



Spring/Summer 2008/09 season information

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About the Sunday Soccer League

The Sunday Soccer League is a mixed, 7-a-side social competition. It caters for all abilities and exists to promote social sporting endeavour through the beautiful game. The rules exist to promote the social nature of the league and outlaw the physical elements of the larger format game, such as slide tackling and barging.

If you like to play hard, tackle hard and win at all costs, the Sunday Soccer League is **not** for you.

If you like to run after a ball, applaud good play, expect bad play, have a laugh and socialise with your team-mates and opponents, the Sunday Soccer League **is** for you.

League/match format

Matches are played on Sunday mornings/afternoons (the new season's matches will be played usually between 11am - 3pm). Historically, the venue has been played on grass at the Ainslie Oval but for the Spring/Summer 2008/09 season is being played on synthetic pitches at the National Hockey Centre in Lyneham. The format for games is mixed 7-a-side on 1/2 size pitch with hockey goals. Of the 7 players on the pitch, a maximum of 4 male players is permitted. The games are 2 x 25 minute halves with roll-on/roll-off subs and teams provide refs for other matches on a schedule (usually ref every other week). I suggest that you only submit a team if you can consistently field 7 players. Most teams have a squad of 10 - 15 players to cover absences, etc.

The league is very social and a lot of fun with a real mix of abilities. Some people play in higher grade leagues, others have never kicked a ball and want to get involved in a low-key league.

Requirements for entering a team

1. Pay all team and player registration fees (fees cover facilities hire, insurance and trophies).
2. Acquire a team strip (identical shirts only required).

For more information visit www.sundaysoccer.org/about.html

3. Ensure that all members of the team abide by the rules of the Sunday Soccer League (see <http://www.sundaysoccer.org/rules.html>).
4. Ensure that the team has sufficient player numbers to cover absences (format is 7-a-side with a maximum of 4 male players making up the 7 players on the pitch at any time).
5. Provide a referee for assigned matches if required (usually every other week).
6. Play in the spirit of the Sunday Soccer league. The league is mixed-gender, social and participative in nature. All play and conduct must acknowledge this. Failure to do so will result in suspension/expulsion of players and/or teams.

Venue information for Spring/Summer 2008/09 season

The Spring/Summer 2008/09 season venue is the National Hockey Centre in Lyneham (just off Ellenborough Street). The centre comprises of 3 synthetic hockey pitches. The Sunday Soccer League will use two of these and matches will be played sideways half-pitch. Therefore, four games will be played concurrently.



The Hockey Centre has a licensed bar which will be opened for the Sunday Soccer League matches (exact opening hours to be confirmed). There is also a BBQ that is available for players and spectators to use.

For more information visit www.sundaysoccer.org/about.html

Facility rules for The Hockey Centre

Your cooperation with the management of these fields and your abiding by the following rules will assist in prolonging their useful life and ensuring the enjoyment of others.

- All persons entering the enclosed areas including the field and the surrounding embankments, paths, seating and public access areas are subject to the rules of use of the area as may be prescribed from time to time and shall be under the control of the facility manager or facility supervisor and shall obey any lawful direction that he/she issues under these rules.
- Motor vehicles and dogs are not permitted in the enclosed area.
- Alcohol is not permitted to be brought onto the premises.
- It is not permitted to take glasses from the bar area, drinks that are taken outside should only be in bottles cans etc.
- At Lyneham it is not permitted to hit balls around on the concourse area between the Carter Field and the office/canteen/bar area.
- Standard dress rules apply in the bar area, i.e. no bare feet or offensive / dirty clothing.
- Use Changerooms and designated areas for match preparations and changing not the areas at the front doors, the stairs, bars, canteen and corridors.
- Only food purchased from the Canteen can be consumed in the café/bar areas.
- When the BBQ's are not being operated by THC Canteen they are available for clubs to use but should be booked through the office or bar, however they should not be used for the club group to onsell food to the general public.
- Spectators are not permitted on the pitch.
- Only players and officials participating in the scheduled match, training session or practice match are permitted on the pitch.
- Teams using the pitch are under the control of their team manager, coach, or captain who shall be responsible for their conduct.
- Entry to the pitch shall only be via the access gates. Scaling the fence surrounding the pitch is not permitted. Teams must not enter onto the pitch when a match or training is in progress.
- General behaviour standards are to be kept at a high level.

- Hitting or warming up with a ball on the pitch by persons not participating in the scheduled match or training session is not permitted.

At the conclusion of a match, training session or practice match, teams shall leave the pitch promptly to enable the next match etc. to commence on schedule. Teams should leave the bench area in a clean and tidy state. Any rubbish must be disposed of in rubbish bins provided and not discarded on the pitch.

Footwear

The footwear requirements for the Hockey Centre are especially important given that previous Sunday Soccer League seasons have been played on grass. Any players who play in footwear that may damage the playing surface will be removed from the pitch.

