

Corrimal Cougars Junior Rugby League

Handbook



2019 Season

Corrimal Cougars Junior Rugby League

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Like us on Facebook:



Corrimal Cougars Junior Rugby League Football Club

Where do I find information?

Corrimal Cougars have many ways for you to find information about game day draws, training cancellations, news, and events.

Please make yourself familiar with the following sites so that you don't miss out on information that is sent out during the season.

Website - www.corrimalcougars.com.au/juniors

The Corrimal Cougars website provides you with all information you need for the season, such as draws, cancellations, functions, and news items about achievements that have occurred by players or teams. You can also see what is happening in our Senior Club with game times and news items.

Corrimal Cougars Juniors Team App



This is a great app that you download onto your smart phone or android. This is our primary communication tool and will give you notifications on cancellations, draws, news items and events.

Installing Team App:

1. Download Team App from the Apple or google play store
2. Sign up to Team App (You will be sent an email to confirm your registration)
3. Log into the App and search Corrimal Cougars Juniors
4. Choose your applicable access groups

Facebook - Corrimal Cougars Junior Rugby League

Like us on Facebook and you can follow what has been happening around the club and receive information on Rugby League activities in the area. Notifications will also be posted regarding training, cancellations or changes, functions, and updates on activities our players are involved in.



Registrations

All registrations are done online:

- Go to <https://playnrl.com/register/>
- Search for **Corrimal JRLFC**
- Select **Register Now**

A player must be turning 5 in in the year you register to be eligible to play.

Players will be expected to play in their age group unless special consideration is given by the Executive Committee of Corrimal Cougars Junior Rugby League.

A player must be registered before they can train or play a game, this includes trial matches.

Girls are most welcome to register to play Rugby League or League Tag. Girls can participate in tackle Rugby League with the boys up to and including the under 12 age group. As there is not a competition for the girls after this age group they can continue with League tag until they reach 16.

Registration fee for 2019 is **\$120** (Active Kids Vouchers accepted)

Registration will include **insurance, playing shorts and socks, new mini/mod players will receive a football and International players will receive a club player shirt.**

Active Kids Vouchers

2018 saw the introduction of active kids vouchers where a family can claim a \$100 voucher for each school aged child. NRL registration accepts this voucher.

For more information and to claim a voucher go to:

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

Playing Requirements

Age Groups

Mini competition	5-9 age groups
Mod competition	10-12 age groups
International competition	13-16 age groups

What gear is required to play Rugby League?

There are a few essentials that a player is required to have to play Rugby League.

To play in a competition fixture a player must wear the club uniform.

Shorts and socks are provided to each player with registration fee. Team playing Jerseys are keep together for the season and given out on game day. This is so that they do not get lost or left at home.

Boots are essential, these must be worn on game day and at training.

It is not compulsory but preferred that all players have a mouth guard. This is especially the case in the older age groups.

Head gear is totally up to the individuals. The main reason for head gear is not to stop concussion but to avoid head clashes which lead to split heads.

Shoulder pads are up to the individual.

All club gear such as Polos, bags, etc. can be purchased through the club.

IMPORTANT DATES FOR 2019 SEASON

Training Starts	5 March
Trial Match v Woonona & Berkeley	16 March
Trial Match v Helensburgh	23 March
Mini, Mod & LeagueTag Comp Starts	30 March
International Teams Comp Starts	6 April
Tommy Martin Knockout	TBA - June
LeagueTag Semi Finals	27 July
Mod Semi Final's	3 August
LeagueTag Final's	3 August
Mod Final's	10 August
LeagueTag Grand Final's	10 August
Mod Grand Final's	17 August
International Semi's	24 August
International Final's	31 August
International Grand Finals	7 September
Presentation Day	TBA – Oct

Grading of Teams

The Corrimal Junior Rugby League Football Club (JRLFC) grading policy is designed to give all players, parents, coaches and managers a clear understanding of the club's selection or grading process.

To ensure that grading of teams is undertaken in a consistent manner, and that the players, coaches & parents have an expectation of the outcome of grading.

