



YOU KICK LIKE A GIRL...
GOOD FOR YOU!

AFL BRISBANE JUNIORS
YOUTH GIRLS RULES
2008



www.aflbj.com



Contact Details
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Match rules for girls

	Under 12	Under 15	Under 18
Field Size	110m x 80m	130m x 90m	Full Size
Football Size	Size 3 Leather	Size 3 Leather	Size 4 Leather
The Team	9 a side, unlimited interchange 3 forwards, 3 centres, 3 backs - NO ZONES	12 a side, unlimited interchange 4 forwards, 4 centres, 4 backs - NO ZONES Unlimited interchange	16 a side, unlimited interchange 6 forwards, 4 centres, 6 backs NO ZONES Unlimited Interchange
Time	4 x 10 min quarters - Breaks 3/5/3	4 x 12 min quarters - Breaks 3/5/3	4 x 15 min quarters - Breaks 3/5/3
Ball Ups	A. Ball up between 2 centre players. B. Players should be approx. equalsize C. Full Possession Rule (see below) D. Prior to the throw up, the umpire should clear the area by sending players back to their positions	Conducted between two players of equal size selected by the umpire. Prior to the throw up, the umpire should clear the area by sending players back to their positions	Conducted between the two designated ruckman
Full Possession Rule	Player contesting a ball up may not grab the ball & play on. Player must knock, palm or punch the ball to a team mate or open ground, and may not touch the ball again until it has been touched by another player or hits the ground.	Player contesting a ball up may not grab the ball & play on. Player must knock, palm or punch the ball to a team mate or open ground, and may not touch the ball again until it has been touched by another player or hits the ground.	Player contesting a ball up may not grab the ball & play on. Player must knock, palm or punch the ball to a team mate or open ground, and may not touch the ball again until it has been touched by another player or hits the ground.
Scoring	Any Player can score.	Any Player can score.	Any Player can score.
Scrimmage	No diving on the ball. Umpire stops play. Free kick awarded to nearest opponent.	Umpire stops play. Send players back to positions and ball up is used	Umpire stops play. Send players back to positions and ball up is used
Out of bounds	A. A free kick is awarded against the player who last touched the ball. B. If in doubt as to which team kicked the ball. Ball up in 5m in. Off hands or body, ball up 5m in.	A. A free kick is awarded against the player who last touched the ball. B. If in doubt as to which team kicked the ball. Ball up in 5m in. Off hands or body, ball up 5m in.	Boundary Umpire to throw in
Tackling	Wrap around tackle is permitted. A player in possession of the ball may be tackled by an opponent wrapping both arms around the area below the top of the knees. The tackle may be from either side or from behind providing the tackle from behind does not thrust forward the player with the ball (that is a push in the back). No players shall be deliberately dumped/thrown down to the ground by any tackle. Under any circumstances slinging is totally forbidden.	Wrap around tackle is permitted. Slinging is totally forbidden	Full tackle
Bumping	A player may make contact with another player by using her hip or shoulder to the body (not above the shoulders or in the back) provided the ball is no more than 5 metres away from the player.	Before possession: A player's prime objective should be to gain possession of the ball ie. Eyes on the ball. A restrained side bump, provided the ball is within 5 metres, is acceptable. "Running with" the player rather than "running at" the player must be the intention. Player in possession: No deliberate bumping. No deliberate contact is permitted	A player may make contact with another player by using her hip or shoulder to the body (not above the shoulder or in the back) provided the ball is no more than 5 metres away from the player
Barging	No barging allowed. That is, no fending off or chopping past opponents. A free kick will be awarded.	No barging allowed. That is, no fending off or chopping past opponents. A free kick will be awarded.	No barging allowed. That is, no fending off or chopping past opponents. A free kick will be awarded.
Stealing/Smothering	Not Allowed	Both stealing and smothering the ball are allowed	Both stealing and smothering the ball are allowed
Shepherding	Player not permitted to push, shoulder or block an opponent not in possession of the ball.	Player is allowed to shepherd within 5m of the ball	Player is allowed to shepherd within 5m of the ball
