



SOUTHERN FOOTBALL LEAGUE UNDER 10 RULES & GUIDELINES

1. Purpose of Under 10 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 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- d. Names of players are not to be published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



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7. The Team

The following apply:

- a. A maximum of 15 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. 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 team mate 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.



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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 metres inside the boundary.
- c) When the ball goes out of bounds off hands or body the umpire shall call for a ball-up, 5 metres 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 metres. 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 metres 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 metres 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 metre 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 they are first registered with.

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

28. Safety:-

- a) Moulded 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 metres
- 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.