



SOUTHERN JUNIOR FOOTBALL LEAGUE INC.

MINI LEAGUE RULES,
& CONDITIONS
2023.

Updated 6/4/2023 Version 1

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SOUTHERN FOOTBALL LEAGUE INC.
POLICY INFORMATION BOOKLET.

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PURPOSE OF PROVING GAMES FOR CHILDREN

To provide children with a fun, safe and positive experience through a match program that further develops their basic football skills and introduces technical and tactical concepts.

The age for the ‘Mini League’ age groups shall be determined at
1st January of the year in which the player participates.

The minimum age of a player to participate in the Under 8 competition is that
a player must turn (7) years of age in the year the player first participates.

Player/s not old enough to participate in the ‘Mini League’ age groups, can still participate in Australian
Rules ‘Auskick Program’ at the player/s local Club.

MATCH TIMES

Under 8 Mixed 9.00 AM

Under 10 Mixed 9.55AM

Under 11 Girls 9.55AM

Under 12 Mixed 11.00AM

REGISTER OF S.F.L. MINI LEAGUE CO-ORDINATORS.Updated 3RD April 2023

CLUB	NAME	PHONE NO	EMAIL
SFL Director Junior Football	Mark McKay	0408 811 208	juniors@sflinc.com.au
SFL Mini League Registrar	Kym McKay	08 83846920	registrations@sflinc.com.au
Umpires Coordinator	Mark Jensen	0409 777 145	Mark.Jensen@auspost.com.au
Aldinga F.C.	Jason Fallon	<u>0458 322 444</u>	AFC_minis@outlook.com
Christies Beach F.C.	Jodie McCracken Renee Gilbert	0467081848 0402582400	jodieandscotty@gmail.com renee.gilbert.cbfc@outlook.com.au
Cove F.C.	Angela Beml Michelle Kelly	0402 937 183 0422 223 923	minis@covefootballclub.com.au minis@covefootballclub.com.au
Flagstaff Hill F.C.	Sam Pastro	0429182525	falcon.subbies@gmail.com
Hackham F.C.	Charmaine Mulloy	0432341242	hackhamfcsecretary@gmail.com
Happy Valley F.C.	Katie Allen	0403 951 129	operations.sub-juniors@hvfc.com.au
Morphett Vale F.C.	Paul Hayford	0402 823 712	mvfceumus@hotmail.com
Noarlunga F.C.	Matthew Smith	0425 457 069	mattsmith@internode.on.net
Port Noarlunga F.C.	Danni Hansen	0421 338 682	pnfcmunis@gmail.com
Reynella F.C.	Sarah Burton	0423 260 483	minis@reynellafc.com.au

CLUBS PARTICIPATING.

<u>CLUB.</u>	<u>OVAL ADDRESS</u>	<u>PHONE NO.</u>
<u>Aldinga F.C.</u>	<u>Port Road, Aldinga</u>	<u>85577291</u>
<u>Christies Beach F.C.</u>	<u>Christie Avenue, Christies Beach</u>	<u>3822213</u>
<u>Cove F.C.</u>	<u>Lonsdale Highway, Hallett Cove</u>	<u>83815411</u>
<u>Flagstaff Hill F.C.</u>	<u>Coromandel Street, Flagstaff Hill</u>	<u>82701432</u>
<u>Hackham F.C.</u>	<u>Doctors Road, Hackham</u>	<u>83264200</u>
<u>Happy Valley F.C.</u>	<u>Taylors Road, Happy valley</u>	<u>82701300</u>
<u>Morphett Vale F.C.</u>	<u>Wheatsheaf Road, Morphett Vale</u>	<u>83841288</u>
<u>Noarlunga F.C.</u>	<u>Main Road, Old Noarlunga</u>	<u>83860977</u>
<u>OSB/Lonsdale F.C.</u>	<u>Sherriffs Road, Morphett Vale</u>	<u>83822424</u>
<u>Port Noarlunga F.C.</u>	<u>Britain Drive, off of Commercial Road, Pt Noarlunga</u>	<u>83862547</u>
<u>Reynella F.C.</u>	<u>Oval Road, Old Reynella</u>	<u>83813076</u>



PLAYERS CODE OF BEHAVIOUR

- Play by the rules: they are there for the good of all.
- Never argue with an official: if you disagree, discuss the matter with your coach, Mini League Co-ordinator after the game.
- Control your temper: verbal abuse, racial or religious vilification of other players, and provoking an opponent or the other team are never appropriate.
- Be a good sport: applaud all good plays by your team, opponent, or the opposition team.
- Treat all players fairly: treat all players as you would like to be treated. Do not interfere with, bully, or take unfair advantage of another player.
- Cooperate willingly: cooperate with your coach, teammates, and opponents. Without them there would be no game.
- Play for fun: Play for the 'fun of it' and not just to please parents and coaches.



SOUTHERN FOOTBALL LEAGUE COACHES CODE OF BEHAVIOURS

The below Code of behaviours is applicable to all Junior Club Coaches.

- Be reasonable in your demands on a player's time, energy, and enthusiasm.
- Avoid over-playing the talented players. The average players need and deserve equal time.
- Remember that children participate for fun and enjoyment.
- Ensure that equipment and facilities are safe and are appropriate to the age and ability of the players.
- Take into consideration the maturity level of the children, when scheduling and determining the length of practice times and competition.
- Develop team respect for the ability of opponents as well as for the judgment of officials and opposing coaches.
- Ensure that positive coach and umpire relationships continually developed.
- Follow the advice of a Medical Practitioner/Trainer when determining when an injured player is ready to recommence training or competition.
- Keep yourself informed of sound coaching principles and the principles of growth and development of children.
- Create opportunities to teach suitable sport behaviors as well as basic skills.
- Ensure that skill learning and appropriate sport behaviors have priority over highly structured competitions for young children.
- Help children understand the responsibilities and implications of their freedom to choose between fair and unfair play.
- Promote greater knowledge of the laws of game.

By accepting the role of coach at the _____ Football Club, I agree to abide by these principles. I support the Southern Football League in its undertakings and encourage the _____ Football Club to take any necessary disciplinary actions including the suspension and banning of any coaches where warranted for repeated or serious breaches of the Auskick/Junior/Youth Coaches Code of Behaviours.

Coaches Name: _____ Coach Accreditation No. _____

Coaches Signature: _____ Expiry date Coach Accreditation ____/____/____

Date: ____/____/____



SOUTHERN FOOTBALL LEAGUE RUNNER POSITION DESCRIPTION POLICY

Objectives

- To assist the coach on game day by delivering messages to players during the game.

