

FREESTYLE FOOTY

Freestyle Footy is about flexibility – but we also want to maintain the core of what makes Aussie Rules special— skill development, decision making and fun. This adaptable version of the game, allows you to tailor different aspects to suit your environment, class size, and student needs while still upholding the integrity of the sport.

NON-NEGOTIABLE RULES

1. NO TACKLING

Safety is paramount in Freestyle Footy. By removing tackling, the game becomes more inclusive and reduces the risk of injury, making it easier for all students to participate. Instead of a tackle, players will use a two-handed touch

2. FOOTY SKILLS MUST BE USED:

Players are not allowed to throw the ball or use skills that aren't part of Aussie Rules. This ensures that core footy skills like kicking, handballing, marking, and bouncing are always at the centre of the game.

3. NO INTENTIONAL KICKING OFF THE GROUND

For safety reasons, players are not allowed to kick the ball off the ground. This rule also encourages players to develop their ability to gather the ball on the ground, improving their overall skill set.

4. NO STRIPPING OF THE BALL

For safety reasons, players are not allowed to strip the ball from a player's hands. The only way to dispossess someone of the football is through the two-handed touch.

MODIFICATIONS

The beauty of Freestyle Footy lies in its ability to be adapted and modified to suit the needs of your students, your environment, and your goals. While it's impossible to explore every modification you could make, the essence of Freestyle Footy is its flexibility.

The Change It philosophy is a fantastic framework to help guide your modifications. It encourages you to look at the different elements of the game and adjust them to suit your class.

When modifying Freestyle Footy, consider a few key factors:

• AGES AND SKILL LEVELS

Younger or less experienced students might benefit from simplified rules or different sized playing areas, while older or more skilled students can be challenged with faster-paced games or more complex tasks.

• ENVIRONMENT

The space you have available plays a huge role in how you modify the game. Freestyle Footy can be played in a small courtyard, on a half-sized field, or in a gymnasium. Modify the field size or number of players to match your space.

• INCLUSIVITY

Modifications should ensure that all students feel able to participate, regardless of their ability. Adjust the rules or setup to make sure everyone can contribute to the game in a meaningful way.

• STUDENTS

Your students themselves can be great contributors when it comes to modifications. Encourage them to offer ideas and think creatively about how the game can be adapted. By doing this, you'll empower them to see Freestyle Footy as more than just a traditional 18 vs. 18 match.