**2018 YOUTH GIRLS - RULES FLOW CHART**

YEAR 7 - 11

*As at 10th April 2018*

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|  | Year 7 - 8 | Year 9 - 11 | Notes/Explanation |
| 1. Playing Field | 70m – 90m (width) – 100m – 120m (length) | 100m – 130m (width) – 130m – 155m (length) |  |
| 2. The Team | 12 a-side preferred | 15 a-side preferred | 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 12-15 minute quarters | 4 x 12-15 minute quarters | Please refer to your Junior Competition Committee. |
| 4. The Football | Yellow/Pink synthetic  OR leather size 3 | Yellow/Pink leather size 4 | 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. | 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 | Umpire to ball up in the centre of the ground | Umpire to ball up in the centre of the ground |  |
| 7. Scrimmage | As per AFL Laws of the Game | As per AFL Laws of the Game |  |
| 8. Out of Bounds | A. From a kick or handball. 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 or handball. 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 | Tackling is permitted as per the Laws of the Game. | Tackling is permitted as per the Laws of the Game. | **“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. | As per AFL Laws of the Game |  |
| 11. Barging | Strictly no barging allowed. | As per AFL Laws of the Game |  |
| 12. Stealing/ Smothering/ Harassing/ Possession rule | As per AFL Laws of the Game | As per AFL Laws of the Game |  |
| 13. Shepherding | As per AFL Laws of the Game | As per AFL Laws of the Game |  |
| 14. Mark | A mark is paid when the player catches  the ball directly from a kick which has  travelled a minimum distance of 10 metres. | A mark is paid when the player catches  the ball directly from a kick which has  travelled a minimum distance of 15  metres. | 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 twice then dispose of the ball. | Player is permitted to bounce the ball only twice 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. |  |
| 18. Staying in Position | No use of zones | No use of zones | Standard position play should be taught to improve the flow of the game. |
| 19. Coaches | **Coaches are not permitted on the ground** | **Coaches are not permitted on the ground** |  |
| 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. | 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 | Scoring, ladders and finals are  permitted. | Scoring, ladders and finals are  permitted. | Coaches should endeavour to give each player even game time throughout the season. This will improve player retention and enjoyment. |
| 22. Awards | No best players or goal  kickers are recorded. | Best players and goal  kickers may be recorded. |  |
| 23. Clearances | As per National Transfer Policy | As per National Transfer Policy |  |
| 24. Tribunals | As per 2018 Junior Bylaws | As per 2018 Junior Bylaws |  |

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