



# TEAM MANAGERS HANDBOOK



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PARRAMATTA JUNIOR RUGBY LEAGUE

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## Partnership Opportunities

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# WELCOME!

Being a Manager is a very important role as part of any Rugby League Team. Whilst Coaches & Trainers seem to be centre piece of the Team, the Manager has an integral part to play in the success of the Rugby League season – whether it's Under 6s, right through to Open Age, there is no such thing as “just the Manager!”

We know it can be daunting for new Managers, and we are also aware of the misinformation & confusion that can be created.

The purpose of this handbook is to provide you with a clear direction on what the expectations are for a Manager in the Parramatta Junior Rugby League. It will also provide vital information on relevant processes which you will undertake before, during and after the game.

## Your Role

The Managers role within a Team is to be the conduit between the Club, the Coaching staff & the Players (and their Parents) for information to be communicated, as well as to ensure the correct policies, procedures & best practices are all undertaken on a weekly basis.

You will be the primary contact point for all Players/Parents within your allocated Team. This will allow Coaches & Trainers to undertake their primary functions within the Team dynamic. Duties performed will quite often be:

- Acquiring & maintaining your Team contact list from your Club.
- Confirming contact details with Parents/Players.
- Ensuring all Players have been registered with the Club by liaising with your Club's registrar.
- Ensuring that all Coaches/Trainers have the required accreditation to fulfill the requirements of their role.
- Notify all Players & Parents of their requirements & expectations before the commencement of the season, or as soon as practicable, e.g. duty rosters, Team/Club events & fundraising.
- Ensuring all Players and Parents know when & where they are playing each week – on a weekly basis.
- Ensuring that information is distributed to all Team members & that everyone is fully informed of what is happening at your Club.
- Ensuring that Parents know to advise if their child is unavailable to play any game.
- Arranging for Team jersey distribution on game day and advise they are to be made available for the next game.
- Ensuring your Team is correctly attired (jerseys, correct shorts, socks) – attendance without jerseys will see your Team forfeit the fixture.
- Encouraging maximum participation by all Players & see that no Player is unfairly treated in relation to Team selection.
- Checking weekly scores & ladders are correct (Under 13+ only).
- Having a sound understanding of Junior League/Region/NSWRL Rules & Regulations as they relate to your level/Team.
- Having a good working knowledge of your Club Constitution & the rules as they relate to your Team.
- Ensuring all Players & Team Officials are aware of the NRL Code of Conduct & reinforce its adherence at every opportunity.
- Ensuring your Team participates in NSWRL #Respect Round & adhere to its guidelines **on a weekly basis.**
- Ensuring all Team members respect & support your Club at all times.
- Ensuring all paperwork required by the Club/PJRL is completed & submitted within the required timeframes.
- Representing the Team at all Club meetings (as required by your Club).
- Ensuring your Club has allocated/granted you access to your Team on MySideline Manager website.
- Ensuring access is available via your phone/tablet to your Teams “Identification Cards” on the MySideline Manager website.



- Being responsible for correctly completing the sign on sheet at the official table for each game and ensure accurately completed (Player sign on/staff identified & signed on).
- Remaining at the official table for the duration of the game to ensure that all particulars in relation to the game are correctly entered on the score sheet prior to signing by the referee.
- Any other duties as required by your Individual Club.

## NRL Code of Conduct

The Team Manager must be familiar with all aspects of the NRL Code of Conduct and, in conjunction with the Ground Manager, is responsible for its application on game days. The Team Manager, supported if necessary by other Team Officials, may be called upon to advise the Team of any breaches of the code by its supporters.

Figure 1: Extract from NRL Code of Conduct

# Code of Conduct

## ➤ Player

- Be a good sport. Respect all good play whether from your team or the opposition and shake hands with, and thank, the opposition players and officials after the game – win, lose or draw
- Participate for your own enjoyment and benefit.
- Always respect the Referee's decision.
- Never become involved in acts of foul play.
- Honour both the spirit and letter of the competition rules and live up to the highest ideals of ethics and sportsmanship; avoid gamesmanship, and respect the traditions of the game.
- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other players, officials or supporters.
- Care for and respect the facilities and equipment made available to you during training and competition.
- Safeguard your health; don't use any illegal or unhealthy substances.
- Recognise that many Officials, Coaches and Referees are Volunteers who give up their time to provide their services. Treat them with the utmost respect.
- Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a Rugby League match or competition in which you are involved.

Figure 2: Extract from NRL Code of Conduct



## Your obligations

Team Managers should be aged at least 14 years old for teams aged Under 6 to Under 12 and should be aged at least 18 years old for teams aged Under 13 and above.

### Registration Process

All volunteers are required to register with their club on the NRL's National Online Database. You can register with your Club using the [www.playrugbyleague.com](http://www.playrugbyleague.com) website. You will need an active NRL Account to register. You can either link an existing NRL Account to your registration or you will be prompted to create one. You will need to add identification verification documents and upload a photo of yourself at the time of initial registration. If you are renewing your registration from a previous season, you will not have to resubmit either identification or photos. If you have any issues with registering for your Club, you can contact your Club Registrar for assistance. Once you have registered a club administrator will assign you to your team online, which will allow you to access player and team staff online identification for game day sign on.

### WWCC Requirements

The NSWRL operates under the National Rugby League National Registration Policy in regard to Working with Children Checks. As per the NRL National Registration Policy all Match officials, Coaches, Volunteers, Sports Trainers and other like persons who participate in a junior environment i.e. 18 years and younger and/or officiate in matches, events involving officials 18 years and younger are required to provide current WWCC (NSW) or WWVP (ACT) details upon registration. Additionally, Coaches, Match officials, Sports Trainers, Volunteers who have attained the age of 18 years and above who work with or in an environment with individuals under 18 years will be required to complete Patrons of the Game Child Safe Education.

