



Sydney Boys High School Football Handbook



Sydney Boys High School

Football Handbook

The following handbook contains a variety of information on the Sydney Boys High School Football Program including:

- Training Schedules
- Field Locations
- Selection Criteria
- GPS Code of Practice
- GPS Football Ethics and By-Laws

If you would like to contact the MIC of Football please email Mr S Higgins – higginss@sbhs.nsw.edu.au

Football is not only the most popular sport around the world, but also the most popular sport at Sydney High, with 500 students participating in Football this Winter season. The Sydney High Football program has 31 teams across all year groups with Opens competing from 1st Grade to 8th Grade, and our Junior teams competing from A Grade to F Grade.

Led by our Coaching Co-Ordinator and 1st Grade Coach Dylan Deep-Jones, our primary focus as a program is to create a positive and competitive environment that allows our players to improve their technical and physical abilities in a fun and engaging team environment. Since taking over the program in 2019, the goal has been to change the mindset of our players to have the self-belief, resilience, and determination to be competitive in all aspects of football. Sessions are planned to provide at least one technical session and one tactical team session per week, giving our players a chance to improve their skills with both an individual focus and team focus in game-like scenarios. Training frequency is determined by team grading, with A and B Grade teams training 3 times per week, and C-F grade teams training 2 times per week. Our major training days for all teams is Wednesday and Thursday afternoons.

Our coaches are made up of a mixture of both Old Boy's and external coaches, including a range of former 1st Grade players. All of our coaches have received a Skill Training Certificate from Football Australia (FFA), with the goal of supporting our coaches in furthering their coaching qualifications.

Our results as a program have been steadily improving over the last few years, despite a range of disruptions and changes over the last two seasons. 2019 saw Sydney High winning 20% of all games, improving to 30% in 2020 and currently at 38% in 2021. Our aim for the program is to be competitive in each game with a win/draw ratio of 50%. Our program has improved on all results with the 2019 season having a win/draw ratio of 37%, improving to 46% in 2020, and currently at 53% in 2021.

I'd like to thank all of our staff, coaches, students and parents for their continued support of the program, and in particular those parents helping with the High Football Association and fundraising events. The High Football program will continue to strive for improvements in both results and skills, as well as building upon the self-belief and character of our players.

Sam Higgins
MIC Football



Sydney Boys High School

Sydney Girls High School

Paddington Gates

Centennial Homestead

Entertainment Quarter

Centennial Playground Paddington Gates

Centennial Park

The Spruce Goose Diner

McKay Fields CP4

CP2

CP3

CP10 Mission Fields CP9

Fearnley Grounds

Google Randwick Gates



SBHS Player Selection Criteria

The trial process for Sydney Boys High Football program is done in the fairest way we can achieve with all students having an opportunity to trial for the best team. We have based our selection criteria on 5-6 key skills that will be observed throughout. As result of this, each player will be placed in the appropriate team as determined by all supervising coaches.

In saying this we understand that some players do not trial well, if players are performing well in their respective squads they will have the chance to move up to a higher team. This goes both ways for players who are not demonstrating these key skills or attitude is not up to par. There will be fluidity throughout the season if and when required.

The key skills coaches are looking for include:

- Passing and receiving the ball – coaches want to see that the players body shape when receiving the ball is in the best position to control the football and being able to compete a successful pass. Ensuring the weight and the direction of passes are on target and to a good level.
- First touch and control – Similar to the first skill, coaches will be looking at players first touch, being able to take it forward into space (when possible) and when they are receiving the ball, they are able to retain possession and complete a positive action.
- Running with the ball – The ability to run with the ball into space and demonstrate this in a game like environment. Control, speed and ability to change direction will be looked at also.
- 1v1 situations in attack and defence – Creativity and ability to beat a player for attacking scenarios and defensively looking at jockeying and being able to win the ball off the attacker
- Positional awareness – We will be looking at players demonstrating the right position to take in relation to the phase of play, for the position they are playing
- Support on and off the ball – Hand in hand with the task above, players must demonstrate an understanding of how to support their teammate when they are in possession.

A large factor of where your son will be playing is the level of commitment and attitude shown by the players. Missing training and games without legitimate reasons will potentially see your son be dropped. Also the case with poor attitudes towards coaches, teammates and officials will see your son potentially being dropped.

Parent Expectation

We welcome all parent to attend games and support Sydney High. I understand parents are passionate and want what is best for their son BUT you must respect the coaching staff and officials of both schools. Please adhere to the GPS Code of Practice for spectators.

