



WELCOME



Bayside Council
Serving Our Community



**FOOTBALL
ST GEORGE**

Rockdale City Raiders FC

“The club for families”

Welcome to 2023



Founded 1956

Presidents Message



As our 67th year opens I'm pleased to welcome all returning players, coaches, managers, mums, dads, Grandparents & of course Fur Babies!

A special welcome to all our new players and parents.

Our new facilities' have proved a huge lift and gives us a great advantage – we play & train Rain, Hail or Shine ! We are proud to be “grassroot community focused club “ and while we try our hardest winning is not as important and learning , mixing with friends and

enjoying your time .

Not everything will go perfectly but we try our very best and based on feedback and the number of people who return year after year we do pretty well .

This booklet is designed to answer common Questions. Questions -please talk to your coach , manager or call me Raider Ron 0408 648 620

Who are Rockdale City Raiders FC -the Raider Family as we refer to it !

Your local family-based club started in 1956. Our founders including Jim Graham and Don Marshall helped build the original pitch & amenities which served us so well & now we have amazing new facilities which represent the next chapter for Rockdale Raiders. Teams have won many championships including Champion of Champions & Premier Leagues. More importantly we have several people still involved after 40 years, an increasing number of Grand Children and we are striving to ***increase our female participation.***



We have teams from 6's right through to All Age, Over 35's & hopefully a ladies' team !

Is anyone paid?

None of our Committee , Coaches or Managers are paid ._ This Volunteering spirit is at the heart of the Raiders philosophy.

At times we may engage selected specialist qualified people to help grow our peoples and players skills.



How are we funded?

Rego fees are our main source. We have been helped by grants from **Bayside Council & NSW Government.** We are hopeful of finalising some sponsorships with local business and are always open to further help. .

What are our main expenses?

Fees payable to Football St George (FSG), Football NSW and Football Aust take over 50% of your Rego fees. Then we pay ground rental, ground upkeep, uniforms, playing gear, training equipment, balls, referee fees, trophies, etc.

What teams will the Raiders have this year?

At least a number of teams from **6yrs -16yrs, All Age , PLUS hopefully a Ladies' team.** We are very keen to continue **increasing Girls Only teams** in 2023 again !



Registration – It's EASY !!!

How do I register

All registrations are done online. **Go to our Website rockdalecityraiders.com.au**. follow the link and you find all the details, including Rego fees.



Payments must be made online. **Any problems speak to Gerald 0417-2407830.**

NOTE: for insurance reasons, you must be registered & paid to play practice/trial games

Can I use the Active Kids Voucher

YES – totally, during the registration process you will be asked for the Active Kids Voucher number, once applied it will reduce your fee.

Make sure you have your Active Kids Voucher ready before you register. If you are not sure where to get it you will find the link on our [Join Our Club page](#).

New to Football or St George Assoc (FSG) ?

If you never played with any team from the FSG area (Naturally this mean all 1st timer younger players) you will be required to ***provide proof of age documentation such as a photo of either your child's passport or birth certificate.*** This must be provided ASAP as your registration will not be considered complete and can be emailed to registrar@rockdalecityraiders.com.au.

Note: Applies to players under age 18 and players that will be playing in the over 35+



Registration refunds

We may provide a refund of money paid to Rockdale City Raiders **excluding Active Kids Vouchers (a)** where a player changes their minds about playing or we are unable to find a suitable team. The amount of refund will depend upon time of Deregistration being :

- If before team registered (end Feb) – Full Refund
- After Registration but before June 30th - Less Fees retained by FSG / FNSW / FA (this usually occurs if deregister after April 1st)
- After June 30th - no refund

NB Subject to special circumstances and subject to Management Committee approval

(a) Active Kids Voucher refunds

By law, we are not allowed to refund any of the Active Kids Voucher money back to the parents. However, if your child joins another provider that takes the Active Kids Voucher, we can transfer the money to them directly. Please ask the service provider to email us their bank account details for the money transfer.

