

# 2023 MATCH DAY RESOURCE



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# KEY STAFF CONTACTS



NAME



ROLE







EMAIL



PHONE

|                   |  |                              |              |
|-------------------|--|------------------------------|--------------|
| Mitchell Simpson  | Competition Manager - QLD  | mitchell.simpson@afl.com.au  | 0436 364 819 |
| Kieran Daley      | Competition & Participation Manager - Regional QLD               | kieran.daley@afl.com.au      | 0424 136 494 |
| Adrian Richardson | Competition Lead - State Leagues & SEQ Senior Football           | adrian.richardson@afl.com.au | 0488 555 472 |
| Damien Richards   | Competition Lead - Youth & Junior Football                       | damien.richards@afl.com.au   | 0417 823 837 |
| Lyndsey Hicks     | Compliance Lead - QLD  | lyndsey.hicks@afl.com.au     | 0499 333 823 |
| Brad Howard       | Alternate Formats & Analytics Lead - QLD                         | brad.howard@afl.com.au       | 0437 405 181 |
| Joshua Rhodes     | Competition Manager - QFA Division 1 & 2                         | joshua.rhodes@afl.com.au     | 0429 301 852 |
| Grace Winch       | Competition Manager - QFAW & QFA Division 3 & 4                  | grace.winch@afl.com.au       | 0491 222 380 |
| Tyler Hayes       | Competition Manager - Youth Division 1                           | tyler.hayes@afl.com.au       | 0498 666 645 |
| Liam Blakeley     | Competition Manager – Sunshine Coast / Moreton Bay Juniors       | liam.blakeley@afl.com.au     | 0499 222 287 |
| Leanne Bugg       | Competition Manager - Brisbane South / Gold Coast North Juniors  | leanne.bugg@afl.com.au       | 0488 111 298 |
| Mitch Tinning     | Competition Manager - Gold Coast South / Northern Rivers Juniors | mitchell.tinning@afl.com.au  | 0455 273 001 |
| Tom Alkemade      | Competition Manager - Brisbane North / Brisbane Central Juniors  | tom.alkemade@afl.com.au      | 0477 444 364 |

# KEY STAFF CONTACTS

|  NAME |  ROLE |  EMAIL |  PHONE |
|---|--|---|---|
| Dan Watts   | Competition Manager - Townsville   | Dan.watts@afl.com.au  | 0499 902 088  |
| Josh Kleine   | Competition Manager - Mackay   | josh.kleine@afl.com.au  | 0456 797 198  |
| Kieron Hyndman  | Competition Manager - Wide Bay   | kieron@hyndman@afl.com.au   | 0439 721 874  |
| Jana Anderson   | Competition Manager - Darling Downs  | jana.anderson@afl.com.au  | 0499 311 108  |
| Jourdan Novak   | Competition Manager - Capricornia  | jourdan.novak@afl.com.au  |   |
| Jack Barry  | Coaching Development & Education Lead  | jack.barry@afl.com.au   | 0414752 995   |
| Hayley George   | Club Development & Experience Manager  | hayley.george@afl.com.au  | 0477 111 575  |
| Madi Crowley-Long   | Women & Girls Community Football Lead  | madi.crowley-long@afl.com.au  | 0439 423 233  |
| Sam Bridges   | Umpiring Development Lead  | sam.bridges@afl.com.au  | 0408 765 361  |
| Sophie Wheeler  | Community Football Administration Lead   | sophie.wheeler@afl.com.au   | 0411 481 363  |
| Natalie Smith   | Junior Football Pathway Coordinator  | natalie.smith@afl.com.au  | 0477 882 643  |
| Chloe Webb  | Umpiring Administration Coordinator  | chloe.webb@afl.com.au   | 0499 777 425  |
| Katie Gravett   | Competitions Coordinator   | katie.gravett@afl.com.au  |   |

# WEBSITE & SOCIAL MEDIA

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## WEBSITE

[www.aflq.com.au](http://www.aflq.com.au)