Your WWC number should be uploaded to your NRL account. It is your responsibility to ensure that it is current.

Information on how to apply can be found through the link below:

<https://www.service.nsw.gov.au/transaction/apply-for-a-working-with-children-check>

## Prior to Match Day

During the week, it will be your responsibility to ensure the following.

- Establish a communication system for your Team – whether via direct text message, or a WhatsApp Group – the idea being that you have open communication lines between yourself & your Parents/Players.
- Communicate game times, locations and requirements prior to the weekend.
- Ensure you are informed if anyone will be absent, and ensure injuries are reported so you can advise your Coaching staff.
- Attend any meetings that may be required by your Club.
- Follow up on any uniform issues/laundry of uniforms (if applicable)
- Liaise with Coaching staff about Team listing for upcoming weekend and input on Mysideline Manager **prior to 9pm on Thursday night.**

## Game Day

Its game day – and your role is extremely important.

- Arrive at venue approximately 1 hour prior to kick off.
- Ensure all Players attending are in their appropriate Club uniform – jersey, shorts & socks.
- Ensure all Players numbers are unique – no doubling up of numbers.
- Obtain the score sheet relevant to your Team from the Ground Manager.
- All Managers are required to complete their Team details at least 30 minutes prior to kick off to allow confirmation of Players via Player id/cards.
- All results sheets are to be written in Black or Blue pens only.
- Results sheets are a legal document, so it is imperative we get this right – especially from an insurance perspective
- Ensure Team selected on Mysideline Manager correlates with the Players taking part in game day
- Ensure jersey numbers match the Player on your scoresheet & on Mysideline Manager.





The Team Sheet will be pre-populated with the names of the Players in your Team – *dependent on who you select on Mysideline Manager prior to the Thursday 9pm deadline for each round.*

It is preferred you also select the Coaching staff for game day (which will also pre-populate – *this is not demonstrated in the above sheet – refer to Submitting Your Team List within this document*)

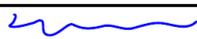
If you have not submitted jersey numbers by Thursday at 9pm, when submitting your team list on Mysideline Manager, the Players jersey numbers can be submitted on game day by writing the number next to each player on the Team Sheet.

It is recommended for these ages you select everyone in the squad on a weekly basis.

If you select Players who do not participate in the game, please cross them out neatly.

REMEMBER: only one (1) Trainer is allowed to participate on game day for Under 6 & 7 Games

**Prior to kick off** the Coaching staff should sign on next to their names and the Ground Manager & Level 1 Sports Trainer/League First Aid are to sign the bottom of each sheet as per the below example:

Sign Off	Name	Signature
Match Official/Referee		
Ground Manager	David Johnson	
First Aid / Level 1 Sports Trainer	Megan Davies	

For Under 8 and 9 matches, use the Period Column and mark with FR (First Receiver) or DH (Dummy Half) for the player wearing the vest in that period.

What do all the columns mean?

- **Period 1 – Period 4** – mark each column with an asterisk (\*) to identify the Players who started the respective period on the field.
- **Replaced by Referee** - not likely to be used in Under 6-9s, however, if a Player is removed by the “Referee” for continued dangerous/safe play violations – the Player(s) are to be identified by marking this column.

**YOU WILL NOTE THERE IS NOWHERE FOR YOU TO RECORD TRIES/GOALS OR ANY SCORES!**

- This is quite simply, because in these age groups pursuant to the Laws of the Game we do not track scores – and it is strongly discouraged for Coaches, Managers & Players to track them.

**These age groups are about kids having fun & participating.**



Under 6 & 7 Laws of the Game



Under 8 & 9 Laws of the Game



It is preferred you also select the Coaching staff for game day (which will also pre-populate – *this is not demonstrated in the above sheet – refer to Submitting Your Team List within this document*)

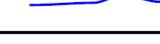
If you have not submitted jersey numbers by Thursday at 9pm, when submitting your team list on Mysideline Manager, the Players jersey numbers can be submitted on game day by writing the number next to each player on the Team Sheet.

It is recommended for these ages you select everyone in the squad on a weekly basis.

If you select Players who do not participate in the game, please cross them out neatly.

**REMEMBER: only two (2) Trainers are allowed to participate on game day for Under 10 - 12 Games**

**Prior to kick off** the Coaching staff should sign on next to their names and the Ground Manager & Level 1 Sports Trainer/League First Aid are to sign the bottom of each sheet. The Referee is to sign at the end of the game as per the below example:

Sign Off	Name	Signature
Match Official/Referee	Cameron Cross	
Ground Manager	Paul Burrows	
Other Official/Opposition Team	Martha Matthews	

Use the Period Column and mark with FR (First Receiver) or DH (Dummy Half) for the player wearing the vest in that period.

What do all the columns mean?

- **Period 1 – Period 2** – mark each column with an asterisk (\*) to identify the Players who started the respective Period on the field. Also mark the respective Period for the First Receiver with **FR** & Dummy Half with **DH**
- **Tries & Goals – in each Period Column** use a tally mark to identify when a Player scores a try (T) or goal (G)
- **REMEMBER** no one is to have a second attempt at goal until everyone in the Team has had an attempt.
- **Replaced by Referee** – if a Player is removed by the “referee” for continued dangerous/safe play violations – the Player(s) are to be identified by marking this column.

