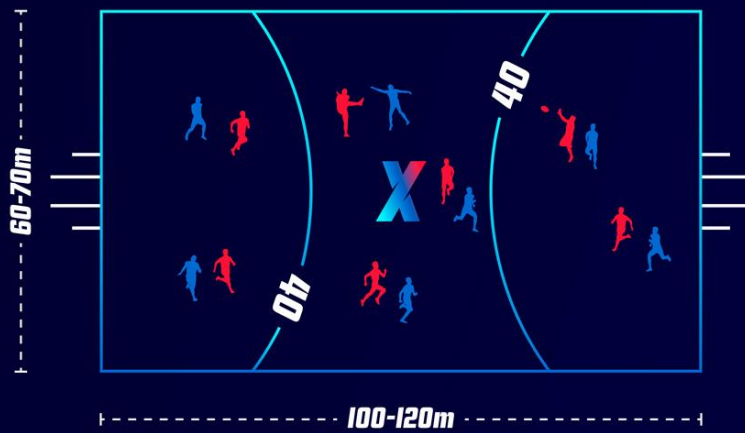


Playing Field



Features/Rules

- X Dimensions** 60-70m(W) x 100-120m(L); preferred 68m(W) x 105m(L)
- X 4 posts at each end**
- X Two 40m arcs** goals kicked on full from outside arc worth 10 pts
- X 10 players per team** 7 on field plus 3 on bench
- X No restrictions on rotations**
- X No marks paid on backwards kicks** except in the forward 40m area
- X Last touch out of bounds free kick**
- X Kick-ins from behind the goal line** after all scores
- X At least two players from each team must start each quarter inside each 40m arc**
- X Free shot from forward 40m arc** directly in front for deliberate rushed behinds (10 point goal)

