



**CAIRNS**

## **Rules & Regulations**

### **INTRODUCTION**

AFL 9s is the Australian Football League's official alternative version of the game. It has been developed to provide an opportunity for all Australian Football enthusiasts, as well as those new to the game, with a match play experience that has strong parallels with the traditional game. Importantly, AFL 9s is easy to play, not too physically demanding and provides an environment whereby participation, enjoyment and safety are a priority.

Cairns AFL 9s enables people of all ages and ability levels to participate in a mixed competition on a Wednesday night at Cazalys Stadium. Each game will be played between two teams of nine (9) players with unlimited interchange players permitted. Being a mixed competition, all teams must have at least two (2) females on the field at all times.

The reduced size fields are divided into three zones - mid zone and two scoring zones. Teams score by kicking the football into their attacking scoring zone to designated forwards who are the only players permitted to score. **A mark is awarded irrespective of the distance the ball has travelled and if the ball hits the ground it is an automatic turnover.**

Cairns AFL 9s is a semi-contact version of the game, which requires players to implement a two-handed touch in place of a tackle.

### **REGULATIONS**

#### **1. The Playing ground:**

The recommended playing field measures a maximum of 100 x 50 metres and is divided into three zones. The zones are advised to be set as 30m / 40m / 30m.

#### **2. The Team & Zones:**

Nine (9) players take the field at any one time with unlimited interchange players. Being a mixed competition, all teams must have **at least two (2) females on the field at all times**. Interchange of players may take place at any time, and be unlimited in number.

Teams consist of three forwards, three centres and three backs distinguished by either bibs, wristbands or arm bands. Players must be in their zones at the start of each quarter and after a goal has been scored. Once the game is in progress, the following transition rules apply:

- *Players must stay within their designated zone. However position changes can occur.*
- *Only designated forwards can score (There are 3 designated forwards)*

### **3. The Ball**

An AFL 9s football is to be used. This ball has been specially designed to make it easy to handle for recreational participants and limit the kicking length due to the ground size. The AFL9s football for matches will be supplied by AFL Cairns. If an AFL 9s ball is not available, a synthetic ball will be supplied.

### **4. Duration of the Game**

Cairns AFL9s games will consist of 4 x 10 minute quarters with no time on. The breaks will be 5 minutes in duration. The Competition Manager may vary the duration of the match and intervals as needed.

### **5. Start of Play**

Choice of Goal/End – The umpire shall toss a coin, before the toss the away or first named team captain shall call “the fall of the coin”. The captain of the team who wins the toss shall choose the end to which their team kicks.

The game shall be started by a ball up between two centre zone players in the centre of the ground; players must stand shoulder to shoulder in the ball up. The two competing players in the ball up cannot grab the ball or take possession of it until it has been touched by one of the centre players not involved in the ball up. The centre players not involved in the ball up may play the ball if the ball hits the ground, however contact is not permitted and right of way will be adjudicated by the umpire.

### **6. Gaining possession of the ball**

***A ‘Turnover’ occurs when the ball touches the ground as a result of a poor kick or handball and when the ball goes out of bounds.***

If a Turnover occurs the game stops and the opposing team gains possession of the ball from where the ball comes to rest or is first touched following making contact with the ground, or at the point that it went out of bounds.

Players may attempt to intercept the ball in flight; however they must not make contact with an opposing player.

An opposing player is not permitted to touch a player unless the player is in possession of the ball.

### **7. Possession**

A player may stay in possession of the ball for a maximum distance involving one bounce (30 m) unless:

- The player is touched with two hands (touch); or,
- The player is directed to dispose of the football by the umpire.

### **8. Dispossessing the player in possession**

When a player in possession of the ball is deemed to have had ‘no prior opportunity’ to dispose of it when touched by an opposing player (two-handed touch), they must dispose of the ball by hand or foot within two steps or two seconds or a Free Kick will be awarded. The umpire will count out aloud so that the player in possession is aware of the time allocated to dispose of the ball. When a player in possession of the ball is deemed to have had ‘prior opportunity’ to dispose of it is touched by an opposing player (two-handed touch), the umpire will award a Free Kick to the opposing team.

