

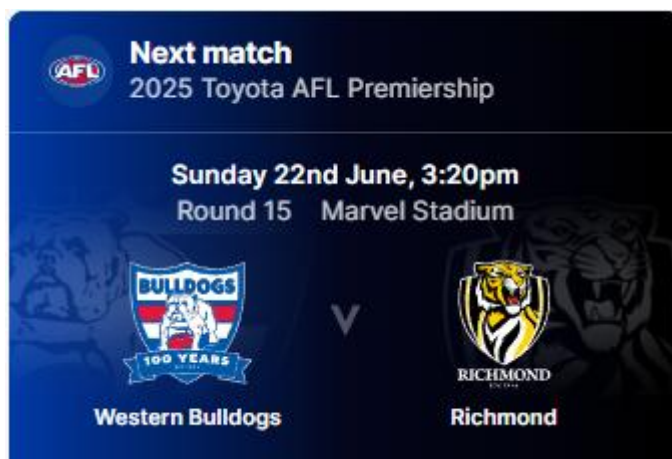


**CAPITAL
TIGERS**

Roar Roundup – Week 15

for the
**TIGER
ARMY**

Next Game – See you this Sunday 3.20pm at Eastlakes Kingston with other members of the Tiger Army.



Social Media – The Samoan Spirit.

More than football, earlier this year Mykelti Lefau visited his Samoan home to connect with family and teammates.

The full documentary is available on the Richmond Website and the Richmond Youtube channel.



Injury Report – Week 15 – richmondfc.com.au

Taj Hotton: ACL, Test

"Exciting to say that Taj is a test for this week. If he gets through main training on Thursday, then he'll be available to play this weekend," Serpell said.

Jayden Short: Calf, 1 week

"Jayden Short was down for a test and we started testing him last week. He probably hasn't progressed as well as we would have liked, so we will give him another week before we make him available for selection," Serpell said.

Sam Lalor: Hamstring, 1-3 weeks

"Sammy Lalor is going quite well, unlike everyone else, he didn't get a break last week and was in for a bit of rehab. He did a bit of running yesterday and ran fast for the first time for a while," Serpell said.

"We want to spend a bit of time to make sure that he's ready to perform, not just play, and he can slot straight back into the AFL side if needed."

Josh Smillie: Conditioning, 2-4 weeks

"Smil's having a conditioning block and that's going quite well at the moment, he's making some really good gains athletically," Serpell said.

"We're ready for him to continue running fast and doing that a lot. We're probably looking around two to four weeks with him."

Josh Gibcus: ACL, 2-5 weeks

"Gibbo is doing really well, we're excited to see him out there doing more training without a non-contact hat on. That's exciting," Serpell said.

"He also missed out on having a break, but he came in and got a good body of work done through the bye period, putting himself in the best position possible to get back to play.

"We're expecting him to be available for selection in around two to five weeks."

Harry Armstrong: Hamstring, 2-5 weeks

"Harry, similar to the other guys, didn't go away last week and came in for some more training. He's running fast and he's getting involved in a lot more footy drills now," Serpell said.

"Unfortunately for Harry, because he's missed such a big chunk of time, we need to make sure that he does get enough footy exposure over the next little while. With the bye, he missed that, so he's still around two to five weeks away."



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Thomson Dow: Patella, 4-7 weeks

"Unfortunately for Dowy, things aren't progressing too well in these early stages. He's still yet to start running," Serpell said.

"We'll just wait until we can get some swelling off that knee before he starts running."

Campbell Gray: Knee, TBC

"Similar to Dowy, Campbell Gray, we're not really sure where he's at. We just want to see where he settles for the next little while," Serpell said.

"He tried running the other day, didn't respond all that well, so we can't really give a timeline. Thankfully, he avoided serious injury, so we can expect to see him out there again this year."

Judson Clarke: ACL, Season

"We're still in the process of consulting a number of different surgeons, to make sure that we can get this right going forward. Once we've got an idea of what we're going to do, we'll give an update of where that's at and when he gets surgery," Serpell said.

