



**2026 RUGBY LEAGUE CENTRAL COAST
EDUCATION SESSION**



INTRODUCTION

WELCOME





INTRODUCTION

Schedule

Child Safe Education

Concussion Protocols

Judiciary & Code of Conduct

Accreditation Updates



INTRODUCTION

Schedule

TackleReady

NRL Game Development Update

Ground Managers

NRL On Field Policy



STATE OF THE GAME



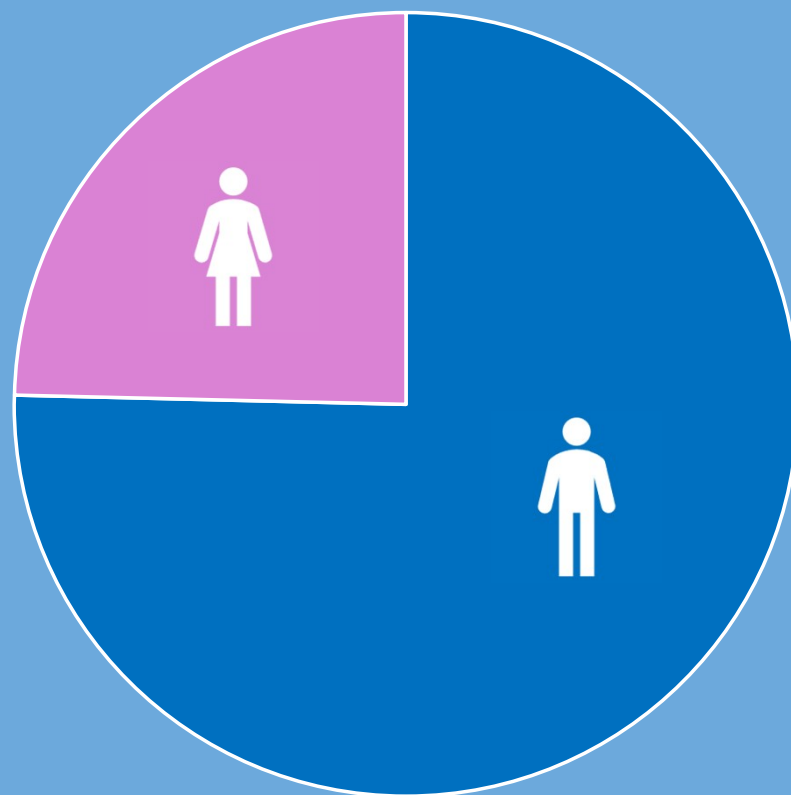


STATE OF THE GAME

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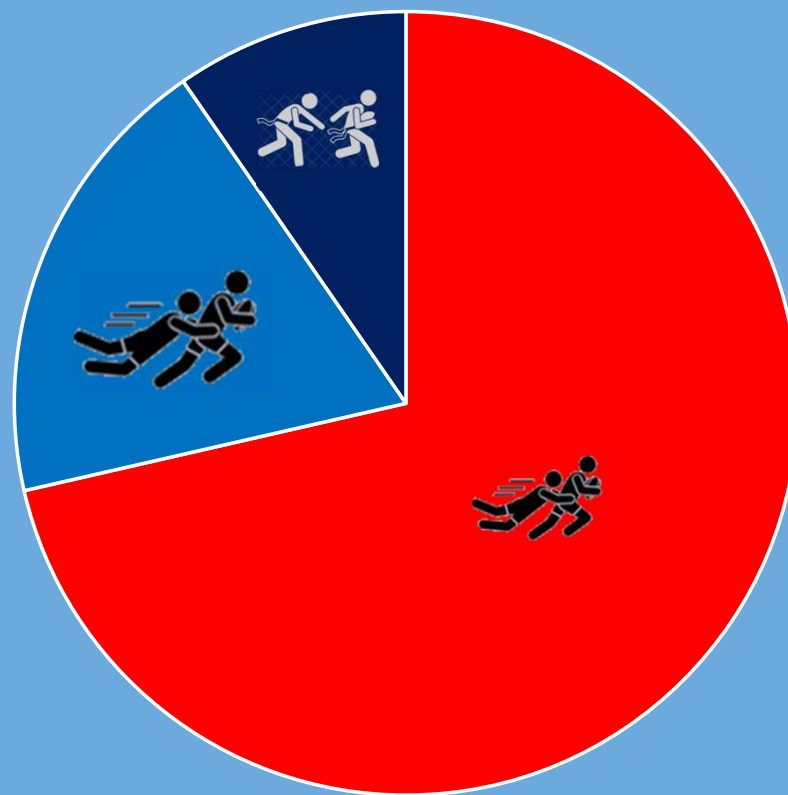


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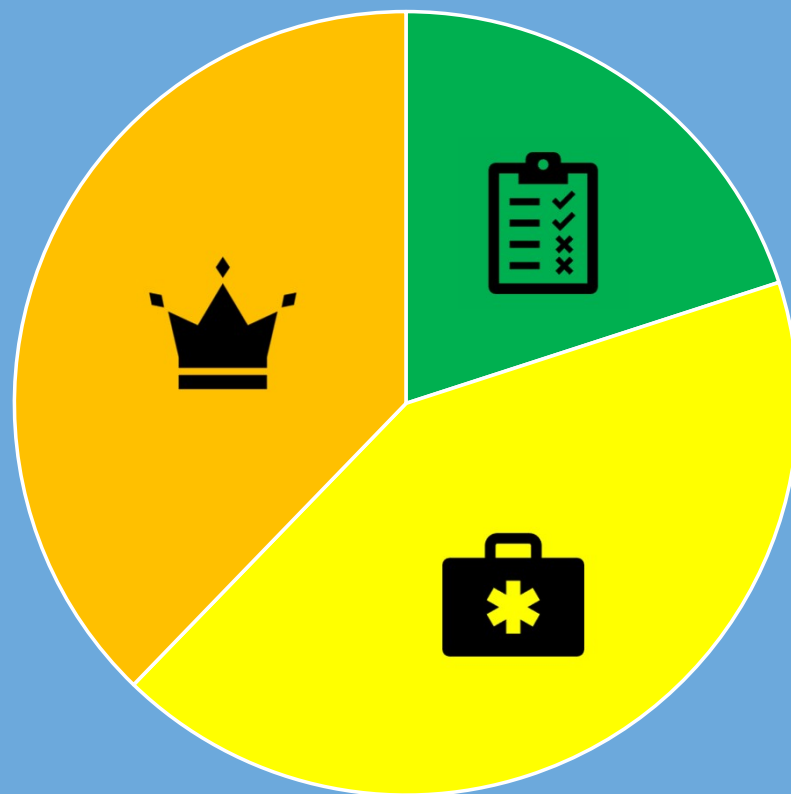


STATE OF THE GAME





STATE OF THE GAME





STATE OF THE GAME



	2026 YTD	2025 YTD
	5,084 (+6.36%)	4,780
	911 (+2.82%)	886
	549 (-2.35%)	559



STATE OF THE GAME





CHILD SAFE EDUCATION



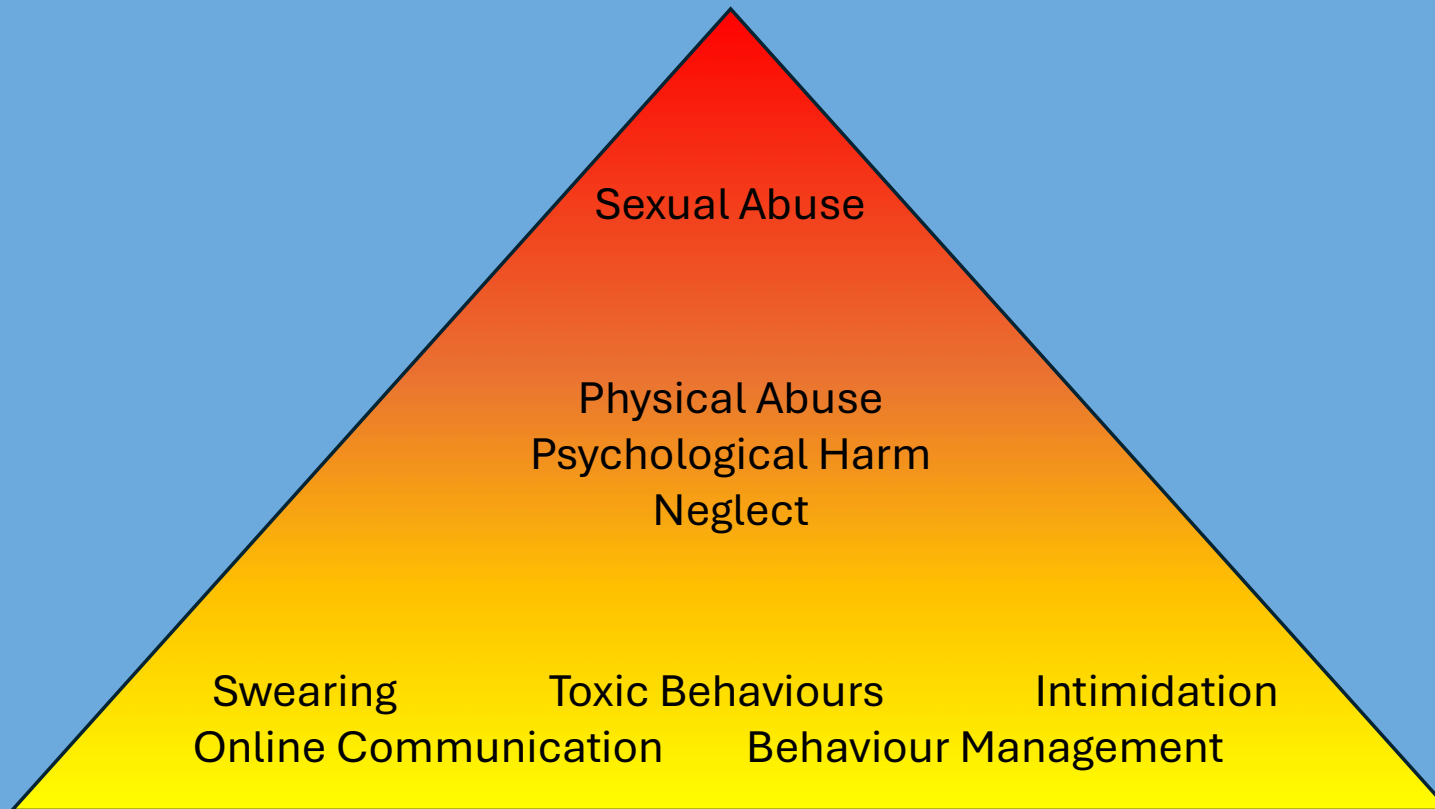
WHAT IS CHILD SAFEGUARDING?

WHEN YOU HEAR THE WORD "SAFEGUARDING"
WHAT DO YOU THINK OF?



WHAT IS CHILD SAFEGUARDING?

SAFEGUARDING INVOLVES THE PREVENTION AND REPORTING OF ABUSE AND HARM IN SPORT





CHILD SAFEGUARDING – WHAT ARE OUR OBLIGATIONS

	NSWRL/NRL	NSW GOVERNMENT
CHILD SAFE PREVENTION REQUIREMENTS	POLICIES AND REQUIREMENTS	WWCC 10 CHILD SAFE STANDARDS
INCIDENT AND ABUSE REPORTING	CLUB > DISTRICT > NSWRL	POLICE/DCJ/OCG



CHILD SAFE PREVENTION: NSWRL/NRL REQUIREMENTS

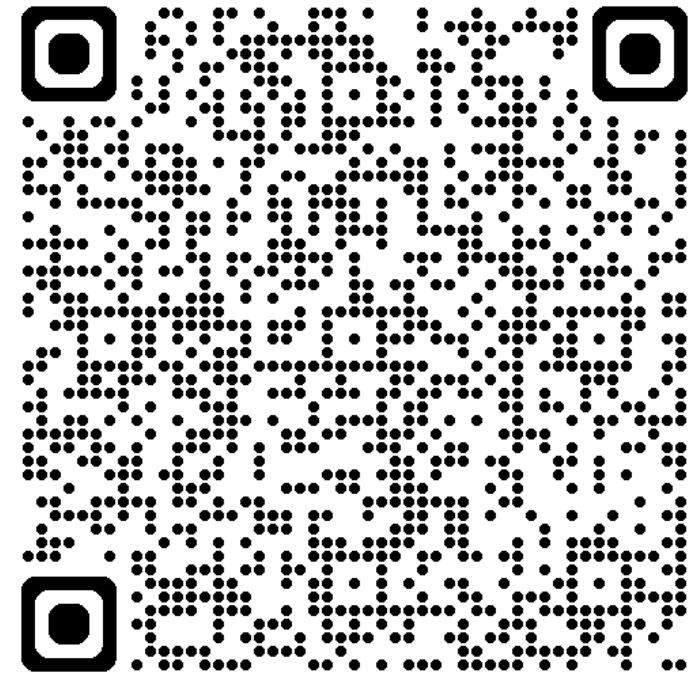
NRL POLICIES

NSWRL POLICIES

CLUB/DISTRICT POLICIES

THESE ARE ALL ACCESSIBLE
ON THE NSWRL WEBSITE

UNIQUE ASPECTS OF YOUR
CLUB





NSWRL/NRL REQUIREMENTS

DOCUMENTS
NSWRL COMMUNITY POLICIES AND DOCUMENTS /



Policies and Documents:

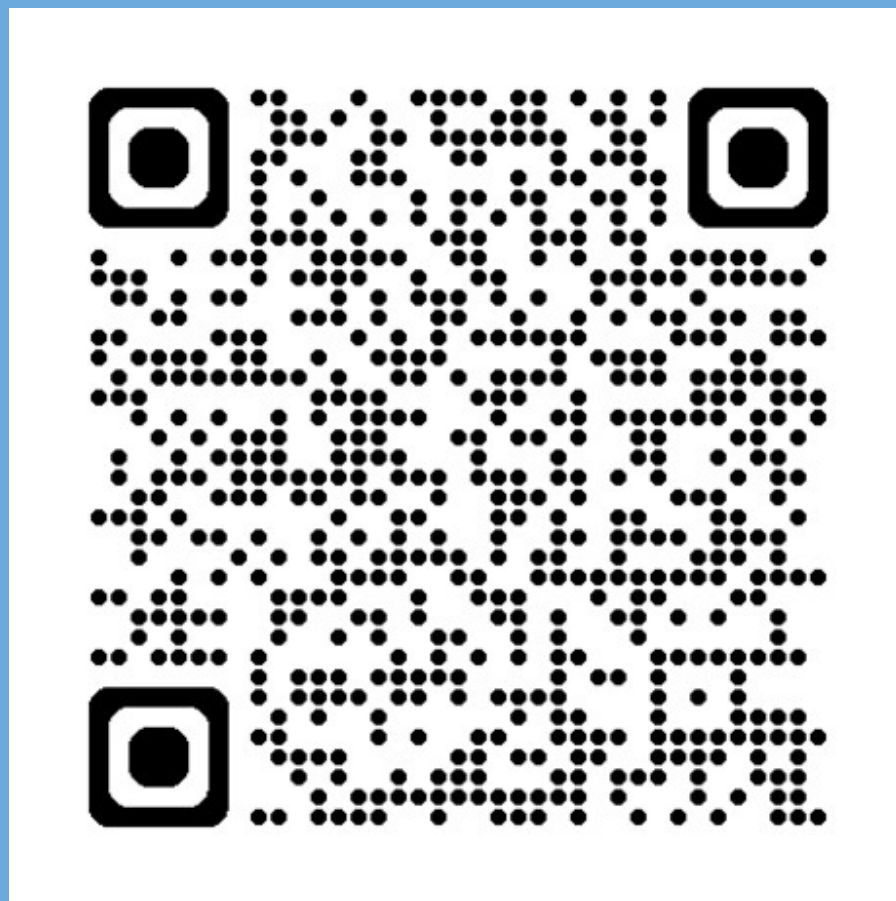
- [NSWRL Community Rugby League Policies and Procedures Manual 2025](#)
- [PNSWRL Player Points Index System \(PPIS\)](#)
- [NSWRL Player Points Index System \(PPIS\) Special Considerations](#)
- [NSWRL Metro Conference Competitions By Laws](#)
- [NSWRL Volunteer Match Official Guidelines and Suggested Honorariums](#)
- [NSWRL Complaints Disputes and Discipline Policy](#)
- [Code of Conduct Incident Report Form](#)
- [Certificate of Fitness for players aged 40 years and older](#)
- [NSWRL Safeguarding Children and Young People Policy](#)
- [NSWRL Event Sanctioning Form](#)



PATRONS OF THE GAME – EDUCATION MODULE

CHILD SAFETY - PATRONS OF THE GAME

ONLINE LEARNING





CHILD SAFE PREVENTION: NSW GOVERNMENT

NSW LEGAL REQUIREMENTS

WWCC

10 CHILD SAFE STANDARDS



WORKING WITH CHILDREN CHECK & VERIFICATION (NSW)





WORKING WITH CHILDREN CHECK & VERIFICATION (NSW)

COACH, VOLUNTEER, MATCH OFFICIAL OR LIKE PERSON REGISTERS WITH MY CLUB

- **Step 1** - Coach, match official or volunteer obtains a WWCC via Office of Children's Guardian and provides a WWCC on registration. Advise potential applicants this is a requirement before formally appointing any volunteers.
- **Step 2** – The registering club or association collects the Working With Children Check on registration (entered in My Sideline).

