

METRO SOUTH JUNIOR FOOTBALL LEAGUE INC

Under 10 Playing Rules – 12 a side

1 Playing Ground

The playing ground should be approximately 80m x 60m. The size will depend on the actual oval size

2 The Ball

Size 2 synthetic Sherrin or Burley

2 The Team

3.1 The maximum of players a team may use on game day is fourteen (14) players, with a maximum of 12 (twelve) players taking to the ground at any one time.

3.2 There will be no rucks and rovers

3.3 The interchange of players may take place any time. Interchange players must play at least half of the match for which they are reserves.

3.4 Players may be replaced due to injury at any time. Players replaced due to serious injury will not take any further part in the match.

3.5 Players shall be rotated on the ground every quarter to experience the role of forward, centre-line and back-line player.

3.6 The minimum number of players required to play shall be nine (9).

3.7 When difficulty fielding full numbers occurs, both coaches and team managers must agree to equate player numbers. Excess players should be given to the opposition team if they are unable to field the required number of players. The spirit of the match is to give all available players a match of football.

3.8 Maximum squad list of 28 players between 2 x Under 10 teams.

4 Playing Time

The game shall consist of four quarters of a maximum of ten (10) minutes each.

5 Start of Play

5.1 A ball-up in the centre of the playing surface will start play.

5.2 A player may not grab the ball at the ball-ups and play on, he must knock, palm or punch the ball to a team mate or to open ground and may not play, touch the ball again until it has either been touched by another player or hits the playing surface. This is known as the "Full Possession" rule and applies to all ball-ups during the match.

5.3 No more than three (3) players from each team shall be closer to the ball-ups than approximately 20 metres.

6 After a Goal

Play is restarted as in rule 5.

7 Scrimmage

7.1 Where a scrimmage develops, the field umpires shall stop play, send players back into their positions and call a ball-up.

7.2 Players should be encouraged to pick up the ball and be penalised for diving on the ball.

8 Out of Bounds

8.1 When the ball goes out of bounds from a kick, a free kick shall be awarded.

8.2 If there is a doubt as to which team kicked the ball out of bounds, the field umpires shall call a ball-up five (5) metres in from the boundary.

8.3 When the ball goes out of bounds off hands or body the field umpires shall call a ball-up five (5) metres in from the boundary.

9 Distance Penalties

Offences for which a distance penalty applies in the Laws of Australian shall be penalized 15 metres.

10 Tackling

10.1 A player can hold an opponent with their hands or use a wrap around tackle, but are not allowed to bring the player to the ground, if the player is brought to the ground a free kick will be awarded. No force is to be shown any force will be deemed unduly rough play (free kick).

10.2 Players cannot knock the ball out of an opponent's hand.

10.3 Players cannot push the opponent in the side, back or front.

10.4 Players cannot steal the ball from another player.

Please note: There is strictly no bumping, slinging or deliberately bringing the opposition player in possession of the ball to the ground.

11 Marking

Any player catching the ball directly from the kick of another player shall be awarded a free kick.

12 Bouncing the Ball

A player in possession of the ball may bounce the ball only once. The player must then dispose of the ball by hand or foot and may not touch the ball again until another has touched it.

13 Kicking of ground

A player is not permitted to deliberately kick the ball off the playing surface. A free kick will be awarded.

14 Order Off Rule

The period of penalty may be left to the umpire's discretion or for a specific time as determined by the controlling body. The use of bad language or questioning of umpires decisions should be penalised.

15 Staying in position

To minimise congestion players will be instructed by the field umpire to stay in their correct positions.

16 Coach or Runner

Team can have two Coaches on the playing surface during play for the purpose of teaching.

17 Spirit of match

At the end of the match all players and coaches should gather on the playing surface and shake hands. The field umpires may also take this opportunity to address the players.

18 The Match

18.1 Premiership win or loss points shall not be awarded and recorded.

18.2 Premiership tables or ladders shall not be published.

18.3 Final series shall not be played.

18.4 Match results shall not be published.

19 Other Rules and Laws

All other rules are as outlined in the Laws of Australian Football.

20 Awards

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

21 Clearances

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

22 Tribunals

No Tribunal system to be used. Discipline to be in the hands of the club.