Responsibilities

- To deliver messages from the coach to the players whilst each quarter is in progress.
- To deliver messages and return to the coach's box as quickly as possible.
- The runner must not remain on the playing arena.
- Runners must enter and exit the playing arena via the interchange area. Applies to Runners from Under 14's, Under 16's & Under 18's.
- The runner is not permitted to coach whilst on the ground.
- The runner must not interfere with any players or officials during the game
- Runners are not permitted to carry water or any other objects i.e., medication (must be administered by the club trainer) whilst youth games are in play.

Relationships & Accountability

- Liaise with the Coach and Team Manager.
- The runners name must be entered on the team sheet.

Attire

- Runners must wear closed-in footwear, and shall be dressed in the approved Fluorescent Yellow Uniform with the word RUNNER and the name of the club clearly marked on the back, applies to all grades.

Age

- Runners must be 16 and above, for age groups Under 10 & Under 12, and Runners must be 18 and above for age groups Under 14, Under 16 and Under 18 unless approval has been given by the SFL Board of Directors.
- Runners are not permitted in the Under 8's.

Runner Name: _____ Runner Signature: _____

Guardians Name: _____ Guardians Signature: _____

President's Name: _____ President's Signature: _____



PARENTS/SPECTATORS CODE OF BEHAVIOUR

Parents/Spectators

- Remember children play sport for their enjoyment, not yours.
- Encourage children to participate, do not force participation upon them.
- Focus on your children's efforts and self-esteem rather than whether they win or lose
- Encourage children to always participate according to the rules.
- Never ridicule or yell at children for making a mistake or if their team loses a game.
- Remember children learn best by example – applaud the efforts of all players in both teams.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Show appreciation of volunteer coaches, officials, and administrators – without whom your child could not participate.
- Respect umpires' decisions and teach children to do likewise.
- Remember smoking and the consumption of alcohol is unacceptable at junior sport.



ADMINISTRATORS/OFFICIALS CODE OF BEHAVIOUR

- Ensure equal participation for all: provide equal opportunities for all regardless of ability, size, shape, sex, age, disability, or ethnic origin.
- Suitability of program: ensure that the rules, equipment, length of games and training schedules take into consideration the age, ability, and maturity level of the participants.
- Ensure adequate supervision: adequate supervision must be provided by qualified and competent coaches and officials capable of developing appropriate sports behaviour and skills.
- Stress enjoyment: remember children participate for enjoyment. Play down the importance of rewards.
- Arrange adult education: develop improved standards of coaching and officiating with an emphasis on appropriate behaviour and skills.
- Promote fair play: ensure parents, coaches, officials, sponsors, physicians, and participants understand their responsibilities regarding fair play.
- Modify to suit various levels: modify rules and regulations to match the skill level of participants and their needs.
- Promote respect for opponents: condemn unsporting behaviour.
- Maximise enjoyment: publicly encourage rule changes that will reinforce the principle of participating for fun and enjoyment.
- Keep up to date: make a personal commitment to keep informed of the sound principles of administering recommended football programs for junior players.
- Schedules, practice activities and involvement in competition.
- Where I am responsible for players in the 7-18-year-old age group, I will strive to ensure that all players gain equal playing time. I will avoid overplaying the talented players, aiming to maximise participation, learning and enjoyment for all players regardless of ability.



ADMINISTRATORS/OFFICIALS CODE OF BEHAVIOUR Continued: -

- I will stress and monitor safety always.
- In recognising the significance of injury and sickness, I will seek and follow the physician's advice concerning the return of injured or ill players to training.
- I will endeavour to keep informed regarding sound principles of coaching and skill development, and of factors relating to the welfare of my players.
- I will at all times display and teach appropriate sporting behaviour, ensuring that players understand and practise fair play.
- I will display and foster respect for umpires, opponents, coaches, administrators, other officials, parents, and spectators.
- I will ensure that players are involved in a positive environment where skill learning and development are priorities and not overshadowed by a desire to win.
- I reject the use of performance-enhancing substances in sport and will abide by the guidelines set forth in the AFL Anti-Doping and Illicit Drugs policies.

Further information and resources are available through the AFL Kids First program and also at www.playbytherules.net.au



SOUTHERN FOOTBALL LEAGUE INC.

Abuse is a form of harassment and includes physical abuse, emotional abuse, sexual abuse, neglect, and abuse of power. Examples of abusive behaviour include bullying, humiliation, verbal abuse, and insults.

The Mini League Club Coordinators Duties & Responsibilities

Responsibilities are to contribute to the quality of Mini League Matches from Player, Officials and Spectators perspective, in reflecting a positive outlook on the Code of Behaviours.

What is a Mini League Coordinator?

1. Coordinator is clearly identified by the Southern Football League's bright orange Hi Vis Vest and must wear the SFL Identification Badge with the vest on match days.
2. The Mini League Coordinators from both clubs must approach the umpire at the end of each quarter and after the game to ensure that the umpire is comfortable within the game environment.
3. The Mini League Coordinators are representatives of their own club and supplied both from the home and away clubs and are the point of contact for information for their respective team, officials, parents, and umpires.
4. The Mini League Coordinators are the first point of contact for any disputes/indiscretions that may arise.
5. The Mini League Coordinators oversee the Codes of Behaviours for their club on match days and through their club reports to the Southern Football League any breaches of Codes of Behaviours.

Mini League Coordinators' Responsibilities.

1. Ensure the "JLT Sport Match Day Checklist" that relates to Ground Inspection have been undertaken, prior to the commencement of play.
2. Meet and greet the opposition, making them aware of club facilities (Change Rooms etc.).
3. Ensure Trainers from both Clubs are present, and stretcher is in place prior to the games start.
4. To ensure that the Ambulance entrance to the actual oval is clear at all times.
5. Ensure the field is clear and that games are able to start on time with quarter time and half-time break times adhered to. If games are not running on time, the Mini League Coordinators in consultation with the umpires may need to shorten quarters.
6. Provide support to the umpires and see to their needs before, during and after the game, and to adhere to the Spectator Rule Breach Policy.
7. The only persons who should be in contact with the umpires on game issues are the Mini League Coordinators. Ensure spectators are outside the fence of play or at least 5 meters from the boundary line of the game in progress

Club Mini League Coordinators registration and education requirements.