Parent Involvement

Any parent wishing to help the Football program at Sydney High is invited to join the SBHS Football Committee. The main role of the committee is to support the program through fundraising (such as parking events) and event organisation (in particular the end of season dinner). If you would like to be involved in the committee or would like to know more about being involved in the program, please contact MIC Mr Sam Higgins (higginss@sbhs.nsw.edu.au).

Code of Practice

A Code of Behaviour in Sport

(Revised in 2013 by the Headmasters of the GPS Schools of NSW).

The GPS Headmasters have produced the following guidelines to assist teachers, coaches, boys and parents.

Games in our schools are an important part of a fully balanced education for our students. The Heads are concerned to preserve sound educational and social practices in the many inter school games that are played and ask for the co-operation of school communities to ensure that these aims are realised.

The trend towards professionalism in school sport is to be viewed with caution. Where such an approach involves sound coaching techniques and is aimed at producing a satisfying and improved level of performance, this approach can be beneficial. However, care should be taken to exclude from our schools practices which place the pursuit of victory above those aspects of sport concerned with enjoyment, balanced development and good sportsmanship.

In other words, the spirit of the amateur – in its best sense – should remain the ideal which guides these aspects of school sports.

More specifically, the following points are made: –

PLAYERS

1. Play may be hard and vigorous, but deliberate violence should never be used towards opponents.
2. No person shall act towards or speak to any other person in a manner, or engage in any other conduct which threatens, disparages, vilifies or insults another person (the person vilified) on any basis, including but not limited to a person's race, religion, colour, descent or national or ethnic origin, special ability/disability or sexual orientation, preference or identity.
3. Players should not react with violence to any physical or verbal provocation.
4. Use of bad language, where directed at an umpire/referee, another player or oneself, is unacceptable.
5. Players should never argue with an umpire/referee (whether boy or adult) or contest a decision. Any negative response towards an umpire's ruling is unacceptable. (A Captain – only – may ask a referee to clarify a ruling in the event of uncertainty.)

6. Immodest behaviour in victory or success, and manifestation of self-disgust at an error or failure are poor sportsmanship. Gracious conduct, whatever the result of a game, is important.
7. Unfair or illegal tactics to gain an advantage should never be used.
8. Excessive or inappropriate talk should not be used on the field of play.

Players are encouraged to play in a positive and sportsmanlike manner and to extend every courtesy to the opposing team. This should include pre-match courtesies, recognition of good play on the part of the opposition and extending thanks to the umpire/referee and to the opposition after the match.

COACHES

1. All coaches (and particularly those who are not on the teaching staff) should ensure that they are fully aware of the expectations and practices of the school in which they are coaching. Coaches should remember that school sport plays an important role in a boy's education and is for the benefit of boys rather than adults.
2. Coaches should teach sound sportsmanship along with games skills; chivalrous conduct is an important element of school sport.
3. Coaches are asked to bear in mind that even senior school students need guidance; make clear the school's expectations regarding courtesies, punctuality, behaviour and dress.
4. Leadership and responsibility on the part of the captain should be encouraged. Coaches should refrain from running every detail or interjecting from the sidelines. (It is acknowledged that traditions and practices differ between, say, basketball on the one hand and, on the other, cricket and rugby.)
5. Coaches should not engage in excessive and ritual "psyching up" of a team.
6. If a match is lost, coaches should avoid giving the impression always that it could have been won if the team had played with more determination. (The opposition is sometimes just too skilful!) Similarly, coaches should avoid stating or giving the impression to players that bad refereeing decisions cost them the game.
7. Coaches should avoid any hint of criticising the umpiring or refereeing of a match – particularly in front of boys or parents.
8. A coach's aim should be always to coach in such a way that boys are able to learn for themselves.
9. Coaches are encouraged to establish and regularly to renew cordial relations with the coaches of opposing teams.

SPECTATORS

1. Parents are asked to make their presence and support as positive as possible.
2. If your school is host, parents are asked to assume some responsibility for making visiting parents feel at home.
3. When visiting another school, the host school's premises and rules – in matters of parking, tidiness, etc – should be respected. Adults are asked to note that, with the exception of family picnics in some circumstances, alcohol should not be consumed at GPS matches. If in doubt about such matters, visiting parents should check with an official of the host school.
4. Parents should never seek, during or immediately after a match, to give advice to coaches, umpires/referees or to players.
5. Barracking may be enthusiastic, should be positive rather than negative, avoiding excessive attention to the individual – even to praise him. A good example should be set by applauding skilful performance and play regardless of school.
6. Parents can assist their son's fuller education by being sensible about the number and length of his sporting commitments. While these are regulated within the school context, parents should see that other, outside sporting involvement does not interfere unduly with academic study, religious activities, cultural and social life, as well as time spent with the family.

