

**PLEASE NOTE: THAT THE FOLLOWING AFL  
JUNIOR RULES FLOWCHARTS HAVE BEEN  
ENDORSED BY ALL DISTRICT/REGIONAL JUNIOR  
COMPETITION COMMITTEES IN CONJUNCTION  
WITH THE AFL JUNIOR RULES POLICY AND  
GUIDELINES**

**IN SOME DISTRICTS/REGIONS THERE MAYBE  
SLIGHT VARIATIONS TO THESE RULES. PLEASE  
CONSULT YOU LOCAL JUNIOR COMPETITION  
COMMITTEE FOR MORE INFORMATION.**



# 2009 AFL JUNIOR RULES FLOW CHART Year 4-10 Years

As at 1<sup>st</sup> March 2009

	Rules	Notes / Explanation
<b>Standard</b>		
1. Playing Field	110m (length) x 80m (width) Maximum	
2. The Team	9, 12 or 15-a-side – no rucks and rovers. Unlimited reserves. Equal game time rules applies (refer junior club manual)	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) <b>Numbers on field should always be even.</b>
3. Playing Time	4 quarters, each of no more than 15 minutes	It is strongly recommended however that Year 4's & 10's play only 12 minute quarters. <b>Please refer to your Junior Competition Committee.</b>
<b>General Modified Rules for Year 4s &amp; 10s</b>		
4. Start of Play	A. Ball up between 2 centre players B. Players should be approx. equal size. C. Full possession rule applies. (refer to notes) 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) <b>"Full possession rule"</b> – 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.
5. After a goal	Centre ball up as in 4. Different centre players should contest the centre ball up each time.	Umpire may choose alternative players of similar size where necessary.
6. Scrimmage	Umpire stops play. Send players back to positions and ball up used. Full possession rule applies. (refer notes in 4.)	Coaches should assist umpires by instructing players to move back to position. This will be in avoiding further congestion.
7. Out of Bounds	A. From a kick. Kick awarded to nearest opponent. B. If there is doubt as to which team kicked the ball - ball up 10m in. C. Off hands or body - ball up 10m in. D. Full possession rule. (refer notes in 4.)	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. Tackling	<b>Hand Tackle rule applies.</b> <b>A. Whereby a player applies a legal hand tackle, the player with the ball must dispose of it correctly within three seconds or a free kick for "holding the ball" will be awarded.</b> <b>B. If player with the ball had ample time to dispose of the ball prior to being tackled, they will be deemed "holding the ball" also.</b> <b>C. If a player bounces the ball whilst being hand tackled, they will be deemed "holding the ball."</b>	In a "hand tackle" the tackler may grab any part of the opponent's jumper with one or two hands provided it is not above the shoulder. <b>The tackling player cannot wrap arms around opponent, knock the ball out of hands, or push in the side. However the player executing the tackle is permitted to hold onto their opponent if their opponent still has possession of the ball.</b> 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 <b>deliberately</b> falls over in the tackle, they will be deemed holding the ball. Coaches should instruct players to keep their feet where possible.  <b>"Slinging"</b> 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. A sling free kick will <b>not</b> be paid if the umpire deems that the tackler <b>did not deliberately or aggressively</b> try to throw the player to the ground.
9. Bumping / Barging	A. Deliberate bumping is <b>NOT</b> allowed. Incidental/accidental contact is part of the game and may occur. B. If a player with the ball barges, fends off or chops past opponents a free kick will awarded against that player.	The only contact permitted is incidental contact or via the "hand tackle".

10. High Contact	No contact above the shoulder is permitted.	Umpires are instructed to award free kicks for <b>any high contact</b> . A free kick will be awarded regardless of whether the high contact is intentional or unintentional.
11. Stealing/ Smothering	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 <b>intent</b> 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.
12. Shepherding	Players are not permitted to push, shoulder or block an opponent who is not in possession of the ball.	The only contact permitted is incidental contact or via the “hand tackle”.
13. Mark	Catch the ball directly from kick irrespective of distance travelled.	The marking player must control the ball directly from the kick. (i.e. the ball must not touch another player in flight) Consideration of weather conditions may be taken into account.
14. Bouncing the Ball (or touching the ball down )	A player is permitted to bounce the ball only <b>once</b> then dispose of the ball.	The player in possession must dispose of the football or take a bounce prior to travelling 15 metres.
15. Kicking off the Ground	Players are not permitted to <b>deliberately</b> kick the ball off the ground or use feet to control the ball whilst it is on the ground.	Whereby the foot makes <b>accidental</b> contact to the ball, the umpire should call play on.
16. Order-off Rule	To be applied. Penalty as per yellow and red card system.	Prescribed penalty process <b>does not</b> apply in these age groups.
17. Staying in Position	To stop congestion, <b>umpires &amp; coaches</b> should instruct players to stay in position.	Standard position play should be taught to improve the flow of the game.
18. Coaches	Coach allowed onto ground to coach in <b>Year 4’s competition only</b> .  <b>In the 10’s competition Coaches are not permitted on the ground</b>	<b>Runners are not permitted on the ground during Year 4’s competition</b> . Coaches <b>should not</b> carry coaching boards or clip boards on the ground during play for safety reasons.  <b>One Runner only</b> is permitted on the ground in 10’s competition; however they should immediately exit the ground after delivering a message.
19. Other Rules and Laws	As per AFL Laws of Football	
<b>Other important information</b>		
20. The Game	<b>No premiership points, no finals, no ladders, no match results, names of players published. Skill clinics, carnival days to be held.</b>	Coaches should endeavour to give each player even game time throughout the season. This will improve player retention and enjoyment.
21. Awards	Participation, effort and skill achievement.	
22. Clearances	Automatic clearance.	
23. Tribunals	No tribunal, discipline is responsibility of club.	<b>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.</b>
24. Spirit of the game	Umpire to instruct players and coaches to shake hands before and after the game.	The rules from NAB AFL Auskick through to 12s 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.