"But certainly, he's not due back until next year, at this stage."

Match Review – Bye Week – afl.com.au

Nothing to report here with the Bye.

Banks locked in for two more – Richmond.com.au





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In-form Richmond youngster Sam Banks has committed his future to the Club, signing a two-year contract extension.

Banks has found career-best form across the past five weeks, averaging 25.6 disposals since making the switch to a role at half back.

The 22-year-old ranks only behind on-ballers Tim Taranto and Jacob Hopper for disposals this season and is also #2 at the Club for kicks and metres gained.

A smooth mover with excellent two-way running capability, Banks had gradually improved his AFL output before taking huge strides in 2025.

The Tigers selected the Clarence and Tasmania U/18 product with pick No. 29 overall at the 2021 National Draft.

Banks broke through for his AFL debut in Round 17 of his second season, adding another five in the final rounds of 2023.

Banks was able to play another 15 matches in 2024, including the last nine in a row, and he has cemented his spot in the AFL team across 12 games this year.

Richmond General Manager - Football Talent, Blair Hartley, said that Banks, who is an emerging leader at the Swinburne Centre, thoroughly deserved his contract extension.

“It has been great to see Sam make the most of his opportunities this season and get some reward for the hard work he has put in to improve all aspects of his game,” he added.

“Sam has now played 34 games at AFL level and is showing that he belongs on an AFL field.

“His strong form this year has been important for us, and we are delighted that he will be able to continue to grow and help drive us forward, along with his teammates, across the next two years and beyond.”

VFL Match Review – Bye – [Richmond.com.au](https://richmond.com.au)

AFLW – Changes introduced for the 2025 AFLW Season – [facebook.com/richmondwomens](https://www.facebook.com/richmondwomens)



Following consultation with Clubs and approval from the AFL Commission, the AFL has today announced the introduction of future pick trading in the AFLW Competition and an AFLW Pre-Season Draft, as well as one on-field rule change and a number of umpiring interpretation changes.

With the introduction of future pick trading, Clubs will be permitted to trade their future first round selection or their future second round selection, but not both.

Board approval will be required for the trading of future first round selections and Clubs must have a presence in the first round for at least two years within a five-year period unless otherwise approved.

The AFLW Pre-Season Draft will replace the Supplementary Selection Period, with dates for the Pre-Season Draft to be confirmed in due course.

The on-field rule change that has been introduced for the 2025 AFLW Season will mean that for stoppages that occur within 10 metres of the boundary between the 50m arcs, the ball up will take place 10 metres inside the boundary.

In addition to that on-field rule change, the following umpiring interpretations will be applied:

- **Ruck Nomination:** Once a ruck nomination has been received from each team, the umpire will restart play, regardless of whether the nominated players are in the area to contest the throw up or throw in.
- **No Genuine Attempt:** Umpires will be stricter on players who do not make a genuine attempt to dispose of the ball when tackled legally with no prior opportunity.
- **Dive/Drag:** Umpires will be stricter on players who dive on or drag the ball in and do not immediately knock the ball clear when tackled legally.



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AFL Executive General Manager of Football Operations Laura Kane said the introduction of future pick trading and a Pre-Season Draft further highlights the growth of AFLW.

“Following the transition to a National Draft last season, these changes are further recognition of the greater sophistication that is being established in the AFLW competition and specifically within player movement,” said Ms Kane.

“Introducing future pick trading means creating more trade collateral and levers for clubs to pull, giving them greater ability to make list management decisions and in turn, more opportunity for player movement.

“Data shows us that secondary stoppage rates are higher when the ball up is close to the boundary and scoring rates are lower, so the introduction of the on-field rule change is aimed at opening up space around stoppages close to the boundary line where the stoppage is denser.

“This change and subsequent umpire interpretation changes have been implemented to help create more flow and offensive play in AFLW and mitigate the increasing rise in density levels over the last two seasons.”

Richmond's AFLW season begins on August 15 against the Sydney Swans.

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