Juniors Pregnancy Policy

The SANFL Juniors policy on pregnant women is based on the "Pregnant Athlete and the Law Guidelines" produced by the Women and Sport Unit at the Australian Sports Commission (ASC) and Sports Medicine Australia (SMA).

The SANFL Juniors encourages female participants to seek medical consultation prior to participation whilst pregnant.

Under the Equal Opportunity Act (SA) of 1984, using pregnancy as a basis for discrimination is prohibited. This means that any person, including a mother, has the right to participate in her chosen sport.

SPORTS MEDICINE AUSTRALIA

The SMA has developed guidelines entitled "Participation of the Pregnant Athlete in Contact and Collision Sports." The guidelines are intended to provide recommendations to the pregnant athlete and sporting organisations on safe participation in contact and collision sports during pregnancy.

A summary of the guidelines follows:

Football (AFL) is classified as an Unlimited Contact and Collision Sport:

- Contact or collision is frequent and may be quite forcible.
- A high risk of falls or, blows to the abdomen, or contact with a projectile exists.
- In a normal pregnancy, participation can only be recommended during the first trimester.

RECOMMENDATIONS

- Where appropriate, ensure all members receive a copy of the summary of the statement issued by the SMA so that they can make an informed decision.
- Encourage any member that is pregnant to seek the advice of a medical professional.
- Consult with medical professionals, coach and club trainer and modify training accordingly.
- Provide a safe environment for all footballers.

INSURANCE AND THE PREGNANT PLAYER

The pregnant player or official is covered by the same personal accident policy that is provided for all registered members of the SANFL Juniors. However, the player or official is not covered if the injury is found to be due to the pregnancy.

No cover is provided for the unborn baby.

The on-field rotation of players is a policy developed to enhance the participation and skill development of all players.

This policy is to ensure that all players feel an essential part of the team, regardless of their age, size, sex, ability, or the competition they are playing in. Therefore, it is critical that they have an equal amount of time on the field during the season and ultimately, will keep players in the game and reduce the likelihood of them leaving to pursue other sports. It also satisfies parents expectations that their child will be given a

fair go.

It is recommended that all coaches keep records of weekly game time of each player to ensure that all players have had equal time throughout the season.

Rotation for Under 8 to Under 12

The rotation of all players through a variety of positions in a game and season is designed to allow players to experience the skills and roles required in different positions, and to ensure all players are provided with equal opportunity.

Every player in a team should play at least half a game, and no player should spend more than half a game in any one position. Furthermore, every player should experience playing on each of the five lines of field positions over a three-match period.

NOTE: Players should be rotated through a variety of positions on the field in each line, not straight up and down the "spine" or only on the left or on the right side of the field. Coaches and Team Managers must ensure that this policy is adopted and relates directly to SANFL Juniors Competition Rules & Regulations (Section 2) – The Spirit of Junior Football.

Rotation for Under 13 to Under 16.5

Once children reach these age groups, the emphasis shifts from players rotating through all positions on the ground, to them gaining a level of competency in different positions. Every player in a team should play at least half a game.

The difference is these age group players should be left in a position on the field until they have acquired that
position's basic strategies and skills. Only then should they move to a new position.