Please note registration remains pending until verification – registration and involvement in any child related activity is not permitted under ARLC and NSWRL rules where a match official, volunteer, coach, ground manager or other like person doesn't have a WWCC

- **Step 3 – IMPORTANT YOUR CLUB Child Safe Officer verifies** the Working With Children Check on Office of Children's Guardian portal.
- **Step 4** – WWCC verification cleared – Registration approved. The club should keep a record of who they have verified. Templates can be found at the Office of the Children's Guardian's website [[Record Keeping Template](#)]
- WWCC expires after 5 years and must be renewed. The club or association needs to re-verify the new check.
- Where a volunteer volunteers at a club as a coach or other child related role or League and also officiates for the local Referees Association – verification is required by all entities the person volunteers for.



WORKING WITH CHILDREN CHECK & VERIFICATION (NSW)

KEY TAKEAWAYS

- **Ensure your club /association is registered with the Office of Children’s Guardian as an employer. This is state legislation and a pre-requisite for Active Kids providers as well.**
- **Ensure your association is collecting and verifying the WWCC number for all match officials**
- **Ensure your club is keeping a record of who it has verified. The Office of the Children’s Guardian has templates you can use.**



CHILD SAFE STANDARDS – THE 10 STANDARDS





CHILD SAFE STANDARDS – THE 10 STANDARDS





CHILD SAFE STANDARDS – POSTER EXAMPLE

The image displays a mobile application interface for NSW Rugby League, with a central poster for child safety standards. The poster is titled "Did you know?" and lists several key points:

- Child safety is everyone's responsibility
- Children have a right to privacy, especially in change rooms
- You should speak to your supervisor if you have concerns about child safety
- It is always right to raise a concern about child safety
- You should always follow your organisation's Child Safe Code of Conduct

Additional information on the poster includes:

- NSW GOVERNMENT** logo
- Who can I talk to?**
 - Someone you feel safe with.
 - Police 000
 - eSafety Commissioner
 - Kids Helpline: Anytime. Any Reason. 1800 55 1800
- Internal reporting officer: [Redacted]
- NSW Police 000
- Child Protection Helpline 132 111

The app interface on the left shows a navigation menu with "CLUB HUB" highlighted. The interface on the right shows a news feed with articles like "Bears and Unicorns to face off in Rugby League Grand Final" and "The Knock-On Effect NSW Cup".



REPORTING

The NSWRL Safeguarding Children and Young People policy has guidance for how and who to report to.

Reporting to Government Authorities

- If there is immediate danger: contact emergency services on **000**.
- If a crime may have been committed: contact your local police.
- If you are concerned that a child is at Risk Of Significant Harm, you can make a report to the Department of Communities and Justice (DCJ)
- If the incident occurred during an overnight stay (team staying in a hotel, travelling to a tournament) you may need to report the incident to the Office of the Children's Guardian's Reportable Conduct Unit.

Reporting within Rugby League

- You can find a link to the NSWRL reporting portal in the policy
- You can email the state MPIO – mpio@nswrl.com.au
- You should also keep your District informed of any incidents so they can support you.



REPORTING

- In the case of criminal matters, if there is/will be an active police investigation, you may not be able to inform the family what has happened. Follow the guidance of police before sharing any information to ensure you do not compromise their investigation.
- If in doubt, report. Even if your information isn't enough for the government to take action, passing it on could assist in a future investigation. Your job isn't to determine what happened, but to pass on information when it is necessary and let others conduct their investigations.
- If in doubt, contact your district or the NSWRL MPIO and ask for support.



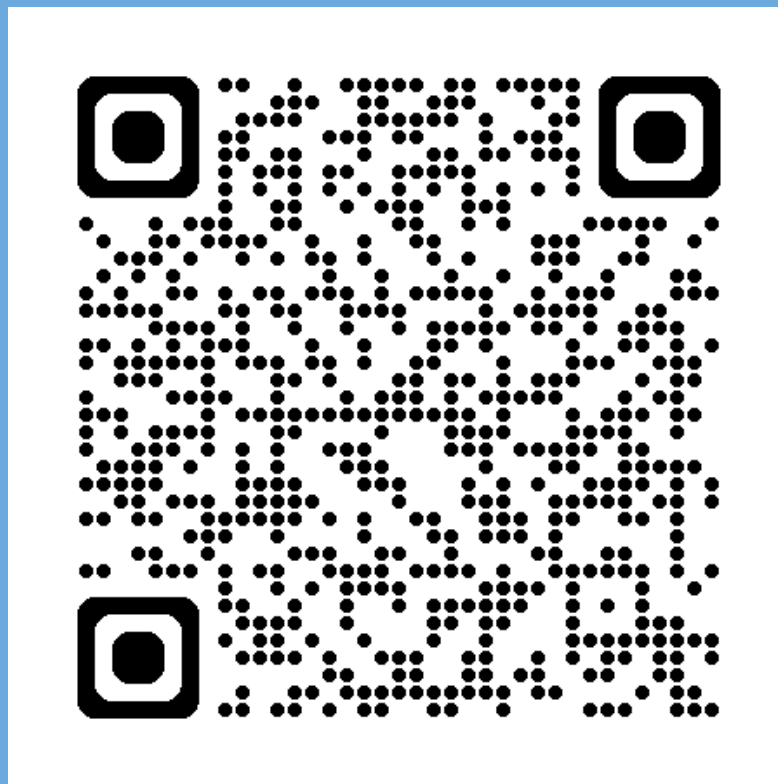
STEPS TO HELP STRENGTHEN CHILD SAFE STANDARDS

- Make Child Safeguarding a regular item on the agenda for your club meetings;
- Start to consider what child safety risks are at your club, and what you can do to mitigate them;
- Elect or appoint a nominated Child Safe Officer(s) or sub-committee reporting to the executive. They will be responsible for child safety initiatives, and WWCC verifications and record keeping.
- Add a link to the NSWRL Policy page on your website and put up the Child Safe Posters (supplied by NSWRL) at your playing and training facilities;



CHILD SAFE STANDARDS / CLUB HUB

[Child Safe Standards | Club Hub \(nswrl.com.au\)](https://nswrl.com.au)

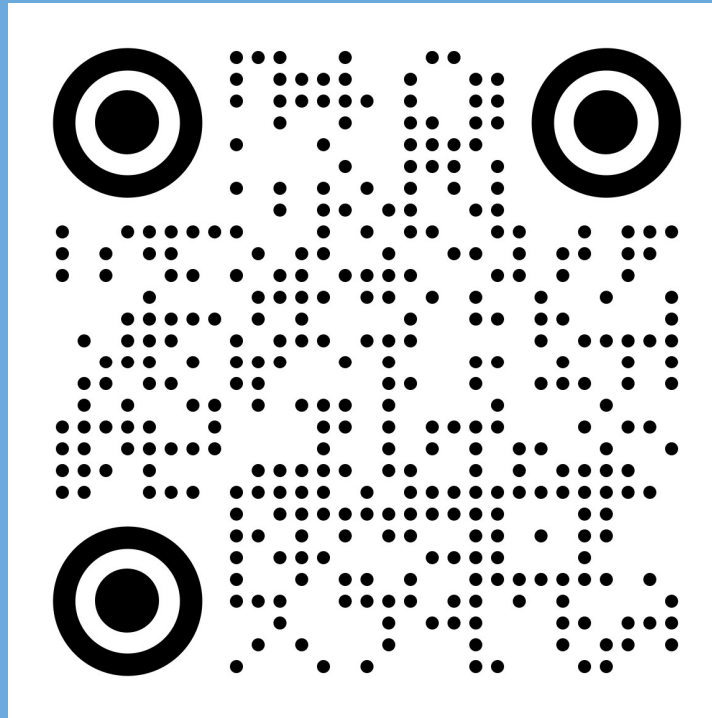




2026 CONCUSSION PROTOCOLS



2026 COMMUNITY CONCUSSION PROTOCOLS



<https://www.playrugbyleague.com/concussion>



2026 COMMUNITY CONCUSSION PROTOCOLS

Ground Managers need to be aware of minimum requirements for First Responders under the NSWRL and NRL Community RL On Field Policy

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"> • League First Aid; or • NRL Level 1 Sports Trainer; or • NRL Level 2 Sports Trainer
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"> • NRL Level 1 Sports Trainer; or • NRL Level 2 Sports Trainer.



2026 COMMUNITY CONCUSSION PROTOCOLS

During Game - Sports Trainers

1. RECOGNISE THE INJURY

- Loss of consciousness or non-responsive
- Lying on the ground
- Not moving or slow to stand
- Clutching at head
- Unsteady on feet/balance problems/poor coordination

2. REMOVE 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.
- Assessor should not be swayed in opinion by the player, team staff or parents



2026 COMMUNITY CONCUSSION PROTOCOLS

3. Complete the Head Injury, Recognition and Referral Form and refer to a doctor for assessment
 - All players removed from a game or training session with a suspected concussion must seek medical assessment by a doctor within 72 hours (3 days) of the injury even if the signs and symptoms resolve.
4. If the player required immediate medical treatment and ambulance should be called.

IF IN DOUBT, SIT THEM OUT



2026 COMMUNITY CONCUSSION PROTOCOLS

During Game - Ground Managers

1. Interchange the player with suspected head injury
2. Mark the HIA on the game sheet once the suspected head injury is confirmed by the Sports Trainer.
3. Provide assistance as required

GROUND MANAGERS SHOULD HAVE ADDRESS AND CONTACT DETAILS OF LOCAL HOSPITAL EMERGENCY DEPARTMENTS, LOCAL DOCTORS AND MEDICAL CENTRES AVAILABLE TO ASSESS INJURED PLAYERS



2026 COMMUNITY CONCUSSION PROTOCOLS

POST MATCH FOLLOW UP SPORTS TRAINER

- a) First Responder review regarding ongoing symptoms;
- b) Assign the Player to the care of a responsible adult;
- c) Give the care giver the completed **Community Head Injury Recognition and Referral Form** and advise the care giver to take the player directly to a Doctor or Hospital and monitor the Player until he or she has been assessed by a Doctor;
- d) Advise the carer of the warning signs and symptoms of deterioration;
- e) Advise the carer (and the participant) that the player must avoid alcohol and non-steroidal anti-inflammatory medication for at least 24 hours;
- f) Following a concussive episode, the Player should not be allowed to drive that day. Alternate transport needs to be arranged.

THESE ARE ALL THINGS THE FIRST RESPONDER'S ARE TRAINED TO DO



2026 COMMUNITY CONCUSSION PROTOCOLS

ONLINE REPORTING - [MySideline Manager: Injury Reporting – Play Rugby League Support](#)

MySideline Manager: Injury Reporting /

Product/Service:	MySideline Manager
Permission Required:	NRL.com Account with Club or Team Admin Permission

MySideline Manager has the ability to report and record injuries that occur during a match or at training.

To report an injury, you will need to have [access to MySideline Manager](#).

In the case where an injury cannot be entered at the time of the incident, [paper forms](#) can still be used to record injuries, however they must be entered into MySideline by the Club or Association.

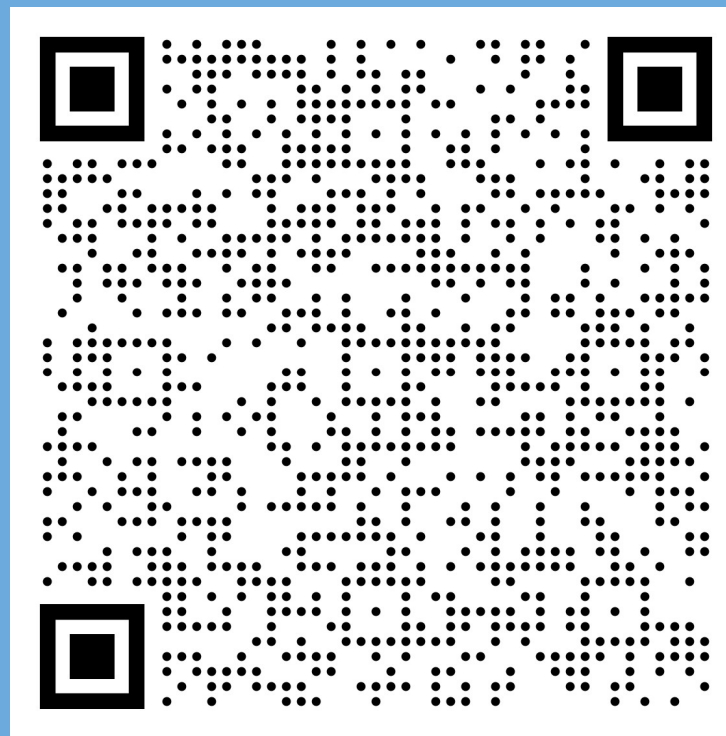
A player requires a **Medical Clearance** following [any](#) form of concussion/suspected concussion, as well as for various other circumstances/conditions. Find out more about the Return to Play process in the **Related Articles** below.



2026 COMMUNITY CONCUSSION PROTOCOLS

ONLINE REPORTING - [MySideline Manager: Injury Reporting – Play Rugby League Support](#)

- 1. Have your Sports Trainers been given Game Day admin access to MySideline?**
- 2. Remember to share the Online Reporting instructions with each Sports Trainer**





2026 COMMUNITY CONCUSSION PROTOCOLS

The Guidelines for Management of Concussion in Rugby League are available at playrugbyleague.com

Any player deemed to have suffered a concussive injury will not be allowed to participate in any contact training until the end of Return to Sport procedure is completed successfully. A two-day contact training period MUST then be completed symptom free before returning to matches.

It is the club's responsibility to ensure that the player takes the Community Head Injury Recognition and Referral Form to the doctor within 72 hours and the player/carer must return the form back to the club.