SCHOOLS

1. Heads of schools, through their Sportsmasters and Masters in charge of sports, will foster sound attitudes towards sport in players, coaches and spectators.
2. Host schools will ensure that First Aid equipment, toilets, change rooms, refreshments, etc., are provided for visiting teams.
3. Visiting teams should be met courteously and shown the facilities they will use.
4. Forfeiting matches is to be avoided wherever possible. Early notification is an important courtesy in the event of inability to field a team.
5. Schools are to regard themselves as responsible for the conduct of their supporters, whether parents, boys or Old Boys.

Code of Practice

Introduction

The AAGPS was established to provide organised games between schools of similar aspiration. The motto of the Association is "Unity in Diversity". The following features of the Association have developed over a long period:

1. Provision of well organised fixtures at appropriate venues
2. Competition held in good spirit with high expectations of conduct and sportsmanship
3. Management and coaching of teams conducted as far as possible by schoolmasters
4. Lively and active communication among member schools in a forum ideal for the discussion of matters of common importance.
5. A spirit of cooperation in the context of the healthy competition between our schools.

The Association is chaired and run by schoolmaster members of the staffs of schools, with final responsibility being borne by Headmasters.

Common Principles

The Headmasters of the GPS Schools have reaffirmed their commitment to the following principles:

1. We believe that all GPS sport is valuable. It exists for the benefit of the boys and must assume its proper place alongside academic, spiritual, cultural and social development
2. Success at sport involves more than mere winning, which – while enjoyable and worthwhile – is only one of the potential benefits.
3. We all value our membership of the GPS. The Heads are committed to maintaining the strength of the Association and recognise that any action taken by an individual school against the spirit of the GPS Code of Practice will have adverse consequences, both on the Association as a whole, and on individual members.

Code of Practice

In the light of these principles, the GPS Headmasters affirm the following code of practice:

1. No inducements such as sporting scholarships, whether direct, disguised, or at arm's length, shall be offered by any member school. Financial assistance to talented sportsmen shall not form part of the enrolment strategy of any member school.
2. We affirm that the Headmaster of each school is responsible for knowing the special circumstances relating to the admission of boys to his school.
3. In the selection and training of boys in teams or crews, the good of the individual boy shall remain paramount.
4. While allowing for some exceptional circumstances, we believe that it is poor educational practice for a boy to engage in a single sport throughout the year.

The Headmasters of the GPS Schools of New South Wales, November, 2013.

CODE OF ETHICS OF NEW SOUTH WALES
SECONDARY SCHOOLS FOOTBALL ASSOCIATION (NSWSSFA)

It is the duty of all concerned with School Football:

1. To emphasise the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitor and hosts.
6. To respect the integrity and judgement of sports officials.
7. To achieve a thorough understanding and acceptance of the laws of the game.
8. To encourage leadership, use of initiative and good judgement by the players of a team.
9. To recognise that the purpose of football is to promote the physical, mental, moral, social and emotional well-being of individual players.
10. To remember that soccer is a game - not a matter of life and death for player, coach, school, officials, community, state or nation.

AAGPS BY-LAWS FOR FOOTBALL

FOR 1ST XI and 2ND XI MATCHES

1. Matches shall be played by the metropolitan schools, each school meeting the others once a year. The match grounds shall be approved by the Committee.
2. Each school shall be entitled to play on its home ground in alternate years.
3. If a school, which has not competed in previous seasons, wishes to enter the competition, six months' notice before the commencement of that competition must be given to the Honorary Secretary of the Association.
4. Matches shall be played on Saturdays. All dates, if practicable, shall be adhered to. The Sub-Committee shall have the right to alter dates but should do so only under special circumstances. When considerable inconveniences arise from playing on the Saturday arranged in alteration of the date and/or venue may be made by mutual agreement between the schools themselves, and with the approval of the Committee. The Convener of the Sub-Committee must be notified of the change of 10:00am of the date fixed.
5. Matches shall be played in the second and third terms of the four-term year.
6. 1st XI matches shall commence at 11:30am and 2nd XI matches shall commence at 10.00am at Shore, Sydney Boys' High, St. Joseph's, King's and Newington. All other schools hosting 1st XI matches shall commence at 1:30pm and 2nd XI matches shall commence at 12.00noon. Any variation of these times shall be by mutual consent between schools and the Convener shall be notified at least a week prior to the match by the host school.
7. Each 1st XI match shall be of 85 minutes duration, divided into two 40 minutes halves with a five minutes half-time break.