In grading our players into teams and grades, the Club will show commitment to promote fairness, consistency and transparency in the selection process. It is therefore the objective of the club, where possible, for all players to play in a team for their age and in a grade best suited to their ability.

Who is Graded?

At the Corrimal JRLFC grading only applies to ages Under 10 – 16, being the Mod and International Competitions. No grading takes place in Mini competition teams.

The Club recognises that individual players have different motivations for playing Rugby League ranging from highly competitive to social recreation. Through appropriate grading and player placement the Club aims to cater for all players and believes that everyone can benefit from the grading process.

Whilst the Club encourages all players to take part in the grading/player placement process, it is not compulsory. Players will have the opportunity to play with friends in non-graded teams whenever this is possible in conjunction with the grading process.

It is important to state that once grading has been completed, players will not be swapped between teams unless there are unexpected shortages in a team. CRL and Illawarra JRL regulations also apply re-grading players changing teams.

Grading players in U10 – 16

The grading of players will be performed by independent and flexible grading techniques and personnel. Grading will be managed by the Corrimal JRLFC Coaching Coordinator, appointed by the Committee.

The following assessments can be considered when grading takes place:

End of Season Assessment

The end of season assessment is conducted by selectors who assess players during games at the end of the previous season. This is important for assessing players in their natural game, particularly players who find trials stressful. It is also a good way to view players across all teams in the age group which is sometimes missed by the coach's as-assessment. The end of season assessment provides an indication of a player's technical skill level and game playing level.

Coach's Assessment

The coach's assessment is not only a skill assessment but also an assessment of attitude and work ethic. Coaches have the advantage of seeing how players develop throughout the season, so they are able to assess the full season of play rather than a few end of season games or trials. Coaches also provide the best assessment of a player's reliability, work ethic and attitude.

Pre-Season Training / Grading sessions

The Grading Committee shall conduct the training sessions that will suitably assess the competency of the players. As a guide, training sessions will consist of:

- Warm up
- Skill Based Drills
- Small sided game/s (players rotated)

Assessment by Trial (If required)

After registration and before the season begins (usually in late February or early March), trials for those players who wish to be graded into will be organised by the Corrimal JRLFC. Trials enable selectors to see the range of technical skills and game skills across the entire age group and they allow newcomers to the club to be assessed. Trials can be an important means of selecting a team with a range of skills not just a group of individuals. The trial process is outlined below.

How trials are conducted

Trial dates, times and selectors are organised by the Corrimal JRLFC for each age group. There will be at least two selectors for each age group and no selector will have a child playing in that age.

At the trial each selector shall independently evaluate the players who are trailing and after each trial date they should convene to discuss their observations. At the end of the trial period the selectors should reconvene to determine a ranking of players for each team.

Selection of Teams

The basis of selection will be the combination of player's end of season assessments, coach's assessments and Training assessments. Selections will also include, team balance with respect to player positions, attitude of the player to grading and training, the willingness and ability of the player to receive instruction and team spirit. The objective of the selection of teams is to group the top ranked players in that age group together, and to therefore form the highest ranked team.

Notification of Grade and Appointment of Coaches

As soon as possible after final selection, teams and their recommended grading shall be published and nominations for team coach and team manager may be called for. If coaches have already been assigned, they will receive player details. If a coach is to be a parent of a child playing in the same age group, coaches will not be determined for each team until the grading process has been completed.

Appeals

If any player or parent is not satisfied with grading the player receives, they can make a submission in writing to the Corrimal JRLFC Secretary requesting a review of the players grading, outlining why they think the grading is not correct. The Secretary will consider this submission in consultation with the grading committee to make a final decision on whether or not to change the player's grading

Insurance cover

All players are covered by SLE insurance through the Country Rugby League. This is paid within a player's registration payment.

With this said the amount that each player pays to insurance is very minimal and as the saying goes "you get what you pay for".

In a perfect world it would be great if everyone had private health insurance, but we understand that this is not the case.

We as a club feel that it is important to make parents aware what is covered by insurance.

If you have private health insurance all expenses must be claimed through them first.