After receiving the medical clearance, the player must return to contact training first and remain symptom free for 24 hours before they can return to the game.



2026 COMMUNITY CONCUSSION PROTOCOLS

Return to Sport Protocol

Table 1 Return to Sport (RTS) Strategy – each step typically takes a minimum of 24 hours for adults and 48 hours for children and adolescents

Step	Exercise Strategy	Activity at each step	Goal
1	Symptom-limited activity	Daily activities that do not exacerbate symptoms (eg, walking)	Gradual reintroduction or work/school
2	Aerobic exercise 2A – Light (up to approx. 55% maxHR) then 2B – Moderate (up to approx. 70% maxHR)	Stationary cycling or walking at slow to medium pace. May start light resistance training that does not result in more than mild and brief exacerbation* of concussion symptoms.	Increase heart rate
3	Individual sport-specific exercise Note: If sport-specific training involves any risk of inadvertent head impact, medical clearance should occur prior to Step 3	Sport-specific training away from the team environment (eg, running, change of direction, and/or individual training drills away from the team environment). No activities at risk of head impact.	Add movement, change of direction
Steps 4-6 should begin after the resolution of any symptoms, abnormalities in cognitive function and any other clinical finding related to the current concussion, including with and after physical exertion.			
4	Non-contact training drills	Exercise to high intensity including more challenging training drills (eg, passing drills, multiplayer training) can integrate into a team environment.	Resume usual intensity of exercise, coordination and increased thinking.
NRL Head Injury/Concussion Clearance Form MUST be completed prior to progressing to Step 5			
5	Full contact practice	Participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	
<p>*Mild and brief exacerbation of symptoms (ie, an increase of no more than 2 points on a 0-10 point scale for less than an hour when compared to baseline value reported prior to physical activity). Athletes may begin Step 1 (ie, symptom-limited activity) within 24 hours of injury, with progression through each subsequent step typically taking a minimum of 24 hours. If more than mild exacerbation of symptoms (ie, more than 2 points on a 0-10 scale) occurs during Steps 1-3, the athlete should stop and attempt to exercise the next day. Athletes experiencing concussion-related symptoms during Steps 4-6 should return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities. Written determination of readiness to RTS should be provided by an HCP before unrestricted RTS as directed by local laws and/or sporting regulations. HCP, healthcare professional; maxHR, predicted maximal heart rate according to age (ie, 220-age).</p>			



2026 COMMUNITY CONCUSSION PROTOCOLS

Return to Play Protocols

First Concussion: Return to Play Protocols

If a concussion is confirmed by a doctor, the Graduated Return to Sport (GRTS) program should be followed as per Community Head Injury Recognition and Referral Form.

- **Adults (19 years and older): Earliest Return to Sport is 11 Days.**
- **Children and Adolescent's (18 years old and younger): Earliest Return to Sport is 19 Days.**
- To proceed to contact training the player must have obtained a medical clearance from a Doctor via the Community Head Injury Recognition and Referral Form. If the medical clearance is not obtained the player cannot proceed to contact training stage or matches until received.
- If the return to play protocols are complete and verified and the player is symptom free for the 24hrs post contact training, then the player can return and participate in a match (subject to forms being returned and approved by the Local League on a business day before the match) .



2026 COMMUNITY CONCUSSION PROTOCOLS

Medical Clearance Form

Doctor to assess and confirm if a concussion occurred after reviewing pages 1 and 2. If NO – sign and stamp section 1.

If yes, sign and stamp section 2.

If concussion diagnosed, the player is to return to the doctor for a follow up assessment post step 4 of the Return to Sport Strategy (minimum 14-16 days child/minimum 7-8 days adult).

INITIAL ASSESSMENT – Player CLEARED of Concussion: To be completed by the treating **Medical Practitioner (doctor):**

I have cited the signs and symptoms record (pg 1 and 2 of this form) Yes No and examined

..... following a head injury sustained on

Based on my assessment I declare them medically fit to return to unrestricted training and match play.

Practitioner Name: Date:

Signed:



INITIAL ASSESSMENT – Player DIAGNOSED with Concussion: To be completed by the treating **Medical Practitioner (doctor):**

I have cited the signs and symptoms record (pg 1 and 2 of this form) Yes No and examined

..... following a head injury sustained on

Based on my assessment I confirm that they have sustained a concussion.

Practitioner Name: Date:

Signed:



FOLLOW UP ASSESSMENT – Player Cleared to Play following Concussion: To be completed by the treating **Medical Practitioner (doctor):**

I have cited the signs and symptoms record (pg 1 and 2 of this form) Yes No and examined

..... and based on my assessment I declare them medically fit to return to

unrestricted training and match play following the head injury sustained on

Practitioner Name: Date:

Signed:





2026 COMMUNITY CONCUSSION PROTOCOLS

Reporting Process

All paperwork is to be sent through to your local league/NSWRL.

Players reported online will automatically be marked unavailable. NSWRL will mark any players unavailable who submit manually completed HIA paperwork.

Follow up clearances when received should be sent through at the earliest convenience. Note – the latest acceptance of a clearance will be 12pm Friday. Should the player be cleared, you will be advised by your NSWRL Club & Competition Coordinator.

IT IS EXTREMELY IMPORTANT CLUB CONCUSSION OFFICERS OR SECRETARIES ARE ACROSS ANY HIA REPORTED.



2026 COMMUNITY CONCUSSION PROTOCOLS

Concussion Officer

A recommendation from NSWRL is that all clubs have a Concussion Officer. The benefits of this role include:

- **Central point of contact for any players who may/have suffered a concussion. This assists both the player with the rehabilitation and ensures the club is across all documentation regarding the injury - i.e. following up for clearances/following the Return to Sport Strategy.**
- **Demonstrates the importance surrounding head injuries, and the extra level of care the club is going to.**
- **Easier to follow up with players and parents.**
- **Protects the clubs.**



2026 COMMUNITY CONCUSSION PROTOCOLS

Documentation available

LINKS

[Community Head Injury and Referral Form](#)

[NRL Concussion Policy](#)

[Head Injury Recognition and Referral Form](#)

[Medical Clearance Form](#)

[Play Rugby League Concussion Page](#)

EACH CLUB SHOULD HAVE AS MANY MEMBERS AS POSSIBLE COMPLETE THE ONLINE CONCUSSION MANAGEMENT EARNING MODULES TO ASSIST WITH EDUCATION



2026 COMMUNITY CONCUSSION PROTOCOLS

Changes to the NRL Concussion Policy in 2026:

- Players must be assessed by a doctor within 72 hours of a suspected concussion occurring.
- Stand-down periods may apply even with medical clearance if there's strong evidence a concussion may have occurred.
- Clear guidance on moving unconscious players.
- Players diagnosed with concussion must not take on any game day roles during their recovery.
- Defined protocols for multiple concussions.

NSWRL reserve the right to stand down Sports Trainers that do not comply with the NRL's Concussion Policy



JUDICIARY & CODE OF CONDUCT

Jerusha Konz

Judiciary Administrator

**NSWRL JUDICIARY
AND CODE OF
CONDUCT –
INFORMATION AND
GUIDELINES FOR
CLUBS**

V2.0 14 Mar 2026





The Purpose of this Brief is:

See [Slides 3 and 4](#)

To simplify and explain Judiciary and Code of Conduct processes to Clubs (Committee Staff, Players, Team Staff, Match Officials etc).

See [Slides 5 to 8](#)

To provide guidance on the different roles within the Judiciary and Code of Conduct Panel and what each is required to do.

See [Slides 9 to 13](#)

To provide support to Clubs in understanding the steps involved when a Player or Club Member is involved in a Judiciary or Code of Conduct matter.

See [Slide 14](#)

To explain the role and impact of the Tough Love in League Policy and how it interacts with Judiciary and Code of Conduct matters.

To provide guidance to those involved in Judiciary or Code of Conduct matters on requirements and timeframes for Panel processes.

See [Slides 15 - 17](#)

To provide some answers to FAQ's in relation to Judiciary and Code of Conduct processes.

See [Slides 18 - 22](#)

To provide resources for Clubs to support communications with members on Judiciary and Code of Conduct Panel processes.

See [Slide 23](#)



What will this presentation cover?

1. Introduction to your Presenters today.
2. The purpose of the Judiciary and Code of Conduct Panels.
3. What are the relevant Policies and Procedures?
4. What roles exist within the Judiciary and Code of Conduct processes?
5. How can my Club support the Judiciary / Code of Conduct processes?
6. What are the indicative timeframes for the Judiciary / Code of Conduct processes?
7. What actually happens at a Hearing?
8. What are some FAQ's that I can use to help me this season?
9. QUESTIONS FOR THE PANEL!



Introduction to Presenters

Jerusha Konz

16 years involved in the game within Newcastle and Central Coast in various roles on and off field. Solicitor with 15 years practical legal experience. Appointed NSWRL Judiciary Administrator under pilot program run in Northern Corridor in 2025.

John Fahey

Over 50 years involvement with the game across many areas. Ex-Referee; Referee Coach; ex-General Manager of Newcastle Rugby League. 10 years plus in Judiciary and Code of Conduct as both Chairperson and Panel Member.



What are the purposes of Judiciary and Code of Conduct Panels?

- To enforce the NSWRL Policies & Procedures and NRL Laws of the Game as they relate to on-field and off-field behaviour.
- To provide a fair and transparent process for addressing breaches of any NSWRL Policies & Procedures and NRL Laws of the Game as they relate to on-field and off-field incidents.
- NSWRL Judiciary offences apply to **Players only**.
- NSWRL Code of Conduct offences apply to **Players, Team Staff, Match Officials, Volunteers and Spectators**.



What are the relevant Policies and Procedures?

- For **Judiciary** policies and procedures – see Section 7 of the NSWRL Community Rugby League Policies & Procedures
- For **Code of Conduct** policies and procedures – see Section 6 of the NSWRL Community Rugby League Policies and Procedures
- For Tough Love in League policies and procedures - see Section 5.4 of the NSWRL Community Rugby League Policies and Procedures
- For Appeals policies and procedures – see Section 8 of the NSWRL Community Rugby League Policies and Procedures

ALL documents are available on the NSWRL website and NSWRL Club Hub



What is Tough Love in League and why do I need to know about it?

1. Tough Love in League (TLIL) is a separate but related policy within the NSWRL Policies & Procedures (Section 5.4).
2. TLIL was established as a means of trying to eradicate serious and repeated offences which involve high levels of poor behaviour and/or dangerous acts.
3. Acts covered by TLIL include striking, Match Official abuse, leaving the bench to enter the field of play illegally, foul language, deliberate and dangerous misconduct and other similar offences.
4. TLIL sits alongside the 'regular' penalty structure for offences but sets minimum (and often higher/longer) penalties for Offenders who are found guilty of offences to which the TLIL applies .
5. If the TLIL applies and an Offender is found guilty of that offence, TLIL can mean that penalties for that offence may extend to Clubs and potentially siblings and family members of the guilty party (eg: deduction of competition points, fines, deregistration of offenders and siblings etc).
6. Whether TLIL applies to your matter is discussed at the Judiciary / Code of Conduct hearing but if TLIL is applicable, Panel Members are bound by the minimum penalties set out in the policy – they have **no discretion** to downgrade or reduce penalties.



What roles exist in the Judiciary / CoC processes?

Judiciary
Administrator



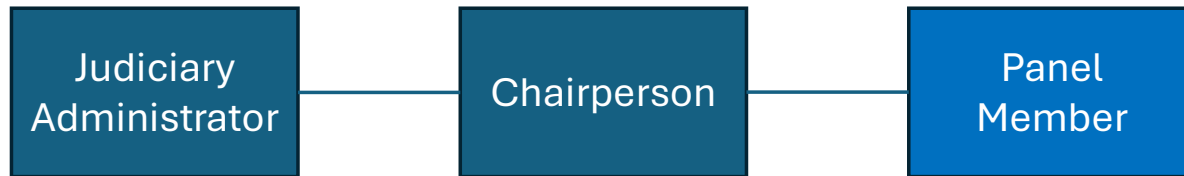
What roles exist in the Judiciary / CoC processes?

Judiciary
Administrator

Chairperson



What roles exist in the Judiciary / CoC processes?



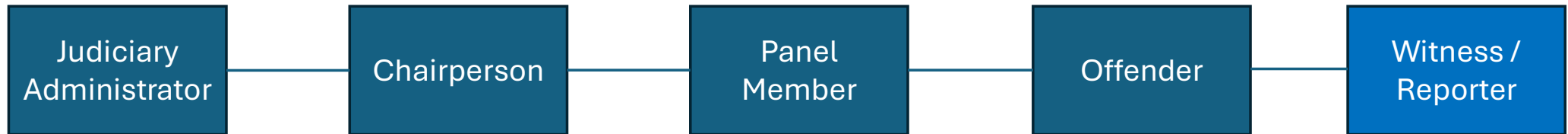


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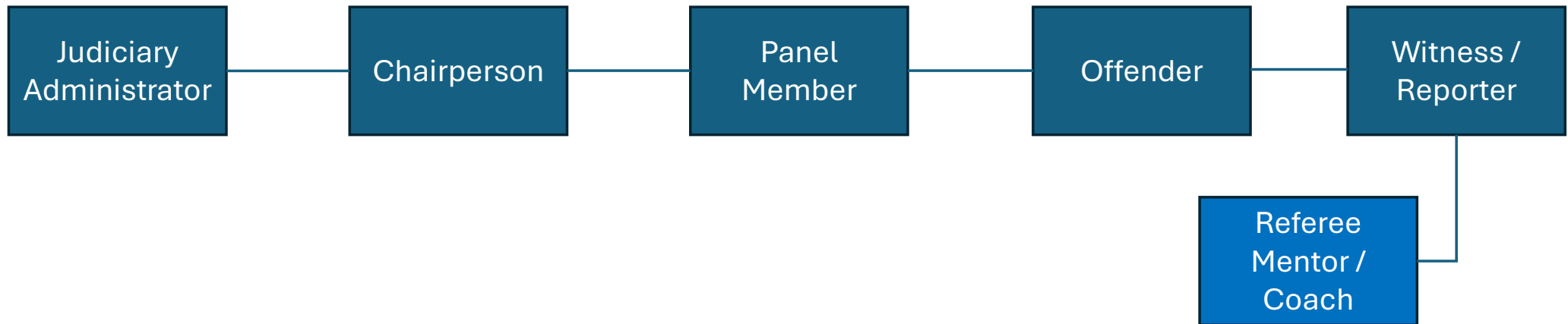


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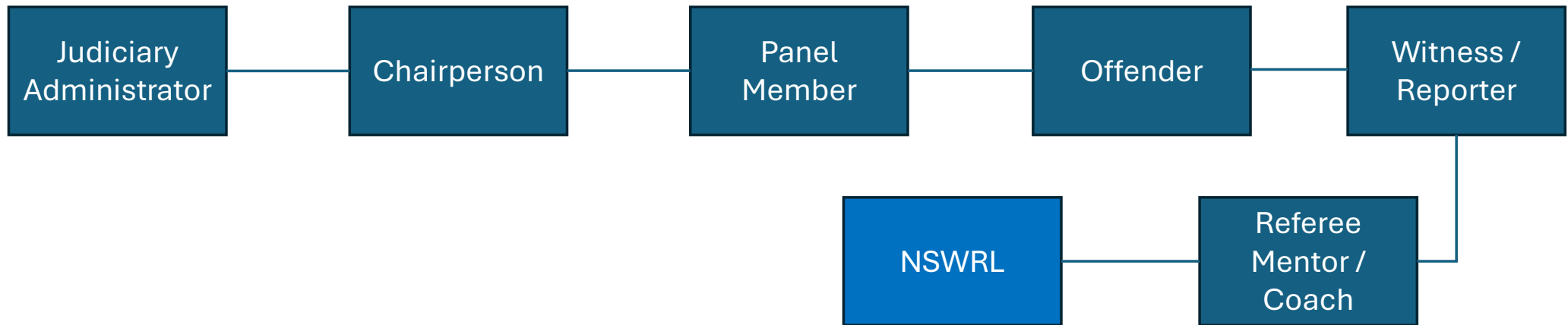