### **9. Bouncing the ball**

When a player is moving whilst in possession of the ball he/she must bounce the ball or touch it on the ground after **fifteen metres**, irrespective of whether such a player is running in a straight line or

otherwise. A player in possession may bounce the ball only once. He/she must dispose of it by hand or foot and may not touch it again until it has been touch by another player.

#### **10. Disposal of the Ball**

The ball must be disposed of by a handball or kick (as per the *Laws of Australian Football*). Players are not permitted to throw or hand the ball to another player or a Free Kick will be awarded to the opposing player.

#### **11. Mark**

A 'Mark' is awarded if, in the opinion of the umpire, a player catches or takes control of the football after it has been kicked by another player irrespective of the distance travelled. It is not a mark if the ball touches the ground or has been touched by another player during the period when the ball was kicked until it was caught or controlled by the player. When a player is awarded a Mark or Free Kick an opposing player may stand at the position on the playing surface where the mark or free kick was awarded, known as "the mark". No opposition player (except for the player on the mark) maybe closer than 5 metres away in any direction.

There is to be absolutely no contact in a marking contest. The player in the 'Drop Zone' has every opportunity to mark the ball. A Free Kick will be awarded against any player initiating contact. The player taking the mark will have a reasonable opportunity to dispose of the ball or play on. If he/she delays, the umpire will place a five-second count for play to resume.

#### **12. Playing On**

The umpire shall call "Play On" in the following:

- When a player after taking a mark runs around or over the spot "the mark" where he/she caught the ball;
- When a player after a turnover has occurred runs around or over the spot "the mark" where the ball made contact with the ground and resulted in a Turnover;
- The ball after being kicked has been touched in transit.

#### **13. Playing the Advantage**

The field umpire instead of awarding a Free Kick may allow play to continue by calling "Advantage, Play On" in the case that the individual player in possession of the ball initiates the advantage.

#### **14. Scoring**

**Only designated forwards can kick for goal within their scoring zone.** This can be during general play by receiving a kick or handball; or upon marking the ball and taking a set shot for goal. *The player kicking for goal must be inside the scoring zone.*

The field umpire will be the sole judge of whether the kick for goal was successful. A designated forward may kick for goal from a Free Kick (initiating contact, 'holding-the-ball' etc.), but not from a Turnover (ball hitting the ground or going out-of-bounds).

A goal or behind is scored if the ball touches the ground and bounces through, provided that it is kicked by a designated forward and has not been touched between making contact with the ground and passing through the goals.

Scoring is as per the *Laws of Australian Football*. **In mixed competitions, a goal scored by a female forward is worth 9 points.**

### **15. Ball Transition**

When the ball is in transition from the back zone to the team's scoring zone, **it must be possessed by a player in each zone/third.**

Players running with the ball are required to pass to a teammate once they have crossed into the next zone. Failure for this to occur will see a Free Kick awarded to the opposition team at the point in which the ball entered the scoring zone.

### **16. Out of Bounds**

When the ball goes out of bounds (ball completely over the line) by hand or foot, the nearest opponent shall kick the ball back into play.

If there is any doubt as to which team last touched the ball before it went out of bounds, the umpire shall call a ball-up five metres in from the boundary line.

### **17. Restart of play**

After a goal, play is restarted in the centre of the field via a ball up. *(See point 5)*

If a behind (1 point) is scored the ball is required to be kicked back into play from between the goals by a defender.

### **18. Bumping/Tackling/Barging**

There is to be **no contact** or **spoiling**, therefore players cannot:

- Hold an opponent with their hands.
- Knock the ball out of an opponent's hands.
- Push the player in the side, front or back.
- Steal the ball from another player.
- Deliberately bump another player.
- Smother an opponent's kick by trying to block the kicking motion at the point of impact.
- Barge, fend off or shepherd opponents.
- Touch the ball while another player has possession

### **19. Kicking off the ground**

A player is not permitted to deliberately kick the ball off the ground.