If you can claim it on Medicare you cannot claim it on insurance. eg. Doctor, public hospital etc.

Ambulance is covered by insurance.

If your child does receive an injury and you require an insurance form it can be downloaded from www.corrimalcougars.com.au

All forms need to be returned to the Secretary to be submitted.

To read the finer details of the insurance cover please go to www.corrimalcougars.com.au under resources and you can download insurance forms and insurance information.



Training

Training will commence on Tuesday 5 March for the 2019 season.

All training sessions are held at Ziems Park #2, unless coaches organise special sessions away from the ground.

Tuesdays and Thursdays, 4.00pm - 5.00pm

It should be remembered that Coaching Staff may have to work around family and work commitments, so these days and times may change.

If your training day/time needs to be change the Coaching staff will inform you of when they will be training.

It will be the responsibility of Coaching staff to inform their teams of any changes to regular training times or cancellations, and if a player will not be attending training it will be the responsibility of the parent to contact Coaching staff to let them know that their son/daughter will not be attending and when they are likely to resume playing.

All players should bring a water bottle to training.

Wet Weather

If training needs to be cancelled due to wet weather, there are a few places that you can confirm if training will be taking place.

Team App

If you have downloaded Corrimal Cougars Juniors Team App, all cancellations of training will be sent through a notification.

Facebook

If you go to the *Corrimal Cougar Junior Rugby League* facebook page we will always endeavour to notify on current conditions and cancellations.

Council Grounds Closed

If you check the Council website at www.wollongong.nsw.gov.au and Ziems Park is listed as closed then training is off.

Competitions

Our Club participates on two different Competitions which is determined by the age group that a player is registered in.

1. Bendigo Bank Illawarra Junior Rugby League Competition

This is for age groups 5—12 and are referred to as the Mini /Mod Competition.

This Competition includes all Illawarra Junior Rugby League Clubs

LeagueTag Competition

LeagueTag is a girl only comp and is a non-contact version of Rugby League

2. Illawarra/Group 7 South Coast Merged Competition.

This is for age groups 13-16 and is referred to as the International Competition. This competition as the name suggests includes the South Coast Group 7 JRL Clubs and Illawarra Junior Rugby League Clubs.

Where do we play?

The Cougars home ground is Robert Ziems Park no.2 , which is located on Short Street, Corrimal.

Ages 5—12 play between Helensburgh in the North, and Shellharbour in the South.

Ages 13—16 play between Helensburgh in the North, and Ulladulla in the South. There may be inclusions of some Cronulla teams and this could mean that you will travel to the Shire.

Girls LeagueTag play between Helensburgh in the North, and Shellharbour in the South.

The distance that a player may have to travel is determined by the clubs that are involved in that age groups competition. I.e. some Clubs may not have a team in all age groups or all divisions.

Illawarra Club Grounds

Berkeley JRL	Berkeley Park	Burke Way, Berkeley
Collegians JRL	JJ Kelly Park	Keira Street, Wollongong
Collegians JRL	Collegians Sporting Complex	The Avenue, Figtree
Dapto JRL	Reed Park	Bong Bong Road, Dapto
Helensburgh JRL	Helensburgh Park	Blackwell Street, Helensburgh
Northern Suburbs	Jim Allen Oval	Monash Street, Wombarra
Pt Kembla JRL	Noel Mulligan Oval	Carlotta Crescent, Warrawong
Shellharbour JRL	Ron Costello Oval	Williams Street, Shellharbour
Huntley Rhinos JRL	Lindsay Maynes Park	Factory Road, Unanderra
Thirroul JRL	Thomas Gibson Park	Station Street, Thirroul
Wests JRL	Sid Parrish Park	Cleverdon Cres Figtree
Windang JRL	Boronia Oval	Boronia Street, Windang
Woonona JRL	Holly Mount Park	Princes Highway, Woonona