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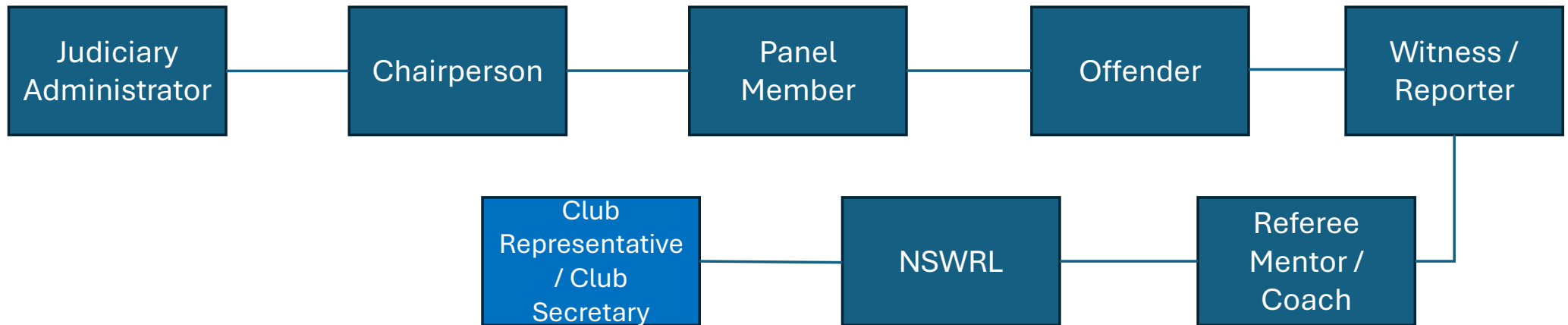


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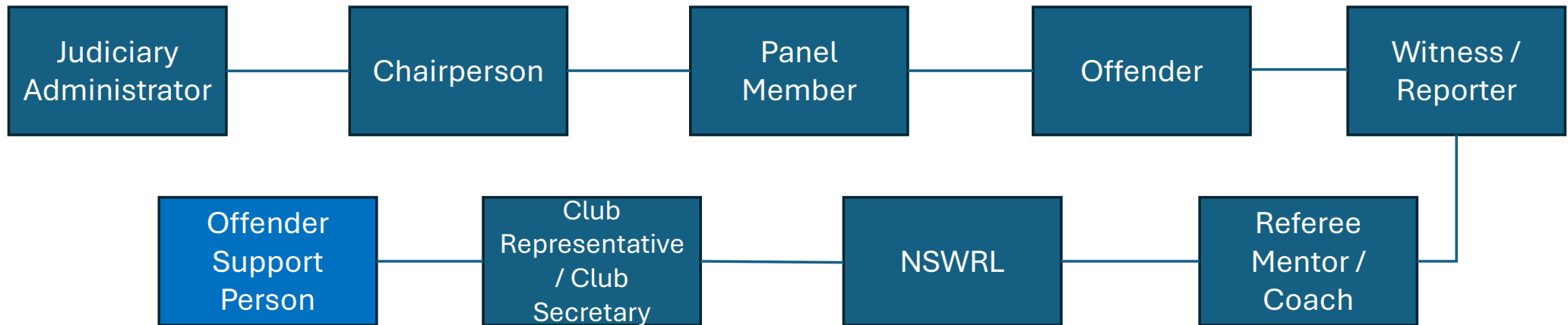


What roles exist in the Judiciary / CoC processes?





What roles exist in the Judiciary / CoC processes?



The Judiciary and Code of Panel exist to support the P's and P's across the various competitions. No one role is more important than any other – we operate collectively!



I am a Club Secretary – what is my role?

1. Club Secretaries play a crucial role as they are the central point of contact within Clubs.
2. As part of their role and to support education and awareness of Judiciary and CoC processes, Club Secretaries should:
 - a) Distribute information to Club Members on the NRL Code of Conduct, NSWRL Policies & Procedures and NRL Laws of the Game during the season.
 - b) Familiarise themselves with the NSWRL Policies & Procedures, expected standards of behaviour and Judiciary/CoC processes. (Reach out to your local NSWL League or Club Support Officer if you require assistance outside of this information pack or the additional resources provided).
 - c) Place posters on acceptable behaviour/non-acceptable behaviour at visible places within Club grounds, on parent communication groups, on Club websites and social media chats.
 - d) Hold regular information sessions with Committee Members and Coaching Staff to ensure ongoing awareness of acceptable standards of behaviour.
 - e) Ensure the Club's Disciplinary Policy is up to date and enforced so that Club Members can see that their Club takes appropriate behaviour standards seriously.
 - f) Have a copy of the NRL Laws of the Game, the NSWRL Policies & Procedures and the NRL Code of Conduct easily accessible on Game Days.



I am a Club Secretary – what is my role?

3. What are some examples of the documentation I may need to provide to NSWRL to support a Judiciary or Code of Conduct matter?
 - a) Notice of Plea for an Offender – must be provided by the Club Secretary.
 - b) Team Sheets for the match(es) where the incident took place (NB: There is an existing requirement as part of normal Game Day operations to sight and retain Team Sheets for matches played).
 - c) Witness Statements in relation to the incident.
 - d) Identity of any key parties involved in the incident (especially in the case of Code of Conduct matters where spectators, parents, Club Officials are either involved or a witness to the incident).
 - e) Video footage or photographic evidence of the incident.
 - f) Screenshots of any communications relevant to the incident.
 - g) Ground Manager statements in relation to the incident.
 - h) Contact details for any key witnesses or Club members involved in the incident.
 - i) If you or your Club have taken any steps to address an incident (eg: you have a Club Disciplinary Policy which allows you to impose penalties etc on Club Members who breach standards of behaviour), details of the action you or your Club have taken in relation to the incident so that NSWRL and the Panel can consider this in the event of a Hearing etc.
 - j) Any prior history of any party involved in the incident (eg: if you or your Club have previously dealt with the Offender about similar behaviour in the past – regardless of whether or not that behaviour was also the subject of an earlier Hearing - details of this should also be provided to NSWRL and the Panel). The Chairperson will decide if that information is relevant.



How can my Club support the Judiciary / CoC processes?

1. Ensure all parties involved with a Judiciary or CoC Hearing (eg: Offender, Offenders Support Person, any Witnesses and the Club Representative) are advised of the Hearing date and time as soon as possible.
2. Ensure that all parties required to attend the Hearing **actually attend**.
3. Start gathering any witness statements/other evidence (eg: video footage of an incident etc) as soon as possible after being made aware of an incident.
4. Educate your Club Member / Offender / Witness / Offender Support Person / Club Representative on their role in the Hearing process.
5. Understand that whilst Judiciaries and Code of Conduct Hearings are process driven and often involve legally qualified people - the Panels themselves are **not** courts of law and are as informal as possible.



How can my Club support the Judiciary / CoC processes?

6. Encourage Offenders to take early guilty pleas where it is appropriate to do so.
7. Encourage anyone attending the Hearing to remain calm and respectful at all times.
8. **STRONGLY DISCOURAGE** any individual against posting negative or aggressive comments on social media regarding any incident, offence, Notice of Charge or Hearing outcome/penalty.
9. **STRONGLY DISCOURAGE** anyone appearing at a Hearing in any capacity against lying to the Panel.
10. Do not harass NSWRL about the outcome of a Hearing – you will be informed as soon as possible of the outcome and normally by the Friday following the Hearing.



What are the indicative timeframes for Judiciary and Code of Conduct processes?

These are based off the timings set out in the NSWRL Community Rugby League Policies & Procedures.

DAY OF INCIDENT

OFFENDER: Start collating witness statements and gathering any video or other available evidence. Engage with your Club Secretary and ensure they are aware of the fact that you have been involved in an incident.

CLUB SECRETARY: Email NSWRL to advise that you have been made aware of an incident involving your club member etc. Provide a basic summary of the incident (if you have it) and include the relevant parties etc. If the incident occurred at your grounds, engage with the Ground Manager on duty at the time of the incident and request they prepare you a statement of what they observed/heard etc in relation to the incident.

SUNDAY AFTER INCIDENT

MATCH OFFICIAL/GROUND MANAGER: Ensure Match Officials Report and/or Ground Manager statements etc have been submitted to NSWRL **no later than 5pm on the Sunday following the incident.**



What are the indicative timeframes for Judiciary and Code of Conduct processes?

These are based off the timings set out in the NSWRL Community Rugby League Policies & Procedures.

**MONDAY
NIGHT AFTER
INCIDENT**

MATCH REVIEW COMMITTEE/NSWRL: Review Match Officials Report and other evidence in relation to incident and determine offence/severity. Inform NSWRL in relation to Notice of Charge.

**TUESDAY
AFTER
INCIDENT**

NSWRL: Issue Notice of Charge to Offender via Club Secretary.

CLUB SECRETARY / OFFENDER: Discuss the Notice of Charge with the Offender/Offender's parents etc and consider any plea likely to be made based on the information available and the circumstances of the incident. Collate all evidence the Offender is wanting the Panel to consider at the Hearing ready for submission with the Plea to NSWRL.



What are the indicative timeframes for Judiciary and Code of Conduct processes?

These are based off the timings set out in the NSWRL Community Rugby League Policies & Procedures.

CLUB SECRETARY: Submit any Plea on the Offenders behalf no later than 9.00am on the Wednesday **together with any supporting evidence the Offender wants the Panel to consider.**

Note: If the Offender does not submit a plea before 9am on the Wednesday, NSWRL will consider that the Offender intends to plead guilty and the Judiciary Administrator will proceed to schedule a Hearing and/or NSWRL will send out the Notice of Outcome.

OFFENDER: If you intend to dispute the severity of the charge or plead not guilty, ensure you have spoken with any witnesses who have given evidence already to your Club Secretary and/or intend to provide evidence on your behalf.

JUDICIARY ADMINISTRATOR: Convene Panel and schedule Hearing. Notify NSWRL. Engage with Chairperson on evidence and required witnesses etc. Notify NSWRL.

NSWRL: Notify Club Secretary/Offender of Hearing details and advise of witnesses required to attend the Hearing.

CLUB SECRETARY / OFFENDER: Inform relevant parties of Hearing details and confirm attendance at the Hearing.

NOTE: Important that the Club Secretary informs NSWRL as soon as possible upon learning any party is unavailable for a Hearing so that the Chairperson can decide if the Hearing can or should be postponed.

**WEDNESDAY
AFTER
INCIDENT**



What are the indicative timeframes for Judiciary and Code of Conduct processes?

These are based off the timings set out in the NSWRL Community Rugby League Policies & Procedures.

THURSDAY AFTER INCIDENT

JUDICIARY ADMINISTRATOR: Run Hearing including coordination and presentation of evidence and completion of Panel Report which captures the Hearing outcomes (summarises the evidence, records the findings/outcomes of the Hearing). At conclusion of Hearing, send Hearing Report to NSWRL.

OFFENDER AND WITNESSES: Attend Hearing and present evidence.

PANEL MEMBERS AND CHAIR: Attend Hearing, consider evidence presented and decide any outcome.

FRIDAY AFTER INCIDENT

NSWRL: Communicate outcome of Hearing to Offender/Club Secretary **no later than 12noon.** Update My Sideline with any changes required as a result of Hearing outcome(s).



What actually happens at a Hearing?

THE BELOW ASSUMES A HEARING START TIME OF 6.30 PM AND ALL TIMES ARE ESTIMATES ONLY

6.30pm – Parties dial into the ZOOM link for the specified hearing – AV issues are checked and parties confirm they can hear and see each other and the Panel Members.

6.32pm – 6.35pm – Introductions to the Panel members and those on the call takes place. Chairperson confirms the charges and the plea(s) being made by the Offender. Can also include time to allocate Witnesses to waiting rooms etc (if required).

6.36pm – 6.50pm – Chairperson seeks oral evidence from the relevant parties which may include listening to the Offender, the Match Official or Complainant (in the case of Code of Conduct), any Witnesses as well as viewing any and all CCTV / Video footage or other evidence. During this time, the Panel Members are also asking the parties questions and the Offender is usually given an opportunity to ask questions.

6.50 pm – Chairperson usually dismisses all parties except for the Panel Members, the Offender and the Club Rep / Offender support person.

6.51pm – 6.55pm – Chairperson requests character evidence from the Club Representative (evidence in support of the Offender's general character and personality and any evidence the Panel should consider in relation to the incident).

6.56pm – 7.00pm – Panel members reflect on the evidence presented (both prior to and during the Hearing) to determine the outcome.

In total – the Offender has between 10 – 15 mins to provide relevant evidence, which allows time for the Panel to hear character evidence and to determine the outcome of the Hearing.



REMEMBER!

These timeframes are **indicative only**. In some cases, there may need to be a lengthier investigation process (particularly with significant/complex matters or Code of Conduct matters). NSWRL will engage with the Club Secretary in these circumstances about any alternative timeframes.

It is always best practice to start collating information relating to an incident **as soon as possible after the incident**. This is especially the case with witnesses and getting witness statements etc to the Club Secretary. The Chairperson has ultimate discretion when it comes to what evidence can be admitted and evidence submitted outside of these guidelines may not end up being before the Panel. This could have a significant impact on the Hearing outcome.

You are free to make submissions on behalf of your Club Member and **RELEVANT** submissions will be passed on to the Panel. Submissions containing paragraphs on NSW case law are **NOT** relevant. Panel prefers to have direct evidence in the form of witness statements / CCTV etc during Hearings so keep character references to a minimum. Character references will still be passed on to the Panel – they are just not as important as direct witness statements.

To make sure Offender receives a fair Hearing, the Panel **needs time** to review material related to the Offence(s) – VERY IMPORTANT that you abide by the timeframes to submit evidence you want the Panel to hear. Late evidence is usually NOT accepted – get your evidence in with your plea if you need to attend a Hearing.



What are some FAQ's that I can use to help me this season?

1. I have been charged with an offence from Saturday's game. I have witnesses from the game who are happy to write statements to support I am not guilty of the offence. How do I get those to the Panel?
2. I have been given a Notice of Hearing but I cannot attend and/or my witness(es) cannot attend. What do I do?
3. I am not happy with the outcome of the hearing. What can I do?
4. I have been charged with an offence and have been given a Notice of Hearing. Do I get to see or read any of the evidence that has been used to charge me?
5. I have been charged with an offence. I intend on pleading guilty but I think the severity of the charge is too high. What do I do?



What are some FAQ's that I can use to help me this season?

6. I wish to plead guilty to the offence I have been charged with. Do I need to attend a Hearing?
7. What are the differences in the type of suspension?
8. I have been charged with an offence. It is the first time I have been charged with this offence this season but I had a previous offence proven last season. Will this impact the outcome of my Hearing?
9. What does it mean if I receive a 'suspended' sentence, in whole or in part?
10. My Club President witnessed an incident occurring which resulted in me receiving a Notice of Charge to attend a Hearing. He has given me a witness statement which I have sent to the Panel. Can my Club President attend the Hearing as my Club Representative as well as my witness?



REMEMBER!