Free Kicks	It is the spirit and intention of these laws that a free kick shall be awarded to ensure the match is played in a fair and safe manner. A free kick may be awarded when: A. A player makes an illegal tackle with another player B. A player runs too far while in possession of the ball without bouncing it, or bounced the ball more than once C. A player's kick s the ball off the ground D. A player dives or lies on top of or drags the football underneath her body	It is the spirit and intention of these laws that a free kick shall be awarded to ensure the match is played in a fair and safe manner. A free kick may be awarded when: A. A player makes an illegal tackle with another player B. A player runs too far while in possession of the ball without bouncing it, or bounced the ball more than twice C. A player's kick s the ball off the ground D. A player dives or lies on top of or drags the football underneath her body	It is the spirit and intention of these laws that a free kick shall be awarded to ensure the match is played in a fair and safe manner. A free kick may be awarded when: A. A player makes an illegal tackle with another player B. A player runs too far while in possession of the ball without bouncing it, or bounced the ball more than four times C. A player's kick s the ball off the ground D. A player dives or lies on top of or drags the football underneath her body
Mark & Playing on	Catching the ball directly from a kick regardless of distance travelled. Play on allowed.	Catching the ball directly from a kick regardless of distance travelled. Play on allowed.	A mark is catching the ball directly from a kick of another player. Ball must travel 10m
Transition of Ball	No transition restrictions.	No transition restrictions.	No transition restrictions.
Bouncing the Ball	A player is permitted to bounce the ball one time then dispose of the ball.	A player is permitted to bounce the ball two times then dispose of the ball.	A player is permitted to bounce the ball four times then dispose of the ball.
Distance Run	Whilst a player in possession of the football is moving, the player must bounce the ball within 10 metres, irrespective if that player is running in a straight line or otherwise. As stated above – one bounce only	Whilst a player in possession of the football is moving, the player must bounce the ball within 10 metres, irrespective if that player is running in a straight line or otherwise. As stated above – two bounces only	Whilst a player in possession of the football is moving, the player must bounce the ball within 15 metres, irrespective if that player is running in a straight line or otherwise. As stated above – four bounces only
Kicking off the ground	Not permitted to deliberately kick the ball off the ground.	Not permitted to deliberately kick the ball off the ground.	Not permitted to deliberately kick the ball off the ground.
Penalty	A reportable offence results in a 15 metre penalty. A 15 metre penalty may be awarded when a player: A. Oversteps the mark B. Engages in time wasting C. Has not returned the football directly and on the full to the player awarded a free kick or mark	A reportable offence results in a 15 metre penalty. A 15 metre penalty may be awarded when a player: A. Oversteps the mark B. Engages in time wasting C. Has not returned the football directly and on the full to the player awarded a free kick or mark	A reportable offence results in a 25 metre penalty. A 25 metre penalty may be awarded when a player: A. Oversteps the mark B. Engages in time wasting C. Has not returned the football directly and on the full to the player awarded a free kick or mark
Order off	A player maybe sent from the field of play by the central umpire under the following conditions: A player sent from the field of play is off for the REST OF THE QUARTER and the NEXT QUARTER If reported, he/she shall be sent from the ground for the remainder of the match The player maybe replaced	A player maybe sent from the field of play by the central umpire under the following conditions: A player sent from the field of play is off for the REST OF THE QUARTER and the NEXT QUARTER If reported, he/she shall be sent from the ground for the remainder of the match The player maybe replaced	A player maybe sent from the field of play by the central umpire under the following conditions: A player sent from the field of play is off for the REST OF THE QUARTER and the NEXT QUARTER If reported, he/she shall be sent from the ground for the remainder of the match The player maybe replaced
Zones	To stop congestion, umpire will instruct players to stay in zones.	To stop congestion, umpire will instruct players to stay in positions	To stop congestion, umpire will instruct players to stay in positions
Coach	Coaches not allowed on ground. Runners may be used to deliver messages and return directly to the Coach.	Coaches not allowed on ground. Runners may be used to deliver messages and return directly to the Coach.	Coaches not allowed on ground. Runners may be used to deliver messages and return directly to the Coach.
Report	A player can be reported	A player can be reported	A player can be reported