



# EASTERN INSIDER

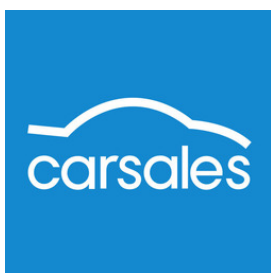
THE OFFICIAL NEWSLETTER OF THE EASTERN FOOTBALL LEAGUE  
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## EASTLAND



## FROM THE CEO

**ADMINISTRATION** | With our football and netball competitions now in full swing, this week's *Inside the EFL* will focus on some of the not-so-glamorous but very important back-end club administration requirements. [CLICK HERE.](#)



## JUNIOR FOOTBALL

**STRETCHERS** | Stretchers are to be accessible at all times, as per by-law 5.8 (m):

*"A suitable stretcher on the boundary at the interchange area at all times during matches being played".*

**RUNNER AGE** | All runners must be over 18 years of age and properly attired as per by-law 14.3 (a) & (b).

**WATER CARRIERS** | Please ensure that all water carriers are in-line with by-law 14.5 (e):

*"The maximum age of water carriers in the junior competition is seventeen (17) years of age".*

**LIGHTNING PREMIERSHIP** | The *Under-9 Eastland Lightning Premiership* will be held this weekend on Sunday, May 5 at Pinks Reserve (Kilsyth Football Club), with the first game to commence at 9am.





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## MEDIA

**EFL MOBILE APP** | Download the official EFL mobile app for all game-day team lists, fixtures, results, ladders and news. Download Team App on Google Play or App Store and search Footy EFL.

**BROADCASTS** | Tune in to 1377 SEN+ or video stream on *EFL.org.au* from 1pm this Saturday as Doncaster East hosts Park Orchards in Division 1. The official League podcast, *EFL Insight*, is available each Thursday via *EFL.org.au*. Listen to *EFL Sunday* each week from 10am on 1377 SEN+.



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