



SWAFL Super 7's Rules

Playing Ground: Size of ground to be approx 110m x 60m.
Each zone (marked by cones) to be approximately one third of the ground.

Ball Size 4.5 (womens) leather Sherrin football

The Team: Maximum of 7 players on the field – 2 forwards, 3 centres, 2 backs. Maximum of 3 interchange players. Unlimited interchange. Players cannot change teams during tournament. No coaches, water runners etc permitted to enter the field of play except when attending to injury.

Players Uniform: Must wear same coloured tops and not necessarily numbered. No jewellery or dangerous accessories to be worn. Mouthguards are not compulsory.

Playing Time: 2 halves of 7 minutes, teams straight swap of ends at half time.

Start of Play: The game shall be started by a ball-up (and restarted after each goal) between two players in the centre of the ground. Players contesting the ball-up must be from a standing jump and must not grab the ball at the ball-up and play on. She must tap the ball and cannot play the ball again until another player has touched it.
Players to stay within their zones until the ball-up.

Out of Bounds: When the ball goes out of bounds a free kick is awarded against the team to last touch the ball. A player cannot kick for goal from an out of bounds free kick. If the umpire cannot determine which team last touched the ball then play will be restarted by a ball up from where the ball went out of bounds.

Tackling: Players can

- Hold or bear hug an opponent in possession of the ball with their hands between the shoulder and knees only
- Knock or steal the ball from an opponent's hands.
- Shepard (no rough sheparding allowed)

NB: Umpires can award a free kick against a tackle that is considered unnecessarily rough.

Players cannot:

- Throw or tackle another player to the ground
- Push the opponent in the back
- Bump a player off the ball

Mark: A free kick is awarded to any player who fairly catches a kick providing the kick travels approximately ten meters.

Bouncing the Ball: A Player in possession of and running with the ball is permitted to bounce the ball once only before kicking or handballing. A player must bounce the ball every 10 meters.

Kicking the Ball: Players are not permitted to deliberately kick the ball off the ground if deemed in danger of hurting an opponent.

Scoring: a) Goals and points scored as per normal rules.

b) Goals can only be scored by forwards (who are designated by a bib) within their team's forward zone. Scores from other positions or from outside the forward zone do not count and then a ball-up takes place from the place the kick was taken.

Order Off Rule Players may be ordered from the field for rough play or abusive language. Time period is left to the umpire's discretion.

End of Match: Players must leave field promptly to allow next team to take positions ready for start.

