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| New Club Logo Finished Flattened Colour Tiny | **Player ‘Playing’ Policy****(2015)** |

Foxrock-Cabinteely GAA Club is committed to the promotion of an environment of participation, play and performance which upholds the dignity, respect and wellbeing of every individual player. The Club is committed to the promotion of an environment where improvements in performance are facilitated through a positive programme of safe, guided practice and measured performance & / or competition.

Please read this policy in conjunction with the 'Go Games' policies which is currently applicable to players U12.

‘Playing/subbing up’ is when a player plays and/or trains with an older panel of players; e.g. an under-13 player plays with an under-14 team. In most cases within our club this is not required due to adequate numbers at all age groups. When a player ‘plays/subs up’ it can cause resentment among players, parents and mentors of both impacted teams if, for example, an under-12 player displaces a player who is 'of the age' on the under-13 team. This can demotivate weaker players to the point where they will eventually give up playing, or create a perception that the ‘better players’ are getting undue advantage. Our policy on this issue should be consistent and fair, and designed to foster both weak and strong players in an open and transparent manner.

This ‘playing/subbing up’ policy applies to all Juvenile teams up to & including Age 14. From age 15 a more flexible approach will apply, due to player numbers, and teams available.

Every player up to and including U14 must play on-the-age. On-the-age is defined as the age group appropriate to the child on January 1st of a given year. For example, in 2015, a child plays on-the age if they were born in 2003 and are playing U12.

The following is our clubs Player ‘Playing’ Policy:

**Players ‘Subbing Up'**

1. The Team a player is part of is determined by their age on January 1st, not by the class they are in school or groups of friends on a team.
2. In team selection, preference should be given to players who are 'on the age' - i.e. those who will be 'over-age' next year. If substitutes are available, then players who are 'on the age' should play:
	* At least half the game in league and at least 15 minutes in championship games. This is club policy for games up to an including under-14 and a guide-line for older age groups.

Selectors may deviate from this policy if there is good reason not to select a player, other than the player’s ability (e.g. indiscipline or poor attendance at training). In such cases, the parents and, if age appropriate, the player should be informed why they are not being selected.

1. The Club discourages 'subbing up', but allows it where players are needed to make up a full team. 'Subbing-up' should not deprive players who are 'on the age' of a game.
2. All players must give first preference to their own age-group where football is available. Above age 14 , there may be years when the Club will not have submitted a team to a competitive competition and thus the player will play up to the next available age.
3. If there is a requirement to add a player to a squad for a particular match, the player must be picked from the next squad down within that age group. If a player is not available from the next squad within the age group, only then can a player be brought up from the next age group below. This policy is applicable to all with the exception of "Go Games" squads, regardless of the importance of the fixture.
4. When a player subs up, the Lead Mentor / Manager of the player’s own team must be contacted by the Lead Mentor / Manager of the team into which they are playing up. The Director of Football should also be informed prior to the fixture, however if this is not practical as soon as possible after the fixture has taken place.
5. Players can only be called up with the permission of the parents and this must be communicated to the parents by the Lead Mentor / Manager of the age group the player permanently plays for.
6. If a player refuses to train or play with their own age-group, then they will not be allowed 'sub up'. This will be communicated to the parents and child.
7. A player is not allowed to play/sub up two or more ages up (e.g. an under-11 playing on an under-13 team) if substitutes are available.
8. In exceptional circumstances, following executive agreement, the Executive may sign off if a player/s is being allowed to ‘sub up’ on a regular basis in any one year. The Head of Football & the Chairperson must be two of three sign offs.

**U12s/U13s**

1. Because of the current non-competitive nature of the U12 competitions we may field a team of some U12 players in the U13 Championship at a lower division. This is being implemented to retain the interest and to provide a competitive challenge for some U12s and it is expected that they will form the nucleus of the U13A squad for the following year.