1. Member Clubs must provide SFL Club Mini League Coordinators for every team that club has participating in the Mini League competitions.
2. All Mini League Coordinators are to be registered with the League and be able to complete "Play by the Rules" online training.
3. The online training course has two modules "Child Protection" and "Harassment and Discrimination," once successfully completed both modules and the assessment quizzes the Mini League Coordinators can print a certificate of completion.
4. The certificate of completion must be submitted with a passport size photo of the Mini League Coordinator to the League as part of the registration process. S.F.L. to issue Identification Badge completing and have current National Police Certificate., PBT Rules certificate and contact details.
5. Police Contact Number 131444 general assistance.



SOUTHERN FOOTBALL LEAGUE PARENT/SPECTATOR RULE BREACH POLICY

Abuse is a form of harassment and includes physical abuse, emotional abuse, sexual abuse, neglect, and abuse of power. Examples of abusive behavior include bullying, humiliation, verbal abuse, and insults.

The Southern Football League promotes a positive game-day environment in accordance with the Spirit of the Game and the Parent's Code of behaviors. Should a parent/spectator during a game behave in a manner which breaches the Parent/Spectator Code of Behaviour, the Umpire will be permitted to do the following:

- 1) Stop the game by blowing the whistle and hold up a blue card.
Timekeepers Note: - The game time clock, will still be timed only for the scheduled time allowed for that quarter of play. Regardless of game being stopped due to a Blue Card,
- 2) Both Club Mini League Coordinators will approach the Umpire and be advise of the details of the breach.
- 3) The Umpire will indicate the parent/spectator or official to Club Mini League Coordinators.
- 4) The Umpire will advise the following to both Club Mini League Coordinator/s. "This is an official parent/spectator warning, it will result in a report to the "Southern Football League Secretary/Manager, and the Mini League Umpires Coach" The Mini League Coordinators are to approach the umpire when a Blue Card is displayed, receive the information, and quickly exit the playing field.
- 5) The Umpire will advise the players of the reasons for the official parent/spectator warning.
- 6) Play will resume at the last act of play with a ball-up.
- 7) Should the parent/spectator or official in question or another parent/spectator cause any further breaches, the game will be stopped by a blow of the whistle and hold up a blue card.
- 8) Both parent/spectator's or official Club Mini League Coordinators will approach the Umpire and be advise of the details of the secondary breach.
- 9) The Umpire will indicate the parent/spectator or official to both Mini League Coordinator/s.
- 10) A free kick (Free kick no distance penalty for Under 8's) and a 10-meter penalty for Under 10's, 25 meters for Under 12's will be awarded against the offending team.
- 11) The matter will be placed on the match report for the attention of the "Southern Football League Secretary/Manager, and the Mini League Umpires Coach,' on every occasion where an incident occurs, the incident will be placed on a report by the Umpire and assisted by both Mini League Coordinators. If there is a third (Blue Card) from the same team on any match day, then the umpire will call off the game and as a consequence the Club and parent/spectators found in breach for the 3rd time will be required to attend the SFL Investigations Committee.

Please Note Following the receipt of a second breach, from the same team, that team will automatically be penalised with a \$100 Club fine by the Southern Football League Secretary/Manager. Clubs might look to pass on such a penalty to the parent/spectator in question. Failure to pay this penalty will render the club or registered player (attached to the offending parent/spectator) as non-financial and could potentially impact their eligibility to play in the future. If such breaches occur these incidents would be sent to the SFL Investigation Committee, and that team would not be invited to participate in any of that season's mini league carnival.



SOUTHERN FOOTBALL LEAGUE PLAYER ROTATION POLICY

The Southern Football League Player Rotation Policy is geared towards enhancing the participation and skill development of players aged 5 to 12 from Auskick through to Youth. The rotation of players through a variety of positions is designed to allow players to experience the skills and roles required in different positions, and to ensure all players are provided with equal opportunity.

The Australian Football Match Policy document clearly states that to ensure all players feel an essential part of the team, regardless of their age, size, sex, ability, or the competition they are playing in, it is critical they have an equal amount of time on the field during the season.

The policy states to avoid over-playing the talented players, and that the average players need and deserve equal time. That no player should spend more than half a game in any one position. Furthermore, every player should experience playing on each of the five positional lines over a three-match period.

This will keep players in the game and reduce the likelihood of them leaving to pursue other sports. It also satisfies parents expectations that their child will be given a fair go.

It is recommended that coaches keep records of the weekly game time of each player to ensure each has had equal time. Please note that players should be rotated through a variety of positions on the field in each line, not straight up and down the spine or only on the left or on the right side of the field.

Coaches and Team Managers must ensure that this policy is adopted and relates Spirit of Junior Football.



**SOUTHERN FOOTBALL LEAGUE
PLAYER - PLAY DOWN FORM
MEDICAL & SPECIAL CIRCUMSTANCES**

Southern Football League Player Play Down Form

The _____ Football Club makes an application for:

Player Name: _____

Address: _____ Post Code: _____

To 'Play Down' Under SFL By-Laws Regulation 2.2 in (Age Group/Team): _____

Player's Date of Birth: ____/____/____ Player's Height: _____ Player's Weight: _____

Please include on a club letterhead why the CLUB is requesting a play down signed by 2 members of executive and any relevant medical forms signed by a Medical Practitioner, stating the nature of the player's circumstances.

This application is made by the CLUB on behalf of the aforementioned player by:

Signed President/Secretary: _____ Date: ____/____/____

This application is made by the club at my request and all details supplied are true and correct:

Signed Parent/Guardian: _____ Date: ____/____/____

Please send the completed form to the Southern Football League Registrar at registrations@sflinc.com.au. Players may not play down unless written approval from the Southern Football League Board of Directors has been received. Unless stated otherwise, this Play Down Form is valid for the current season only.

League Official Registrar Use Only

Sighted

Signed SFL Secretary/Manager: _____ Date: ____/____/____



**SOUTHERN FOOTBALL LEAGUE
PLAYER - PLAY UP FORM**

Southern Football League Player - Play Up Form

The _____ Football Club makes an application for:

Player: _____

Phone Number: _____ Address: _____

Post Code: _____ DOB: ____/____/____

Eligible Age Group: _____ Desired Age Group: _____
(refer to back for table to check if a player is allowed to play up)

Eligible Age Group Verified: _____ (S.F.L. Registrar Use Only)

Please provide a brief description of the reason below:

I hereby give my son/daughter permission to play football with the _____ Football Club in one age group higher than his/her designated age group.

The _____ Football Club has informed me of the difference in rules between the age groups and I fully understand these differences.

