

Appendix 3 - Standard Modified Rules 2009 – Version 2

	UNDER 9	UNDER 10	UNDER 11	UNDER 12
1. Playing Field (min.)	100 m x 65m (cones or lines to mark zones)	100m x 65m (cones or lines to mark zones) Increased by agreement.	110m x 80m Increased by agreement.	125 x 85m Increased by agreement.
2. Ball Size	Size 2 Ball (synthetic ball by agreement)		Size 3 Ball (synthetic ball by agreement)	
3. The Team	Unless mutually agreed upon by opposing coaches, 9 or 12 players with any number of reserves. Number of players on ground must be equal. Team consists of 3 or 4 equal numbers of forwards, backs and centres. Players remain in position for all of the quarter after which the players must change zone. Interchange of injured or reserve players can take place at any time. New player must play in that position for rest of quarter		12 to 15 players with any number of reserves. Number of players on ground must be equal.	12 to 15 players with any number of reserves. Number of players on ground must be equal. For Representative U12 Football <i>evening-down</i> to apply.
4. Playing Time	4 x 10 Minute Quarters		4 x 10 Minute Quarters	4 x 15 min Quarters
5. Start of Play	Ball up between two centre zone players (no rucks). No full possession (defined as the player contesting the ball up gaining possession before another player touches the ball). Maximum of 3 players from each team closer than 10m to the ball.		Ball up between two centre players. No full possession (see U9/10 Rule 5). Maximum of 3 players from each team closer than 10m to ball.	
6. After a Goal	As in 5			
7. Scrimmage	Umpire stops play, sends players back to positions and ball up as per 5. Maximum of 3 players from each team closer than 10m to ball.			
8. Out of Bounds	From a kick – a free kick is awarded to the closest opponent. A player cannot kick for goal from this free kick. Off hands or body – ball up 5m in from the boundary. If in doubt – ball up 5m in from boundary. No Full possession.	From a kick – a free kick is awarded to the closest opponent. Off hands or body – ball up 5m in from the boundary. If in doubt – ball up 5m in from boundary. No full possession.	From a kick – a free kick is awarded to the closest opponent. Off hands or body – ball up 5m in from the boundary. If in doubt – ball up 5m in from boundary. No full possession.	Free kick for a kick out on the full or deliberately playing the ball out of bounds. Other out of bounds – thrown in and player can take full possession (as per AFL rules).
9. Bouncing the Ball	May bounce once only . Player can run up to 10m before bouncing or disposing of ball. Players cannot dispose of the ball to themselves intentionally.		May bounce twice only . Player can run up to 10 m before bouncing or disposing of ball. Players cannot dispose of the ball to themselves intentionally.	
10. Gaining Possession	A player's prime objective should be to gain possession of the ball (eyes on the ball). Restrained side (shoulder to shoulder) contact is permitted when players are contesting a loose ball, provided that the ball is within five metres. 'Running with' the player rather than 'running at' the player must be the intention. Front on contact or contact from behind is strictly prohibited.			

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11. Tackling	<p>Players can “Hold and Release” an opposition player in possession of the ball by grabbing the jumper only with one or two hands. When in possession of the ball there is strictly no bumping, slinging or deliberately bringing the player in possession of the ball to the ground. Grabbing the arms or applying a wrap around tackle is not permitted.</p> <p>If a player in possession of the ball is “Held and Released” without a prior opportunity to dispose of the ball they have 3 seconds to dispose of or attempt to properly dispose of the ball by handballing or kicking. If a player in possession of the ball has had prior opportunity before being “Held and Released” a free kick is awarded against the player in possession.</p> <p>When the player is ‘Held and Released’ the umpire acknowledges that the hold has been applied and instructs the player in possession to dispose of the ball within 3, 2, 1 seconds (count). A player in possession cannot be Held and Released again within the 3 seconds.</p> <p>Players cannot:</p> <ul style="list-style-type: none"> • knock the ball out of an opponent’s hands • push the player in the side • steal the ball from another player 		<p>A player in possession of the ball may be tackled by an opponent wrapping both arms (the wrap around tackle) 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 forward the player with the ball. If a player in possession of the ball is brought to the ground deliberately then a penalty shall be awarded to the player</p> <p>Where such a penalty is awarded the umpire will use the sling signal.</p> <p>Knocking or stealing the ball from an opponent’s hands is permitted</p>	
12. Smothering	No smothering allowed		Smothering is allowed	
13. Barging	No Barging		If a player has an opportunity to dispose of the ball and chooses to barge opponents, a free kick will be awarded if a correct tackle is made.	
14. Shepherding	No Shepherding		Shepherding permitted .	
15. Mark	Catch ball directly from kick. Irrespective of distance. Good attempts paid.	Catch ball directly from kick. Irrespective of distance.		Catch ball directly from kick that travels at least 10 metres.
16. Kicking Off the Ground	Deliberate kick not permitted			
17. Send Off	As per Rule 9 of AFL GSJ By Laws			
18. Staying in Position	<p>Players must start in their zones.</p> <p>Umpire can send players back into position.</p> <p>Forwards can score, but they must be inside the forward zone. The minimum level of identifying positions is armbands that signifies the forward position.</p>		To stop congestion, umpire and coach to ensure players stay in position.	To stop congestion, umpire and coach to ensure players stay in position.
19. Spirit of the Game	<p>Players, Coaches and Officials and Umpires to shake hands before and after game.</p> <p>No scores or ladders to be kept.</p>		<p>Players, Coaches and Officials and Umpires to shake hands before and after game.</p> <p>10 goal mercy rule.</p> <p>Mercy Rule not to apply in Representative U12 Football.</p>	
20. Coaches	Coaches allowed on field to teach but no closer than 15m from play.		<p>Coaches are not allowed on the field.</p> <p>Messages delivered by a runner who must be an adult or a player that is mature enough to umpire the game...</p>	