**WHILST UNDER 10 – 12 PLAY IN DEVELOPMENT COMPETITIONS, IT IS STILL IMPORTANT THAT WE CONTINUE TO MAINTAIN RECORDS FOR THE PURPOSES OF GRADING AS THEY GET OLDER.**

- U10s do not have access to MySideline Manager for scoring, please complete the Form by scanning the below QR Code.
- U11 and U12s do have access to MySideline Manager for scoring, please refer to page 19 for instructions



**U10 - U12 LAWS OF THE GAME**



**SUBMIT U10 SCORES**



It is preferred you also select the Coaching staff for game day (which will also pre-populate – *this is not demonstrated in the above sheet – refer to Submitting Your Team List within this document*)

If you have not submitted jersey numbers by Thursday at 9pm, when submitting your team list on Mysideline Manager, the Players jersey numbers can be submitted on game day by writing the number next to each player on the Team Sheet.

**All Squads to be submitted on MySideline Manager by 9pm  
on Thursday Night prior to Round Commencement**

Sports Trainer information:

## SPORTS TRAINERS - NRL ON-FIELD POLICY

### GROUND MANAGER MUST

- Check minimum requirement for game (as per table below)
- Check Sports Trainers accreditation with the Team Managers using MySideline Manager
- Ensure Sports Trainers have signed the Team Sheet

IF THE MINIMUM REQUIREMENTS CANNOT BE MET THEN THE GAME CANNOT START

Age	Minimum Personnel Required for Contact Rugby League	Minimum Personnel Required for League Tag	Minimum Accreditation Required
U6-7	One (1) x First Responder for up to four (4) matches being played on an International Field.	One (1) x First Responder for up to four (4) matches being played on an International Field.	<ul style="list-style-type: none"> <li>League First Aid; or</li> <li>NRL Level 1 Sports Trainer; or</li> <li>NRL Level 2 Sports Trainer</li> </ul>
U8-9	One (1) x First Responder for up to three (3) matches being played on an International Field.	One (1) x First Responder for up to three (3) matches being played on an International Field.	
U10-12	One (1) x First Responder per match	One (1) x First Responder per match	
U13-15	One (1) x First Responder per team for each match.		
U16+	One (1) x First Responder per team for each match.	One (1) x First Responder per team for each match.	<ul style="list-style-type: none"> <li>NRL Level 1 Sports Trainer; or</li> <li>NRL Level 2 Sports Trainer.</li> </ul>

Max 3 Sports Trainers per INTERNATIONAL Team (only 1 x First Responder)

Max 2 Sports Trainers per MINI/MOD Team (only 1 x First Responder)

**Prior to kick off** the Coaching staff should sign on next to their names and the Ground Manager & Level 1 Sports Trainer/League First Aid are to sign the bottom of each sheet. The Referee is to sign at the end of the game as per the below example:

Sign Off	Name	Signature
Match Official/Referee	Cameron Cross	
Ground Manager	Paul Burrows	
Other Official/Opposition Team	Marika Matthews	





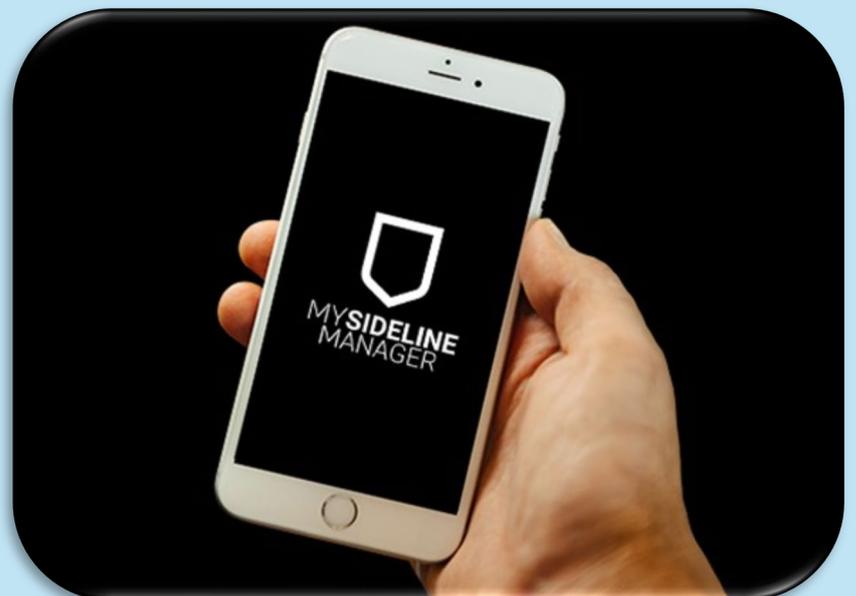
# MYSIDELINE MANAGER

## What is MySideline Manager?

- My Sideline Manager is NOT an App – you will need to access via the Web - [MySideline Manager](https://Manager.mysideline.com.au) – <https://Manager.mysideline.com.au>
- Your Club administrator (secretary or registrar) will have needed to add you as the Team Manager and provided you with access (using your NRL Login Email Address)
- Mysideline Manager is where you are in control of selecting your squad, as well as recording results on a weekly basis.
- My Sideline Manager Features:
  - Team Lists – this is where you select your Team for game day, as well as find your Player ID cards for game day identification.
  - My Members – this is where you find your entire list of those allocated by your Club to your squad
  - Injury Cases – a database which contains the reports of any injuries to your Players.
  - Matches – a list of upcoming matches
  - Attendance – allows you to record attendees at training
  - Report Injury – the online injury reporting tool, allowing you to do so instantly on game day.
  - It is **strongly recommended** that you undertake Mysideline Manager training – a simple, easy to follow guide can be found on the Play Rugby League website <https://www.playrugbyleague.com/mysideline/manager/>

