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## **1 THE GAME**

The game will consist of equal numbers on both sides, with a recommended maximum of 18 players taking the field for each side. An unlimited number of interchange players may be used with all players spending at least 2 quarters on the ground.

- 1.1 As per AFL Coaches Code of Conduct, all coaches will avoid overplaying their talented players aiming to maximise the participation and enjoyment for all players, regardless of ability. Under 10 coaches will strive to ensure that all players gain equal playing time.

## **2 PLAYERS**

No boy or girl can register or play until they have reached six (6) years of age, they must turn seven (7) within that calendar year to be eligible.

## **3 COACHES/TRAINERS**

The Coach, or Assistant Coach, if they have recorded their name on the team sheet, can be on the ground during the match (but only one at a time).

- 3.1 The Coach should endeavour to stay at least 20 metres from the play.
- 3.2 The Coach's role on the field is to provide immediate constructive feedback to the players only, and not to become actively involved in the game.
- 3.3 Exchange of Coach and Assistant Coach on the ground must be notified to the Umpire/s before happening.
- 3.4 A Trainer is the only other official allowed on the ground.

## **4 "EVEN-UP" RULE**

Each side shall play with equal numbers on the field involving all players available from both sides. Where one side has more players than the opposition, players will be transferred up to a maximum of 18 per side. Interchange player numbers however do not have to be evened up and are left to the coaches' discretion keeping in mind that field numbers must be maintained as equal throughout the game. In the spirit of the game coaches, if they agree, can share excess interchange players or even interchange or rotate players each quarter to ensure that the game is not a blow-out.

Examples: (1) Team A has 16 players and Team B has 20 players – Team B lends 2 players to Team A and both sides play with 18 players; (2) Team A has 12 players and Team B has 23 players – Team B lends 5 players to Team A and both sides play with 17 players, Team B has 1 interchange; (3) Team A has 15 players and Team B has 25 players – Team B lends Team A 3 players and Team B has 4 interchange players (however, in the spirit of the game, if Team A has any injured players Team B shall provide Team A with replacement players to even up the sides).

## **5 "MERCY" RULE**

All Coaches in the competition will do their utmost to ensure that all games are a fair and even contest. The mechanisms needed to achieve this will be decided on and used at the discretion of the participating coaches, who on reaching agreement on the standard of the game, will then implement measures to attain the desired outcome.

Coaches can provide an even and fair competition by endeavouring to ensure that opposing players are matched evenly. Another way is to rotate players during the course of the game.

The League Executive shall have the right to monitor all games and approach any Club President or Coach and remind them of their responsibility to abide by the "Mercy" Rule in the best interest, and spirit, of the competition.

The League Executive will monitor final scores at the end of each round and check if a problem exists. If it does they will speak to the Club President/Secretary or Delegate and recommend appropriate action to address the problem. If the problem is not addressed the League Executive has the power to apply reasonable and appropriate penalties.

**6 “CALLED” GAMES**

In Under 10 games, if the margin equals or exceeds 45 points at  $\frac{1}{2}$  or  $\frac{3}{4}$  time the game will be “called” and deemed to be over. An official from both Clubs will approach the Central Umpire/s at the break and advise him/her that the game is over. The officials will also make sure that the Goal Umpires, the Time-Keepers and the Team Managers are told. The Umpire/s will then cast their votes and the Goal Umpires and Time Keepers will note on their score cards that the score at that particular time is the final score. The Team Managers will write on the Official Team Sheet the final scores, at that particular time, and write in the Match Report comments section when the game was called (i.e. at  $\frac{1}{2}$  or  $\frac{3}{4}$  time).

The remainder of the game will be played as a “friendly” game, where Coaches can do what they like to make the game fun and enjoyable with the emphasis on giving the less experienced players the opportunity to play a more active role in the match, e.g. swap players between teams, play additional numbers on the ground, etc.