Suitable / Acceptable Footwear:

- Rubber-soled multi stop or soft-cleated (rubber) shoes or boots
- Moulded rubber sprigs, provided there is a minimum of fifteen (15) sprigs per shoe. Sprigs must not protrude more than 10mm from the sole and must have a smooth dome shape without any sharp edges
- Runners
- Tennis shoes, basketball boots, gym boots

Unsuitable / Unacceptable Footwear:

- Boots / Shoes with leather, metal or screw in sprigs/studs
- Hard plastic soled shoes or boots with either cleats or sprigs

Prohibited Items

The following items are prohibited on the pitch:

- Chewing gum
- Food
- Alcohol
- Drinking glasses/cans
- High heel or stiletto shoes

SMOKING IS NOT PERMITTED ANY WHERE WITHIN THE BOUNDARY FENCES AT LYNEHAM

Priority for use of the synthetic field is determined in accordance with a strict hierarchical structure. The managers of the field reserve the right to reallocate previously determined use. Allocations for matches may therefore be varied at comparatively short notice.

Alcohol

No individual or team may bring alcohol into The National Hockey Centre.

Registering a team for the Spring/Summer 2008/09 season

The Spring/Summer 2008/09 registrations are now open. To register a team, simply download and complete the registration spreadsheet (available at http://www.sundaysoccer.org/Registration-spring_summer_08_09.xls) and send to organiser@sundaysoccer.org by 5pm Friday 3rd October 2008. Receipt of emails will be acknowledged.

An email will be sent on Monday 6th October to all parties who completed and sent the registration spreadsheet to confirm the finalised team list. The Sunday Soccer League will endeavour to accommodate all interested teams but capacity if limited.

The season starts on Sunday 12th October. The window for registration is very short so get your team registrations in fast!

Spring/Summer 2008/09 season costs and format

When sending your registration spreadsheet, no payment is required. This is because the finalised team/player fees will be based on the number of teams and the number of players in each team attracting an \$11 insurance fee.

For guidance, the team fee will be in the \$750 - 850 range. Finalised team fee amounts will be sent via email on Monday 6th October. Payment will be required via EFT (details to be provided) by Thursday 9th October.

For more information visit www.sundaysoccer.org/about.html

When payment amounts are finalised a single transfer should be made per team (players should not EFT their own portion of team fees separately).

The season comprises of 15 matches for all teams. The first matches will be played on 12th October 2008 and the final matches will be played on 22nd February 2009. A full schedule will be provided prior to the competition starting.

Furthermore, the league format will be determined when the number of teams is finalised.

Insurance policy summary

For players who did not play last season in the Sunday Soccer League or are not existing Capital Football members an \$11 insurance fee is payable in addition to the team fee. The insurance policy is primarily for Public Liability but includes a limited personal injury component. Players are still advised to rely on other insurance (such as private health insurance) in case of injury. A summary of benefits and limitations is provided below.

Or more information about insurance, visit the Capital Football website (see <http://www.capitalfootball.com.au>).

Non Medicare Benefits

Reimbursement of Non-Medicare Medical expenses incurred within 12 calendar months results in:

- Private Hospital Accommodation
- Ambulance Transport Costs
- Chiropractic-Dental Services (to sound whole teeth only)
- Ancillary Medical Procedures
- Theatre Fees in Private Hospital
- Orthotics, Splits and Prosthesis

Cover:

- 80% reimbursement
- \$2,000 maximum per claim

For more information visit www.sundaysoccer.org/about.html

- \$75 excess per claim for claimants with no private health cover
- \$30 any one claim for claimants with private health cover

Parents Inconvenience Allowance

Reimbursement of Non-Medicare Medical expenses such as transportation and accommodation costs certified by a Medical Practitioner.

Cover:

- \$25 per day for each full time student under 18 years of age
- 52 week maximum benefit period
- \$2,500 maximum per claim

Bed Care Patient Benefit

Weekly payment to an Insured person who is confined to a bed after a bodily injury for a period of not less than 7 days.

Cover:

- 100% reimbursement
- \$300 maximum per week
- 7 day excess period
- 52 week maximum benefit period

Funeral Expenses

Injury resulting in the accidental death of an Insured Persons covered under Event I of Section A-Death.

Cover:

- 100% reimbursement
- OR
- \$2,500 maximum per claim which ever is lesser

Loss of Income - Income Earners

This section covers an Insured Person who has suffered a Temporary Total Disablement whilst involved in a football related activity. Cover is only provided if the Insured Person is an Income Earner.

For more information visit www.sundaysoccer.org/about.html

Cover:

- 75% reimbursement Net Income Lost
- OR
- \$200 maximum per week
 - 14 day excess period
 - 52 week maximum benefit period

Injury Assistance Benefits

Where the Insured Person is not in receipt of Income. Student Assistance - Non Income Earner Reimbursement of actual costs incurred for home tutorial expenses. Only available to full time students who are non-income earners.

Cover:

- 100% reimbursement
- \$2,500 maximum per claim
- \$200 maximum per week
- 14 day excess period
- 52 week maximum benefit period

OR:

Household Help - Non Income Earners Reimbursement of actual costs of domestic home help. Available to non-income earners only.

Cover:

- 100% reimbursement
- \$2,500 maximum per claim
- \$200 maximum per week
- 14 day excess period
- 52 week maximum benefit period