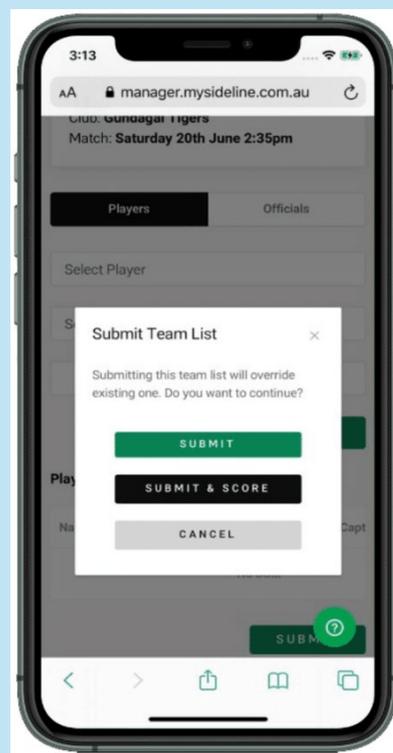
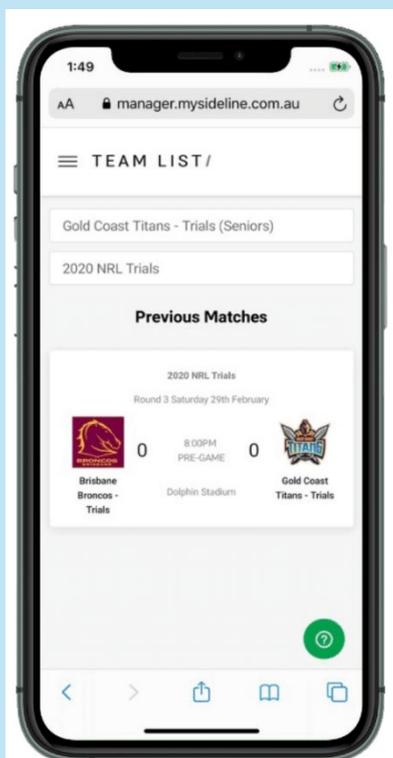


**My Sideline Manager Training**



# Submitting your Team List

- All Teams are **REQUIRED** to submit a Team list via Mysideline Manager – this will assist in recording Players who participate in each game. It will also enable you to effectively confirm Player IDs with opposition Managers and Officials.
- In order to input your Team list for each round;
  - Select the match you're submitting the Team for – the next game will be listed first (*see below left*)
  - A default list will be generated based on the Team selection form the previous game. **Please make sure each match is updated with all Players coming in and out of the Team.**
  - For all 13+ games, Players should be listed in their actual position – i.e. fullback, halfback, bench etc.
  - List all jersey numbers – **there should be no two (2) jerseys the same.**
  - Scroll to the bottom and select **Submit** when completed, this will save & update the Team list and will update your Player ID cards.
  - Then press on **Officials**, add your Coach, Trainers and Manager.
  - Scroll to the bottom and select **Submit**.
  - Injured/Concussion Protocol – Players **will not** be available for selection until cleared
  - REMINDER: this process is to be completed by **9pm THURSDAY NIGHT BEFORE THE GAME.**
  - Once submitted you will be given 2 options (*see below right*);
  - **Submit** – will allow you to remain on the current screen to either view the Digital ID cards or make any further changes – THIS IS THE OPTION YOU WILL CHOOSE WHEN SUBMITTING YOUR TEAM ON THURSDAY NIGHT
  - **Submit & Score** – this is the option you will choose on game day – having made any required change. This will take you to Match Management for Scoring etc.



## Reporting Injuries & Injury cases

- Injury reports are completed using the Report an Injury Feature in MySideline Manager.
- Click on the Hamburger in the top left of screen, then select **Report Injury**.
- The screen will have a series of drop-down boxes with some of those pre-populating.
- Complete this Form rather than the old paper-based Form
- Very simple & less messy to report injuries – particularly HIA.
- Players who are ineligible due to injuries (namely HIA) will be listed on your Injury Cases page.

### INJURY REPORT /

 Location Details Complete Share

Where did the injury occur? ▼

---

Select competition ▼

---

Select round ▼

---

Select match ▼

---

Select team ▼

---

Enter venue name 🔍

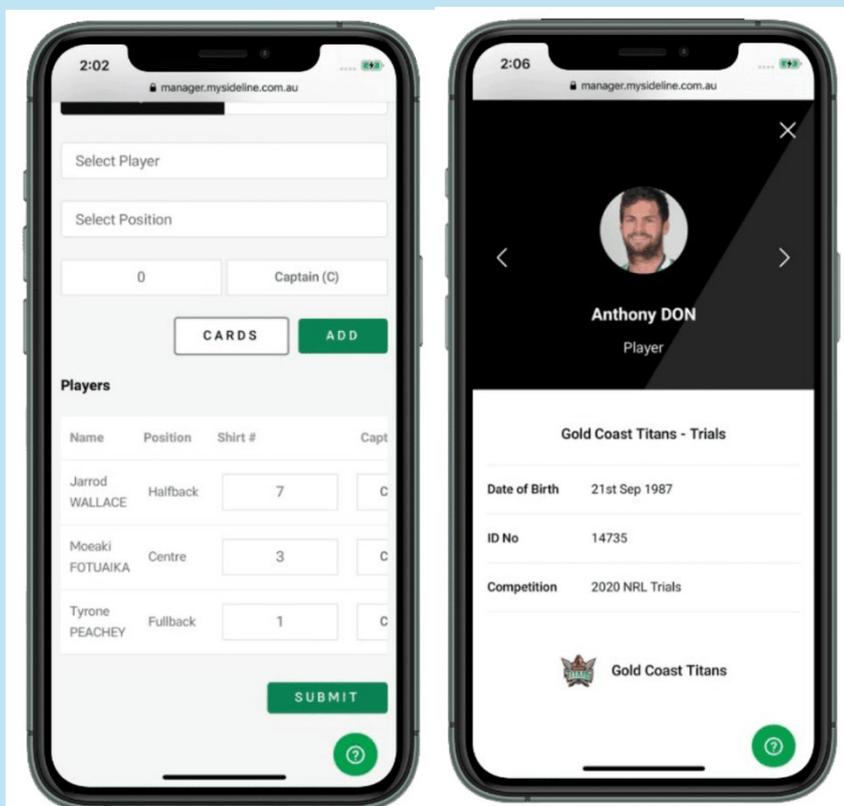
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Venue address