Signed Parent/Guardian: _____ Date: ____/____/____

Club Official Use Only

Signed Club President/Secretary: _____ Date: ____/____/____

League Official Registrar Use Only

Sighted

Signed SFL Secretary/Manager: _____ Date: ____/____/____

Can players play up with parent consent
If YES they can play up with approval of Parent,
If NO then players cannot play up - even if permission is granted

Grade Currently Playing In	Age Player Is Turning in Current Year	Grade To Play Up In	YES	NO
Under 17.5	17.5	Senior Men	YES	
	16	Senior Men	YES	
	15	Senior Men		NO
Under 15 Boys	15	Under 17.5 Boys	YES	
	14	Under 17.5 Boys	YES	
	13	Under 17.5 Boys		NO
Under 13 Boys	13	Under 15 Boys	YES	
	12	Under 15 Boys		NO
	11	Under 15 Boys		NO
Under 12 M/L	12	Under 13 Boys	YES	
	11	Under 13 Boys	YES	
	10	Under 13 Boys		NO
Under 10 M/L	12	Under 12	YES	
	11	Under 12	YES	
	10	Under 12	YES	
	9	Under 12		NO
Under 8 M/L	8	Under 10	YES	
	7	Under 10		NO
Female grades				
Under 17 Girls	17	Senior Women	YES	
	16	Senior Women	YES	
	15	Senior Women		NO
	14	Senior Women		NO
Under 14 Girls	14	Under 17 Girls	YES	
	13	Under 17 Girls		NO
	12	Under 17 Girls		NO
	11	Under 17 Girls		NO
Under 11 Girls	11	Under 14 Girls	YES	
	10	Under 14 Girls	NO	
	9	Under 14 Girls	NO	

SOUTHERN FOOTBALL LEAGUE

IMAGES OF CHILDREN

Adopted Images of children Extract from Play by the Rules

Most people taking photos of children at sporting events are doing so for acceptable reasons and are using appropriate methods, for example, a parent videoing their child at a sports presentation or photographing their child on the field during play or a professional photographer taking photos for a club.

The small size of many cameras and the advent of mobile phone cameras make it easier to take photos and harder to monitor. Digital photo publication can now be printed at home and photos can be taken, altered, and transmitted quickly to a vast audience by posting on the internet or 'on sending' the photo to mobile phone users.

This greater ease of taking and modifying images has raised concerns about the potential risks of child abuse posed directly and indirectly to children and young people through the inappropriate use of photographs featured on sports web sites and in publications.

The following information and suggested strategies have been provided for sporting clubs and associations to consider when acquiring and displaying images of children and young people on web sites and in other publications. It is not intended to restrict people taking photos for legitimate reasons.

Please note that this information is not intended to be, nor should it be relied upon as a substitute for legal or other professional advice. Organisations and individuals should seek legal advice in relation to these issues in your state or territory.

The Law

In Australia, generally speaking, there is no law restricting photography of people (including children) in public spaces as long as the images are not:

- indecent (such as 'up skirt' or 'down blouse' photographs taken covertly in change rooms or toilets)
- being used for voyeurism or made for the purpose of observing and visually recording a person's genital or anal region
- protected by a court order (e.g., child custody or witness protection)
- defamatory
- being for commercial purposes (person's likeness is used to endorse or entice people to buy a product).

Photos of a child (including your own child) also contravene Criminal Codes and censorship laws if the child is photographed in a provocative or sexual manner.

Where a sporting event is held on a club's private property, privately owned land, a school or council owned facilities, the owner of private property or venue is able to restrict, ban or require permission of photography anywhere in their venue (e.g., some council owned facilities will not allow mobile phones or cameras in change rooms or toilets). Where a sporting event is held on private property not owned by the organisers, it is good practice to determine a mutually agreed photographing policy.

If a person is taking photographs inappropriately (e.g., breaching the restrictions or ban in place for that private property or venue), then venue management can request the person to stop. If the person refuses, the police or security may be called to escort them off the property.

SOUTHERN FOOTBALL LEAGUE

IMAGES OF CHILDREN

Adopted Images of children Extract from Play by the Rules

Strategies - acquiring Images

- Clearly outline and publicise what is considered appropriate behaviour in obtaining images and what is considered appropriate image content.
- Do not allow photographers (professional photographers, spectators, fans, coaches, or members of the media) unsupervised access to children.
- Ensure the coach informs any athlete and parent(s) if the coach wants to video the athlete as a tool to analyse and improve performance.
- Obtain the consent of parent /guardian and their agreement to be present before approving photo/video sessions outside the event venue or at the home of a child. Where possible, have the photo taken at the event venue.
- Provide details of who to contact within the club or organisation if concerns or complaints of inappropriate behaviour in taking images or content are raised. Ensure that the contact person understands the application of relevant legislation and policies.
- Provide members of the media and professional photographers with an identification pass to be worn for the duration of major/large events.

Strategies - displaying images

- Consider using models or illustrations for promotional / advertising purposes.
- Obtain permission from the child's parent/guardian prior to taking the images of a child or young person. Ensure that all concerned are aware of the way in which the image is to be used and how long the image will be displayed.
- If an image is used avoid naming the child. If this is not possible avoid using both a first name and surname.
- Avoid displaying personal information such as residential address, email address or telephone numbers if images are being posted on websites or distributed in publications.
- Do not display information about hobbies, likes/dislikes, school, etc as this information has the potential to be used as grooming tools by paedophiles or other persons.
- Only use appropriate images of the child, relevant to the sport or activity, and ensure that the athlete/child is suitably clothed. Images of athletes participating in sports or activities that involve minimal clothing (e.g., swimming and gymnastics) or unusual body positions/poses could potentially be misused.
- Reduce the ability for direct copying of pictures from a website to another source (i.e., disable the 'right mouse click' function).
- Clearly outline in a written contract to photographers who are contracted or paid to take photos, who will retain the images taken, include arrangements made for negatives, digital file and proofs and outline any restrictions for use and sale.
- Provide details of who to contact and what to do if concerns or complaints of inappropriate image use are raised.



SOUTHERN FOOTBALL LEAGUE

ALCOHOL POLICY

There is absolutely no place for Alcohol within Junior sporting environments, and subsequently:

THE SALE AND CONSUMPTION OF ALCOHOL AT JUNIOR FOOTBALL IS
STRICTLY PROHIBITED,

OTHER THAN THE REGULATED AREA AS PER THE ALCOHOL LICENSE.

Licensed premises as part of the License must show the areas where alcohol can be consumed.

