

#	5 TO 8-YEAR-OLDS	
1	Playing fields	<p>Divide into three zones. 6-a-side 60m x 40m (3 x 20m zones). 9-a-side 75m x 50m (3 x 25m zones). 12-a-side 90m x 60m (3 x 30m zones).</p>
		<p>These field sizes are the optimum size and flexibility is often needed. In particular, smaller field sizes may be required; e.g. 6-a-side. 9-year-olds' match would need a field less than 75m long</p>
2	Ball size	NAB AFL Auskick synthetic football – 5 to 8 year-olds
3	The team	<p>6, 9 or 12-a-side preferred – no rucks and rovers. Unlimited reserves. All players must play at least half a game.</p> <p>Teams should play positions in each zone: 6-a-side – 2/2/2, 9-a-side – 3/3/3, 12 a side – 4/4/4</p>
		<p>The spirit of the game is to give all players a game of football. Where there is difficulty fielding full numbers, both coaches must agree to equalise player numbers on each team.</p>
4	Player rotation	<p>Players must rotate every quarter/thirds to provide opportunities in several positions – i.e. interchange>backs>centres>forwards>interchange</p>
5	Playing times	<p>5 to 6 year-olds = 12 minutes 7 to 8 year-olds = 21-39 minutes</p>
6	Start of play	<p>A. Ball-up between two centre players B. Players should be approx equal size C. All players within their zones</p>
7	Ball-up contests	<p>Players contesting a ball-up (ruck play) may not grab the ball and play on. i.e. they cannot take full possession of the ball. Player must knock, palm or punch the ball to a teammate or open ground, and may not play the ball again until it has either been touched by another player or hits the ground.</p>
8	After a goal	<p>As in 6. Different players each time. Goals can only be kicked by players in forward zone.</p>
9	Out of bounds	<p>A. From a kick. A kick is generally awarded to nearest opponent. This is also an opportunity for the umpire to give a possession to a player who may not have had as many opportunities as the others. B. If in doubt as to which team kicked the ball. Ball-up five metres in (<u>rule 7</u>). C. Off hands or body. Ball up five metres in.</p>
10	Ball transition	<p>When the ball is in transition from the back zone to forward zone, it must be touched by a player in the mid zone. Failure for this to occur will see a free kick awarded to the opposition team at the point at which the ball entered the zone.</p>
11	Scrimmage	<p>No diving on ball. Umpire stops play. Free kick awarded to nearest opponent.</p>
12	Possession rule	<p>The ball is possessed by the act of controlling it by catching, grabbing or placing two hands on it when it is on the ground. Once the ball is possessed, all other players must back off to allow the player with the ball to kick or handball uncontested. Decide doubtful cases with ball-ups.</p>
13	Tackling	<p>There is absolutely no contact or spoiling whatsoever, except accidental and light shoulder-to-shoulder contact while running to and at the ball. Players to be given every opportunity to deliver the ball</p>

14	Bumping	No deliberate bumping. No deliberate contact permitted.
15	Barging	No barging, fending off or chopping past opponents is allowed. A free kick awarded.
16	Stealing/smothering	Not allowed.
17	Shepherding	Player not permitted to push, shoulder or block opponent not in possession of the ball
18	Mark and playing on	Any reasonable attempt to catch the ball directly from a kick, irrespective of distance travelled. Set mark after mark. No playing on allowed
19	Bouncing the ball	Player is permitted to bounce the ball only once, and then must dispose of the ball.
20	Distance run	While a player in possession of the football is moving, the player must bounce the ball within five metres , irrespective of whether that player is running in a straight line or otherwise, As above – one bounce only
21	Kicking off the ground	Not permitted to deliberately kick the ball off the ground. If player deliberately kicks off the ground, free kick awarded to opposition player
22	Order-off rule	Not applicable to this age group. Bad language, poor sportsmanship and disputing umpiring decisions should be actively discouraged, through a counselling process carried out by the umpire and the coach.
23	Distance penalty	Not applicable to this age group. Umpire and coaching process to be used. Overstepping the mark is a coaching matter that should be addressed by the coach or umpire on the ground. For wasting time, using abusive language/behaviour, etc., see order-off rule.
24	Staying in position	To stop congestion, umpire to instruct players to stay in their zone.
25	Coaches	Coach allowed on ground to teach.
26	Spirit of the game	Umpires to instruct players on rules and procedures. Players, coaches and umpires to shake hands. Umpires to be acknowledged and thanked by teams.
27	The game	No premiership points, no finals, no ladders, no match results, names of players published, skill clinics, carnival, gala days. No representative teams.
28	Awards	Participation, effort, skill and goal achievement.
29	Clearances	Automatic clearances.
30	Tribunals	No tribunal. Discipline left in hands of club.
31	Other rules and laws	As per AFL laws of Australian Football.
	General	Matches for this age group must be conducted as part of an NAB AFL Auskick program or conducted with club structures. Fun, maximum participation, individual movement activities and skill development are the major priorities. NAB AFL Auskick Codes of Conduct for coaches, officials and parents must be applied and enforced