Group 7 Club Grounds

APOF JRL	Croome Road Complex	Croome Road Albion Park
Batemans Bay JRL	Mackay Park	Vesper St Batemans Bay
Berry Shoalhaven JRL	Berry Sports Complex	Coolangatta Road Berry
Bomaderry JRL	Bomaderry Sports C'lex	Cambewarra Road Bomaderry
Culburra JRL	Crookhaven Park	Prince Edwards Ave Culburra
Gerringong JRL	Michael Cronin Oval	Blackwood Street Gerringong
Jamberoo JRL	Kevin Walsh Oval	Allowrie Street Jamberoo
Kiama JRL	Chittack Oval	Bong Bong Street Kiama
Milton/Ulladulla JRL	Ulladulla Sports	Camden Street Ulladulla
St Georges Basin JRL	Francis Ryan Res	Paradise Bch Rd Sanctuary Pt
Stingrays JRL	Flinders Field	Wattle Road Flinders
Sussex JRL	Finkernagle Oval	Sandpiper Way Sussex Inlet
Tullimbar JRL	Des King Oval	Tongarra Road Albion Park
Warilla JRL	Cec Glen Holmes Oval	Reddall Parade Lake Illawarra



JUNIOR LEAGUE

WHAT STAGE?

A SUMMARY OF MAJOR ASPECTS OF PLAY FOR 6 YEARS TO ADULT

Under 6's & 7's

40x20M FIELD SIZE	06 players TEAM	8 mins X4 GAME TIME	1 Pass # OF PASSES	6 per Set # OF TACKLES	DEFENDERS STAND BACK 5M
NO SCRUMS	TAP RE-START AT 5M LINE	NO CONVERSIONS	NO KICKING IN GENERAL PLAY	4m forward pass run into touch knock on CHANCE RULE	

Under 8's & 9's

60x30M FIELD SIZE	08 players TEAM	8 mins X4 GAME TIME	9 yrs FR DH 2 Pass # OF PASSES	8 yrs FR 2 Pass # OF PASSES	DEFENDERS STAND BACK 5M
6 per Set # OF TACKLES	NO SCRUMS	TAP RE-START AT HALF WAY	CONVERSIONS ALLOWED	10% NO KICKING IN GENERAL PLAY	0% KICKING ALLOWED (NO BOMBS)

Under 10's & 11's

80x40M FIELD SIZE	11 players TEAM	20 mins X2 GAME TIME	FR DH 2 Pass # OF PASSES	6 per Set # OF TACKLES	
NO SCRUMS	TAP RE-START AT HALF WAY	CONVERSIONS ALLOWED	KICKING ALLOWED IN GENERAL PLAY (NO BOMBS)	DEFENDERS STAND BACK 5M	

Under 12's

100x60M FIELD SIZE	13 players TEAM	20 mins X2 GAME TIME	FR DH 2 Pass # OF PASSES	6 per Set # OF TACKLES	
NO SCRUMS	TAP RE-START AT HALF WAY	CONVERSIONS ALLOWED	KICKING ALLOWED IN GENERAL PLAY (NO BOMBS)	DEFENDERS STAND BACK 5M	

International 13's & Above

100x60M FIELD SIZE	13 players TEAM	25- 40 mins X2 GAME TIME	0 MINIMUM # OF PASSES	6 per Set # OF TACKLES	
SCRUMS	KICK OFF RE-START AT HALF WAY	CONVERSIONS ALLOWED	KICKING ALLOWED IN GENERAL PLAY	U13s & U14s DEFENDERS STAND BACK 5M U15s DEFENDERS STAND BACK 10M	

National Safeplay Code 6-15 yrs

A SUMMARY OF KEY ASPECTS OF THE CODE:

- ✗ Tackles above the armpits are not permitted
- ✗ Dangerous tackles are not permitted (trips, lifting, pushing, ankle taps)
- ✗ Shoulder charges are not permitted
- ✗ Aggressive palms are not permitted
- ✗ Slings / swinging is not permitted
- ✗ Dangerous flops are not permitted
- ✗ Verbal abuse / foul language is not permitted
- ✗ No pushing in scrums (13-15 years)

A PENALTY WILL BE AWARDED FOLLOWING A BREACH OF THIS CODE.

