

**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 11-12 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	
<b>General Modified Rules for 11s&amp;12s</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 assist 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>Wrap around tackle or hand tackle is permitted.</b> <b>A. Whereby a player applies a legal 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 tackled, they will be deemed “holding the ball.”</b>	In a “wrap around tackle” the tackler may wrap arms around the body and or arms of the opponent. Players may also bring their opponent to the ground in the tackle provided it is not via “slinging”.  <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</b> or <b>aggressively</b> try to throw the player to the ground.
9. Bumping / Barging	Bumping and barging is permitted as per AFL laws.	A player may make contact with another player by using his hip, shoulder, chest, arms or open hands provided that the football is no more than 5 metres away from the player. A player may also fend off an opponent using an open hand to the chest or side of the body provided that the football is no more than 5 metres away from the player.
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	Stealing or smothering the football whilst the opponent is in the process of kicking or has possession in general play is permitted.	
12. Shepherding	Shepherding is permitted.	As per AFL laws. A player is not permitted to shepherd more than 5 metres from the ball.

13. Mark	A "mark" is paid when the player catches the ball directly from kick which has travelled a minimum distance of 10 metres.	The marking player must control the ball directly from the kick. (i.e. the ball must not touch another player in flight)
14. Bouncing the Ball (or touching the ball down )	A player is permitted to bounce the ball <b>twice prior to</b> disposing 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	Coaches are <b>not</b> permitted on ground.	<b>One Runner only is permitted on the ground in 11's &amp; 12's competition, however they should immediately exit the ground after delivering a message.</b>
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 not to be 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.