## FACEBOOK

AFL Queensland - <https://www.facebook.com/AFLQUEENSLAND/>

SEQ Senior Footy - <https://www.facebook.com/AFLQfooty/>

AFL SEQ Juniors - <https://www.facebook.com/AFLSEQJuniors/>

QAFL & QAFLW - <https://www.facebook.com/officialqaflqaflw>

AFL Wide Bay - <https://www.facebook.com/aflwidebay>

AFL Mackay - <https://www.facebook.com/AFLMackay>

AFL Capricornia - <https://www.facebook.com/AFLCapricorn>

AFL Townsville - <https://www.facebook.com/afltownsville>

AFL Darling Downs - <https://www.facebook.com/aflqdarlingdowns>



## INSTAGRAM

AFLQ - @aflq - <https://www.instagram.com/aflq/>

QAFL/QAFLW - @qafl\_qaflw - [https://www.instagram.com/qafl\\_qaflw/](https://www.instagram.com/qafl_qaflw/)

AFLQ Juniors - @aflqjuniors - <https://www.instagram.com/aflqjuniors/>

AFL Mackay - @aflmackay - <https://www.instagram.com/aflmackay/>

AFL Capricornia - @aflcapricornia - <https://www.instagram.com/aflcapricornia/>

AFLQ Townsville - @aflqtownsville - <https://www.instagram.com/aflqtownsville/>

AFLQ Darling Downs - @aflqdarlingdowns - <https://www.instagram.com/aflqdarlingdowns/>



## TWITTER

@AFLQ - <https://twitter.com/AFLQ>

@AFLQfooty - <https://twitter.com/aflqfooty>



## #AFLQFOOTY

# MATCH DAY SET UP

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## OUTDOOR CHECKLIST



### LINE MARKING

Lines clearly marked per the Laws of the Game and required distances applicable. Including blue dot 15m off goal square.



### AWAY ROOMS

Clean and swept. Toilet paper & whiteboard provided. Hot shower and lights working. Sanitary bins provided. Safety poster (see Page 21) clearly displayed. Away team to clean up after use.



### UMPIRE ROOMS

Clean and swept. Toilet paper, hot showers, table, chairs & working lighting. Sanitary bins provided. Safety poster (see Page 22) clearly displayed.



### GOAL POST PADS

Suitably fixed to posts and ready for game day.



### PA SYSTEM

In working order with the ability to clearly be heard.



### SIREN

In clear working order, tested pregame and with back up siren (air horn) in close proximity.



### CONCUSSION

Concussion posters visible in Home and Away Rooms.



### FOOTBALLS

Senior Men's and Women's footballs provided by AFLQ. Home team to provide game balls for all grades.



### STRETCHER

At interchange bench.



### COVID PROTOCOLS

Keep up to date with the latest COVID-19 protocols for sport in QLD.

[Click here](#) to view the latest updates for QLD.

# MATCH DAY TIMELINE: BEFORE & DURING

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## 1 HOUR

Meet with opposition club Team Manager

## 1 HOUR

Complete AFL Match Day Checklist (Online via the Marsh Website which can be found [here](#)).

## 30 MINUTES

Team sheet copies to umpires & away club

## 30 MINUTES

Home team to provide match football to umpires. Spare balls in appropriate places

## 25 MINUTES

Time keepers in place with cards and correct match time displayed

## 20 MINUTES

Live Scorer in place (if applicable)

## 15 MINUTES

Scoreboard attendants are in place

## DURING

Provide drinks to umpires at breaks and umpire escort to accompany umpires to/from ground prior to match, at half time and at full time.

# MATCH DAY TIMELINE: POST-MATCH

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## AWAY CLUB

Provide Home team with best players and goalkickers immediately post-match

## HOME CLUB






Enter final scores and both club's best players & goalkickers into PlayHQ by 10am Sunday

## BOTH CLUBS











- Must attend umpires changerooms post-match to receive the 'All Clear' from umpires
- If any reports or referrals were made during the match, clubs will be made aware of these at this time. Where a set penalty is offered, clubs must advise whether they accept or do not accept the charge. If not accepted, the reported player's club has until 10am Monday to contact AFL Queensland with an explanation, otherwise the set penalty will be deemed to have been accepted (please note umpires will not offer set penalties for State League incidents).
- Where a player has sustained an injury due to contact with an opponent, their Club Doctor, Physiotherapist or Sports Trainer will be required to complete a medical report by 10am Monday. Reports can be submitted via the [online form](#).