A DIFFERENT LEAGUE
PLAY JUNIOR LEAGUE

NRL.COM/PLAY



LEAGUE TAG

WHAT STAGE?

A SUMMARY OF MAJOR ASPECTS OF PLAY FOR 6 YEARS TO ADULT

Under 6's & 7's

 40x20M FIELD SIZE	06 players TEAM	 8 mins X4 GAME TIME	 1 Pass # OF PASSES	 6 per Set # OF TAGS	DEFENDERS STAND BACK 5M
 NO SCRUMS	 TAP RE-START AT 5M LINE	 NO CONVERSIONS	 NO KICKING IN GENERAL PLAY	 6 mins forward pass run into touch knock on CHANCE RULE	 NO MARKER

Under 8's & 9's

 60x30M FIELD SIZE	08 players TEAM	 8 mins X4 GAME TIME	 9 yrs FR DH 2 Pass # OF PASSES	 8 yrs FR 2 Pass # OF PASSES	DEFENDERS STAND BACK 5M
 6 per Set # OF TAGS	 NO SCRUMS	 TAP RE-START AT HALF WAY	 CONVERSIONS ALLOWED	 U8s: NO KICKING IN GENERAL PLAY	 U9s: KICKING ALLOWED (NO BOMBS)

Under 10's, 11's & 12's

 80x40M FIELD SIZE	08 players TEAM	 20 mins X2 GAME TIME	 FR DH 2 Pass # OF PASSES	 6 per Set # OF TAGS	DEFENDERS STAND BACK 5M
 NO SCRUMS	 TAP RE-START AT HALF WAY	 CONVERSIONS ALLOWED	 KICKING ALLOWED IN GENERAL PLAY (NO BOMBS)		

International 13's & Above

 100x60M FIELD SIZE	11 players TEAM	 25 mins X2 GAME TIME	0 MINIMUM # OF PASSES	 6 per Set # OF TAGS	
 NO SCRUMS	 KICK OFF RE-START AT HALF WAY	 CONVERSIONS ALLOWED	 KICKING ALLOWED IN GENERAL PLAY		U13s & U14s DEFENDERS STAND BACK 5M U15s+ DEFENDERS STAND BACK 10M



LEAGUE TAG SAFE PLAY:

A SUMMARY OF KEY ASPECTS OF LEAGUE TAG SAFE PLAY:

- * Avoidable contact
 - * Yes/No call
 - * Protecting tags
 - * Fending off defenders
 - * Late Tag
 - * Deliberate contact
- NOTE: The instigator of the contact shall be penalized
- * Deliberate grabbing of clothing
 - * Jumping through tag

A PENALTY WILL BE AWARDED FOLLOWING A BREACH.

A DIFFERENT LEAGUE
PLAY JUNIOR LEAGUE

NRL.COM/PLAY

Code of Conduct

The Country Rugby League has very strong regulations on the Code of Conduct of players, officials and spectators. Corrimal Cougars will not tolerate any behaviour from players, officials or spectators that brings our Club into disrepute and is contrary to the CRL Code of Conduct.

To become more familiar with the Code of Conduct please visit our website www.corrimalcougars.com.au/juniors and look in the resources tab.

Tough Love Policy

CRL has agreed to adopt the "Tough Love in League" regulations in the Under 13-Under 18 age groups. The "Tough Love In League" (TLIL) program was designed with four key objectives in mind:

- To reduce the amount of violence in the grassroots game.
- To take pressure off young and experienced referees and match officials
- To make Junior League experience safe, fair & fun for all
- To encourage increased participation in the game.

Desired Program Outcomes Include:

- Reduced on field violence
- Elimination of unsavoury behaviour towards referees
- Stop "all in" melees
- Remove repeat offenders from the game (both individuals and teams)
- Reduce the number of matches being abandoned because of poor behaviour
- Stop spectators from entering the field
- Educate players at a young age that violence in our game won't be tolerated

Social Media

Social Media is such a great way to let people know what is happening around the club and to show everyone great photos of our teams and individual players. Please be aware that there are strict policy guidelines on the use of social media and everyone involved in our club must abide by this policy.