It is important to note that this refers to game day matches (including scratch matches) and during all training sessions. Football Clubs need to have clear policies, procedures, and Memorandums of Understanding (MoU's) that addresses this issue of alcohol sales and consumption.

SMOKE FREE ENVIRONMENT POLICY

The Southern Football League greatly appreciates the support of the wider football family by supporting the Smoke Free Environments at football grounds around the League. This Smoke Free environment can be maintained and implemented into all areas of our game by the following strategies –

- Smoke Free change rooms – Please ensure player changing areas are smoke free at all times
- Smoke Free club rooms (social halls, canteens, etc.) – please ensure the club rooms, social hall, kitchen, and canteen are always smoke free
- Smoke Free interchange benches, timekeepers' boxes, including coaches and managers area – Please ensure there is no smoking by any person in the interchange area where the coach, Manager and interchange players sit or stand.
- Smoke Free viewing areas – Please ensure the following areas are Smoke Free during matches and other events; Club room verandas, interchange benches, seated outdoor viewing areas, areas close to where juniors' area coached.
- Smoke Free NAB AFL Auskick – Our youngest players are the future of our club and game. Please ensure there is no smoking in any area where the NAB AFL Auskick activities are taking place.
- Smoke Free Area acknowledgement – to assist promote your sporting area as smoke free. Football Clubs need to have clear policies, procedures, and Memorandums of Understanding (MoU's) that addresses this issue of a Smoke Free Environment.



SOUTHERN FOOTBALL LEAGUE - UNDER 8 RULES & GUIDELINES

1. Purpose of Under 8 Junior Football

- a) To provide the children in this age group with a fun, safe and positive experience through a well-structured match program that considers the maturity level of their motor, cognitive, social, and emotional skills.
- b) The emphasis is on the development of Fundamental movement skills (the ABCs of athleticism – Agility, Balance, Coordination and Speed) and basic game skills (kicking, handballing, marking, and gathering).
- c) The match program for this age group provides an introduction of basic roles (forward, centre and back) and tactical principles of gaining possession, moving forward, passing to a teammate.

2. Spirit of the game

- a) The spirit of the game is to give all available players a game of football. Therefore: where difficulty occurs fielding full numbers, both coaches and team managers must agree to even up player numbers.
- b) excess players on one team should be given to the opposition team if they are unable to field the required numbers.

The Umpire should at all times:

- c) Endeavour to apply the rules of the games while awarding kicks to players in preference to calling for ball-ups.
- d) understand the spirit of AFL Junior match rules for this age group is to enable all players to gather possession and to give the player in possession of the ball every opportunity to kick or handball. For this reason, restrictions are placed upon body contact (refer to Contact/tackling).
- e) attempt to involve all players as the opportunities arise, particularly when indicating which player is to receive a free kick after the ball has been kicked out of bounds.
- f) At the end of the game all players and coaches should gather together on the ground and shake hands. The umpire may also take the opportunity to address the players.

3. The Game

The following apply:

- a) No premiership win or loss points will be awarded or recorded
- b) No finals series to be played
- c) No publication of premiership ladders
- d) No publication of match results
- e) Names of players are not to be published
- f) A special Carnival Day can be held during the season

4. Officials

- a) A field Umpire and two Goal Umpires are required, but there are no boundary throw-ins, so no boundary umpires are needed.
- b) Sports Trainers – Both competing Clubs must supply a Trainer for their own team. The Trainer from each Club must be in attendance, clearly visible for the duration of that game.

5. Playing Ground

The playing ground to be approximately 80 metres X 60 metres.

6. The Ball: Synthetic Sherrin Size 1 football

SOUTHERN FOOTBALL LEAGUE - UNDER 8 RULES & GUIDELINES

7. The Team

The following apply:

- a) A maximum of 12 players to take the ground at any one-time.
- b) There shall be no rucks or rovers. (When playing full 12 – 4 players in each zone)
- c) The interchange of players may take place at any time. Players replaced due to serious injury are not to take any further part in the game.
- d) The team on the ground shall be divided into three groups (forwards, centres & backs) with each group occupying a zone. To stop congestion players should remain in their zone.
- e) Rotate players during the course of a game and over the course of the season to provide opportunities in all positions (including interchange). All players should play at least half a game.
- f) As per the Spirit of the Game, 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.

8. Zones

The following apply:

- a) The playing ground should be divided into three equal zones with lines marked or cones placed across the oval.
- b) Backs are restricted to the back zone. Centres are restricted to the centre zone and must be identified by wristbands. Forwards are restricted to the forward zone. Rotate players to provide opportunities in several positions (as per Rule 7 e)).
- c) When the ball is in transition from the back zone to the forward zone, it must be touched by a player in the centre zone. Failing this, a free kick will be awarded to the opposition team at the point where the ball entered the end zone.
- d) Only players in the forward zone are able to score. When the ball is kicked into the forward zone and fails to be gathered by a forward and goes through for a score, the score shall not count, and a free kick will be awarded to the opposition team in the full back region.

9. The Possession Rule

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, only one player may hassle the player in possession, but no contact, tackling or deliberate smothering is permitted so that he or she can kick or handball uncontested. Decide doubtful cases with ball-ups.

10. Playing time

The game shall consist of 4 quarters of a maximum of ten (10) minutes each. NO TIME ON.

11. Start of play and restarting after a goal.

The following apply when all players are inside their own zones:

- a) A ball-up between two centre-line players in the centre of the oval will start the game.
- b) Players contesting the ball-up should be of similar size.
- c) A player may not grab the ball at ball-ups and play on. He must knock, palm or punch the ball to a teammate 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 and applies to all other ball-ups during the game.

12. Restarting after a Goal: Play is restarted as in Start of Play



SOUTHERN FOOTBALL LEAGUE - UNDER 8 RULES & GUIDELINES

13. Scrimmage and field ball-ups:

Where a scrimmage develops, if a free kick is not possible under the spirit of the game:

- a) the umpire shall stop play, send players back into their zones and call a ball-up between two opponents of approximately equal size.
- b) 'Full possession' at the ball-up is not permitted (full possession rule applies)
- c) Players should be encouraged to pick-up the ball and can be penalised for diving on the ball.

14. Out of bounds

The following apply:

- a) Where the ball goes out of bounds from a kick, a free kick should be awarded against the player who last kicked the ball.
- b) If there is a doubt as to which team kicked the ball out of bounds, the umpire shall call a ball-up 5 meters inside the boundary.
- c) When the ball goes out of bounds off hands or body the umpire shall call for a ball-up, 5 meters in from the boundary. (Full Possession Rule applies)

15. Contact/tackling

No contact or spoiling is permitted unless it is accidental and light shoulder-to-shoulder contact made while running to and at the ball. Players cannot:

- > hold an opponent with their hands.
- > knock the ball out of an opponent's hands.
- > push an opponent in the side.
- > steal the ball from another player.
- > deliberately bump another player (only incidental contact is permitted).
- > barge
- > deliberately smother an opponent's kick.