# HOME TEAM DUTIES

## PAPERWORK

-  **PLAYER REGISTRATION**  
All listed players are correctly entered into PlayHQ prior to playing.
-  **TEAM SELECTION**  
Team selected prior to start of match and copies of team sheet printed (4 copies: home team, away team, umpires + 1 spare)
-  **BLUE CARD**  
Blue card applicable for volunteers/ coaches working with anyone under 18 years old.
-  **CONCUSSION**  
All coaches and trainers have full understanding of AFL Concussion Policy.
-  **AFL MATCH DAY CHECKLIST**  
Via the Marsh Website

## SUPPORT STAFF

- |  |   |
|--|---|
|  <b>RUNNER</b><br>Only 1  |  <b>SPORTS TRAINER / FIRST AID</b><br>Accredited Level 1 Sports Trainer/ ERC |
|  <b>WATER CARRIERS &amp; TRAINERS</b><br>Up to 6 for Seniors<br>Up to 4 for Youth |  <b>UMPIRE ESCORT / GROUND MARSHALL</b><br>1 Provided by Home club           |
|  <b>FIELD UMPIRE</b><br>(If applicable)  |  <b>BOUNDARY UMPIRE</b><br>(If applicable)                                   |
|  <b>GOAL UMPIRE</b><br>(If applicable)  |  <b>TIMEKEEPER</b><br>1 Required   |
|  <b>LIVE SCORER</b><br>(If applicable)   |  <b>SCORE BOARD ATTENDANT</b>  |

**NOTE:** All team officials must be listed on the team sheet. If they are not listed on the team sheet, they are not permitted to be in the coach's box. Refer to the AFL Queensland Community Rules and Procedures for competition-specific requirements.

# AWAY TEAM DUTIES

## PAPERWORK



### PLAYER REGISTRATION

All listed players are correctly entered into PlayHQ prior to playing.



### TEAM SHEET

Team selected prior to start of match (3 copies + 1 spare).



### BLUE CARD

Blue card applicable for volunteers/ coaches working with anyone under 18 years old.



### CONCUSSION

All coaches and trainers have full understanding of AFL Concussion Policy.

## SUPPORT STAFF

### > RUNNER

Only 1



### WATER CARRIERS & TRAINERS

Up to 6 for Seniors  
Up to 4 for Youth



### FIELD UMPIRE

(If applicable)



### GOAL UMPIRE

(If applicable)



### SPORTS TRAINER

Accredited Level 1 Sports Trainer/ ERC  
(Seniors Only)



### UMPIRE ESCORT

(Not required)



### BOUNDARY UMPIRE

(If applicable)



### TIMEKEEPER

(Recommended)

**NOTE:** All team officials must be listed on the team sheet. If they are not listed on the team sheet, they are not permitted to be in the coach's box. Refer to the AFL Queensland Community Rules and Procedures for competition-specific requirements.

# MATCH DAY PAPERWORK

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## **BOTH TEAM MANAGERS**

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Need to provide a copy of their team sheet to the umpires before the start of the match.

## **GOAL UMPIRES**

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Need to pass on their scorecards to the field umpires following the end of the match.

## **AFLQ APPOINTED FIELD UMPIRES**

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Collect all paperwork including team sheets, goal cards, timekeeping sheet, Best and Fairest votes and if there any Incident Referral or Set Penalty forms and upload to OfficialsHQ online.

## **FIELD UMPIRES**

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To decide on the Competition Best & Fairest votes at the end of the match.

## **CLUB UMPIRES**

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Provide all paperwork including team sheets, goal cards, Best and Fairest votes and if there any Incident Referral or Set Penalty forms to HOME Team Manager.

## **HOME TEAM MANAGERS**

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Games with AFLQ UMPIRES – ensure all paperwork has been given to AFLQ umpires.

Games with CLUB UMPIRES – collect all paperwork from umpires after the match. Complete the Match Day Paperwork form online.