Note: any transfer of money can only happen after deregistration has completed.

Deregistration Process

For a player to get their refund the following process must be completed:

1. The player de-registers from the club via the PlayFootball website
2. Club must approve de-registration request & automatically forwarded to FSG.
3. The FSG approves the request
4. Once the above steps are completed the player provides their bank details for money transfer.



When does the season start?

Practice games will be held during March. Season proper runs from early April – late Aug (Maybe Sept if in Finals)

Training – Practice

When and where do we train?

Most teams usually train once per week . Training is at our home ground either on the All Weather pitch or across the canal on Baddock Field our purpose built Mini Roos field next to Adventure Playground.

For **Mini Roos**, the day & time of the week for training is discussed and agreed between the coach and parents. Usually when your child is allocated to a team.

Competition teams – your coach will notify you of your date/time for training as we need to sort out access to the ground

What do players wear to training

Boots, long socks/shin pads, and any top. **DONT wear your new Team Playing Shirt** - they are expensive 7 we seek to use them for 2 years. ***NB Joggers or Runners are fine to commence with especially for the younger teams***



IMPORTANT

SHIN PADS **must always be worn at** training and games.

Don't bring phones / Nintendo etc - they will get lost!

Jewellery / Watches / Rings / Chains

Are not permitted to be worn either at training or games. (FIFA worldwide policy)

What if we can't make training?

Be sure to let your manager or Coach know ASAP, they will tell you what they prefer e.g., Text / Email / What's App etc

How are teams and games organised

Our guiding principle when forming teams

- The welfare of the player must be at forefront of all registration decisions.
- Prefer existing functioning teams remain together especially when the Coach / Mgr. are returning.
- Friends to play together-especially in younger grades however this is subject to:
optimum numbers in various teams and being able to play at the team grade
(Further details provided below)

Existing players have preference over new players **provided they register timely manner** or have notified Age co-ordinator/registrar if there will be a delay in registering

Registration acceptance will be based on **First In** basis, exceptions are for those who have notified the age co-ordinator/registrar ahead of time in relation to their delay

While we will attempt to accommodate all player's needs but there can be absolute guarantees. At times we need to consider the overall picture to ensure all teams are fairly organised.



How are age groups determined ?

It is determined by age of the players on the 31st of December of the current year e.g for this season 31/12/2023.

NOTE: Our policy is players must be at least 5 by 1st July or attending school.

At times some players may play in a higher age group if it suits team numbers and / or it suits parents i.e siblings , play with friends BUT it does depend upon keeping numbers logical in various teams

How are teams organised ?

We have ***Age Co-Ordinator's whose role is to work with Coaches , mangers and Parents to organise teams .***

Mini Roos (6's-11's)

Basically organised by age groups. Our guiding principle is to try to keep friends and/or existing teams together. However at times to ensure logical numbers in every team we may need to vary this BUT it will be discussed with parents before players are moved

The Mini Roos are non-Competition i.e no table / no finals / no Catch-up games. The association tries to “roughly grade” teams at the beginning of the season and then some adjustments, based on results, maybe made during the season.

We consult with Coaches and Managers as to the appropriate grade for the various teams to apply for at the beginning of the season.

Mini Roos also have some modified playing conditions including field sizes , goal size and playing numbers - Full Details are attached.

Competition (12 years and above)

12 & above play “Competitive football” and usually most players would have been playing together. As per our guiding principles, we will try to keep friends and/or existing teams together.



Do we grade players

Not generally, especially in the lower age groups. . However, at times and especially as they get older some informal grading or ability matching may become logical. In particular we will assess new players to see if they can play at the team's grade. We want your child to be able to comfortably play games.

Remember : As a general rule, we encourage friends to play together BUT sometimes numbers will mean we need to move players BUT we will always talk to parents before any such moves.