16. Shepherding

A player is not permitted to push, shoulder, or block an opponent not in possession of the ball.

17. Barging

No barging, fending off or chopping past opponents is allowed. A free kick shall be awarded to the nearest opponent.

18. Mark

Any player catching a ball, or making a realistic effort where the ball touches both hands, directly from the kick of another player shall be awarded a free kick irrespective of the distance travelled by the ball.

19. Bouncing the ball

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

20. Distance run

While a player in possession of the ball is moving, the player has 10 meters in which to dispose of the ball, irrespective of whether they are running in a straight line or otherwise. As per Rule 19, a player may bounce the ball once within the 10-meter limit he or she can run.



SOUTHERN FOOTBALL LEAGUE - UNDER 8 RULES & GUIDELINES

21. Kicking off the ground

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

22. Distance penalty

Not applicable to this age group. Umpiring and coaching processes to be used. Acts such as overstepping the mark, wasting time, using abusive language or behaviour are matters that should be addressed by the coach or umpire on the ground.

23. Order-off rule

To be applied at the Umpires discretion. The use by a player of bad language, bad sportsmanship and the questioning of the umpire's decision should be actively discouraged. Player/s may be sent off and will stand out of the match for five (5) minutes and be counseled by the Coach / Team Manager, who have the discretion to extend the time penalty. The offending player can be replaced.

24. Coaches

The coach is allowed on the ground during play for the sole purpose of providing immediate feedback to players; he or she must not

- a) pressure, instruct or make comment to or about officiating umpires or decisions that they make.
ZERO TOLERANCE.
- b) pressure, instruct or make comment to the opposition team.
ZERO TOLERANCE.
- c) No Magnetic Boards or folders to be taken on the ground during the game by Coach

25. Awards:

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

26. **Clearances:** Automatic clearances to be given between competitions. It is recommended that children play the season with the club with which they are first registered.

27. **Tribunals:** No tribunal systems to be used. Discipline is to be left to the Club.

28. Safety: -

- a) Molded boots compulsory for Mini League Players.
- b) It is recommended all children participating in any form of the game should wear an appropriately fitted mouthguard.
- c) It is recommended that the distance between the boundary line and oval fencing should be a minimum of 5 meters
- d) In all games, permanently fixed goal and point posts must be suitably padded to a height that can reasonably be expected to prevent injury

29. Other Rules and Laws

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



SOUTHERN FOOTBALL LEAGUE UNDER 10 RULES & GUIDELINES

1. Purpose of Under 10 Junior Football for both Mixed and Under 11 Girls grades.

- a) To provide the children in this age group with a fun, safe and positive experience through a well-structured match program that considers the maturity level of their motor, cognitive, social, and emotional skills.
- b) The emphasis at this age level is the further development of basic game skills (kicking, handballing, marking, gathering, evasion and checking) and learning technical and tactical concepts.
- c) The match program for this age group provides further opportunities to develop game skills and tactical principles of gaining possession, applying pressure utilising space and positional play.

2. Spirit of the game

The spirit of the game is to give all available players a game of football. Therefore:

- a) where difficulty occurs fielding full numbers, both coaches and team managers must agree to even up player numbers.
- b) excess players on one team should be given to the opposition team if they are unable to field the required numbers.

The Umpire should at all times:

- c) Endeavour to apply the rules of the games while awarding kicks to players in preference to calling for ball-ups.
- d) understand the spirit of AFL Junior match rules for this age group is to enable all players to gather possession and to give the player in possession of the ball every opportunity to kick or handball. For this reason, restrictions are placed upon body contact (refer to Contact/tackling).
- e) attempt to involve all players as the opportunities arise, particularly when indicating which player is to receive a free kick after the ball has been kicked out of bounds.
- f) At the end of the game all players and coaches should gather together on the ground and shake hands. The umpire may also take the opportunity to address the players.

3. The Game

The following apply:

No premiership win or loss points will be awarded or recorded

- a. No finals series to be played
- b. No publication of premiership ladders
- c. No publication of match results
- d. Names of players are not to be published
- e. A special Carnival Day should be held during the season

4. Officials

- a) A field Umpire and two Goal Umpires are required, but there are no boundary throw-ins, so no boundary umpires are needed.
- b) Sports Trainers – Both competing Clubs must supply a Trainer for their own team. The Trainer from each Club must be in attendance, clearly visible for the duration of that game.

5. Playing Ground

The playing ground to be approximately 100metres X 80metres

6. The Ball: Sherrin Synthetic Size 2 football should be used



SOUTHERN FOOTBALL LEAGUE - UNDER 10 RULES & GUIDELINES

7. The Team

The following apply:

- a. A maximum of 15 players to take the ground at any one-time.
A maximum of 9 players to take the ground at any time for the Under 11 Girls grade who play with the Under 10 rules and conditions.
- b. The interchange of players may take place at any time. Players replaced due to serious injury are not to take any further part in the game.
- c. Rotate players during the course of a game and over the course of the season to provide opportunities in all positions (including interchange). All players should play at least half a game.
- d. As per the Spirit of the Game, 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.

8. Staying in Position

To stop congestion, the umpire will instruct players to stay in their correct positions. Coaches should also instruct their players to stay in position and enable all players to play in the different positions through effective, regular rotations.

9. The Possession Rule

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, a player may apply a hold or block by standing in the path of the player with the ball. Decide doubtful cases with ball-ups.

10. Playing time

The game shall consist of 4 quarters of a maximum of twelve (12) minutes each. NO TIME ON.

11. Start of play

The following apply when all players are in position:

- a) A ball-up between two centre-line players in the centre of the oval will start the game.
- b) Players contesting the ball-up should be of similar size.
- c) A player may not grab the ball at ball-ups and play on. He must knock, palm or punch the ball to a teammate 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 and applies to all other ball-ups during the game.

12. Restarting after a Goal

Play is restarted as in Start of Play

13. Scrimmage and field ball-ups:

Where a scrimmage develops, if a free kick is not possible under the spirit of the game:

- a. the umpire shall stop play, send players back into their positions and call a ball-up between two opponents of approximately equal size.
- b. Full possession' at the ball-up is not permitted (full possession rule applies)
- c. Players should be encouraged to pick-up the ball and can be penalised for diving on the ball.