**ONLINE MATCH DAY PAPERWORK FORM INSTRUCTIONS ON FOLLOWING PAGE.**

# PLAYHQ LIVE SCORING

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1. Log into the electronic scoring section of PlayHQ at <https://afl.score.playhq.com/auth/login>
2. This will bring you to the 'New Scoring Session' page. Click on the '+' icon to select the venue of the match you wish to score. Start typing the name of the venue in the search bar, and click on the '+' icon when the venue appears.
3. You will be returned to the 'New Scoring Session' Page. Click on the '+' icon to select the day of the match you wish to score. Once selected, click the 'Add' button.
4. You will be returned to the 'New Scoring Session' Page. Click on the '+' icon to create a PIN for the session. Once the PIN has been added and confirmed, click on the 'Done' button.
5. You will be returned to the 'New Scoring Session' Page. Click on the 'Start Session' button. You will be taken to the 'Home' page where all matches at the venue for that day will appear. Click on the match you wish to score.
6. The Teams and their selected Players and Coaching Staff will appear. To make changes to the Line-up, Click on the 'Edit' button. This will allow you to add and remove players and coaching staff from the roster as required. Once completed, click the 'Done' button in the top right corner.
7. To start electronic scoring, click on the 'Start' button in the top right corner. If the match is being played with time on, click the same button to pause as required. To add actions to a player, select their name and click '6' for a goal, or '1' for a behind. If a player is carded, select their name and click 'Yellow' or 'Red'. If an error is made, click on the 'Arrow' icon to edit.
8. At the end of each quarter, click on the '...' icon in the top left corner and select 'End Period'. To start the next quarter, click the 'Start' button in the top right corner.
9. To end the match, end the final quarter first, then click on the '...' icon and selected 'End Game'. This will prompt you to confirm the result, which you can do by adding in the PIN you created, and clicking the 'Confirm' button.
10. The match will appear in the 'Completed' tab, and you can click 'End the Session' to finish.

**NOTE:** If this does not happen immediately following the match, the home team is required to update the full match scores by 10:00am the following day.

Competition Managers will no longer 'chase up' clubs that haven't entered their results on time. If a club fails to enter the results by 10am the following day, they will be sanctioned \$100.

# TIMEKEEPING

## EACH TIMEKEEPER APPOINTED FOR A MATCH SHALL:

1. Keep time for each quarter of a Match
2. Record on time card the time taken to play each quarter and lodge the completed card with the relevant controlling Body
3. Sound the siren in accordance with the procedures contained in these Laws
4. Stop the clock which is used for the timing of each quarter as required under Law 10.5 for a stoppage in play (only applies to matches where Time On applies)
5. Record any incidents (stretchers being called, jumper changes due to blood rule, White, Red & Yellow cards, player leaving ground outside the interchange gates) and;
6. Perform any other function as may be directed by the relevant Controlling Body

## PROCEDURE FOR SOUNDING SIREN

### START OF MATCH AND QUARTERS

The timekeeper shall sound the siren at the times and on the number of occasions as set out in the following table:

| START OF MATCH  | NUMBER OF OCCASIONS |   |       |
|---|---------------------|---|-------|
| Five minutes prior to scheduled starting time of match and as umpires enter the field | Once                | Five minutes prior to scheduled starting time of the quarter and as umpires enter the arena | Once  |
| Two minutes prior to start time   | Twice               | Two minutes prior to the scheduled starting time  | Twice |
| One minute prior to start time  | Once                | One minute prior to scheduled starting time   | Once  |
| Scheduled starting time (Start of Match)  | Once                | Scheduled starting time (start of quarter) Three Quarter Time                               | Once  |
| First Quarter Time interval   | Once                |   |       |

### START OF SECOND QUARTER

|  |       |
|--|-------|
| Two minutes prior to scheduled starting time | Twice |
| One minute prior to start time               | Once  |
| Scheduled starting time (Start of Quarter)   | Once  |
| Half Time interval                           | Once  |

### START OF THIRD QUARTER

### START OF FINAL QUARTER

|  |       |
|--|-------|
| Two minutes prior to the scheduled starting time | Twice |
| One minute prior to the scheduled starting time  | Once  |
| Scheduled starting time (Start of Quarter)       | Once  |

### END OF MATCH

## **BRINGING PLAY TO AN END**

### **END OF QUARTER**

The timekeepers shall sound the siren to signal the end of a quarter until a field umpire and, or the Emergency umpire acknowledges that the siren has been heard and brings play to an end.

### **SIREN HEARD BY FIELD UMPIRE**

Play in each quarter shall come to an end when any one of the field umpires or emergency field umpire hears the siren.

### **SIGNAL**

A field umpire shall signal that they have heard the siren by blowing a whistle and holding both arms above their head.

If immediately before hearing the siren, a field Umpire is of the opinion that a Player should be awarded a Free Kick or a Mark, the field Umpire shall signal that play has come to an end and then award the Free Kick or Mark to the Player. A Free Kick will not be awarded where the football has been kicked and, after the field Umpire has heard the siren, lands Out of Bounds on the Full.

