



UNDER 10 AGE GROUP REGULATIONS

PLAYERS	12-15 a side (on field)
MAXIMUM GROUND SIZE	100 x 80m (3 Equal Zones)
ZONES	12 a side means 4 forwards, 4 centres, 4 backs 15 a side means 5 forwards, 5 centres, 5 backs Preference is players play in there zone, rotating each quarter.
MATCH LENGTH	4 x 12 min quarters
COMPETITION DETAILS	No scores, ladders or finals. No recording of best players & goal kickers No representative team
CONTACT	Modified Tackle/ No bump Players cannot bump/push an opponent, knock/steal the ball out of their hands or smother an opponent's kick.
MATCH BALL	Synthetic Size 2
BOUNCES	Maximum of 1
COACHING POSITION	On Field
PROTECTIVE EQUIPMENT	The wearing of helmets: This will be compulsory for all players in GCJFL competitions. The wearing of mouthguards: The League strongly recommends that players in both competitions wear mouthguards, but due to practicalities of checking and policing this policy before and during a match, will leave this matter in the hands of the individual clubs.
MARKING	A mark is awarded irrespective of the distance the ball has travelled to any player who catches it or shows control.
OUT OF BOUNDS	From a kick, a free is awarded against the player who last kicked the ball. From hands, or is there is doubt, the umpire shall call a ball up 10m in from the boundary
KICK OFF THE GROUND	Not permitted unless accidental
STEALING, SMOTHERING, SHEPERDING, BARGING	No stealing, smothering, shepherding or barging.
PENALTIES	10m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.