SOUTHERN FOOTBALL LEAGUE - UNDER 10 RULES & GUIDELINES

14. Out of bounds

The following apply:

- a) Where the ball goes out of bounds from a kick, a free kick should be awarded against the player who last kicked the ball
- b) If there is a doubt as to which team kicked the ball out of bounds, the umpire shall call a ball-up 5 meters inside the boundary.
- c) When the ball goes out of bounds off hands or body the umpire shall call for a ball-up, 5 meters in from the boundary. (Full Possession Rule applies)

15. Gaining Possession

A player's prime objective should be to gain possession of the ball (eyes on the ball). Shoulder-to-shoulder contact is permitted when players are contesting a loose ball, provided the ball is within 5 meters. Running with the player, rather than running at them must be the intention. Front-on contact and contact from behind are strictly prohibited.

16. Contact/tackling

- a) A player in possession of the ball may be tackled by an opponent wrapping both arms around the area below the top of the shoulders and on/above the knees. The tackle may be from either side or from behind, providing that the tackle from behind does not thrust the player with the ball forward (i.e., does not push the player in the back)
- b) If the player in possession of the ball is taken to the ground by the force of the tackle, they will be awarded a free kick. If the umpire feels the player drops to the ground deliberately in order to receive a free kick, they will be penalised for holding the ball.
- c) If the player in possession of the ball has had a reasonable chance to dispose of or attempt to dispose of the ball before or since being tackled, they shall be deemed to be holding the ball and a free kick awarded to the tackler.
- d) If the ball is held against the body of the player in possession of the ball before they have had a reasonable chance to dispose of it the field umpire shall conduct a ball-up.

Players cannot:

- Push the player in the side.
- Chop the arms of an opposition player.

Players can:

- Smother an opponent's kick.
- Knock or steal the ball from an opponent

16. Shepherding

Shepherding is allowed as long as arms are extended out and no deliberate contact to an opposition player is made. A player is not permitted to push, shoulder, or block an opponent not in possession of the ball. Any deliberate contact to result in a free kick to the opposition player involved.

17. Barging

No barging, fending off or chopping past opponents is allowed. A free kick shall be awarded to the nearest opponent.

18. Mark

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



SOUTHERN FOOTBALL LEAGUE - UNDER 10 RULES & GUIDELINES

19. Bouncing the ball

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

20. Distance run

While a player in possession of the ball is moving, they have 10 meters in which to dispose of the ball or bounce the ball, irrespective of whether he or she is running in a straight line or otherwise. As per Rule 19, only one bounce is allowed then the player has 10 meters in which they must dispose of the ball.

21. Kicking off the ground

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

22. Distance penalty

A player can be awarded a 10-meter advancement towards their goals if after a mark or free kick the umpire is of the opinion an opposing player hinders that player. This could include such acts as overstepping the mark, wasting time, and using abusive language and behaviour.

23. Order-off rule

To be applied at the Umpires discretion. The use by a player of bad language, bad sportsmanship and the questioning of the umpire's decision should be actively discouraged. Player/s may be sent off and will stand out of the match for five (5) minutes and be counseled by the Coach / Team Manager, who have the discretion to extend the time penalty. The offending player can be replaced.

24. Coaches

The coach is not allowed on the ground during play for the sole purpose of providing immediate feedback to players; he or she must not

- a. pressure, instruct or make comment to or about officiating umpires or decisions that they make.

ZERO TOLERANCE.

- b. pressure, instruct or make comment to the opposition team.

ZERO TOLERANCE.

- c. No Magnetic Boards or folders to be taken on the ground during the game by Runner

25. **Awards:** Participation, effort, and skill achievement awards to be the only individual awards given.

26. **Clearances:** Automatic clearances to be given between competitions. It is recommended that children play the season with the club with which they are first registered.

27. **Tribunals:** No tribunal systems to be used. Discipline is to be left to the Club.

28. Safety: -

- e) Molded boots compulsory for Mini League Players.
- f) It is recommended all children participating in any form of the game should wear an appropriately fitted mouthguard.
- g) It is recommended that the distance between the boundary line and oval fencing should be a minimum of 5 meters
- h) In all games, permanently fixed goal and point posts must be suitably padded to a height that can reasonably be expected to prevent injury

29. **Other Rules and Laws.** All other rules are as per the Laws of Australian Football.



SOUTHERN FOOTBALL LEAGUE UNDER 12 RULES & GUIDELINES

1. Purpose of Under 12 Junior Football

- a. To provide the children in this age group with a fun, safe and positive experience through a well-structured match program that considers the maturity level of their motor, cognitive, social, and emotional skills.
- b. The consolidation of basic game skills is still the focus at this age level rather than competition and winning, while further developing technical and tactical concepts.
- c. These concepts include positional skills and basic performance enhancing techniques, e.g., warm-up, cool-down, nutrition, hydration, recovery, and goal setting.

2. Spirit of the game

The spirit of the game is to give all available players a game of football. Therefore:

- a) where difficulty occurs fielding full numbers, both coaches and team managers must agree to even up player numbers.
- b) excess players on one team should be given to the opposition team if they are unable to field the required numbers.

The Umpire should at all times:

- c) Endeavour to apply the rules of the games while awarding kicks to players in preference to calling for ball-ups.
- d) understand the spirit of AFL Junior match rules for this age group is to enable all players to gather possession and to give the player in possession of the ball every opportunity to kick or handball. For this reason, restrictions are placed upon body contact (refer to Contact/tackling).
- e) attempt to involve all players as the opportunities arise, particularly when indicating which player is to receive a free kick after the ball has been kicked out of bounds.
- f) At the end of the game all players and coaches should gather together on the ground and shake hands. The umpire may also take the opportunity to address the players.

3. The Game

The following apply:

- a- No premiership win or loss points will be awarded or recorded
- b- No finals series to be played
- c- No publication of premiership ladders
- d- No publication of match results
- e- Names of players are not to be published
- f- A special Carnival Day should be held during the season

4. Officials

- a. Two field Umpire and two Goal Umpires are required, but there are no boundary throw-ins, so no boundary umpires are needed.
- b. Sports Trainers – Both competing Clubs must supply a Trainer for their own team. The Trainer from each Club must be in attendance, clearly visible for the duration of that game.

5. Playing Ground

The playing ground to be approximately 140 metres X 110 metres.