## **STOPPING AND COMMENCING TIME (for matches where time on applies)**

### **STOPPING TIME**

THE TIMEKEEPERS SHALL STOP THE CLOCK WHICH IS USED FOR THE TIMING OF A MATCH WHEN:

1. Directed to do so by a field Umpire as per the Laws of Australian Football
2. The goal Umpire signals that a Goal has been scored;

### **RECOMMENCING TIME**

THE TIMEKEEPERS SHALL RECOMMENCE THE CLOCK USED TO THE TIMING OF A MATCH WHEN;

1. Direct to do so by the field Umpire as per the Laws of Australian Football
2. The football is bounced or thrown up by the field Umpire;
3. The football is brought back into play after a Behind has been scored;
4. The football is thrown back into play by the boundary Umpire or brought back into play by a Player (as the case may be), after it has gone Out of Bounds or Out of Bounds on the Full;
5. The football is obviously in play; or
6. The Umpire calls 'Play On'.

### **SIGNALLING**

A field Umpire shall signal to the Timekeeper to stop the clock or re-start the clock used for the timing of the Match by blowing a whistle and raising one arm above their head.

## **RECORDING INCIDENTS**

Using the Timekeeper Sheet, record any incidents that occur in the match. These include: a stretcher being called, jumper change due to blood rule, White, Red & Yellow cards, player leaving ground outside the interchange gates.

# LENGTH OF MATCHES AND BREAKS - SENIOR

| COMPETITION                                   | QUARTER LENGTH   | BREAKS<br>QTR / HALF / QTR |
|---|--|----------------------------|
| QAFL  | 20 minutes plus time on  | 6 / 20 / 6                 |
| QAFL Reserves                                 | 25 minutes no time on<br>FINALS: 17 minutes plus time on   | 5 / 15 / 5                 |
| QFA Div 1 Seniors                             | 20 minutes plus time on  | 5 / 15 / 5                 |
| QFA Div 2 Seniors                             | 17 minutes plus time on  | 5 / 15 / 5                 |
| QFA Div 1 & 2<br>Reserves                     | 20 minutes no time on<br>FINALS: 15 minutes plus time on   | 5 / 15 / 5                 |
| QFA Div 3 & 4                                 | 20 minutes no time on<br>Clock stopped for cards & stretchers<br>FINALS: 15 minutes plus time on | 5 / 15 / 5                 |
| Colts   | 20 minutes no time on<br>FINALS: 15 minutes plus time on   | 5 / 15 / 5                 |
| QAFLW   | 20 minutes no time on<br>FINALS: 15 minutes plus time on   | 5 / 15 / 5                 |
| QFAW Div 1 Reserves<br>& QFAW Div 2           | 15 minutes no time on<br>FINALS: 13 minutes plus time on   | 5 / 10 / 5                 |
| QFAW Div 1 Seniors<br>& QAFLW Reserves        | 17 minutes no time on<br>FINALS: 14 minutes plus time on   | 5 / 10 / 5                 |
| Regions & Affiliate Leagues<br>- Senior Men   | 17 minutes plus time on  | 5 / 15 / 5                 |
| Regions & Affiliate Leagues<br>- Reserves Men | 17 minutes no time on<br>FINALS: 15 minutes plus time on   | 5 / 15 / 5                 |
| Regions & Affiliate Leagues<br>- Women        | 15 minutes no time on<br>FINALS: 13 minutes plus time on   | 5 / 10 / 5                 |

\*Regional & Affiliate match durations are provided as a guideline and may vary.

# LENGTH OF MATCHES AND BREAKS - YOUTH

| COMPETITION            | QUARTER LENGTH        | BREAKS<br>QTR / HALF / QTR |
|------------------------|-----------------------|----------------------------|
| Under 17s Girls        | 15 minutes no time on | 5 / 10 / 5                 |
| Under 17s Boys         | 20 minutes no time on | 5 / 10 / 5                 |
| Under 15s Girls        | 15 minutes no time on | 5 / 10 / 5                 |
| Under 15s Boys         | 15 minutes no time on | 5 / 10 / 5                 |
| Under 13s Mixed        | 15 minutes no time on | 5 / 10 / 5                 |
| Footy4Fun / U8s & U10s | 10 minutes no time on | 3 / 6 / 3                  |

\*Queensland regional match durations may vary within regions.

# CONCUSSION MANAGEMENT

## CONCUSSION RECOGNITION TOOL 5 ©

To help identify concussion in children, adolescents and adults



### RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

#### STEP 1: RED FLAGS – CALL AN AMBULANCE

If there is concern after an injury, including whether ANY of the following signs are observed or complaints are reported, then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

#### Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

#### STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma



Supported by



#### STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

#### STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

#### Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

The CRT5 may be freely copied in its current form for distribution to individuals, teams, groups and organisations. Any revision and any reproduction in a digital form requires approval by the Concussion in Sport Group. It should not be altered in any way, rebranded or sold for commercial gain.

**ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE**

# HEAD INJURY ASSESSMENT

## COMMUNITY FOOTBALL HEAD INJURY ASSESSMENT



### A. GENERAL INFORMATION

|                |                      |                              |                      |
|----------------|----------------------|------------------------------|----------------------|
| Player Name:   | <input type="text"/> | Club:                        | <input type="text"/> |
| Examiner Name: | <input type="text"/> | Date:                        | <input type="text"/> |
| Quarter:       | <input type="text"/> | Approximate Time in Quarter: | <input type="text"/> |

### B. STRUCTURAL HEAD OR NECK INJURY

1. Are there clinical features of a serious or structural head and/or neck injury requiring urgent and emergency hospital transfer?<sup>1</sup> ☐ Yes ☐ No

### C. REMOVAL FROM PLAY

The player **must** be removed from play with **any** of the following clinical features<sup>2</sup> observed directly, reported by others or from video review (if available):

|  | Observed<br>Directly     | YES<br>Reported          | Video<br>Review          | NO                       |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 2. Loss of consciousness or prolonged immobility (> 2 seconds)     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. No protective action in fall to ground (not bracing for impact) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Impact seizure (stiffening arms or legs on impact)              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Balance disturbance (loss of control over movements)            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Dazed, blank/vacant stare or not their normal selves            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Unusual behaviour change for the player                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Confusion or disorientation                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Memory impairment (e.g. fails Maddocks questions <sup>1</sup> ) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Player reports concussion symptoms <sup>1</sup>                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

<sup>1</sup> Refer to the AFL Concussion Management Guidelines available on the AFL Community website: <http://www.aflcommunityclub.com.au/>.

<sup>2</sup> Example videos of each clinical feature are available on the AFL Community website.

### D. OUTCOME AND ACTION

If 'Yes' is selected for question 1, it requires an ambulance to be called for immediate transfer to hospital ☐

If 'Yes' is selected for questions 2-9, it requires immediate removal from play and medical assessment<sup>3</sup> ☐

If 'No' is selected for questions 1-10, no criteria for removal from play for concussion<sup>4</sup> ☐

<sup>3</sup> A player who is removed from play for concussion or possible concussion must not return to play until cleared by a doctor.

<sup>4</sup> A player cleared to play requires regular checks at least every 30 minutes and removal from play with any deterioration.

### E. SIGNATURE OF EXAMINER

|         |                      |       |                      |                 |                      |
|---------|----------------------|-------|----------------------|-----------------|----------------------|
| Signed: | <input type="text"/> | Date: | <input type="text"/> | Time completed: | <input type="text"/> |
|---------|----------------------|-------|----------------------|-----------------|----------------------|

### F. MEDICAL CLEARANCE – TO BE COMPLETED BY A MEDICAL PRACTITIONER

I have examined:  following the above head injury and declared him/her medically fit<sup>5</sup> to train and play.

|                    |                      |                         |                      |
|--------------------|----------------------|-------------------------|----------------------|
| Practitioner Name: | <input type="text"/> | Medical Practice Stamp: | <input type="text"/> |
| Signed:            | <input type="text"/> |                         |                      |
| Date:              | <input type="text"/> |                         |                      |

<sup>5</sup> Please refer to the medical check list over the page when assessing the player and determining his medical fitness to train and play.

# SAFE & INCLUSIVE USE OF ROOMS

**PLAYER SAFETY IS EVERYONE'S RESPONSIBILITY**



**SCHEDULE EQUAL ACCESS  
TO CHANGEROOMS, OVALS  
& FACILITIES FOR ALL  
PLAYERS**



**PROVIDE HYGIENIC ROOMS  
WITH SANITARY BINS &  
TOILET PAPER**



**ON GAME DAY, ALLOW  
SEPARATE, DEDICATED  
TIMES IN CHANGEROOMS  
FOR MALE & FEMALE  
PLAYERS**



**PLEASE CHANGE  
RESPECTFULLY & REMAIN  
CLOTHED WHEN MALES &  
FEMALES ARE IN  
SHARED SPACES**



**USE BOTH HOME & AWAY  
CHANGEROOMS DURING  
TRAINING SESSIONS TO  
ALLOW FOR EXCLUSIVE  
FEMALE ACCESS**



**BE AWARE & RESPECTFUL  
OF THOSE AROUND YOU AT  
ALL TIMES**



Scan to learn more or provide feedback.

