PLAY
SUN	1-Apr-18	EASTER - NO PLAY	EASTER - NO PLAY	EASTER - NO PLAY	EASTER - NO PLAY	EASTER - NO PLAY	EASTER - NO PLAY
SAT	7-Apr-18	R1	R1	R1		R1	
SUN	8-Apr-18	R1	R1	R1		R1	
SAT	14-Apr-18	R2	R2	R2		R2	
SUN	15-Apr-18	R2	R2	R2			
SAT	21-Apr-18	SPARE	SPARE	R3		NO PLAY	
SUN	22-Apr-18	SPARE	SPARE	R3			
SAT	28-Apr-18	R3	R3	R4		R4	
SUN	29-Apr-18	R3	R3	R4			
SAT	5-May-18	R4	R4	R5		R5	
SUN	6-May-18	R4	R4	R5			
SAT	12-May-18	R5	R5	R6		R6	
SUN	13-May-18	R5	R5	R6			
SAT	19-May-18	R6	R6	R7		R7	
SUN	20-May-18	R6	R6	R7			
SAT	26-May-18	R7	R7	R8		R8	
SUN	27-May-18	R7	R7	R8			
SAT	2-Jun-18	R8	R8	R9		R9	
SUN	9-Jun-18	R8	R8	R9			
SAT	9-Jun-18	R9	R9	R10		R10	
SUN	10-Jun-18	R9	R9	R10			
MON	11-Jun-18	SPARE GAME DAY	SPARE GAME DAY	SPARE GAME DAY		SPARE GAME DAY	
SAT	16-Jun-18	R10	R10	R11		R11	
SUN	17-Jun-18	R10	R10	R11			
SAT	23-Jun-18	R11	R11	R12		R12	
SUN	24-Jun-18	R11	R11	R12			
SAT	30-Jun-18	R12	R12	R13		R13	
SUN	1-Jul-18	R12	R12	R13			
SAT	7-Jul-18	R13	R13	R14		R14	
SUN	8-Jul-18	R13	R13	R14			
SAT	14-Jul-18	SPARE	R14	R15		NO PLAY	
SUN	15-Jul-18	SPARE	R14	R15			
SAT	21-Jul-18	R14	R15	R16		R15	
SUN	22-Jul-18	R14	R15	R16			
SAT	28-Jul-18	SF R1	SF R1	R17		R16	
SUN	29-Jul-18	SF R1	SF R1	R17			
SAT	4-Aug-18	SF R2	SF R2	R18		R17	
SUN	5-Aug-18	SF R2	SF R2	R18			
SAT	11-Aug-18	SF R3	SF R3	SEMI FINAL		R18	
SUN	12-Aug-18	SF R3	SF R3	SEMI FINAL			
SAT	18-Aug-18	SPARE	SPARE	SPARE		R19	
SUN	19-Aug-18	SPARE	SPARE	SPARE			
SAT	25-Aug-18	Finals Weekend	Finals Weekend	Finals Weekend		NO PLAY	
SUN	26-Aug-18	Finals Weekend	Finals Weekend	Finals Weekend			
SAT	1-Sep-18	Spare Finals W/End	Spare Finals W/End	Spare Finals W/End			
SUN	2-Sep-18	Spare Finals W/End	Spare Finals W/End	Spare Finals W/End			

**NEPEAN CUP DATES - SUBJECT TO CHANGE**

Tues or Thurs	3 &/OR 5 April				NFA Cup Elimination Round
Tues or Thurs	1 &/OR 3 May				R1 NFA Cup
Tues or Thurs	22 &/or 24 May				R2 NFA Cup
Tues or Thurs	5 &/or 7 June				R3 NFA Cup (Q.Final)
Tues or Thurs	17 &/or 19 July				R4 NFA Cup (Semifinal)
Tues or Thurs	4 &/or 6 Sep				NFA Cup Final



THANK YOU

Glenmore Park

GPPFC

Football Club Inc