Team Allocation Appeals

In special circumstances, parents may want to appeal to have their child moved to another team. All appeals will follow this process:

1. Refer to Age co-ordinators who will review any request.
2. If the parent is still not satisfied with the outcome, they can appeal to the President & Registrar. After reviewing all the circumstances they decide and their decision will be final.

Who will be our Coach / Manager ?



Coaches & Managers are usually parents or players who volunteered to help. At times we engage “fully qualified” Coaches to assist coaches and managers. All coaches are encouraged to attend specialised Coach courses. The cost is covered by the club. This help both first timers and more experienced coaches (everyone is welcome to attend).

Remember they are volunteers so please give them the respect they deserve.

We always need extra Coaches & Managers

If you would like to become a Coach Or Manager please do not hesitate to talk to us.

What gear/clothes do I need

The Club provides your playing shirt. New players will be provided shorts & socks. Existing players can use last year's or buy new socks/shorts for \$20. You need to organise shin pads, even for training, and once we start playing you will need boots.



Parent Tip

don't spend too much on boots, they are not worth it!

Special Raider Gear : We will also have the very popular **Raiders Hoodies & Baseball Caps** available.



Game Day

What happens if it rains –

Raiders new All-Weather Pitch means it is rarely if ever “closed” due to rain – so training / Games will almost always be ON. If games/training is cancelled we try to send updates and **most teams have their own “communications system”** i.e What’s App etc.



Don't listen to “rumours” or a friend

RULE - if in doubt turn up to play!

When and where do we play?

Most games are played Sat. Competitive teams 12 – AA may occasionally play Sundays. Games are played within St George area – from Arncliffe to Lugarno. Home games are played at Jim Graham & Baddock Mini Field. Generally Mini Roos/Non-competition games (6-11) will not be played over Easter or School Holidays BUT you will be told in advance.



Does everyone get to play in the game?

ABSOLUTELY - *our policy is every player gets to play every week* BUT at times it can be tricky for Coach to give equal time every week – Understand it balances out over time!

What if we can't make games?

Be sure to let your Manager or Coach know ASAP - they will tell you what they prefer e.g., Text / Email / What’s App etc

If you have a problem? Talk to your team Manager, Coach or Age Co-Ordinator.

If the matter relates to a range of personal type issues it may be more applicable to refer to our Member Protection Officer for her attention. Further details on such matter will be provided directly

If all else fails call Raider Ron 0408 648 620

How can I help the club?

***Stay Calm - Respect your Coach ,
Mangar , Team mates & Especially the
REFEREE .***

***Don't get into arguments, Don't abuse
people , Don't Question the Ref***

***Read and follow "Code of Conduct" on
following page***

Talk to us! We are always looking for help - you won't be roped into being an "Official" but there are many small things that need doing.

We are always looking for good ideas!



Player's and Parents Code of Conduct

These Behavioral Guidelines aim to give everyone a guide to what is expected of them if they are part of Rockdale City Raiders, be it participating, volunteering or standing on the sideline cheering for their child, relative or friend. The guidelines set down what is an acceptable standard of conduct and behavior and reflect the principles upon which Rockdale City Raiders is based. Acceptance of, and compliance with these guidelines will ensure that our players will develop good sporting behaviours and be an enjoyable sporting experience, encouraging them to remain involved in sport and club.

Players Code of Conduct

1. Show respect to coaches and officials. Any approach to an official should be in a courteous manner. Never argue with an official.
2. Control your temper – no “mouthing off”, throwing equipment etc.
3. Never verbally abuse or sledge other players or deliberately provoke another player.
4. Do not bully or harm others.
5. Do not use bad language or obscene gestures at any time.
6. Respect the rights, dignity and worth of all players and officials, regardless of their gender, ability, cultural background or religion.