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## Player ID Cards

- If you notice that a player's picture is more than two (2) years old, please have the player/parent/club secretary update the photo on their MySideline Profile.
- **Go to <https://profile.mysideline.com.au/>**, then log in, click on the hamburger in the top left hand corner, select My Profile, then EDIT PROFILE, then click on the image and choose a recent photo.
- Teams are responsible for checking the eligibility of Players for each Team, utilising the Player ID Cards on Mysideline Manager.
- **This process is to be undertaken up to 30 minutes prior to kick off**
- Players available to play will have their cards made available once the squad has been selected by the Manager.
- Ensure your Team has been submitted.
- Select the Cards button.
- Swipe right to run through the ID cards for all Players participating in the game
- If a Player is playing up to assist, the Player/Parent will be able to access the Players ID card by logging into their profile via <https://profile.mysideline.com.au/>, then log in, click on the hamburger in the top left hand corner, select My Profile



**Pictures uploaded to a MySideline Profile should look as above.**

**Close up Head Shot.**

**Player only in photo.**

**No Hats,  
No Sunglasses.**

**PLEASE CHECK WITH YOUR CLUB SECRETARY THAT ANY PLAYERS PLAYING UP ARE ELIGIBLE TO PLAY. PLAYERS WHO PLAY UP AN AGE GROUP MUST COMPLETE A PLAYING IN A HIGHER AGE GROUP CONSENT FORM. THEY ARE AVAILABLE AT THE MANAGERS TABLE.**

**THE COMPLETED FORM MUST BE SUBMITTED WITH THE TEAM SHEET.**

# Scoring the Game – Who does what?

PURSUANT MYSIDELINE MANAGER ACCESS - APPLICABLE TO UNDER 11S AND OLDER ONLY

- **Home Team Manager** is to score utilising the My Sideline Manager site:  
<https://manager.mysideline.com.au/login> (online live scoring).
- **Away Team Manager** is to score on both sets of Team Sheets (paper copy – as per the score sheet pages).
- Final result online (for U11s and older matches) is not to be submitted until both Managers have confirmed & agreed that their scores are aligned.
- Both Managers agree to the scores by signing the oppositions score sheet.

## Scoring the Game – Online

PURSUANT MYSIDELINE MANAGER ACCESS - APPLICABLE TO UNDER 11S AND OLDER ONLY

- Select 'Matches' in the menu
- Select the match you are managing – upcoming matches will come up first
  - Please confirm you have selected the correct match
    - Round Number
    - Date
    - Time
    - Opponent
  - Select Period 1 to start the match
  - Once Period 1 is selected, you will be able to start scoring events

## A Scoring Event Occurs (Try, Goal, Field Goal)

PURSUANT MYSIDELINE MANAGER ACCESS - APPLICABLE TO UNDER 11S AND OLDER ONLY

- Select the 'Scoring' Tab
- To add a scoring event – select the '+' icon next to the event that occurred.
- Select the Player from the drop down list
- Enter the time of the event (game time – if you choose to)
- Once submitted, the score will update according to the event
- NOTE: If a Player is not able to be located from the list – an option known as “unknown scorer” can be selected.
- If an error is made – it can be amended on the “feed” tab which captures a list of events in chronological order
- Once a period has ended, simply start the next one by selecting the relevant period



## Recording an Interchange

- Select the “Interchange” tab
- To add an event, select the “+” icon next to the event.
- Select the Player LEAVING the field
- Select the Player ENTERING the Field
- Enter the time (if you choose to)
- Select Submit
- NOTE: In the event of a sin bin/send off, you will not be required to select a Player ENTERING the field.
- If an error is made, select the “Feed” tab as per scoring
- NOTE – Gold Divisions and Open Mens Competitions – 10 interchanges only – Silver & Bronze Competitions have unlimited interchange