Panel Chairpersons and Panel Members are also volunteers. They give up their time, skills and expertise to improve the game, much like Club Committee members, Executive members and Coaching Staff. They will make mistakes from time to time - they are just as human as everyone else. Collectively, we all have a part to play to ensure the smooth running and operation of the Judiciary and Code of Conduct processes supporting the game of Rugby League in our region.



QUESTION TIME FOR THE PANEL

Make the most of the time remaining to ask some questions!



Where can I find more information?

Code of Conduct Rules

[Section 6, NSWRL
Community Rugby League
2025 Policies & Procedures](#)

Code of Conduct Penalties

[Section 6, Appendix 3. Code
of Conduct Offences
Schedule, NSWRL
Community Rugby League
2025 Policies & Procedures](#)

Judiciary Rules

[Section 7 – NSWRL
Community Rugby League
2025 Policies & Procedures](#)

Judiciary Penalties

[Section 7, Appendix 2,
Judiciary Offences Schedule,
NSWRL Community Rugby
League 2025 Policies &
Procedures](#)

[Section 5.4 – NSWRL
Community Rugby League
Policies & Procedures](#)

Tough Love in League

Please contact
nmtribunals@gmail.com
or your local NSWRL League
of Club Support Officer for
additional resources

Club Resources

[NRL Code of Conduct](#)
[NRL On Field Policy](#)

NRL Related Guidance

THANK YOU



Please provide any feedback on this presentation to your local NSWRL League / Club Support Officer.



ACCREDITATION COURSE UPDATES

Dean Peterkin

NRL Game Development Officer

COACH AND SAFETY EDUCATION



2026 EDUCATION HANDBOOK

The 2026 Education Handbook is in place to support the requirements of all education opportunities in your region.

The handbook provides details on what courses are available, who should complete them, and how they complete them.

This will be updated as courses and workshops are released and will be emailed out to Clubs and Stakeholders frequently.



Course Identity



Course Name
The Entrance - Community Coach (13-18's) Workshop

Course Description
The Community Coach Face to Face Workshop is the second component of the accreditation course. This is the final requirement for anyone who is coaching a team from 13 to 18 years old. Coaches of teams 19 years and older may also attend this workshop if they wish.

Session



29/03/2026 01:00 PM (AEDT)

Session 1

The Entrance - Community Coach (13-15's)

Tuggerah Lakes Secondary College The Entrance Campus, The Entrance Road, Long Jetty NSW, Australia

Face to Face



29/03/2026 01:00 PM (AEDT)

Session 2

The Entrance - Community Coach (16-18's)

Tuggerah Lakes Secondary College The Entrance Campus, The Entrance Road, Long Jetty NSW, Australia

Face to Face



29/03/2026 01:00 PM (AEDT)

Session 3

The Entrance - Community Coach (13-15s AND 16-18's)

Tuggerah Lakes Secondary College The Entrance Campus, The Entrance Road, Long Jetty NSW, Australia

Face to Face

SPORTS TRAINER EDUCATION AND ACCREDITATIONS



MINIMUM REQUIREMENTS FOR RUGBY LEAGUE AND LEAGUE TAG

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"> • League First Aid; or • NRL Level 1 Sports Trainer; or • NRL Level 2 Sports Trainer
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.	

NRL On Field Policy - <https://www.playrugbyleague.com/policies/>



SPORTS TRAINER RESOURCES



Find a Course

Information on all Rugby League Sports Trainer Accreditation Courses

[LEARN MORE](#)



Apply for RPL

Make application for recognition of prior learning

[LEARN MORE](#)



Need to Re-Accredit

Access the Sports Trainer Re-Accreditation

[LEARN MORE](#)



Upload Request

Have your annual training uploaded

[LEARN MORE](#)



Resources

Resources for Sports Trainers including Concussion Centre, Video Resources and Key Documents

[LEARN MORE](#)



Club Guide

Access a copy of the Safety Education Club Guide

[LEARN MORE](#)

<https://www.playrugbyleague.com/trainer/>

Any Trainers with an expired CPR and/or First Aid Certificate are able to obtain these through an external provider and use the upload request link

COACH EDUCATION AND ACCREDITATIONS



ACCREDITATION REQUIREMENTS and LEARNING STAGES

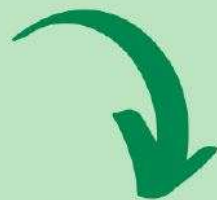
How to Become a Coach

A step-by-step guide



Age Specific eLearning

Accredited till 30th June



Relevant Face to Face
Workshop
3.5 Hours



Accreditation for 4 years



How to become a Coach?

Ensure the eLearning is the age group you are coaching this year.

Registration for the Face to Face workshop can only happen AFTER completing the eLearning.

Accreditation is valid for 4 years



ACCREDITATION REQUIREMENTS and LEARNING STAGES



Community Coach eLearning – **What do they learn?**



The eLearning course are broken into two parts (except the 19s+ which has 3 parts). These parts cover the following topics.

- » Overview of Coaching Children, Adolescents or Adults
- » The Role of the Coach
- » Developing Quality Relationships
- » Keeping Everyone Safe
- » Planning for a Great Learning Environment
- » The Training Session
- » Game Day

The eLearning can be completed and accessed on any device.



ACCREDITATION REQUIREMENTS and LEARNING STAGES

The National Rugby League has a Coach Accreditation Policy that requires coaches of Rugby League teams to obtain and maintain a Coach Accreditation relevant to the team they are coaching.

The courses that provide these accreditations are:

AGE SPECIFIC ONLINE LEARNING /



Community Coach (6-7)

2026 COURSE NOW ONLINE

[LEARN MORE](#)



Community Coach (8-12)

2026 COURSE NOW ONLINE

[LEARN MORE](#)



Community Coach (13-15)

2026 COURSE NOW ONLINE

[LEARN MORE](#)



Community Coach (16-18)

2026 COURSE NOW ONLINE

[LEARN MORE](#)



Community Coach (19+)

2026 COURSE NOW ONLINE

[LEARN MORE](#)



Coaching League Tag

AVAILABLE NOW

[LEARN MORE](#)

ACCREDITATION REQUIREMENTS and LEARNING STAGES

FIND A FACE TO FACE WORKSHOP /



Community Coach (6-7) Workshop

Minimum Age: 16 | Workshop Time: 3.5 Hours

[LEARN MORE](#)



Community Coach (8-12) Workshop

Minimum Age: 18 | Workshop Time: 3.5 Hours

[LEARN MORE](#)



Community Coach (13-18) Workshop

Minimum Age: 18 | Workshop Time: 3.5 Hours

[LEARN MORE](#)

ACCREDITATION REQUIREMENTS and LEARNING STAGES (Coaching League Tag)

Coaches of League Tag teams are required to complete the Coaching League Tag module. The module will help educate coaches in the key differences between tackle Rugby League and League Tag.

Pre-requisites:

Coaches must hold a current coaching accreditation to be able to register for this module. If a coach does not currently have an accreditation, they can complete a Community Coach eLearning course to obtain a temporary accreditation.



www.playrugbyleague.com/learn/leaguetag

ACCREDITATION REQUIREMENTS and LEARNING STAGES (Reaccreditation)

Community Coach Re-accréditation Courses

All coaches with an expired Modified Games, International Games or Club Coach accreditation need to complete the new online learning and face to face workshop relevant to the age group/s being coached.

With the implementation of this updated framework, we are no longer able to re-accredit former coaching accreditations.

This change ensures alignment with the new standards and allows us to provide contemporary information that is age and stage appropriate to the age group of the coached team.

Community Coach Re-accréditation Courses

The Community Coach re-accréditation courses are for Coaches that have an expired Club Coach (CC), International Games Coach (IGC) or Modified Games Coach (MGC) accreditation. The re-accréditation courses are based on the age group you are coaching and will provide you with that age groups community coach accreditation for a further 4 year period. Coaches can complete multiple age groups if the wish.

FIND YOUR AGE SPECIFIC RE-ACCREDITATION /



Community Coach (6-7's)

You will need to complete this re-accréditation if:

- Your MGC or Club Coach accreditation has expired
- You are coaching a team in the 6's or 7's

LEARN MORE



Community Coach (8-9's)

You will need to complete this re-accréditation if:

- Your MGC or Club Coach has expired
- You are coaching a team in the 8's or 9's

LEARN MORE



Community Coach (10-12's)

You will need to complete this re-accréditation if:

- Your MGC or Club Coach has expired
- You are coaching a team in the 10's, 11's or 12's

LEARN MORE



Community Coach (13-15's)

You will need to complete this re-accréditation if:

- Your IGC or Club Coach accreditation has expired
- You are coaching a team in the 13's, 14's or 15's

LEARN MORE



Community Coach (16-18's)

You will need to complete this re-accréditation if:

- Your IGC or Club Coach accreditation has expired
- You are coaching a team in the 16's, 17's or 18's

LEARN MORE



Community Coach (19's+)

Online Learning coming soon for IGC or Club Coaches

- Your IGC or Club Coach accreditation has expired
- You are coaching a team above the age of 19

LEARN MORE

<https://www.playrugbyleague.com/coach/coaching-courses/coach-re-accréditation/community-coach-re-accréditation/>

The 'Youth Development Coach' Course (YDC) Entry Requirements

INCLUSION CRITERIA

- » Coaches are operating in a coaching role within a competition highlighted below
- » Coaches have completed the RISE Development Coach course
- » Coaches outside the eligibility criteria may request an exemption with a clear justification for its relevance to their role

	CLUB COMPETITIONS		SCHOOL COMPETITIONS	
	MALE	FEMALE	MALE	FEMALE
NSW	Andrew Johns (U16)	Lisa Fiaola (U17)	Schoolboy Cup (U18)	Schoolgirl Cup (U18)
	Harrold Matthews (U17)			
	Laurie Daley (U18)	Tarsha Gale (U19)	ASSRL Championships (U15/U16/U18)	
	SG Ball (U19)			
	Jersey Flegg (U21)	NSW Women's Premiership		
	NRL Academy Coach			
NRL RISE Head Coach				
	*MUST be in the role of either 'Head Coach' or 'Assistant Coach'		*MUST be in the role of 'Head Coach'	
QLD	Cyril Connell (U17)	Harvey Norman (U17)	Schoolboy Cup (U18)	Schoolgirl Cup (U18)
	Mal Meninga (U19)	Harvey Norman (U19)		
		BMD Premiership	ASSRL Championships (U15/U16/U18)	
	NRL Academy Coach			
	NRL RISE Head Coach			
		*MUST be in the role of either 'Head Coach' or 'Assistant Coach'		*MUST be in the role of 'Head Coach'
Affiliated States	RISE Rookie Academy		Schoolboy Cup (U18)	Schoolgirl Cup (U18)
		*Exemption Required	*MUST be in the role of 'Head Coach'	

The purpose of the Youth Development Course (YDC) is to encourage coaches to continually revise and rethink their coaching approach.

This process aims to help them develop ownership of their learning and positively contribute to the growth of themselves, the players, and the game itself.

This course advocates for an inquiry-based approach using a blended learning method (e.g., online calls, interactive workshop, and practical coaching) to develop coaches understanding and application of the principles for effective coaching.



TACKLEREADY DELIVERY & PLANNING

TACKLEREADY INFORMATION | RESOURCES

PARENT INFORMATION FLYER



Let's play!

The Tackle Ready program provides a fun and engaging introduction to Tackle Rugby League.

The six-session program delivered by accredited NRL Tackle Ready delivers aims to increase player confidence and competence in all tackling situations by progressively teaching correct and safe techniques.

Mascot Moves

Each session will begin with the NRL Mascot Moves. These are specifically selected exercises that develop **fundamental movement skills, balance and coordination**. These core physical skills provide the building blocks for more complex sporting skills. Developing competence in these areas at an early age can promote a life-long involvement in sport.

 playrugbyleague.com

What they'll learn

The program focuses on three key technical skill areas:

- › Safe landing
- › Making a tackle
- › Running into a tackle

Each of these skill areas are taught using terminology and buzzwords that provide simple and effective instruction that is easy for the children to understand.

Session Breakdown

Session 1 Physical Literacy

The aim of this session is to prepare the children's physical skills by introducing the NRL Mascot Moves. During this session, the children will also practice Safe Landing and how to Run into a Tackle.

Session 2 Preparing to Tackle

During this session, the children will learn how to keep themselves and their opponent's safe when making a tackle and being tackled. We continue to practice our safe landing technique and running into a tackle, as well as introducing the Tackle Zone.

Session 3 Introducing the Tackle

It's time to introduce the Tackle. Progressing on from previous sessions, remembering our safe landing and running into a tackle technique, we will introduce the fundamentals of a one on one tackle.

Session 4 Tackle Selection

The aim of this session is to help players identify and adopt appropriate tackle technique when a ball carrier is trying to get past them to score a try.



Session 5 Game Introduction

After revising all the skills introduced so far, the children will progress to a 3 v 3 game. This will allow the players to practice tackling and being tackled in a controlled game-environment.

Session 6 Game Simulation

Let's play! During the sixth and final session, the children will pull everything together and progress to a 6 v 6 game where they can practice their skills in a modified game of Rugby League.

Please note: To demonstrate the skills effectively, there may be some instructional physical contact between the coach and your child during the Tackle Ready sessions.



6. COACH COORDINATOR and TACKLEREADY + PROGRAMS



2026 COACH COORDINATOR and TACKLEREADY+ PROGRAM

PURPOSE

The TackleReady+ program allows new and existing participants to learn correct and safe techniques, preparing them for the tackle version of Rugby League.

The three-session program aims to increase player confidence and physical competence in all tackling situations.



2026 COACH COORDINATOR and TACKLEREADY+ PROGRAM

COACH COORDINATOR ROLE

The Coach Coordinator plays a vital leadership role in fostering a positive, supportive, and development-focused coaching environment within community rugby league clubs across Australia.

This role is designed to strengthen the coaching experience by supporting coaches, engaging parents, and embedding club values that promote fun, safety, inclusivity, and player development.

The Coach Coordinator will also play a key role in the support and education of coaches in delivering the NRL's TackleReady+ program for 8-12-year-old players.