**Squad grading**

1. For age groups with multiple squads, a grading system will apply at the end of each season. (This does not apply to Go Games squads). This is to ensure that all players play at the appropriate level relative to their ability and competitiveness. It is expected that this will apply to all teams up to Minor.
2. All grading should be agreed and squads finalised by the 1st week of February each year. This is a process that will be kept under review given girls may improve/dis improve through the season. It should not prevent player movements as their abilities are continuously assessed.
3. All grading will be carried out and agreed by both the Lead Mentor / Manager releasing the player and the Lead Mentor / Manager accepting the player. The Director of Football should be advised in advance of proposed grading's.

**Féile**

1. Féile occurs in the U14 year. All competitions activity in the U14 age group must follow the playing policy and playing up policy as outlined.
2. The Féile competition itself is an exception. The Féile A squad will not be subject to the policy of playing within an age group. The Lead Mentor / Manager of Féile A is to select the strongest squad for the competition, from the U14 and U13 age-groups. The strongest squad does not mean the strongest players. It is the squad which in the opinion of the manager will go the furthest in the competition. The U13 manager should release U13 players for Féile training and matches where they have been so selected, however consideration must be given to ensure their own (U13) Championship and League fixtures are not compromised.
3. The Féile B team, where there is one, will be comprised firstly of U14 players not selected for the Féile A team. Only when all U14 players have been accommodated can the Féile B manager select U13 players, again in accordance with the above.
4. U12 players are not allowed to participate in the Féile competition.
5. All grading will be carried out and agreed by both the mentor releasing the player and the mentor accepting the player subject to overall sign off by the age-group lead mentor/manager. The final selection for each Féile squad must be reviewed by the Head of Football and then submitted for final approval to the Club Executive before submission to the County Board.
6. In exceptional circumstances there may not be agreement between Mentors, with players and / or with a Parent. Where this arises the Head of Football will make the decision. If this decision is appealed it is brought to the Executive for final decision with no further right to appeal.

**Minor Players:**

If Minor players are required to play up for the adult teams then the following rules will apply:

1. No Minor player shall be asked or expected to play in a “Challenge Game” at Adult level in the week prior to a knock-out Championship, Round Robin Championship, Championship or League play-off game at Minor level.
2. Where a clash of fixtures arises, Minor players shall play with the Minor team. Exceptions can be made where the Adult fixture is of a higher priority as outlined above, subject to the agreement of the Head of Football and the Mentors concerned. In the absence of such an agreement, the Head of Football must make a decision. If this decision is appealed it is brought to the Executive for final decision with no further right to appeal.
3. Minors shall be available to train with other Adult teams only if they have participated in training at their own age. (Subject to injury and availability).
4. Subject to the agreement of the Minor Mentors and Head of Football, players may join an Adult Squad for training and games when the progress of the Minor team in their competitions has ended.
5. Requests for Minor players to play with Adult teams or issues that arise with regard to their attendance etc., should be directed through the Minor Mentors.

**Burn Out**

1. Foxrock-Cabinteely GAA is aware of player burn out and the need to protect players from themselves in some instances. At all times the Lead Mentor / Manager needs to give due consideration for player burn out or ‘overplaying themselves across all sports’.

**Club Players Nominated to Dublin Development or County Teams**

1. Only players who are registered, and currently playing for club teams will be considered for nomination.
2. The Club will follow the guidelines issued by the County Board on Club nominations to Dublin Development or County Teams.
	1. Where guidelines are not issued by the County Board, the following rules will be applied by the club when submitting nominations to the County Board:
		1. A player is not allowed to be nominated to play two or more ages up (e.g. an under-12 playing on an under-14 team).
		2. For county squads, only players on the age, or 1 year below, can be nominated.
		3. For development squads, only players on the age can be nominated.
3. All names within an age group must be submitted by the team Manager/Lead mentor to the Club Secretary, who following review with the Head of Football, will submit a list of nominees to the Club Executive for final approval. The Executive will then forward to the County Board via the Club Secretary.

**Breaches in rules**

1. Breaches of club rules may result in Managers/Mentors, and if age appropriate, players, being requested to meet with the Executive and outline their reasons for such a breach. Sanctions may be imposed on a Lead Mentor / Manager / player who is found to have broken club rules