U6 - U12 MIXED		PARRAMATTA JUNIOR RUGBY LEAGUE - A SUMMARY OF MAJOR ASPECTS OF PLAY 2026					
AGE GROUP	6	7	8	9	10	11	12
NUMBER OF PLAYERS ON FIELD	6	6	8	8	11	11	13
MINIMUM NUMBER PLAYERS ON FIELD	4	4	6	6	8	8	11
MAXIMUM NUMBER OF PLAYERS ON GAME DAY	10	10	15	15	18	20	20
MAXIMUM NUMBER OF REGISTERED PLAYERS	10	10	15	15	18	20	22
MAXIMUM TRAINERS PER TEAM	2	2	2	2	2	2	2
MATCH DURATION	4 x 8 min	4 x 8 min	4 x 8 min	4 x 8 min	2 x 20 min	2 x 20 min	2 x 20 min
MINIMUM PLAYING TIME (UNBROKEN)	2 quarters	2 quarters	2 quarters	2 quarters	1 half	1 half	1 half
HALF TIME	3 min	3 min	3 min	3 min	4 min	4 min	4 min
FIELD SIZE	40 x 20 m	40 x 20 m	68 x 30 m	68 x 30 m	80 x 48m	80 x 48m	100 x 68m
BALL SIZE	Mini Ball - Size 3				Mod Ball - Size 4		
MARKERS	No marker	No marker	No marker	1 marker	1 marker	1 marker	1 marker
DEFENSIVE LINE	Defenders stand back 5m						
RESULT FROM A KNOCK ON OR FORWARD	Chance rule			Handover (unless an advantage is gained) to the non offending team			
NUMBER OF TACKLES	Tag	6	6	6	6	6	6
ZERO TACKLE	N/A	A zero tackle will be signalled when the non-offending team gains possession of the ball from a knock on, forward pass, or accidental offside. The initial tackle from a 20m restart will be a zero tackle.					
MINIMUM PASSES REQUIRED BEFORE PLAYER IS TACKLED OR SCORES, FOR TEAM TO AVOID TURNOVER OF POSSESSION	1 pass (minimum)		2 passes (minimum) - Except if the player wearing vest runs with the ball from their nominated position, and is tackled without passing.				
FIRST RECEIVER AND DUMMY HALF VESTS (FR) & (DH)	N/A		First Receiver (FR)	First Receiver (FR), Dummy Half (DH)			
ROTATION OF VEST(S)	N/A		Minimum at quarter time		Minimum at half time		
START OF PERIOD	Kick off from halfway						
DISTANCE BALL MUST TRAVEL AT START TO BEGIN PERIODS FROM ½ WAY	5 metres						
RESTART OF PLAY	Tap kick from 5m line to non-scoring team			Tap kick from halfway to non-scoring team			
KICKING	No kicking in general play			Kicking in general play (NO bomb kicks)			
CONVERSIONS	N/A		Place or Drop Kick - After a player kicks at goal, they cannot kick again until every other on-field player has had a turn				
MERCY RULE	Once a team reaches 60+ points above the oppositions score						

#### NATIONAL SAFEPLAY CODE U6-U15

#### A SUMMARY OF KEY ASPECTS OF THE CODE

- ✗ Tackles above the armpits are not permitted
- ✗ Shoulder charges are not permitted
- ✗ Aggressive palms are not permitted
- ✗ Slinging / swinging is not permitted

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

- ✗ Dangerous flops are not permitted
- ✗ Verbal abuse / foul language is not permitted
- ✗ No pushing in scrums (13-15 years)
- ✗ Dangerous tackles are not permitted (trips, lifting, pushing, ankle taps)



#### GUIDELINES FOR THE MANAGEMENT OF CONCUSSION

##### RECOGNISING THE INJURY – (SUSPECTING CONCUSSION)

Visible clues - when to suspect concussion:

- Loss of consciousness or non-responsive
- Lying on the ground - not moving, or slow to stand
- Unsteady on feet / balance problems / poor coordination
- Grabbing / clutching at head
- Dazed, blank or vacant look
- Confused / not aware of plays or events

##### REMOVING THE PLAYER FROM THE ACTIVITY INCLUDING TRAINING, WARM-UP OR GAME

- Initial management of a head injury or suspected concussion must always follow first aid rules, including airway breathing, CPR and spinal immobilisation.
- A player who has suffered a suspected concussion or exhibits the symptoms of concussion should not return to play in the same game or training (or any game or training) until medically cleared to play by a doctor even if they appear to have recovered.
- The assessor should not be swayed by the opinion of the player, coaching staff, parents, or anyone else suggesting premature return to play. Concussion is an evolving condition, symptoms and signs can vary over minutes to hours and days. The incident must be recorded in the online HIRRF through the MySideline platform.

U13 AND OLDER MALE	PARRAMATTA JUNIOR RUGBY LEAGUE - A SUMMARY OF MAJOR ASPECTS OF PLAY 2026						
AGE GROUP	13 & 14	15	16	17	19 & 21	OPEN GOLD & SILVER	OPEN BRONZE
NUMBER OF PLAYERS ON FIELD	13	13	13	13	13	13	13
MINIMUM NUMBER PLAYERS ON FIELD	9	9	9	9	9	9	9
MAXIMUM NUMBER OF PLAYERS ON GAME DAY	20	20	20	20	20	20	20
MAXIMUM NUMBER OF REGISTERED PLAYERS	22	25	25	25	28	Unlimited	Unlimited
MAXIMUM TRAINERS PER TEAM	3	3	3	3	3	3	3
MATCH DURATION	2 x 25 Min	2 x 25 min	2 x 30 min	2 x 30 min	2 x 30 min	2 x 35 min	2 x 30 min
INTERCHANGE	All Male Division 1/Gold Competitions are Limited to 10 Interchanges (Max 2 at once) U13/1, U14/1, U15/1, U16/1, U17/1, U19, U21, Open Mens			All other Male Competitions Unlimited Interchange (Max 2 at once) (Division 2/Division 3/Silver/Bronze)			
HALF TIME (Whistle to Whistle)	10 min						
FIELD SIZE	100m x 68m						
BALL SIZE	International Ball - Size 5						
MARKERS	2 markers						
DEFENSIVE LINE	5m						10m
RESULT FROM A KNOCK ON OR FORWARD	Handover (unless an advantage is gained) to the non offending team						
NUMBER OF TACKLES	Six (6)						
ZERO TACKLE	A zero tackle will be signalled when the non-offending team gains possession of the ball from a knock on, forward pass, or accidental offside. The initial tackle from a 20m restart will be a zero tackle.						
START OF PERIOD	Kick off from halfway						
SIX AGAIN RULE	Applicable to U13/1, U14/1 and all U15 and U16 Competitions. Six more tackles will be signalled for infringements beyond the 40m line, with penalties still given inside the 40m line			Applicable to U17 and older Parramatta only Competitions. Not applicable to U17 and older Metropolitan Competitions.			
MERCY RULE	Once a team reaches 60+ points above the oppositions score						