Parents Code of Conduct

1. Respect the decisions of Match Officials and teach children to do the same;
2. Never ridicule or unduly scold a child for making a mistake;
3. Respect the rights, dignity and worth of every person regardless of their gender, ability, race, religion, or ethnic origin;
4. Do not use violence in any form, whether it is against other spectators, Team Officials (including coaches), Match Officials or Players;
5. Do not engage in discrimination, harassment or abuse in any form, including the use of obscene or offensive language or gestures, the incitement of hatred or violence or partaking in indecent or racist chanting;
6. Keep to designated spectator areas and do not enter the field during/after the match



National Playing Formats and Rules

ALDI MiniRoos Club Football

UNDER 6 & 7

Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 6 & 7:

The number of players	4-a-side with <u>no</u> goalkeeper Maximum of three substitutes
The field of play	30m x 20m
Goal size	2m wide x 1m high
Ball size	Size 3
Duration of the game	20 min halves Minimum 5 min half-time break
Penalty area	No penalty area required

Goal type

It is preferable that pop-up style portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using pop-up style portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au.

Goalkeeper

There are no goalkeepers in ALDI MiniRoos Under 6 & 7.

It is the responsibility of the Game Leader to discourage children from permanently standing in front of the goal.

Ball crossing the touch line

There is no throw in.

A player from the opposing team to the player that touched the ball last before crossing the touch line will place the ball on the touch line and pass or dribble the ball into play. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

Ball crossing the goal line

There is no corner kick.

Regardless of which team touched the ball last, a player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.

Offside

There is no offside rule in ALDI MiniRoos Under 6 & 7.

Game Leaders should strongly discourage children from permanently standing in blatant offside positions.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).

Most acts of handball or fouls and misconduct at this level are caused by a lack of coordination, with no intent. In this case try and give the advantage to the attacking team and continue play. If you decide a deliberate or serious act of handball, foul or misconduct has occurred, explain to the child they have done the wrong thing and that they should not do this again. Free kicks should be awarded as appropriate.

Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 6 & 7 football and do not exist.



Register at miniroos.com.au

National Playing Formats and Rules

ALDI MiniRoos Club Football

UNDER 8 & 9

Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 8 & 9:

The number of players	7-a-side including a goalkeeper Maximum of four substitutes
The field of play	Minimum: 40m long x 30m wide Best Practise: 45m long x 35m wide Maximum: 50m long x 40m wide
Goal size	3m wide x 2m high
Ball size	Size 3
Duration of the game	20 min halves Minimum 5 min half time break
Penalty area	5m deep x 12m wide

Goal type

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au.

Offside

There is no offside rule in ALDI MiniRoos Under 8 & 9.

Game Leaders should strongly discourage children from permanently standing in blatant offside positions.

Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds.

The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5 metres away from the ball until it is in play.

The ball is in play once it enters the field of play.

A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal.

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

Fouls and misconduct are:

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps at an opponent;
- charges at an opponent;
- strikes or attempts to strike an opponent;
- pushes an opponent;
- tackles an opponent from behind to gain possession of the ball;
- makes contact with the opponent before touching the ball;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player.

Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 8 & 9 football and do not exist.

National Playing Formats and Rules

ALDI MiniRoos Club Football

UNDER 10 & 11

Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 10 & 11:

The number of players	9-a-side including a goalkeeper Maximum of five substitutes
The field of play	Maximum: 70m long x 50m wide Best Practise: 65m long x 45m wide Minimum: 60m long x 40m wide
Goal size	Maximum: 5m wide x 2m high
Ball size	Size 4
Duration of the game	25 min halves Minimum 5 min half time break
Penalty area	10m deep x 20m wide

Goal type

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au.

Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over their head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play once it enters the field of play.

A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

Offside

The official offside rule (Law 11, FIFA Laws of the Game) does not apply to ALDI MiniRoos Under 10 & 11. Goals can be scored from the offside position.

Game Leaders should direct players permanently standing in blatant offside positions to move into onside positions.

Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

Fouls and misconduct are:

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps at an opponent;
- charges at an opponent;
- strikes or attempts to strike an opponent;
- pushes an opponent;
- tackles an opponent from behind to gain possession of the ball;
- makes contact with the opponent before touching the ball;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player.

Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 10 & 11 football and do not exist.