The winning margin for percentage purposes shall not exceed 45 points regardless of the final score.

**7 SIZE OF PLAYING OVAL**

The size of the oval will be reduced. The size should be approximately 120 – 130 metres long and approximately two-thirds as wide. This size will be used for all games including finals. If both coaches agree, some finals can be played on a bigger ground.

**8 BALL SIZE**

Play shall be with the appropriate U'10 size football (size 3) all weather type football.

**9 CENTRE BOUNCES**

Opposing rucks will compete at the centre bounces. No more than three players from each side shall be in the square until the ball is in play.

**10 SCRIMMAGE**

Where a scrum develops the umpire shall call a ball-up between the nearest equally matched opposing players.

**11 GRABBING THE BALL**

A player is not permitted to grab the ball at a centre bounce or ball up. Players must tap the ball out. Grabbing the ball will result in a free kick being given to the opposition.

**12 BOUNCING**

A player is permitted to bounce the ball only once within 10 metres. The player must then dispose of the ball by handball or kick before a bump occurs or a free kick will result.

If a player is bumped and then bounces the ball a free kick will be awarded to the nearest opponent.

**13 TACKLING**

The tackle is to be between the knee and the shoulders. The tackle may be a grab of the clothing or a wrap around the body.

13.1 There will be no slinging, throwing or taking the tackled player to the ground, any such action shall result in a free kick. If the tackled player falls to the ground after a tackle is released there shall be no free kick unless the umpire determines it to be an infringement for in the back or a sling/throw to the ground.

13.2 If the player with the ball is already on the ground they may be tackled but the tackling player shall not deliberately fall onto the opposition player, this will result in a free kick for rough play to the player with the ball.

**14 BARGING OR HOLDING THE BALL**

Where, in the Umpires opinion, a player has had reasonable time and opportunity to dispose of the ball but holds the ball and/or chooses to barge an opponent, a free kick shall be awarded against the player to the nearest opponent.

**15 MARK**

A mark shall be awarded over any distance if, in the Umpire's opinion, a reasonable attempt has been made to take possession of the ball.

**16 KICKING OFF THE GROUND**

A player is not permitted to kick the ball off the ground. A free kick will be awarded to the nearest opponent.

**17 STEALING THE BALL**

To steal the ball cleanly, the ball must be either knocked or grabbed out of the opponent's hands without making contact with the player's body. Hand contact with the player is illegal and will be penalised with a free kick to the nearest opponent.

**18 SMOTHERING**

A player is not permitted to smother the ball as the opponent is attempting to kick, unless it is in general play i.e. not from a stoppage, eg. a free kick or a mark. A smother is illegal and will be penalised with a free kick to the opponent.

**19 RESTARTING GAME AFTER BEHIND SCORED**

After a point has been scored the player kicking in must kick the ball back into play. The player can not kick the ball to themselves, if they do then a free kick will be given to the nearest opponent. Note: a player can not kick the ball in until after the goal umpires have waved their flags.

**20 OUT OF BOUNDS**

If the ball goes out of bounds when kicked and not touched, a free kick will be awarded to the nearest opponent. When the ball goes out of bounds after being touched the umpire will restart the game by a ball-up 5 metres from the boundary between the nearest two equally matched opponents.

**21 15 METRE PENALTY**

A 15 metre penalty will be applied in instances where the action of a player encroaches over the mark, wastes time and/or delays play.

**22 ORDER OFF RULE**

A central Umpire has the authority to send a player from the field as a disciplinary action. The penalty can either be the whole game or for fifteen minutes depending on the offence. Players must report to the time keeper for the 15 minutes to start.

The Umpire can also apply the same penalty to a Coach or Assistant Coach.

Player, Coach/Assistant Coach, can be replaced if a replacement is available and recorded on the team sheet prior to the start of the game.

**23 HELMETS**

Helmets are compulsory and must be worn at all times whilst the player is participating in the game.