

2018 JUNIOR GIRLS - RULES FLOW CHART

YEAR 3 - 6

As at 1st Feb 2018

	Year 3 - 4	Year 5 - 6	Notes/Explanation
1. Playing Field	Length 90-110m x Width 50m Soft Zones reset after all stoppages	Length 100-120m x Width 60- 80m Soft Zones reset after all stoppages	
2. The Team	Up to 12 a-side– no rucks and rovers. Unlimited reserves. Rotate players every quarter.	Up to 12 a-side no rucks and rovers. Unlimited reserves. Rotate players every quarter.	Should one team be low on numbers, coaches should work together to ensure teams are even on field. (i.e. assist team with low numbers by lending a player or players) Numbers on field should always be even.
3. Playing Time	4 x 12 minute quarters	4 x 12 minute quarters	Please refer to your Junior Competition Committee.
4. The Football	Yellow/Pink synthetic size 2	Yellow/Pink synthetic OR leather size 2	Please refer to your Junior Competition Committee. Year 7 – 8 synthetic footballs are recommended in wet weather
5. Start of Play	A. Ball up between 2 centre players B. Players should be approximately equal size. C. Players cannot take full possession out of ruck contests.	A. Ball up between 2 centre players B. Players should be approximately equal size. C. Players cannot take full possession out of ruck contests. D. Max. 3 players from each team closer than 20m to ball up.	Prior to start of play, umpire to undertake pre-game safety check. (i.e. check boots, fingernails, jewellery, goal post pads etc) “Full possession rule” – players contesting a ball up or centre bounce may not take possession of the ball during the ruck contest. They may only take possession after the ball has touched a player who is not involved in the ruck contest.
6. After a goal	Different players contest the ruck each time.	Different players contest the ruck each time.	Umpire may choose alternative players of similar size where necessary.
7. Scrimmage	No diving on the ball. Umpire stops play. Free kick awarded to nearest opponent.	No diving on the ball. Umpire stops play. Free kick awarded to nearest opponent.	Umpire to ball up 10m inside the boundary to reduce the incidents of additional ball ups. (i.e. less chance of ball going out of bounds, less congestion)
8. Out of Bounds	A. From a kick. Kick awarded to nearest opponent. B. If doubt as to which team kicked the ball. Ball up 5m in. C. Off hands or body - ball up 5m in from boundary. D. Full possession rule.	A. From a kick. Kick awarded to nearest opponent. B. If doubt as to which team kicked the ball. Ball up 5m in. C. Off hands or body - ball up 5m in from boundary. D. Full possession rule.	Umpire to ball up 10m inside the boundary to reduce the incidents of additional ball ups. (i.e. less chance of ball going out of bounds, less congestion)
9. Tackling	Modified Wrap Tackle rule. Wrap arms around player and hold feet. Do not drop to the ground. Strictly no slinging or deliberately bringing the opposition player to the ground. Grabbing the arms is not permitted. Players once tackled have 3 seconds to dispose of the ball.	Modified Wrap Tackle rule. Wrap arms around player and hold feet. Do not drop to the ground. Strictly no slinging or deliberately bringing the opposition player to the ground. Grabbing the arms is not permitted. Players once tackled have 3 seconds to dispose of the ball.	In a “wrap tackle” the tackler must wrap both arms around the opponent’s body ensuring that it is not above the shoulder. The tackling player cannot grab an arm of the opponent. The “intent” of the tackler must not be to bring his/her opponent to the ground and if the umpire believes this was the case, a free kick will be awarded. If the player being tackled deliberately falls over in the tackle, they will be deemed holding the ball. Coaches should instruct players to keep their feet where possible. “Slinging” a player is strictly not permitted. A sling occurs when the actions of the tackler cause the player to be thrown to the ground after or during possession.

10. Bumping	Strictly no bumping allowed.	Strictly no bumping allowed.	The only contact permitted via the "Wrap tackle".
11. Barging	Barging, fending off or chopping with hands passed opponents is NOT allowed. A free kick shall be awarded.	Barging, fending off or chopping with hands passed opponents is NOT allowed. A free kick shall be awarded.	The only contact permitted via the "Wrap tackle".
12. Stealing/ Smothering/Harassing/ Possession rule	Not allowed. Modified wrap tackle only.	Player may attempt to snatch or steal the ball but if unsuccessful and contact is made a free kick will be awarded to opponent. This is to prevent the ball falling to the ground and a pack forming. No smothering is permitted. (refer notes)	A "smother" is whereby a player's intent is to deliberately try to smother the ball off the boot whilst in the kicking action. It should not be deemed a smother if the ball is kicked into the man on the mark or an opposing player in general play.
13. Shepherding	Player not permitted to push, shoulder or block opponent not in possession of the ball.	Player not permitted to push, shoulder or block opponent not in possession of the ball.	The only contact permitted is incidental contact or via the "wrap tackle".
14. Mark	Any reasonable attempt to catch the ball directly from kick irrespective of distance travelled. Opposition player encouraged to stand on the mark. Playing on is allowed.	Any reasonable attempt to catch the ball out in front directly from a kick irrespective of the distance travelled. Opposition player encouraged to stand on the mark. Playing on is allowed.	The Year 5-6 progression is to encourage players to attempt to mark the ball with arms extended out in front.
15. Bouncing the Ball	Player is permitted to bounce the ball only once then dispose of the ball.	Player is permitted to bounce the ball only once then dispose of the ball.	The player in possession must dispose of the football or take a bounce prior to travelling 15 metres.
16. Kicking off the Ground	Not permitted to deliberately kick the ball off the ground.	Not permitted to deliberately kick the ball off the ground.	Whereby the foot makes accidental contact to the ball, the umpire should call play on.
17. Order-off Rule	To be applied. Penalty time is umpire's discretion	To be applied. Penalty as per yellow and red card system.	Prescribed penalty process does not apply in these age groups.
18. Staying in Position	Soft Zones reset after all stoppages	Soft Zones reset after all stoppages	Standard position play should be taught to improve the flow of the game.
19. Coaches	Coach is allowed on the ground to teach.	Coaches are not permitted on the ground	Runners are not permitted on the ground during Year 3 - 4 competition. Coaches should not carry coaching boards or clip boards on the ground during play for safety reasons. One Runner only is permitted on the ground in Year 5 - 6 competition; however they should immediately exit the ground after delivering a message.
20. Spirit of the Game	Players and coaches to shake hands. Umpire to instruct players.	Players and coaches to shake hands. Umpire to instruct players.	The rules from NAB AFL Auskick through to Year 7's football have been modified over time to assist junior players with skill development and understanding of the game. Coaches should endeavour to coach players within the spirit that these rules were intended. Refer to By-Law 1 – The Spirit of Junior Football
21. The Game	No premiership points, no finals, no ladders, no match results, names of players published.	No premiership points, no finals, no ladders, no match results, names of players published.	Coaches should endeavour to give each player even game time throughout the season. This will improve player retention and enjoyment.
22. Awards	Participation, effort and skill achievement scheme.	Participation, effort and skill achievement scheme.	
23. Clearances	Automatic clearance.	Automatic clearance.	
24. Tribunals	No tribunal, discipline is the responsibility of the club.	No tribunal, discipline is the responsibility of the club.	In the case of any disciplinary action handed down by a club, that club must forward to the JCC in writing the outcome of that hearing.

Please refer to By-Laws and Junior Club Manual for latest version