



SANFL SCHOOLS

WESTIES GIRLS SHIELD

SCHOOL INFORMATION PACK



Starting: Wednesday 8th May
Finals Round: Wednesday 12th June
First Game: 4:00pm | Age Group: Year's 5 -7

**FOR MORE INFORMATION PLEASE CONTACT
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WESTIES SCHOOL SHIELD

Introduction

The South Australian National Football League (SANFL) and the West Adelaide Football Club welcomes your school to the WestiesGirls Shield. This competition is aimed at providing all participants an enjoyable and safe competition whilst at the same time enhancing their football and team skills.

Format

The following format will run throughout the day:

- 4x 10-minute quarters
- 3-minute quarter breaks, 5-minute half time breaks.
- 9 a side matches (3x forwards, 3x midfielders and 3x defenders)
- o Only forwards can kick goals. They will be identified by wearing a white sweat band.
- o Interchange of players may take place at any time.
- The match ball will be a size 2 synthetic ball

Timing

All games will run on a central timer.

A short siren will indicate a 1-minute warning before the start of each quarter.

A long siren will be sounded to start and end each quarter.

Umpires

SANFL will provide field umpires.

Each school is asked to nominate a goal umpire. If you have goal flags, please bring them with you.

Scoring

Teams will be provided goal umpire score cards on the day. It is the responsibility of each school team to score and return their scores after each match to event coordinators.

Match Points

Win = 4 points

Draw = 2 points

Loss = 1 points

What SANFL and the West Adelaide Football Club will provide:

- All oval set up and equipment (including match balls)
- Field umpires
- Goal umpire score cards
- Change room and toilet facilities
- First aid facilities and Ice
- White sweat bands to be supplied and returned on the day by SANFL

What Schools will need to provide:

- Transport
- Team(s)
- A goal umpire (senior student, parent or teacher)
- Jumpers or Team Shirts (must be uniform)
- Coach
- Sunscreen

Mouthguards (It's highly recommended that students bring their mouthguards for the event)

*Fixtures, map of oval / facilities and individual participant registration will be provided to schools upon final team nominations



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RULES

Behaviours	<ul style="list-style-type: none">• No talking back to umpires• No bullying – FREE kick awarded• No abusive language – FREE kick awarded• No excessive violence / rough conduct – FREE kick awarded, and warning given, player may be removed from the playing field. <p>Please play within the spirit of the game. Shake hands after each match with the opposition and thank the umpires. Enjoy, have fun and respect each other.</p>
Start of Play	<ul style="list-style-type: none">• The game shall be started by a ball-up between two players in the centre of the ground. Players contesting the ball-up at any time should be of approximately equal size.• A player may not grab the ball at ball-ups and play on. They must knock, palm or punch the ball and cannot play the ball again until it has been touched by another player.
Out of Bounds	<ul style="list-style-type: none">• When the ball goes out of bounds by either foot or hand, the nearest opponent shall kick the ball in. They may not kick for goal from an outer bounds kick in.• If there is doubt as to which team forced the ball out of bounds, the umpire shall throw the ball up.
Tackling	<ul style="list-style-type: none">• Players can tackle an opponent between the knee and shoulder region as in standard football rules. NO SLING TACKLES. NO BRINGING PLAYER TO GROUND. WRAP UP TACKLES ONLY.
Mark	<ul style="list-style-type: none">• Any player catching a ball directly from the kick of another player, provided the ball has travelled at least 10 metres, shall be awarded the mark.
Bouncing	<ul style="list-style-type: none">• A player in possession may bounce the ball only once.
Soccering	<ul style="list-style-type: none">• A player is not permitted to deliberately kick the ball off the ground.
Stealing	<ul style="list-style-type: none">• A player can steal the ball out of the opponent's hand• A player can knock the ball out the players hand in play
Shepherding	<ul style="list-style-type: none">• Players can shepherd opposition players from their teammate or ball within 5m of the ball
Scoring	<ul style="list-style-type: none">• Only the forwards may score for their team. These players will be identified by a white sweat band.• 6 points is scored for kicking the ball through the goal posts• 1 point is scored if:<ul style="list-style-type: none">• A player touches the ball and it goes through the goal• The ball hits the goal post• The ball misses the goals and the ball travels between a goal and point post• No score will be allowed when kicked from an out of bounds free kick.• No score will be allowed when someone who isn't wearing a white sweat band kicks a goal.
Coaches / Runners	<ul style="list-style-type: none">• Coaches are not permitted on the ground during the game unless attending an injury.• No runners