Resource to be read in conjunction with your State/Territory Child Safeguarding Policy.



# SAFE & INCLUSIVE USE OF UMPIRE ROOMS

**UMPIRE SAFETY IS EVERYONE'S RESPONSIBILITY**



**PROVIDE EQUAL ACCESS  
FOR ALL UMPIRES TO  
FACILITIES & EQUIPMENT**



**PROVIDE HYGIENIC ROOMS  
WITH SANITARY BINS &  
TOILET PAPER**



**ON GAME DAY, ALLOW  
SEPARATE, DEDICATED  
TIMES IN CHANGEROOMS  
FOR MALE & FEMALE  
UMPIRES**



**PLEASE CHANGE  
RESPECTFULLY & MODESTLY  
IN ALLOCATED SPACES &  
REMAIN CLOTHED IN SHARED  
SPACES**



**ON GAME DAY, ENSURE A  
DEDICATED SPACE IS  
AVAILABLE FOR UMPIRES TO  
MEET PRIOR TO & DURING  
THE GAME**



**BE AWARE & RESPECTFUL  
OF THOSE AROUND YOU  
AT ALL TIMES**



Scan to learn more or provide feedback.

Resource to be read in conjunction with your State or Territory Child Safeguarding Policy.

RESULT OF MATCH

Grade \_\_\_\_\_ Date \_\_\_\_\_

|         | CLUB  |         | CLUB    |
|---------|-------|---------|---------|
|         | GOALS | BEHINDS |         |
| 1st Qtr |       |         | BEHINDS |
| 2nd Qtr |       |         |         |
| 3rd Qtr |       |         |         |
| 4th Qtr |       |         |         |
| TOTAL   |       |         |         |

GOAL UMPIRE SIGNATURE

To be completed and signed by each goal umpire. Place with match paperwork in envelope.

GOAL UMPIRE SIGNATURE

GOAL UMPIRE SIGNATURE

GOAL UMPIRE SIGNATURE

RESULT OF MATCH

Grade \_\_\_\_\_ Date \_\_\_\_\_

|         | CLUB  |         | CLUB    |
|---------|-------|---------|---------|
|         | GOALS | BEHINDS |         |
| 1st Qtr |       |         | BEHINDS |
| 2nd Qtr |       |         |         |
| 3rd Qtr |       |         |         |
| 4th Qtr |       |         |         |
| TOTAL   |       |         |         |

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RESULT OF MATCH

Grade \_\_\_\_\_ Date \_\_\_\_\_

|         | CLUB  |         | CLUB    |
|---------|-------|---------|---------|
|         | GOALS | BEHINDS |         |
| 1st Qtr |       |         | BEHINDS |
| 2nd Qtr |       |         |         |
| 3rd Qtr |       |         |         |
| 4th Qtr |       |         |         |
| TOTAL   |       |         |         |

GOAL UMPIRE SIGNATURE

GOAL UMPIRE SIGNATURE



### VOTING CARD



DATE \_\_\_\_\_ GRADE \_\_\_\_\_

MATCH \_\_\_\_\_ V \_\_\_\_\_

3 VOTES \_\_\_\_\_ CLUB \_\_\_\_\_

2 VOTES \_\_\_\_\_ CLUB \_\_\_\_\_

1 VOTE \_\_\_\_\_ CLUB \_\_\_\_\_

\_\_\_\_\_  
UMPIRE 1                      UMPIRE 2                      UMPIRE 3

TO be completed and signed by each umpire. Place with match day paperwork in envelope.



### VOTING CARD



DATE \_\_\_\_\_ GRADE \_\_\_\_\_

MATCH \_\_\_\_\_ V \_\_\_\_\_

3 VOTES \_\_\_\_\_ CLUB \_\_\_\_\_

2 VOTES \_\_\_\_\_ CLUB \_\_\_\_\_

1 VOTE \_\_\_\_\_ CLUB \_\_\_\_\_

\_\_\_\_\_  
UMPIRE 1                      UMPIRE 2                      UMPIRE 3

TO be completed and signed by each umpire. Place with match day paperwork in envelope.



