

AFL RULES

Playing ground

- a) Modified ground to be used. Minimum size of the ground to be 80m x 40m.
- b) The playing field is divided into 2 playing halves, using markers.

Ball

Juniors – Size 3 synthetic ball

Seniors – Size 4 synthetic ball

The Team

- a) A team shall consist of 12 players with a maximum of 4 reserves.
- b) The team will be divided into two even positions (i.e. a team of 12 will have 6 forwards and 6 backs).
- c) Players are to start in their nominated half at the beginning of each period.
- d) At the end of each half all players must change positions (forwards to backs and vice versa or interchange).
- e) Interchange or replacement of injured players may take place at any time.
- f) The new player taking the field must play the replaced player's position until the end of the half.
- g) Optional interchange of uninjured players is permitted only three times per 20 minute half and a substituted player MUST come to the sideline before being able to enter the field again, using a separate interchange.
- h) All teams must have a minimum of four girls in the team (two in each half at any given time during play).
- i) Players must remain within their nominated half during play. If they overstep the half way mark unintentionally, play on is called, however, if a player deliberately or continually moves across half way during play, a free kick is awarded to the opposition team at the half way line.

Playing time

2 halves of 20 minutes.

Start of play

- a) The game shall be started with a ball up (and restarted after each goal) between **two nominated players at the half way line of the ground.**
Players contesting the ball should be of similar size and will be rotated.
- b) A player must not grab the ball at a ball up and play on. They must tap the ball and cannot play the ball again until another player has touched it.

Out of bounds

When the ball goes out of bounds a free kick is awarded against the team that kicked the ball. **A free kick IS NOT awarded if:**

- a) the umpire cannot determine whom the ball came off,
- b) the ball is smothered by a defender,
- c) a player is tackled over the sideline whilst holding the ball.

Instead, the umpire will call a ball up.

A player cannot kick for goal from an out of bounds free kick.

Tackling

Juniors

Are permitted to grab and hold a player, between the knees and shoulders and attempt to knock or steal the ball. They are also permitted to smother a ball and shepherd by extending arms and blocking out opposition players.

Are **not permitted** to push a player in the back or tackle over the shoulders or below the knees. They are also not permitted to forcefully bring a player to the ground in a tackle.

Seniors

Are permitted to make a two handed tackle, grabbing a player between knees and shoulders, bringing them to ground, without excessive force.

They may attempt to knock out or steal the ball. They are also permitted to smother a ball and shepherd by extending arms and blocking out opposition players.

Are **not permitted** to sling or throw another player to the ground, or push them in the back.

NB: Umpires can award a free kick against a tackle that is considered unnecessarily rough.

Mark

A free kick is awarded to any player who fairly catches a kick providing the kick travels approximately 15m.

Bouncing the ball

A player in possession of and running with the ball is permitted to bounce the ball once only, before kicking or handballing to another player. A player must bounce the ball every 10m.

Kicking the ball off the ground

Players are not permitted to **deliberately** kick the ball off the ground.

Scoring

- a) A goal (6 points) is awarded when the ball is kicked between the two major (tall) posts without being touched by the opposition.
- b) If the ball is touched before passing the two major (tall) posts or passes between the minor (short) and major (tall) posts, 1 point is awarded.
- c) After a goal is scored play restarts with a ball up at the half way line. After a point is scored play restarts with a kick from the defending team from in between the two major (tall) posts.
- d) Goals can only be scored by the **3 nominated forwards** (wearing bibs) from the forward half. Scores from other positions do not count and **a free kick is awarded against that player from the place where they kicked the ball.**

Order off rule

Players may be ordered off the field for **deliberate** rough play or abusive language. Time period is left to the umpire's discretion.

Coaches

Coaches are not permitted on the ground during play unless attending to an injured player.

End of the match

Players are to shake hands with the opposition team at the conclusion of the match. **Coaches are to check scores with opposing schools, for accuracy.**