



**AUSTRALIAN FOOTBALL: YEARS 3 - 4**

**RULES GOVERNING COMPETITION**

**REVISED JULY 2015**





This document should be read in conjunction with the Ryde PSSA document *General Rules for Competition*.

Teachers are reminded of the following points for the Ryde Zone Inter-School competition.

### **1 Playing ground**

- 1.1 Modified ground to be used. Minimum size of ground to be 60m x 35m.
- 1.2 Each zone (marked by cones) to be approximately one third of the field.

### **2 Ball**

- 2.1 Size one Synthetic

### **3 Teams**

- 3.1 A year 3 and 4 team shall consist of 12 players with any number of reserves. \*\*\*
- 3.2 The team will be divided into three even positions (i.e. a team of 12 will have 4 forwards, 4 centres and 4 backs).
- 3.3 Players are to remain in nominated position for the entire half. Once ball-up has taken place. Players may move out of zone. To stop congestion the umpire may ask players to return to their zones during a stoppage.
- 3.4 At half time players must change position.
- 3.5 Interchange or replacement of injured players may take place at any time. The new player taking the field must play the replaced players position until the end of the half.

### **4 Playing time**

- 4.1 Two (2) halves of approximately 20 minutes. Teams swap ends at half time. \*\*\*

### **5 Start of play**

- 5.1 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 should be of similar size and will be rotated
- 5.2 A Player may not grab the ball at the ball-up and play on. He must tap the ball and cannot play the ball again until another player has touched it.
- 5.3 Players to start within their zone.



### 6 Out of bounds

- 6.1 When the ball goes out of bounds a free kick is awarded against the team to last touch the ball.
- 6.2 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 a ball up will restart play 5m infield from where ball left field.

### 7 Tackling

- 7.1 Players can "hold and release" an opposition player who is in possession of the ball by grabbing the player with one or two hands between the knees and the shoulder. No bumping, slinging or bringing a player to the ground is allowed.
- 7.2 If the player is "held" without having a prior opportunity to dispose of the ball the umpire shout "held and release". The tackler must then release the player and give them 3 seconds to dispose of the ball.
- 7.3 If a player has had prior opportunity to dispose of the ball and is held or if they player does not dispose of the ball after being held within three seconds the tackler will be awarded a free kick.

#### **Players cannot**

- 7.4 Throw another player to the ground
- 7.5 Steal or knock the ball from an opponent's hands.

### 8 Mark

- 8.1 A free kick is awarded to a player who catches a kick by another player regardless of distance.

### 9 Bouncing the ball

- 9.1 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.

### 10 Kicking the ball off the ground

- 10.1 Players are not permitted to deliberately kick the ball off the ground.

### 11 Ball transition

- 11.1 The ball must be touched by a different player in each zone.



### 12 Scoring

- 12.1 A goal (6 points) is awarded when the ball is kicked between the two major posts without being touched by the opposition.
- 12.2 If the ball is touched before passing the two major posts or passes between the minor and major posts, 1 point is awarded.
- 12.3 After a goal is scored play restarts with a ball-up in the centre. After a point is scored play restarts with a kick from the defending team from between the two major posts.
- 12.4 Goals can only be scored by forwards (who are designated by a bib) within their team's forward zone.
- 12.5 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.

### 13 Order off rule

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

### 14 Coaches

- 14.1 Coaches are permitted on the ground during play.

### 15 End of match

- 15.1 Players to shake hands with the opposition team.

### 16 Note

- 16.1 \*\*\* Playing conditions may vary for Inter school competitions. The above rules are for the NAB AFL Auskick gala days.