

BAROSSA LIGHT & GAWLER FOOTBALL ASSOCIATION INC
UNDER 11 FOOTBALL RULES AND MATCH CONDITIONS

1. Playing Ground:

The playing ground should be approximately half-standard senior size **divided into three equal zones – forward, centre and back.** At these age levels, the ground should be sufficiently long enough to permit the ball to be kicked from one line to the next.

2. The ball size:

Under 11 teams shall use a size two (2) synthetic football.

3. The team:

- a) A maximum of 15 players can take the ground at any one time. Unlimited reserves may be used
- b) There shall be no rucks or rovers.
- c) The interchange of players may take place at any time
- d) Interchange players must play at least half of the match for which they are reserves.
- e) In the interests of all children, the BL&GFA Junior Management Committee recommends that all players, including interchange, should be rotated during the course of the season, so that they all experience, forward, midfield and defensive positions, with a similar amount of time in each area of the field.
- f) Players can be replaced at any time due to injury. Players replaced due to serious injury are not to take any further part in the game.
- g) **Where difficulty occurs fielding full numbers, both coaches and team managers must agree to assist to equate player numbers.** Excess players should be given to the opposition team if they are unable to field the required numbers. The spirit of the game is to give all available players a game of football.

4. Playing time:

The game shall consist of four quarters of a maximum of twelve (12) minutes each.

5. Start of Play:

- a) The game shall be started by a ball-up between two centre-line players in the middle of the oval.
- b) Players contesting the ball-up shall be of similar size.
- c) A player may not grab the ball at ball-ups and play on. The player must knock, palm or punch the ball to a team-mate or open ground and may not play the ball again until it has either been touched by another player or hits the ground. This is known as the 'full possession' rule. If the ruckman takes the ball out of the air, a free kick will be awarded to the opposing ruckman.
- d) No more than three players from each team shall be within ten (10) metres of the ball-up.

6. Zones and transition:

Coaches are to encourage the players to remain in their zones to avoid large numbers of players around the ball however players are permitted to move through zones as part of the flow of a particular play. Players must return to their zone when the passage of play is complete. Players in the centre zone are to wear an arm or wrist band of white or another bright colour to distinguish them from forwards or backs.

7. After a goal:

Play is restarted as in Rule 5

8. Scrimmage:

- a) Where a scrimmage develops the umpire shall stop play, send players back into their positions and call a ball-up between two opponents of similar size. These players shall be nominated by the umpire and need not be the closest or the tallest.
- b) At the ball-up 'full possession' is not permitted.
- c) Players should be encouraged to pick up the ball and will be penalised for diving on the ball.

9. Out of Bounds:

- a) Where the ball goes out of bounds from a kick, a free kick will be awarded to the nearest opponent.
- b) If there is a doubt as to which team kicked the ball out of bounds, the umpire shall call for a ball-up, five metres inside the boundary.
- c) When the ball goes out of bounds off hands or body, the umpire shall call for a ball-up five metres in from the boundary.
- d) At the ball-up 'full possession' is not permitted.

10. Bouncing the ball:

- a) A player in possession of the ball **may bounce the ball only once.**
- b) A player may run up to ten (10) metres before bouncing the ball and may run a further ten (10) metres before disposing of it by hand or foot and may not touch it again until it has been touched by another player.

11. Kicking off the ground:

A player is not permitted to deliberately kick the ball off the ground. A free kick will be awarded against the offending player.

12. Marking:

A player catching the ball directly from the kick of another player shall be awarded a free kick irrespective of the distance travelled by the ball.

13. Tackling:**PLAYERS CANNOT:**

Knock the ball out of an opponent's hands.

Push the player in the side, back or front.

Deliberately bump another player

PLAYERS CAN:

Steal the ball from another player.

Shepherd

Please note:

a) A player with the ball may be tackled with both arms provided contact is made below the top of the shoulders and above the knees. A tackle can be made from either side of the player or from behind but no player shall be deliberately dumped or thrown to the ground or a free kick will be awarded against the tackler.

b) When the umpire considers that a player (who has had a reasonable opportunity to dispose of the ball) chooses to barge, fend off or chop past opponents, he/she shall lose the ball and a free kick will be awarded to the nearest opponent.

14. Staying in position:

The introduction of zoning will ensure that players remain in their positions. Umpires and coaches should instruct players to stay in their correct positions.

15. Coaches / Runners:

The coach is allowed on the ground during play for the purpose of teaching or attending an injury however the coach must position himself or herself so as not to interfere with the play and must leave the field as soon as the message has been delivered or the injury has been treated. Runners are not allowed.

16. Spirit of the Game:

At the end of the game all players and coaches should gather together on the ground and shake hands. The umpire may also take this opportunity to address the players.

17. The Game:

- a) No premiership win or loss points will be awarded or recorded.
- b) No final series to be played
- c) No publication of ladders
- d) Match details may be published but must not include the score or goal kickers. Publication of the result (eg "Team A def Team B") and best team players is permitted.
- e) A special carnival day should be held during the season.

18. Awards:

Participation, effort and skill achievement awards are to be the only individual awards given.

19. Clearances:

Automatic clearances are to be given between competitions. However, it is recommended that children play the season with the club that they are first registered with.

20. Disciplinary Procedures:

- a) The BL&GFA Junior Management Committee Charter – Code of Conduct (Appendix D of the Charter) shall apply to this level.
- b) The BL&GFA Junior Management Committee Charter – Order off Rule (Appendix E of the Charter) shall apply to this level.
- c) The BL&GFA Junior Management Committee Charter – Disciplinary Procedures (Appendix F of the Charter) shall apply to this level.

21. Other Rules and Laws:

All other rules are as per the Laws of Australian Rules Football.