YOUR NRL GAME DEVELOPMENT OFFICERS WILL PROVIDE THE DETAILS OF THE COAH COORDINATOR WORKSHOP



NRL Game Development Staff

Name: Dean Peterkin

Mobile: 0456 605 992

Email: dpeterkin@nrl.com.au

Name: Jessica Davies

Mobile: 0477 183 481

Email: jdavies@nrl.com.au

Name: Samantha Redman

Mobile: 0419 790 735

Email: sredman@nrl.com.au



THANKYOU





GAME DEVELOPMENT UPDATE

Matthew Sharman

NRL Regional Game Development Manager



2026 Rugby League Central Coast Club Education Weekend

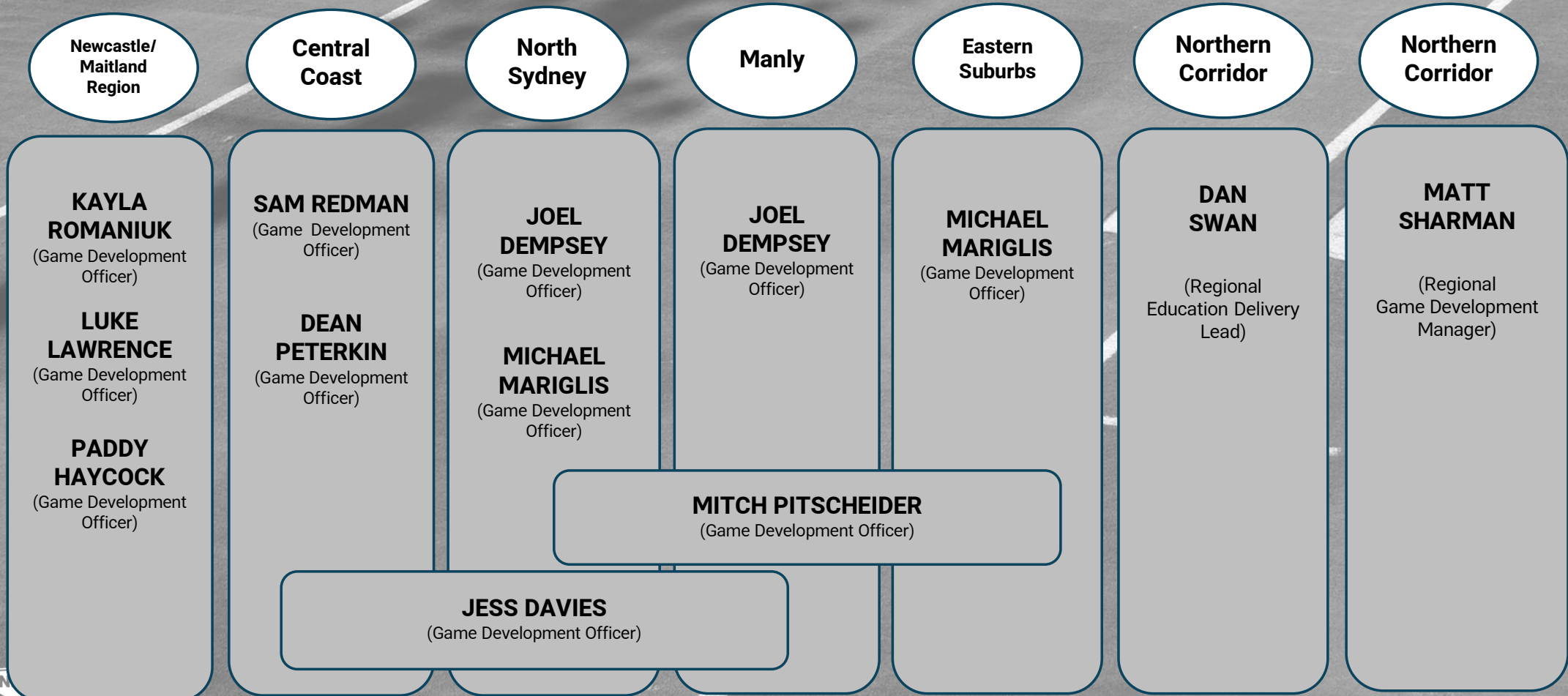
NRL Game Development Presentation



OUR TEAM



OUR TEAM - NRL NORTHERN CORRIDOR GAME DEVELOPMENT TEAM



OUR TEAM - NRL NORTHERN CORRIDOR GAME DEVELOPMENT TEAM (Central Coast)

Central Coast

SAM REDMAN

(Game Development Officer)

- League Stars Stage 1 Gala Days
- Rugby League Tag and Tackle Gala Days – Primary
- Beach Touch, Tag, Tackle
- Sporting Schools Program
- League Stars Program – 6/8 weeks (including LS Beach Programs)
- League Stars Holiday Clinics
- League Stars Inspire Presentations (assembly presentation)

Central Coast

DEAN PETERKIN

(Game Development Officer)

- Coach Accreditation Workshops
- Sports Trainer Accreditation Courses
- Coach Development Programs
- Beyond the Goal Posts
- TackleReady Program

Central Coast

JESS DAVIES

(Game Development Officer)

- Coach Accreditation Workshops
- Sports Trainer Accreditation Courses
- Coach Development Programs
- Beyond the Goal Posts
- TackleReady Program
- Rugby League Tag and Tackle Competitions/Gala Days - Secondary (Male/Female) – Central Coast

Northern Corridor

DAN SWAN

(Regional Education Delivery Lead)

Northern Corridor

MATT SHARMAN

(Regional Game Development Manager)

NATIONAL VISION / MISSION



VISION

To become **THE LARGEST** and
MOST CONNECTED SPORTS
COMMUNITY in **AUSTRALIA**
and the **PACIFIC**.



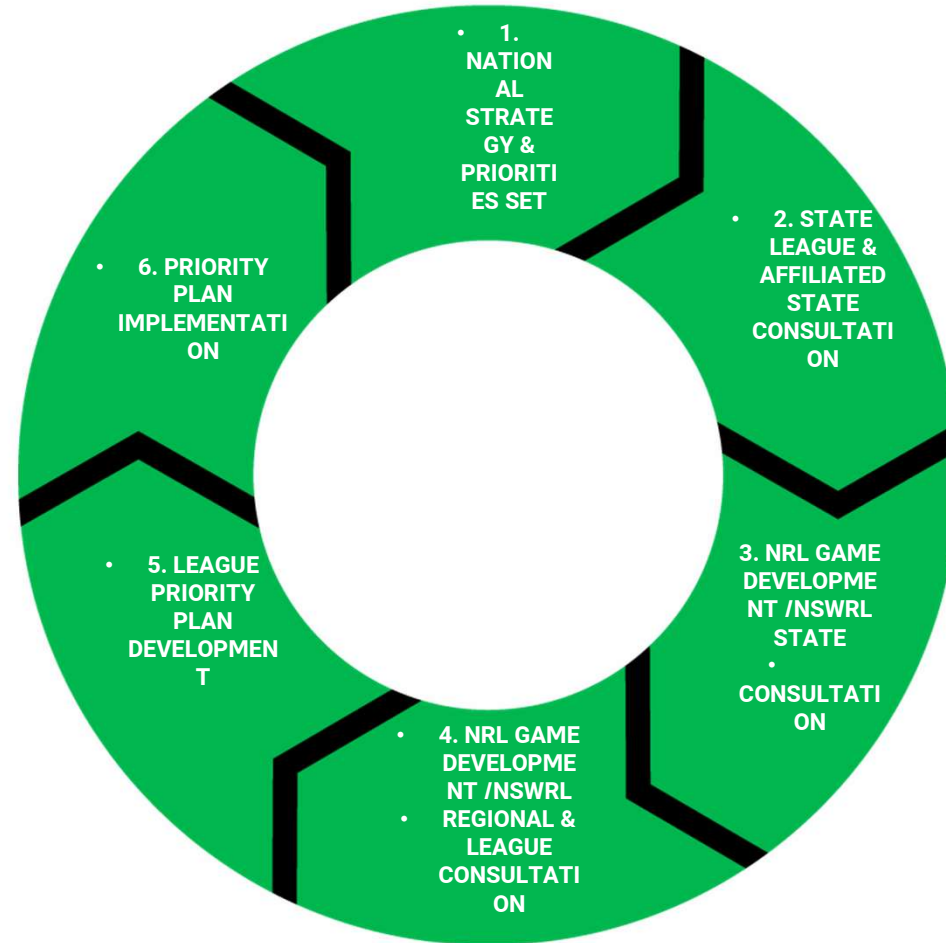
MISSION

(Participation and Social Impact)

To provide **HIGH QUALITY EXPERIENCES** in **SCHOOLS, CLUBS** and the **COMMUNITY**, that **LEAD** to **LIFELONG INVOLVEMENT** in the **GAME** either as a **FAN, PARTICIPANT** or **VOLUNTEER**

PLANNING





PARTICIPATION FRAMEWORK

PURPOSE: A strategic framework of stakeholders that sets a clear vision and purpose to grow Rugby League in line with National, State and local strategy and future population demand.



PLANNING RESOURCES

Power Bi

- Power BI is a business intelligence (BI) tool developed by Microsoft that allows users to visualise data, create interactive reports, and gain insights from various data sources.
- It helps businesses to analyse and share data through dashboards, charts, and reports, and helps organisations to make data-driven decisions.



2026 Player Summary

2026 v 2025 Total

6408

2025 Total: 7,223 (-11.28%)

2026 v 2025 YTD

6408

2025 YTD: 6115 (+4.79%)

Select State

New South Wales

Select Zone

Hunter and Centra...

Gender



Female



Male

Select League

Rugby League Cen...

Select Club

All

Age Group

All

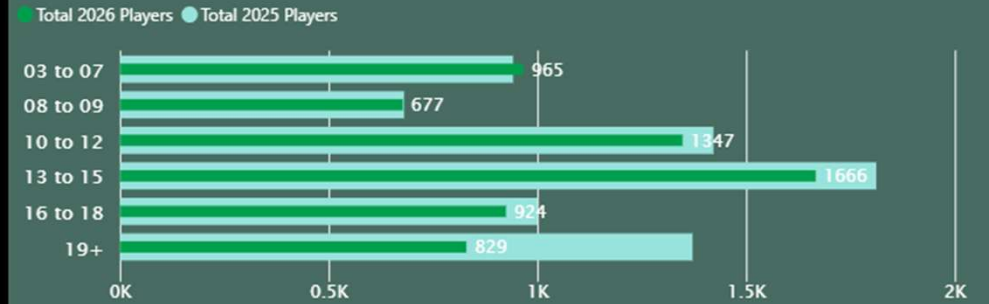
Age

All

How are we tracking compared to this time in 2025 (per age group)?



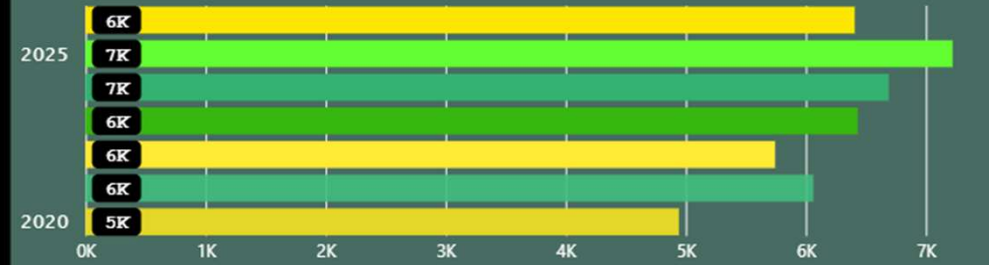
How are we tracking compared to the 2025 total (per age group)?



How many players have registered each month?



How many players have registered each season?



School Tool

Completed Date
 01/11/2024 | 01/11/2025

Select State
 NSW

Select Region
 NSW Central Hu...

LGA
 Central Coast (...)

State Electorate
 Multiple selecti...

Primary vs Secondary
 All

School Enrolments
 All

Remoteness Area
 All

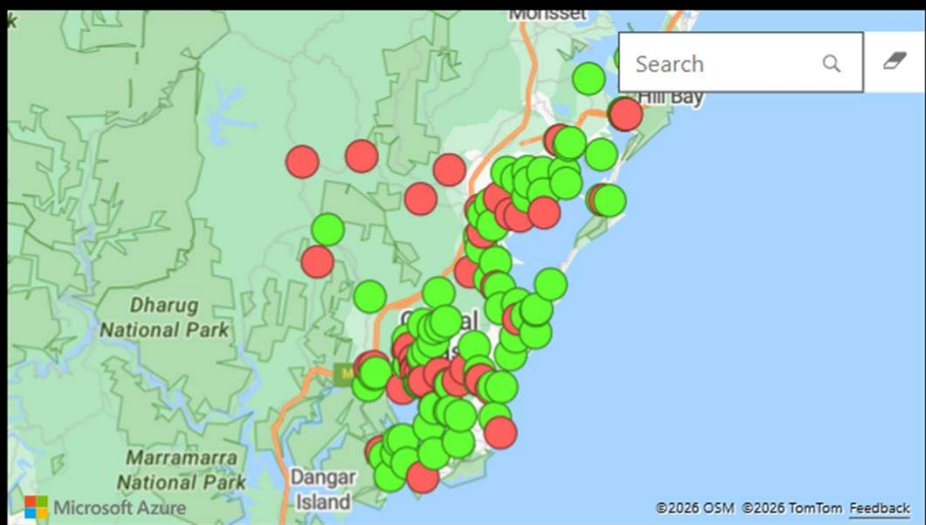
School Sector
 All

% Indigenous Students
 All

ICSEA Percentile
 All

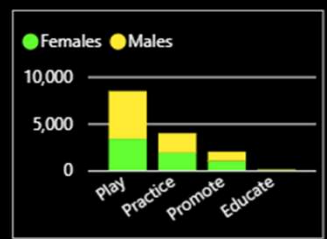
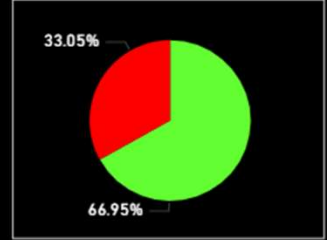
Is engaged
 All

Category of engagement
 All



118
 Total Schools

79 Engaged
39 Not Engaged



Completed Date	School Name	Category	Category Sub Type	Year Groups	Total Enrolments	Total Participants	Website
06 November 2024	Gosford Public School	Play	NRL School Event/Gala Day	U11 – Yr 5;U12 – Yr 6	532	24	Visit School Website
06 November 2024	Kariong Public School	Play	NRL School Event/Gala Day	U11 – Yr 5;U12 – Yr 6	504	45	Visit School Website
06 November 2024	Lisarow Public School	Play	NRL School Event/Gala Day	U11 – Yr 5;U12 – Yr 6	219	70	Visit School Website
Total						14471	



PLANNING RESOURCES

Active Exchange

- ActiveXchange is a data analytics platform that provides insights for the sports, recreation, and health sectors.
- It helps clubs, leagues, and governing bodies identify growth opportunities, optimise resources, and enhance community engagement.
- By leveraging data insights, rugby league organisations can better allocate funding, improve volunteer and player retention, and ensure facilities are meeting demand.