6. The Ball: Synthetic or Leather Sherrin Size 3 football should be used.



SOUTHERN FOOTBALL LEAGUE - UNDER 12 RULES & GUIDELINES

7. The Team

The following apply:

- a) A maximum of 18 players to take the ground at any one-time.
- b) The interchange of players may take place at any time. Players replaced due to serious injury are not to take any further part in the game.
- c) Rotate players during the course of a game and over the course of the season to provide opportunities in all positions (including interchange). All players should play at least half a game.
- d) As per the Spirit of the Game, 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.

8. Staying in Position

To stop congestion, the umpire will instruct players to stay in their correct positions. Coaches should also instruct their players to stay in position and enable all players to play in the different positions through effective, regular rotations.

9. Playing time:

The game shall consist of 4 quarters of a maximum of fifteen (15) minutes each. NO TIME ON.

10. Start of play

The following apply when all players are in position:

- a) A ball-up between two centre-line players in the centre of the oval will start the game.
- b) Players contesting the ball-up should be of similar size.
- c) A player may not grab the ball at ball-ups and play on. He must knock, palm or punch the ball to a teammate 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 and applies to all other ball-ups during the game.

12. Restarting after a Goal

Play is restarted as in Start of Play

13. Scrimmage and field ball-ups:

Where a scrimmage develops, if a free kick is not possible under the spirit of the game:

- d. the umpire shall stop play, send players back into their positions and call a ball-up between two opponents of approximately equal size. (Full possession rule applies)

14. Out of bounds

The following apply:

- a) Where the ball goes out of bounds from a kick, a free kick should be awarded against the player who last kicked the ball
- b) If there is a doubt as to which team kicked the ball out of bounds, the umpire shall call a ball-up 5 meters inside the boundary.
- c) When the ball goes out of bounds off hands or body the umpire shall call for a ball-up, 5 meters in from the boundary. (Full Possession Rule applies)



SOUTHERN FOOTBALL LEAGUE - UNDER 12 RULES & GUIDELINES

15. Bumping

As per the Laws of Australian Football

Law 15.4.3 Permitted Contact – Page 51

Law 15.4.5 Prohibited Contact and Payment of Free Kick – Page 52 and 53

Note: A player can bump an opponent's body from side-on but any contact forward of side-on will be deemed to be front-on.

A player with their head down in anticipation of winning possession of the football or after contesting the football will be deemed to have their head down over the football for the purpose of this law.

16. Tackling

Players can hold an opponent with their hands, use a wrap-around tackle, bump the player in the side, knock the ball out of the opponent's hand, steal the ball out of the opponent's hands or push a player in the side.

The wrap-around tackle:

A player in possession of the ball may be tackled by an opponent wrapping both arms around the area below the top of the shoulders and on/above the knees. The tackle may be from either side or from behind, providing the tackle from behind does not thrust the player with the ball forward (i.e., push him or her in the back).

- a) A player in possession of the ball, when held by an opponent applying the wrap-around tackle, should be given a reasonable chance to dispose of the ball by kick or by handball, or by attempting to kick or handball. If he or she fails to do so, a free kick shall be awarded to the tackler for holding the ball.
- b) The field umpire shall conduct a ball-up when the player with the ball has it held to the body by an opponent unless the player has had a reasonable time to dispose of it prior to being tackled. In that case, a free kick shall be awarded to the tackler for holding the ball.
- c) The field umpire shall allow play to continue if the ball is knocked out of a player's hands by an opponent.
- d) A player, who is held by an opponent when not in possession of the ball, shall be awarded a free kick.
- e) NO PLAYER SHALL BE DELIBERATELY DUMPED, THROWN OR SLUNG TO THE GROUND BY A TACKLE

17. Shepherding

- a) The Shepherding rule in this grade is designed to encourage the skill of "blocking" without an aggressive movement. The shepherding motion should be seen as an intention to impede the progress of an opponent in reaching the immediate play.
- b) A Shepherd is using the body or arm to push, bump or block (a) a Player who does not have possession of the football and who is no further than 5 meters away from the football at the time when the push, bump or block occurs; and (b) where such contact is otherwise not Prohibited Contact. - Law 15.4.5 Prohibited Contact and Payment of Free Kick – Page 52 and 53.

17. Barging

No barging or chopping past opponents is allowed. A free kick is awarded. Fending off with an open hand to the body, provided it is not above the shoulders or in the back, is allowed.

18. Mark

Any player catching a ball directly from the kick of another player shall be awarded a mark provided the ball has travelled at least 10 meters,



SOUTHERN FOOTBALL LEAGUE - UNDER 12 RULES & GUIDELINES

19. Bouncing the ball

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

20. Distance run

While a player in possession of the ball is moving, they have 15 meters in which to dispose of the ball, irrespective of whether he or she is running in a straight line or otherwise. As per Rule 19, a player may bounce the ball twice within the 15-meter limit he or she can run.

21. Kicking off the ground

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

22. Distance penalty

A player can be awarded a 25-meter advancement towards their goals if after a mark or free kick the umpire is of the opinion an opposing player hinders that player. This could include such acts as overstepping the mark, wasting time, and using abusive language and behaviour.

23. Order-off Rule

To be applied at the Umpires discretion. The use by a player of bad language, bad sportsmanship and the questioning of the umpire's decision should be actively discouraged. Player/s may be sent off and will stand out of the match for five (5) minutes and be counseled by the Coach / Team Manager, who have the discretion to extend the time penalty. The offending player can be replaced.

24. Coaches

The coach is not allowed on the ground during play. Messages may be delivered by a Runner. (Please see SFL Runner Position Description) Coaches must not: -

- a- pressure, instruct or make comment to or about officiating umpires or decisions that they make.
ZERO TOLERANCE.
- b- pressure, instruct or make comment to the opposition team.
ZERO TOLERANCE.
- c- No Magnetic Boards or folders to be taken on the ground during the game by the Runner.

25. **Awards:** Participation, effort, and skill achievement awards to be the only individual awards given.

26. **Clearances:** Automatic clearances to be given between competitions. It is recommended that children play the season with the club with which they are first registered.

27. **Tribunals:** No tribunal systems to be used. Discipline is to be left to the Club.

28. Safety: -

- a. Molded boots compulsory for Mini League Players.
- b. It is recommended all children participating in any form of the game should wear an appropriately fitted mouthguard.
- c. It is recommended that the distance between the boundary line and oval fencing should be a minimum of 5 meters
- d. In all games, permanently fixed goal and point posts must be suitably padded to a height that can reasonably be expected to prevent injury

29. **Other Rules and Laws.** All other rules are as per the Laws of Australian Football