

	UNDER 9 & UNDER 10
1. Playing Field (min.)	105metre x 80 metre (cones or lines to mark zones) Increased by agreement. The field is divided into 3 equal zones
2. Ball Size	Size 2 Ball (synthetic or leather ball by agreement)
3. The Team	9, 12 or 15 Players with any number of reserves. Number of Players on ground must be equal. Team consists of <b>up to 5</b> equal numbers of forwards, backs and centres. Players remain in position for all of the quarter after which the Players must change zone. Interchange of Players may take place at any time All Players should play at least 3 quarters of the match where possible
4. Zones/Positions and transition of the ball	Players will be instructed to by the umpire to stay in their correct position. When the ball is in transition from the back zone to the forward zone, it must be touched by a Player in the mid zone. Failing this, a free kick will be awarded to the opposition team at the point where the ball entered the end zone.
5. Scoring	Only forward zone Players can score from within the forward zone. Forward Players are marked with a clearly identifiable armband. Where a non forward scores, a free kick will be awarded to the opposition team at the point where the ball entered the end zone (forward). After a behind, the Player kicking in cannot dispose to themselves
6. Playing Time	4 x 10 Minute Quarters
7. Starting and restarting play	A ball up is conducted between 2 centre Players of similar height as nominated by the umpire. The umpire should nominate different pairs of Players for subsequent ball ups after goals are scored. There is no full possession allowed. The full possession rule is applied as follows: <ul style="list-style-type: none"> <li>- A Player contesting the ball up may not grab the ball and play on; and</li> <li>- The Player must knock, palm or punch the ball to a teammate or open ground, and may not play the ball again until it has been touched by another Player or hit the ground.</li> </ul>
8. Scrimmage and field ball ups	Field ball ups are contested by 2 Players of similar height (selected by the umpire) after all other Players have been sent back to their positions. There is no full possession permitted.
9. Out of Bounds	From a kick – a free kick is awarded to the closest opponent. A Player cannot kick for goal from this free kick. If in doubt – ball up 5metres in from boundary. Off hands or body – ball up 5metres in from the boundary. No Full possession permitted.
10. Gaining Possession	A player's prime objective should be to gain possession of the ball (eyes on the ball). Restrained side (shoulder to shoulder) contact is permitted when Players are contesting a loose ball, provided that the ball is within 5 metres. 'Running with' the Player rather than 'running at' the Player must be the intention. Front on contact or contact from behind is strictly prohibited. The ball is possessed by controlling it, catching it, grabbing it, or laying 2 hands on it when it is on the ground. Once the ball is possessed, other Players may apply a hold and release tackle (refer to tackling rule)

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11. Tackling	<p>Players can <b>"Hold and Release"</b> an opposition Player in possession of the ball by grabbing the jumper only with one or two hands. When in possession of the ball there is strictly no bumping, slinging or deliberately bringing the Player in possession of the ball to the ground. Grabbing the arms or applying a wrap around tackle is not permitted.</p> <p>If a Player in possession of the ball is <b>"Hold and Released"</b> without a prior opportunity to dispose of the ball they have 3 seconds to dispose of or attempt to properly dispose of the ball by handballing or kicking. If a Player in possession of the ball has had prior opportunity before being <b>"Hold and Released"</b> a free kick is awarded against the Player in possession, for holding the ball.</p> <p>When the Player is <b>'Hold and Released'</b> the umpire acknowledges that the hold has been applied (by calling out "Release") and instructs the Player in possession to then dispose of the ball within 3, 2, 1 seconds (counting backwards out loud). A Player in possession cannot be Held and Released again within the 3 seconds.</p> <p>Players cannot:</p> <ul style="list-style-type: none"> <li>• knock the ball out of an opponent's hands</li> <li>• push the Player in the side</li> <li>• steal the ball from another Player</li> <li>• bump an opponent (other than in rule 10 above)</li> </ul>
12. Smothering	Not permitted
13. Barging	No barging, fending off or chopping past opponents is permitted. A free kick shall be awarded to the nearest opponent.
14. Shepherding	Not permitted
15. Marking	A mark is awarded irrespective of the distance the ball has travelled to any Player who catches the ball directly from the kick of another Player. Where a Player drops a mark but has eyes on the ball, and hands out in front or above their head, and makes good contact on the ball then a mark can be awarded for a good attempt.
16. Distance Run and Bouncing the Ball	A Player running with the ball must bounce it within 10 metres. Only one bounce is permitted. Players cannot dispose of the ball to themselves intentionally.
17. Kicking Off the Ground	Not permitted unless accidental.
18. Distance penalty	A 10 metre advancement may be awarded to a Player after a mark or free kick if he or she is hindered by an opposition Player.
19. Order off rule	As per Rule 9 of AFL GSJ By Laws.
20. Spirit of the Game	<p>Players, Coaches and Officials and Umpires to shake hands before and after game.</p> <p>No scores or ladders to be kept.</p>
21. Coaches	Coaches allowed on field to teach but no closer than 15 metres from play.