Each 2nd XI match shall be of 75 minutes duration, divided into two 35 minutes halves with a five minutes half-time break.

In both cases, allowances shall be made of either period for all time lost through accident or other cause, the amount of which shall be a matter for the discretion of the Referee.
8. A win shall count three points, draw one point and a loss no points.
9. In the absence of a Referee being appointed by the Sydney Schools Football Referees Association for any match, it shall be the duty of the home school to supply a Referee acceptable to both schools. If schools fail to agree, the home school shall appoint the referee.
10. The home school is responsible for the appointment of two qualified (holding an accredited Referee qualification) Assistant Referees for each match. Such linesmen are to act as neutral linesmen in accordance with the Laws of Football.
11. All Referees and Assistant Referees shall be correctly attired in official Referee's uniform.

12. Should any dispute arise as to the fitness of the ground from any temporary cause, the decision of the Referee on the field of play shall be final. With the agreement of the Committee the fixture will be replayed at a date and place set by the Committee.
13. In the event of a school's refusal to play a match as arranged, it forfeits the match.
14. Interchange players are allowed throughout the match from five named players. There is a maximum of six in a match made at anytime at the discretion of the coach. Interchange players must have played a full half of a previous match on the same day. Where the Second XI is the first game of the day five players who have not played a previous match may be listed.
15. Both teams are responsible for the completion of the Match Report Sheets. These sheets must be signed by the Referee and contain details (name and number) of all players cautioned or sent off. The Home school is responsible for the prompt delivery of Match Report Sheets to the Convener.
16. Any player accumulating three cautions shall automatically be suspended for the next competition match.
17. Inquiries in case of any player sent off the field shall take place prior to the next game in which the school concerned is engaged. In the instance of a player receiving two yellow cards in a GPS competition game resulting in a send off that the player receives an automatic one game suspension. This suspension is effective for the next GPS competition game.
18. All members of 1st and 2nd XI must wear numbers.
19. If two or more schools tie in premiership points they shall not play off but shall be bracketed equal. The team or teams finishing on top of the competition points table shall be called Premiers. A school winning all its matches and becoming sole premiers shall be styled Champions.
20. Badges shall be given each year to all Premiers or Champions in First Grade Football.
21. Combined teams shall be selected by the Sub-Committee under the chairmanship of the Convener immediately following the completion of the Final Round of Competition.

AAGPS FOOTBALL RULES

1. Age teams in Football are to be organised solely on an age basis (age is determined by the age you turn during that year). Schools should ensure that teams within an Age Division are graded properly.
2. Where a member of a team other than 1st and 2nd XI is sent from the field, a player's own school will deal with the suspension, and that suspension is to be for at least one week. Where a boy from a visiting team has been dismissed a report of the incident, including the referee's report, must be sent to the visiting school to enable any action to be taken with full knowledge of both schools.
3. All teams other than 1st and 2nd XI play the interchange rule. A system of no more than five interchange players with unlimited number of interchanges will be permitted. In non-competitive matches injured players may be replaced throughout the whole match. Replacement players must not be from a higher grade or group.
The procedure is:
 - (i) Any interchange must occur from the halfway line.
 - (ii) Any interchange must occur during a break in play.
 - (iii) Any interchange must have the referee's approval.
4. In non-competition matches injured players may be replaced throughout the whole match. Replacement players must not be injured from a higher grade or group.
5. For all teams other than 1st and 2nd XI no time will be added when play is stopped due to injury.
6. The home school shall provide the match ball.
7. In non-competition matches the home school shall provide suitably qualified and attired referees and linesmen. Provided that the linesmen are qualified referees, the referee for the match shall be empowered to use them as neutral linesmen, in accordance with the Laws of Association Football.
8. Coaches should not coach from the side line during matches.
9. Coaches should not normally go onto the field to attend injured players if there is first Aid assistance available and should not use this as an opportunity to coach players.
10. Schools should inform Sportsmasters of the arrangements for First Aid at their grounds when confirming the fixtures list.
11. Matches shall, as far as possible, be played in accordance with:
 - a) the Laws of Football as authorised by the International Football Association Board (IFAB);
 - b) the Code of Ethics of the New South Wales Secondary Schools Football Association; and
 - c) GPS Code of Behaviour (as published by the GPS Headmasters).