On occasion photos will be used by Corrimal Cougars. If you do not wish for your child to be photographed or videoed can you please inform the committee in writing so that we can mark your child's registration with this information.

Draw

At the start of the season there are a lot of changes that take place in the draw due to clubs adding and removing teams into the draw.

After the first five rounds regrading will take place in the Mod Competition and International Competition.

After round 6 the season draw will come out that will tell you who you play and where but will not tell you the time.

Each week the draw will be distributed through:

- Corrimal Cougars Juniors Team App
- Email

The draw may change due to unforeseen circumstances so please check the above sites each week or check with your Coaching Staff to confirm time and place.

How Parents Can Help!

There are many ways that parents can be involved in the Club, either by becoming a committee member or by becoming a helper within the team your child plays in.

Committee members help with the day to day running of the club and meet once a month. They deal with any issues that may arise, organize fundraising, functions, presentations, make sure that all game day requirements are in place.

The Committee are always looking for new people to help and give new ideas on how the club can improve. The committee appreciates feedback and suggestions.

Team Helper

There are a number of positions that a parent can become involved in within their child's team:

- Water runner (LeagueSafe)
- Sports Trainer (first aid)
- Coach
- Manager

Coach

There are many levels of coaching that a person can acquire.

Most people who take on coaching positions usually work their way through the different levels of coaching as their child pass through the different age groups of rugby league.

For more information on becoming a coach please contact Wayne Rohoseink on 0403 012 965.

Leaguesafe (Yellow Shirt)

Duties:

- The leaguesafe person is the person that administers water
- Assists the interchange process
- Convey messages

Sports Trainer (Blue Shirt & Orange Shirt)

Duties:

- Unlimited access to attend an injured/ill player and to administer water.
- Assist by observing and monitoring players during play as well as those who have been removed from the field through injury/illness.
- To assist and injured/ill player on and off the field of play at training and/or game.

For more information on becoming a coach please contact Jason Clough on 0409 124 868.

Team Liaison Officer (Pink vest)

Liaison Officer is the person who the ground manager will approach if there is a problem with parents, coaching staff or players in their team. This person is to try and solve any issues before it escalates into something more serious.

For more information on these positions and course information please go to playnrl.com.

For any more enquiries and information please contact the committee.

Game day

There are lots of things that everyone can help out with on game day, to lighten the load for everyone.

Ground set up

This usually starts around 6.30 am each Saturday morning.

If your child plays in the first match of the day it would be great if you could come down and lend a hand to set up.

It is the responsibility of the team that plays last on each field to pack that field up at the end of their match.

If everyone lends a hand then it doesn't take long.

Canteen and BBQ

The canteen is our biggest form of fundraising. If your team is playing at Home (Ziems Park) it would be great if you could offer some time in the canteen.

All players have to be at the ground usually 30mins to 1 hour before their match. If you as a parent can assist in the canteen for this time before your child plays, this will help out enormously.

At times a roster based on teams playing on the home grounds will be announced to help in the canteen if there is not enough coverage for it to open.

Children are not permitted in the canteen.

Please remember that all Committee members have children playing as well, and they may not be at Ziems Park.

***** If people can help it lightens the load for everyone *****

Major Sponsor

Corrimal Bowling Club

Game Shorts Sponsor

TLE

Age Group Jumper Sponsors

Illawarra Constructions

ProTech

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Training Shirt Sponsors

Peter Fitzgerald Real Estate

Black Diamond TSS

Corrimal Bake House

Stopslow Traffic Control

DRB Group

Foodworks East Corrimal

Murfs Transport

His and Her's Cafe

Contemporary Smiles

Club Sponsors

Ziems Butchers

Banfield Constructions

Murfs Transport

Score Online Sports Memorabilia

Stopslow Traffic Control

Sponsorship

Corrimal Cougars Junior Rugby League would like to thank all their sponsors.
Without the support of these sponsors our club would not be able to operate with the professionalism and efficiency that it does.



www.corrimalcougars.com.au/juniors