### **20. Fifteen Metre Penalty**

A fifteen metre penalty may be awarded when a player:

- Over steps the 'Mark'.
- Engages in time wasting.
- Uses abusive, insulting, threatening or obscene language or behaviour towards or in relation to an umpire.
- Enters the protected 5 metre area around a player who has been awarded a Mark or Free Kick.
- Has not returned the football directly and on the full to the player awarded the Free Kick or Mark.
- Engages in any other conduct for which a Free Kick would originally be awarded.

### **21. Injured Player**

If a player cannot take a free kick that has been awarded due to injury or illness then the teammate that was closest to the incident may take the kick.

## 22. Player's Boots, Jewellery and Protective Equipment

A player shall not wear during a Match:

- Any form of jewellery.
- Boot studs, plates/cleats or protective equipment unless the field umpire is satisfied that the item does not constitute a danger or increases the risk of injury to other player completing in the match.

A field umpire may inspect a players boots or hands or any protective equipment that a player intends to wear or use during the match.

## 23. Send Off Rule

A send off rule will operate as follows:

- A player may be sent off at the discretion of the umpire for any reportable offence. **The player sent off may be replaced.** The player sent off shall take no further part in the remainder of the game. (Umpire issues a Red Card).
- Players may also be sent off by the umpire for minor breaches for a "cooling off" period of 10 minutes (Umpire issues a Yellow card), **they may be replaced.**
- If a player accumulates two yellow cards *over the course of the competition* the player will receive an automatic one-match suspension.

## 24. Set Penalties

Explanation	Penalty
Using abusive, insulting, threatening or obscene language towards or in relation to any participating player/umpire	1 week
For a second offence in the same season	2 weeks
Behaving in an abusive, insulting, threatening or obscene manner towards or in relation to any participating player/umpire	
I. Kicking another person	2 weeks
II. Striking another person	3 weeks
III. Tripping another person whether by hand, arm, foot or leg	2 weeks
IV. Engaging in time wasting	1 week
V. Charging other person	2 weeks
VI. Throwing or pushing another player after that player has taken a mark, disposed of the football or after the football is otherwise out of play	1 week
VII. Engaging in rough play against an opponent which in the circumstances is unreasonable	2 weeks 2 weeks
VIII. Spitting at or on another player	
Attempting to kick another person	1 week
Attempting to strike another person	1 week
Attempting to trip another person by hand, arm, foot or leg	1 week
Wrestling another person	1 week

Team captains will be informed of players who are to receive a yellow or red card.

The Competition Manager reserves the right to invoke heavier penalties if circumstances require. Repeat offenders will have their suspensions doubled from the previous time or double the prescribed penalty if a different incident has occurred with the same player.

## 25. Appeals

The player will have the right to appeal if he/she believes that the umpire has made an error of judgement in his/her dismissal from the field of play. The appeal must be lodged with the Competition Manager together with a \$50.00 fee within 30 minutes of the game concluding. This fee will be fully refunded if the appeal is successful. The controlling body will inform the player of the

time, date and place of the hearing. Such a hearing will take place within 7 days of the appeal being lodged. A player may withdraw the appeal within the 7-day time frame but the fee will not be refunded. Upon hearing the evidence at such a hearing the Appeals Committee has the following options open to it:

- Upholding the on field decision.
- Overturning the on field decision.
- Finding the player guilty of a lesser offence and imposing a lighter penalty.
- Finding the player guilty of a more serious offence and imposing a greater penalty.
- Finding the player guilty of the offence but in the light of the circumstances imposing a lighter penalty.

The decision of the Appeal Committee will be final and there will be no further avenue for appeals.

## **26. Controlling Body**

The controlling body includes:

- The AFL;
- AFL Cairns - The league responsible for the organisation and conduct of matches of AFL 9's Football, who has determined to play such matches in accordance with these Laws;
- A league, association or body responsible for the organisation and conduct of matches of AFL 9's Football and who is affiliated to the AFL (AFL Affiliates); and
- Any league association or body responsible for the organisation and conduct of Matches of AFL 9's who is affiliated to the AFL Affiliates.