### VOTING CARD



DATE \_\_\_\_\_ GRADE \_\_\_\_\_

MATCH \_\_\_\_\_ V \_\_\_\_\_

3 VOTES \_\_\_\_\_ CLUB \_\_\_\_\_

2 VOTES \_\_\_\_\_ CLUB \_\_\_\_\_

1 VOTE \_\_\_\_\_ CLUB \_\_\_\_\_

\_\_\_\_\_  
UMPIRE 1                      UMPIRE 2                      UMPIRE 3

TO be completed and signed by each umpire. Place with match day paperwork in envelope.



### VOTING CARD



DATE \_\_\_\_\_ GRADE \_\_\_\_\_

MATCH \_\_\_\_\_ V \_\_\_\_\_

3 VOTES \_\_\_\_\_ CLUB \_\_\_\_\_

2 VOTES \_\_\_\_\_ CLUB \_\_\_\_\_

1 VOTE \_\_\_\_\_ CLUB \_\_\_\_\_

\_\_\_\_\_  
UMPIRE 1                      UMPIRE 2                      UMPIRE 3

TO be completed and signed by each umpire. Place with match day paperwork in envelope.

# TIMEKEEPER SHEET



(HOME) \_\_\_\_\_ VS (AWAY) \_\_\_\_\_

GRADE: \_\_\_\_\_  
DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Club: \_\_\_\_\_

Timekeeper Name: \_\_\_\_\_

| INCIDENTS                |                                     |       |                 |       |
|--------------------------|-------------------------------------|-------|-----------------|-------|
| TEAM                     |                                     | No.   | QTR             | TIME  |
| HOME                     | AWAY                                |       |                 |       |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | eg. 4 | 1 <sup>st</sup> | 19:32 |
| <input type="checkbox"/> | <input type="checkbox"/>            |       |                 |       |
| <input type="checkbox"/> | <input type="checkbox"/>            |       |                 |       |
| <input type="checkbox"/> | <input type="checkbox"/>            |       |                 |       |
| <input type="checkbox"/> | <input type="checkbox"/>            |       |                 |       |
| <input type="checkbox"/> | <input type="checkbox"/>            |       |                 |       |
| <input type="checkbox"/> | <input type="checkbox"/>            |       |                 |       |
| <input type="checkbox"/> | <input type="checkbox"/>            |       |                 |       |
| <input type="checkbox"/> | <input type="checkbox"/>            |       |                 |       |
| <input type="checkbox"/> | <input type="checkbox"/>            |       |                 |       |
| <input type="checkbox"/> | <input type="checkbox"/>            |       |                 |       |
| <input type="checkbox"/> | <input type="checkbox"/>            |       |                 |       |
| <input type="checkbox"/> | <input type="checkbox"/>            |       |                 |       |

| COMMENCEMENT OF MATCH                |  |
|--------------------------------------|--|
| Umpires on Field (Time)              |  |
| Home Team on Field (Time)            |  |
| Away Team on Field (Time)            |  |
| AFTER HALF TIME                      |  |
| Umpires on Field (Time)              |  |
| Home Team on Field (Time)            |  |
| Away Team on Field (Time)            |  |
| 1 <sup>st</sup> QTR Commenced (Time) |  |
| Finished (Time)                      |  |
| 2 <sup>nd</sup> QTR Commenced (Time) |  |
| Finished (Time)                      |  |
| 3 <sup>rd</sup> QTR Commenced (Time) |  |
| Finished (Time)                      |  |
| 4 <sup>th</sup> QTR Commenced (Time) |  |
| Finished (Time)                      |  |

## NOTES:

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## How to Fill Out This Form

When the following incidents occur, please fill out the 'Incident' table:

- ☐ Stretcher being called
- ☐ Player changing jumpers due to a blood rule
- ☐ Red, Yellow or White cards
- ☐ Guernsey number change
- ☐ Player leaves the ground outside of the interchange area

**This sheet must be given to the umpires at the conclusion of the match**

Record any additional notes from the match (players leaving boxes early, boxes not marked etc. in the space provided)

## REMINDER

**Yellow Card** – Player off for 15 min of elapsed time (excluding breaks). Can be replaced instantly.

**Red Card** – Player off for the remainder of the match. Can be replaced after 15 min of elapsed time (excluding breaks).

**White Card** -1<sup>st</sup> card warning to coaching box, 2<sup>nd</sup> card is 50m free kick, 3<sup>rd</sup> card is RED card - coach reported & ejected from box, and 50m freekick

**Stretcher** – When a stretcher is called for an injured player, the player may not return to the field for 20 min of elapsed time (excluding breaks).

## Interchange Gates