1

Level: SA2 (1) ▾

State: Ne... (1) ▾

GR: Centr... (1) ▾

LGA ▾

SA2 ▾

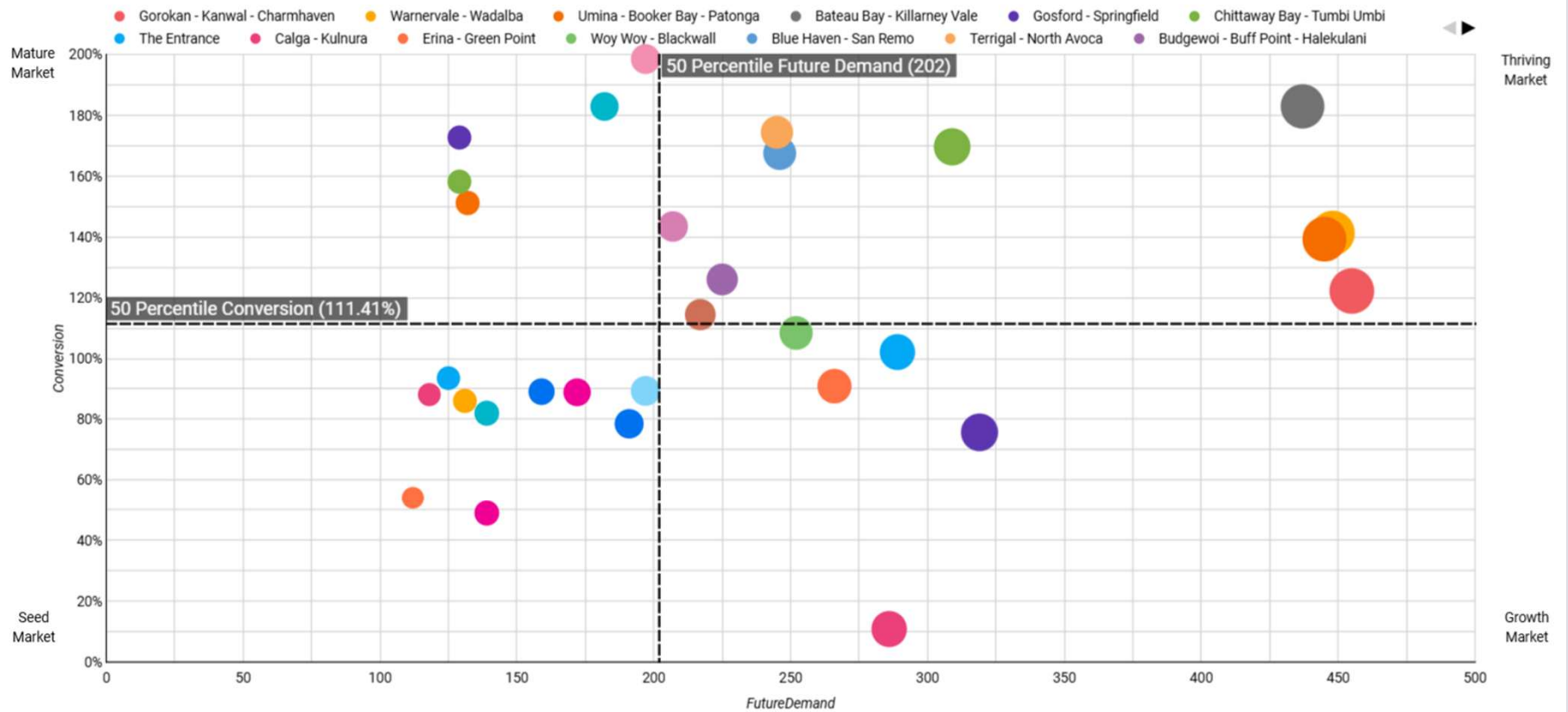
CED ▾

SED ▾

MembershipYear: 2024 (1) ▾

2

3



PLANNING RESOURCES

Stakeholder Feedback Localised Knowledge and Trends

- Stakeholder feedback and local knowledge is key for tailoring initiatives that boost participation, and ensures that programs, activities and facilities align with the specific needs of the leagues and their clubs.

PLANNING RESOURCES

MYSIDELINE

- **MySideline** is the National Rugby League's (NRL) official online platform for managing rugby league participation. It provides tools for player registration, competition management, and volunteer administration.
- Clubs, coaches, and administrators use MySideline to streamline operations, track player data, and manage teams efficiently. It also allows participants and parents to register, find local clubs, and access game schedules.



DELIVERY ACTIVITY



Delivery Menu – new & improved!

Amuse Bouche (Inspire)

Simply Your Best/League Stars Inspire
Major Event Activations
Telstra Footy Country
HOGS tour
Roads to Regions

non
registered
activity

Entrée (Learn to play)

Sporting Schools Program
League Stars Program (before/after school)
League Stars & NRL Club Holiday Clinics

Main Course (Play)

K/P-2 League Tag Gala Days
League Tag and Tackle Gala Days (All ages – male and female)
School Competitions (Secondary - male and female)
Schoolboy/girl Cup & Trophy

registered
activity –
MySideline
(participant
or team)

Dessert (Stay)

Coach Development Programs
Sports Trainer Courses
Referee Development Programs





• INSPIRE

• LEARN to PLAY

• PLAY

• STAY



MARKET ENGAGEMENT FRAMEWORK – *the right approach for the right place*

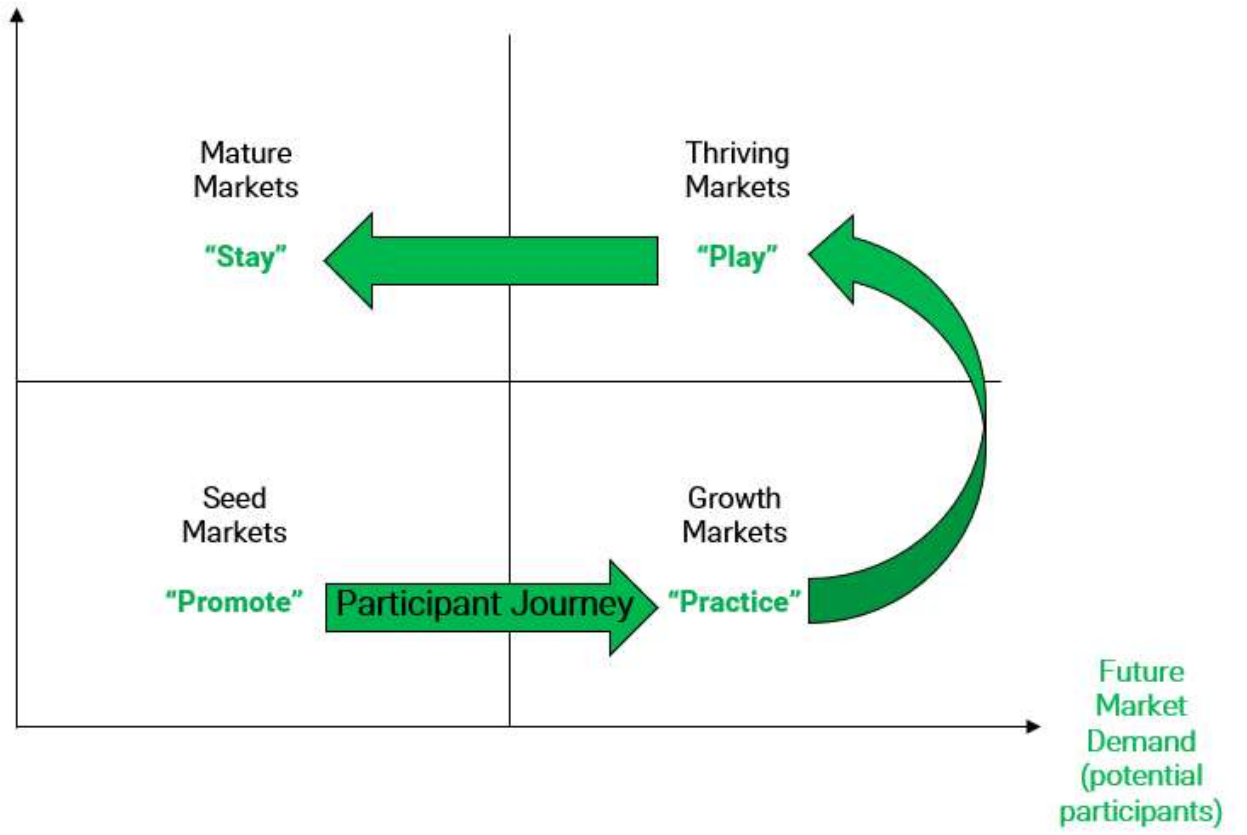
	<i>Market Characteristics</i>	<i>Strategic focus</i>	<i>Key Objectives</i>	<i>Focus Initiatives</i>
Seed Markets	<ul style="list-style-type: none"> • Low future demand • Low conversion (relative to current demand) 	<ul style="list-style-type: none"> • Awareness / create demand 	<ul style="list-style-type: none"> • Increase brand awareness / sentiment • Establish strong school presence 	<ul style="list-style-type: none"> • Targeted marketing / comms • Local community events / activations • Growth program delivery in/after school • Community programs (e.g. League Stars Inspire)
Growth Markets	<ul style="list-style-type: none"> • High future demand • Low conversion (relative to current demand) 	<ul style="list-style-type: none"> • Recruitment 	<ul style="list-style-type: none"> • Build foundation (0-12 years) • Increase brand awareness / sentiment • Provide options for potential participants • Establish teacher network (principals, district convenors, etc) • Establish new school competitions • Establish new clubs / volunteer network • Convert new participants (to Club RL) 	<ul style="list-style-type: none"> • Targeted marketing / comms • Local community events / activations • Growth program delivery in/after school • Modified format delivery • School competition set-up / delivery (tag) • Local government lobbying / funding / support • Venue / facility development / upgrades • League / admin support (new club set-up)
Thriving markets	<ul style="list-style-type: none"> • Strong future demand • High conversion (relative to current demand) 	<ul style="list-style-type: none"> • Recruitment • Retention • Fan conversion 	<ul style="list-style-type: none"> • Recruitment objectives <ul style="list-style-type: none"> • As per 'Growth Markets' • Retention, fan conversion <ul style="list-style-type: none"> • As per 'Seed Markets' • Retention objectives <ul style="list-style-type: none"> • As per 'Mature Markets' 	<ul style="list-style-type: none"> • Balance of stronghold and new market initiatives
Mature Markets	<ul style="list-style-type: none"> • Strong current demand (limited growth potential) • High conversion (relative to current demand) 	<ul style="list-style-type: none"> • Retention • Fan conversion 	<ul style="list-style-type: none"> • Enhance Club RL participant experience • Increase engagement / tenure • Optimise value as fans • Enable volunteers to improve club environment • Develop self-sufficient schools • Optimise transition (school to club) 	<ul style="list-style-type: none"> • League / admin support • Club / volunteer support (Tidy HQ, PPP) • Coach education and support • Club / school loyalty initiatives (i.e. tickets, etc.) • School / teacher ambassador program • Regular school competitions (tag and tackle)



CENTRAL COAST CATCHMENT MARKET OFFERINGS GUIDE



Market Matrix	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Stronghold 		Major NRL Events		League Stars Holiday		Major NRL Events		League Stars Holiday		Major NRL Events		League Stars Holiday
	Additional Support of Volunteer Education – Accreditation / Re Accreditations			Coaching Updates								
	Schools Competitions / Events											
Priority Market 		League Stars 6-8 weeks	League Stars Holiday	League Stars 6-8 weeks	League Stars Holiday	League Stars 6-8 weeks	League Stars Holiday	League Stars 6-8 weeks	League Stars Holiday	League Stars 6-8 weeks		
	Schools Competitions / Events						Coaching Updates			K-2 Tag Events		
	PSSA Regular Sport & Modified Formats RL											
High Potential 		League Stars 6-8 weeks	League Stars Holiday	League Stars 6-8 weeks	League Stars Holiday	League Stars 6-8 weeks	League Stars Holiday	League Stars 6-8 weeks	League Stars Holiday	League Stars 6-8 weeks		
	Schools Competitions / Events						Coaching Updates			K-2 Tag Events		
	PSSA Regular Sport & Modified Formats RL											
	Sporting Schools / LIFT											
Seed Market 		Major NRL Events				League Stars 6-8 weeks	League Stars Holiday			Major NRL Events		
	Inspire programs							K-2 Tag Events & Modified RL Format Events				
	Sporting Schools / LIFT											





QUESTIONS ?

THANKYOU





GROUND MANAGERS

Grant Kelly

NSWRL Area Manager



MINIMUM REQUIREMENTS



Minimum of 1 per International Field

Must wear Ground Manager vest and remain visible at all times.



KEY RESPONSIBILITIES

PRE GAME

- » Inspect Playing Surface
- » Ensuring sign on processes are adhered to:
 - » Checking Player Cards
 - » Checking Team Staff Accreditations

AT GAME

- » Enforcing correct coach, trainer, manager, spectator behaviour
- » Liaising with Match Officials
- » Over see HIA Reporting and report any Concussion Policy compliance issues.
- » General control of matches in accordance with National, State and Local Rules.

POST GAME

- » Ensuring Match Results have been entered correctly
- » Ensure all necessary Match Incident Reporting has been completed

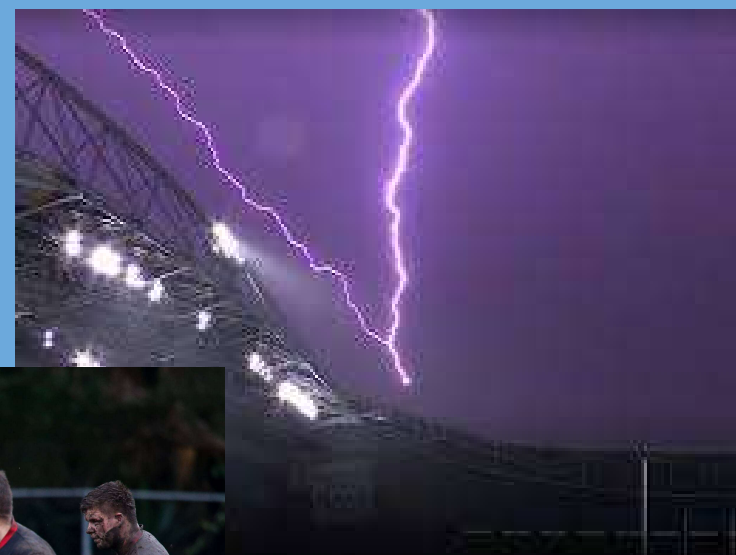


PLAYING SURFACE INSPECTIONS





WEATHER





MATCH DAY COMPLIANCE CHECKS

- » Sign on Sheets are sighted by the Ground Manager for both the home & away Teams.
- » Check appropriate accreditations for Coaching staff, and assist both Managers in checking Player ID cards Thirty (30) minutes before the scheduled kick off.
- » Do not allow games to commence without the necessary, suitably qualified Sports Trainers & Coaches as per the NRL On Field Policy.



SUPPORTING MATCH OFFICIALS





SIN BINS





SEND OFFS





MERCY RULE

- » A match shall be declared over IMMEDIATELY when the points differential reaches 60 points (i.e. 62 – 2).
- » As soon as the 60 points is achieved, the siren is to be sounded to signify the end of the match.
- » The maximum score differential that will be recorded for a match is 60 points for all competitions.
- » Upon agreement from both Coaches & the Referee – play may continue if it is deemed safe to do so. All MUST agree for the game to proceed.
- » If the game does continue – no further scores will be recorded.



INCIDENTS/CROWD CONTROL





ABANDONING A MATCH

- » The Ground Manager has the authority to request the termination of a game by the Referee, due to safety or security issues.
- » If there is a breach of the NRL Code of Conduct that cannot be rectified, or that is repeated after notification by the Ground Manager, the nearest touch judge should be approached & asked to alert the central Referee to the situation. If no touch judges are available, then approach the centre Referee when safe to do so.
- » If a match is terminated, an incident report **MUST** be completed.



IDENTIFICATION OF OFFENDERS

- » To identify a person that commits a breach of the rules, the Ground Manager is authorised to approach the Coach, Sports Trainers & Team Management of the Team that the offending person is supporting and request the offenders' name/details.
- » If the Coach, Sports Trainer or Team Management refuses to identify the person concerned, or they hinder efforts to obtain the identity of the person they will be in breach of the NRL National Code of Conduct.



SUSPENDED PERSON IN ATTENDANCE

- If you become aware that a suspended person is in attendance, you should;
- » Take a photo of the suspended person (if possible).
 - » Approach the suspended person, with another Club Official, and ask them to leave the venue.
 - » If they refuse to leave, through the nearest touch judge gain the attention of the Referee and ask them to stop the game.
 - » Again, approach the suspended person, and inform them that the game will not recommence until they leave the venue.
 - » If they still refuse, call the Police on their non-emergency number 131 444.
 - » In all circumstances, even if the suspended person leaves immediately upon request, the incident should be reported to NSWRL.