### NATIONAL SAFEPLAY CODE U6-U15

#### A SUMMARY OF KEY ASPECTS OF THE CODE

- ✗ Tackles above the armpits are not permitted
- ✗ Shoulder charges are not permitted
- ✗ Aggressive palms are not permitted
- ✗ Slinging / swinging is not permitted

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

- ✗ Dangerous flops are not permitted
- ✗ Verbal abuse / foul language is not permitted
- ✗ No pushing in scrums (13-15 years)
- ✗ Dangerous tackles are not permitted (trips, lifting, pushing, ankle taps)



### GUIDELINES FOR THE MANAGEMENT OF CONCUSSION

#### RECOGNISING THE INJURY – (SUSPECTING CONCUSSION)

Visible clues - when to suspect concussion:

- Loss of consciousness or non-responsive
- Lying on the ground - not moving, or slow to stand
- Unsteady on feet / balance problems / poor coordination
- Grabbing / clutching at head
- Dazed, blank or vacant look
- Confused / not aware of plays or events

#### REMOVING THE PLAYER FROM THE ACTIVITY INCLUDING TRAINING, WARM-UP OR GAME

- Initial management of a head injury or suspected concussion must always follow first aid rules, including airway breathing, CPR and spinal immobilisation.
- A player who has suffered a suspected concussion or exhibits the symptoms of concussion should not return to play in the same game or training (or any game or training) until medically cleared to play by a doctor even if they appear to have recovered.
- The assessor should not be swayed by the opinion of the player, coaching staff, parents, or anyone else suggesting premature return to play. Concussion is an evolving condition, symptoms and signs can vary over minutes to hours and days. The incident must be recorded in the online HIRRF through the MySideline platform.

U11 AND OLDER FEMALE (TACKLE)	PARRAMATTA JUNIOR RUGBY LEAGUE - A SUMMARY OF MAJOR ASPECTS OF PLAY 2026					
AGE GROUP	11	13	14	15	17	OPEN
NUMBER OF PLAYERS ON FIELD	11	13	13	13	13	13
MINIMUM NUMBER PLAYERS ON FIELD	8	9	9	9	9	9
MAXIMUM NUMBER OF PLAYERS ON GAME DAY	18	20	20	20	20	20
MAXIMUM NUMBER OF REGISTERED PLAYERS	20	22	22	25	25	Unlimited
MAXIMUM TRAINERS PER TEAM	2	3	3	3	3	3
MATCH DURATION	2 x 20 Min	2 x 25 min	2 x 25 min	2 x 25 min	2 x 30 min	2 x 30 min
INTERCHANGE	1 half unbroken	Unlimited				
HALF TIME (Whistle to Whistle)	4 min	10 min				
FIELD SIZE	80 x 48m	100m x 68m				
BALL SIZE	Mod - Size 4	International - Size 5				
MARKERS	1 marker	2 markers				
DEFENSIVE LINE	5m			10m		
RESULT FROM A KNOCK ON OR FORWARD PASS	Handover (unless an advantage is gained) to the non offending team					
NUMBER OF TACKLES	Six (6)					
ZERO TACKLE	A zero tackle will be signalled when the non-offending team gains possession of the ball from a knock on, forward pass, or accidental offside. The initial tackle from a 20m restart will be a zero tackle.					
START OF PERIOD	Kick off from halfway (11 must travel 5m - all other age groups must travel 10m)					
RESTART OF PLAY	Tap Kick from halfway to non-scoring Team	Kick off from halfway by non-scoring Team				
ROTATION OF VESTS (FR) & (DH)	Minimum at ½ time	Not applicable				
KICKING (GENERAL PLAY)	No Bomb Kicks	All types of kicking allowed				
KICKING (CONVERSIONS)	(11 and 13, 14 & 15 SILVER ONLY) Tries scored between 20m in-field from touch and touchline to be taken along the 20m line in-field from touch				(13, 14, 15 Gold and 17 & Open) Taken in line with where the try was scored	
MERCY RULE	Once a team reaches 60+ points above the oppositions score					

### NATIONAL SAFEPLAY CODE U6-U15

#### A SUMMARY OF KEY ASPECTS OF THE CODE

- ✗ Tackles above the armpits are not permitted
- ✗ Shoulder charges are not permitted
- ✗ Aggressive palms are not permitted
- ✗ Slingsing / swinging is not permitted

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

- ✗ Dangerous flops are not permitted
- ✗ Verbal abuse / foul language is not permitted
- ✗ No pushing in scrums (13-15 years)
- ✗ Dangerous tackles are not permitted (trips, lifting, pushing, ankle taps)



### GUIDELINES FOR THE MANAGEMENT OF CONCUSSION

#### RECOGNISING THE INJURY – (SUSPECTING CONCUSSION)

Visible clues - when to suspect concussion:

- Loss of consciousness or non-responsive
- Lying on the ground - not moving, or slow to stand
- Unsteady on feet / balance problems / poor coordination
- Grabbing / clutching at head
- Dazed, blank or vacant look
- Confused / not aware of plays or events

#### REMOVING THE PLAYER FROM THE ACTIVITY INCLUDING TRAINING, WARM-UP OR GAME

- Initial management of a head injury or suspected concussion must always follow first aid rules, including airway breathing, CPR and spinal immobilisation.
- A player who has suffered a suspected concussion or exhibits the symptoms of concussion should not return to play in the same game or training (or any game or training) until medically cleared to play by a doctor even if they appear to have recovered.
- The assessor should not be swayed by the opinion of the player, coaching staff, parents, or anyone else suggesting premature return to play. Concussion is an evolving condition, symptoms and signs can vary over minutes to hours and days. The incident must be recorded in the online HIRRF through the MySideline platform.