SERIOUS INCIDENTS






NSW GROUND MANAGER INDUCTION COURSE

PLAY RUGBY LEAGUE LEARN

← Back to course finder

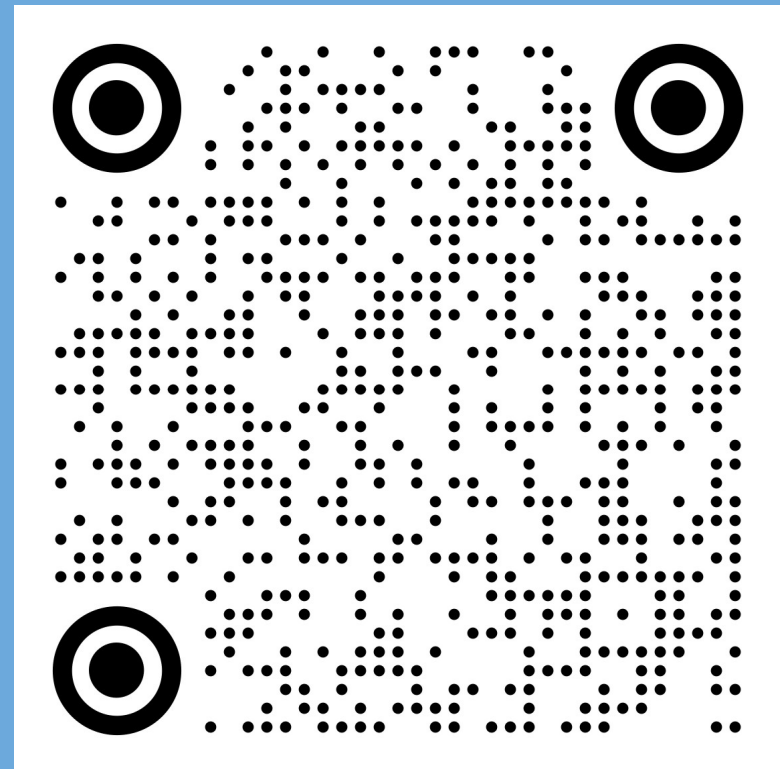
NSW Community Club Ground Manager Induction



ENROL

Start Date
01/11/2025

End Date
31/10/2026





GROUND MANAGER CHECKLIST

GROUND MANAGER CHECKLIST GAME DAY OPERATIONS	
AT THE BEGINNING OF THE DAY	<input type="checkbox"/> Check that your ground is in suitable condition <input type="checkbox"/> Ensure the playing area is roped off / fenced off <input type="checkbox"/> All field equipment is in place (post pads, corner posts etc) <input type="checkbox"/> You can ensure access to the field through appropriate emergency access points <input type="checkbox"/> You are wearing your PURPLE NSWRL GROUND MANAGERS VEST and are visible to all at your ground <input type="checkbox"/> Have everything you need at the scorer's table: <ul style="list-style-type: none"> ➤ Three working clocks (game clock, sin bin clock, time off / injury clock) ➤ Appropriate siren or bell ➤ NSWRL One Page Rule Document / Ground Manager Checklist ➤ Access to League By-Laws, NSWRL Policies, NRL Policies (QR codes and phone to open and read) ➤ Sign on sheets for all games scheduled
BEFORE EACH GAME	<input type="checkbox"/> Introduce yourself to visiting teams, Referees and Touch Judges <input type="checkbox"/> Check each teams MySideline cards (players and Team Staff) <input type="checkbox"/> Ensure that all players have signed the sign on sheet (where required) <input type="checkbox"/> Ensure that all Team Staff have signed the sign on sheet <input type="checkbox"/> Ensure that the minimum requirements of the NRL On-Field Policy are met with regards to Sports Trainers (please see NSWRL ONE PAGE RULES DOCUMENT for more information) <input type="checkbox"/> Ensure that Referees and Touch Judges are ready <input type="checkbox"/> Ensure the game starts on time
DURING EACH GAME	<input type="checkbox"/> Observe behaviour of players and Team Staff on benches – make sure that they are complying with NSWRL Game Day Expectations guidelines <input type="checkbox"/> Monitor interchanges and ensure that they are being both undertaken and recorded correctly <input type="checkbox"/> Ensure that any player removed from the field with a suspected head injury is marked as HIA on the sign on sheet and DOES NOT return to the field <input type="checkbox"/> Manage Sin Bins and Send Off's <input type="checkbox"/> Implement Mercy Rule (if necessary) <input type="checkbox"/> Identify and diffuse any negative behaviour on sidelines or on benches
AFTER EACH GAME	<input type="checkbox"/> Ensure that the Referee signs the sign on sheet <input type="checkbox"/> Ensure that both Team Managers have signed the sign on sheets <input type="checkbox"/> Ensure that scores are correct on both sign on sheets <input type="checkbox"/> Ask each Team Manager to take a photo of their sign on sheet <input type="checkbox"/> Ensure that players that have been removed from the field with a suspected head injury are provided with the appropriate Head Injury Assessment and Referral Form by the games Sports Trainer <input type="checkbox"/> Reset clocks for the following game <input type="checkbox"/> Clean all benches and tables for the following game <input type="checkbox"/> Immediately complete any Code of Conduct reporting as required
SIN BIN	<ul style="list-style-type: none"> ➤ When a player is SIN BINNED, they must sit out of the game for 10 MINUTES ➤ The player should sit in a designated place that is not on their teams bench but in the vicinity of the scorers table ➤ The SIN BIN CLOCK should not be started until the Referee calls time back on ➤ If the sin bin period extends over half time the SIN BIN CLOCK should be stopped at half time and stated again when play recommences ➤ The player should be notified when there is one (1) minute remaining on their SIN BIN CLOCK ➤ The sin bin should be marked correctly on the sign on sheet
SEND OFF	<ul style="list-style-type: none"> ➤ When a player is sent off, they can take no further part in the game ➤ The player should be directed to LEAVE THE ENCLOSED PLAYING AREA IMMEDIATELY and REMOVE THEIR PLAYING JERSEY ➤ The send off should be marked correctly on the sign on sheet ➤ You should ensure that the player does not re-enter the enclosed playing area ➤ You should ensure that the Referee completes the appropriate MATCH ON OPTICAL DISAPPEARAL FORM ➤ You should maintain harmony between any sent off players and their opposition when the game is finalised and players leave the area
NSWRL COMMUNITY TOOLBOX	
NSWRL POLICIES & PROCEDURES MANUAL	
NSWRL POLICIES	
COVID-19 RULE UPDATES	
NSWRL ONLINE CODE OF CONDUCT	






NRL ON FIELD POLICY



NRL ON-FIELD POLICY



NRL On-Field Policy.

TYPE OF POLICY	Participation
EFFECTIVE DATE	29 th February 2020
POLICY OWNER	Australian Rugby League Commission
POLICY CONTACT	NRL General Manager – Game Development and Education

A. REASON FOR POLICY
The intent of this policy is for all Community and Performance on-field safety personnel to possess the theoretical and practical knowledge required to complete their role in the keeping of players safe in the game of Rugby League.

B. POLICY STATEMENT
This policy is designed to ensure that all Community and Performance on-field safety personnel have appropriate training to provide first aid for the matches in which they are involved.

C. SCOPE
This policy is applicable to all persons fulfilling any on-field safety role for Rugby League and League Tag matches within an affiliated club/competition.



Page 1 of 7

Very important to note the following key points

- Minimum requirements
- Roles
- Responsibilities
- Penalties for non-compliance



NRL ON-FIELD POLICY

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">• League First Aid; or• NRL Level 1 Sports Trainer; or• NRL Level 2 Sports Trainer
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">• NRL Level 1 Sports Trainer; or• NRL Level 2 Sports Trainer.

THE MATCH MUST NOT START IF THESE MINIMUM REQUIREMENTS ARE NOT COVERED



LEAGUESAFE – YELLOW SHIRT

U6-U12 Maximum of one LeagueSafe permitted on-field
U13 and above Maximum of two LeagueSafe permitted on-field



- After a try has been scored
- During time out called by the referee
- LeagueSafe can attend to the injured player until the First Responder arrives
- Kicking Tee Collection
- When their team is in possession to conduct interchanges and provide water only



- Not on field in defence
- Walk up and down the sideline
- Standing behind the dead ball line
- All scrums
- Barracking/yelling from the sideline



LEAGUE FIRST AID – GREEN SHIRT

Minimum First Responder accreditation requirement
1 required per International Field to proceed for U5s - U12s
1 per team required for U13s - U15s



- After a try has been scored
- During time out called by the referee
- Unlimited access to attend to injured/ill players
- Must remain in the bench area



- Must not relay messages
- Not remain on field any longer than to assist the injured/ill player
- Penalty goal being taken
- Walk up and down the sideline
- Stand behind the dead ball line
- All scrums
- Barracking/yelling from the sideline



LEVEL 1 SPORTS TRAINER – BLUE SHIRT



Minimum First Responder accreditation requirement for U16s – Seniors
(One per team)

Same personnel requirements as Green Shirt in younger ages



- After a try has been scored
- During time out called by the referee
- Unlimited access to attend to injured/ill players
- Must remain in the bench area



- Must not relay messages
- Not remain on field any longer than to assist the injured/ill player
- Penalty goal being taken
- Walk up and down the sideline
- Stand behind the dead ball line
- All scrums
- Barracking/yelling from the sideline



LEVEL 2 SPORTS TRAINER – ORANGE SHIRT

Same personnel requirements as Blue Shirt



- After a try has been scored
- During time out called by the referee
- Unlimited access to attend to injured/ill players
- Must remain in the bench area



- Must not relay messages
- Not remain on field any longer than to assist the injured/ill player
- Penalty goal being taken
- Walk up and down the sideline
- Stand behind the dead ball line
- All scrums
- Barracking/yelling from the sideline



NRL CONCUSSION POLICY

Community Rugby League Policy and Guidelines for the Management of Concussion.



1.0. INTRODUCTION

This policy and the guidelines in it, are based on the Consensus Statement produced following the 6th International Conference on Concussion in Sport held in Amsterdam in October 2022 (the Consensus Statement). The guidelines in this policy should be followed at all times and any decision regarding return to play after concussive injuries should only be made by a doctor, ideally one with experience in dealing with such injuries.

2.0. BACKGROUND

When considering the management of concussion, the welfare of the player - both in the short and long term - must always remain paramount.

Since 2001, there have been six international conferences addressing the key issues in the understanding and management of concussion. After each meeting, a summary has been published to improve the safety and health of athletes who suffer concussive injuries during participation in sport. The summary from the Amsterdam meeting provides consensus guidelines for current best practice management of concussion. The NRL's current guidelines for the management of concussion are based on the Consensus Statement. The Australian Institute of Sport's Concussion and Brain Health Position Statement 2024 has also been considered.

3.0. SUMMARY

The most important element in the management of concussion must always be the welfare of the player. All players with concussion, or suspected of having a concussion, should seek urgent medical assessment.

Sport-related concussion is a traumatic brain injury caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities. Symptoms and signs may present immediately, or evolve over minutes or hours, and commonly resolve within days, but may be prolonged (Patricios et. al. 2023).

Complications can occur if a player continues playing before they have fully recovered from a concussion. Therefore, a player who is suspected of having a concussion must be taken out of the game or training session immediately. 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 session or any game/training session until medically cleared by a doctor, even if they appear to have recovered.

The management of head injuries may be difficult for non-medical personnel. It may be unclear whether you are dealing with a concussion, or there is a more severe structural head injury, especially in the early phases of an injury. Concussion is considered a medical condition and therefore can only be assessed, diagnosed, and managed by an appropriately qualified doctor.

train until they have had a formal medical clearance using the NRL Head

Community Rugby League Policy and Guidelines for the Management of Concussion.



8.0. GAME DAY MANAGEMENT

The most important steps in the early management of a suspected concussion include:

- A. Recognising the injury;
- B. Removing the player from the game or training; and
- C. Referring the player to a medical practitioner (doctor) for assessment.

A. Recognising the injury – (suspecting concussion)

- i. 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
- ii. Loss of consciousness, confusion and disturbance of memory are classical features of concussion, but it is important to remember that they are not present in every case.
- iii. There are several non-specific symptoms that may be present, and which should raise the suspicion of concussion: headache, blurred vision, balance problems, nausea, dizziness, feeling "dazed" or "lightheaded", "don't feel right", drowsiness, fatigue and difficulty concentrating.
- iv. Head Injury Recognition & Referral Form (HIRRF)* is required to record the signs and symptoms of a suspected concussion. Tools such as the pocket Concussion Recognition Tool 6 (CRT6) (link below) can be used to assist in the identification of a suspected concussion.

HIRRF - www.playrugbyleague.com/trainer/concussion/headinjuryrecognitionandreferralform
CRT6 - <https://bism.bmi.com/content/bism/sports/57/11/692.full.pdf>

*The online HIRRF housed in the NRL's MySideline platform MUST be used.

** Note: The SCAT6 and Child SCAT6 are additional tools available for appropriately qualified medical practitioners (doctors) only.

B. Removing the player from the activity including training, warm-up or game.

- i. Initial management of a head injury or suspected concussion must always follow first aid rules, including airway, breathing, CPR and spinal immobilisation.



EMERGENCY SERVICES CALLED

In the event of an ambulance being called, NSWRL staff **MUST** be notified via one of the following methods by the Club Secretary:

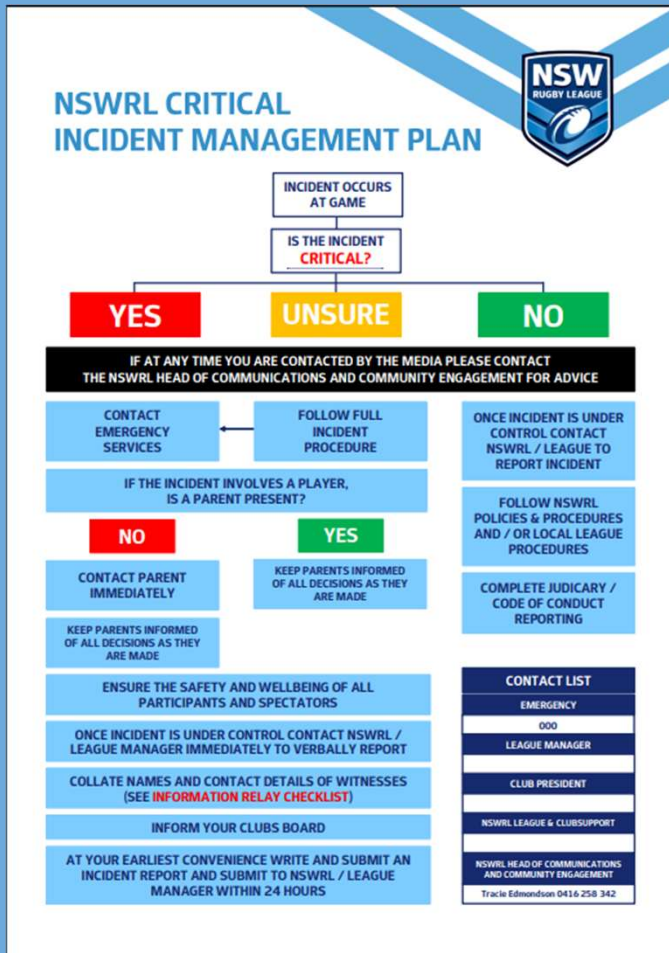
Email: brokenbayregion@nswrl.com.au

Club Hub: www.clubhub.nswrl.com.au

Phone: any NSWRL Staff Member
(please leave Voicemail if unanswered)



CRITICAL INCIDENT MANAGEMENT



Examples at a Community Rugby League club may include, but not be limited to:

- » Catastrophic incidents and / or injuries to players, officials, spectators, minors or fans
- » Illegal activity related to property or person
- » Illegal behaviour involving children under the age of 18
- » Behaviours that may bring the game into disrepute and are contrary to the NRL Code of Conduct.

IF IN DOUBT, CONTACT NSWRL IMMEDIATELY



THANK YOU