U10 AND OLDER FEMALE (LEAGUE TAG)		PARRAMATTA JUNIOR RUGBY LEAGUE - A SUMMARY OF MAJOR ASPECTS OF PLAY 2026				
AGE GROUP	10	12	14	16	18	OPEN
NUMBER OF PLAYERS ON FIELD	8	8	11	11	11	11
MINIMUM NUMBER PLAYERS ON FIELD	6	6	8	8	8	8
MAXIMUM NUMBER OF PLAYERS ON GAME DAY	15	15	18	18	18	18
MAXIMUM NUMBER OF REGISTERED PLAYERS	15	15	20	20	20	20
MAXIMUM TRAINERS PER TEAM	2	2	3	3	3	3
MATCH DURATION	2 x 20 Min	2 x 20 min	2 x 25 min	2 x 25 min	2 x 25 min	2 x 25 min
INTERCHANGE	Unlimited					
HALF TIME (Whistle to Whistle)	3 min		5 min			
FIELD SIZE	80 x 48m		100m x 68m			
BALL SIZE	Mod - Size 4		International - Size 5			
MARKERS	1 marker mandatory		2 max but not mandatory			
DEFENSIVE LINE	5m			10m		
RESULT FROM A KNOCK ON OR FORWARD PASS	Handover (unless an advantage is gained) to the non offending team					
NUMBER OF TAGS	Six (6)					
ZERO TAG	A zero tag will be signalled when the non-offending team gains possession of the ball from a knock on, forward pass, or accidental offside. The initial tag from a 20m restart will be a zero tag.					
START OF PERIOD	Kick off from halfway (10 & 12 must travel 5m - all other age groups must travel 10m)					
MINIMUM PASSES REQUIRED BEFORE PLAYER IS TACKLED OR SCORES, FOR TEAM TO AVOID TURNOVER OF POSSESSION	2 passes (minimum) - Except if the player wearing vest runs with the ball from their nominated position, and is tackled without passing.		No applicable			
RESTART OF PLAY	Place Kick from halfway by non-scoring Team - Kickers must rotate		Place Kick from halfway by non-scoring Team			
KICKING (GENERAL PLAY)	No Bomb Kicks		All types of kicking allowed			
FIRST RECEIVER AND DUMMY HALF VESTS (FR) & (DH)	FR & DH		Not Applicable			
ROTATION OF VEST(S)	Minimum at half time		Not Applicable			
CONVERSIONS	Rotate kickers - in front of posts drop or place kick		Place kick only - Tries scored between 10m in-field from touch and touchline to be taken along the 10m line in-field from touch			
SIN BIN	No Sin Bins - Player removed and replaced		Sin Bin applies			
MERCY RULE	Once a team reaches 60+ points above the oppositions score					

#### NATIONAL SAFEPLAY CODE U6-U15

##### A SUMMARY OF KEY ASPECTS OF THE CODE

- ✗ Tackles above the armpits are not permitted
- ✗ Shoulder charges are not permitted
- ✗ Aggressive palms are not permitted
- ✗ Slinging / swinging is not permitted

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

- ✗ Dangerous flops are not permitted
- ✗ Verbal abuse / foul language is not permitted
- ✗ No pushing in scrums (13-15 years)
- ✗ Dangerous tackles are not permitted (trips, lifting, pushing, ankle taps)



#### GUIDELINES FOR THE MANAGEMENT OF CONCUSSION

##### RECOGNISING THE INJURY – (SUSPECTING CONCUSSION)

Visible clues - when to suspect concussion:

- Loss of consciousness or non-responsive
- Lying on the ground - not moving, or slow to stand
- Unsteady on feet / balance problems / poor coordination
- Grabbing / clutching at head
- Dazed, blank or vacant look
- Confused / not aware of plays or events

##### REMOVING THE PLAYER FROM THE ACTIVITY INCLUDING TRAINING, WARM-UP OR GAME

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- A player who has suffered a suspected concussion or exhibits the symptoms of concussion should not return to play in the same game or training (or any game or training) until medically cleared to play by a doctor even if they appear to have recovered.
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## Need further info?



**NRL ON FIELD POLICY**



**NRL NATIONAL CODE OF CONDUCT**



**NSWRL COMMUNITY RUGBY LEAGUE POLICIES AND PROCEDURES MANUAL**



**NSWRL CODE OF CONDUCT INCIDENT REPORT FORM**



**NRL POLICIES AND GUIDELINES**



**NSWRL COMMUNITY POLICIES AND DOCUMENTS**



**PARRAMATTA JUNIOR RUGBY LEAGUE DOCUMENTS**



**NRL GUIDELINES FOR THE MANAGEMENT OF CONCUSSION**



**NSWRL COMMUNITY HEAD INJURY FLOWCHART**



**NSWRL COMMUNITY HEAD INJURY RECOGNITION AND REFERRAL FORM**

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