

Rules and Regulations

Under 8 Mixed

Under 9 Mixed Under 10 Girls

Under 10 Mixed

Phase	Introductory	Development	Transition to Competition
Players	12 a side plus up to 4 Interchange	15 a side plus up to 5 interchange	18 a side plus up to 6 interchange
Maximum Ground Size	80m x 60m approx.	100m x 80m approx.	Up to Full size
Use of Zones	(2 games per oval) 3 equal zones with 4 players per zone	3 equal zones with 5 players per zone	No zones
Match Length	4 x 10 (1 hour)	4 x 12 (1 hour 15 minutes)	4 x 15 (1 hour 30 minutes)
Competition Details	No scores, ladders or finals. No recording of best players and goal kickers permitted. No representative teams.	No scores, ladders or finals. No recording of best players and goal kickers permitted. No representative teams.	Scores allowed but not published, no ladders or finals. All match paperwork to be submitted to League for grading purposes. No representative teams
Contact	Modified tackle*/no bump. Players cannot bump/push an opponent, knock/ steal the ball out of their hands or smother an opponent's kick.	Modified tackle*/no bump. Players cannot bump/push an opponent, knock/ steal the ball out of their hands or smother an opponent's kick.	Full tackle / no bump.
The ball	Size 2 Synthetic	Size 2 Synthetic	Size 2 Synthetic
Umpiring	1 field, 2 goal. Parents.	1 field, 2 goals. Parents.	1 field, 2 boundary, 2 goal. Club Supplementary Umpires.
Coaching position	Onfield (1)	Onfield (1)	Sideline
Bounces	1 bounce before disposing	2 bounces before disposing	2 bounces before disposing
Marking	A mark is awarded, irrespective of the distance the ball has travelled, to any player who catches it or makes a reasonable attempt to mark it.	A mark is awarded, irrespective of the distance the ball has travelled, to any player who catches it or makes a reasonable attempt to mark it.	A mark is awarded when a player catches the ball directly from another player's kick that has travelled at least 10 metres.
Out of Bounds	From a kick, a free kick is awarded against the player who last kicked the ball. From hands, or if there is doubt, the umpire shall call a ball-up 10m in from the boundary.	From a kick, a free kick is awarded against the player who last kicked the ball. From hands, or if there is doubt, the umpire shall call a ball-up 10m in from the boundary.	Boundary throw-in. Each Club to provide a boundary umpire.
Kick off the Ground	Not permitted unless accidental.	Not permitted unless accidental.	Not permitted unless accidental.
Stealing, smothering, shepherding, barging	No stealing, smothering, shepherding or barging.	No stealing, smothering, shepherding or barging.	Permitted in Under 10's.
Penalties	No distance penalty applies. Players can be ordered off at the umpire's discretion.	10m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.	25m penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.
Age Group Day	Under 8's Round Robin during season	Under 9's Round Robin during season (free YJFL ball for each player)	Lightning Premiership at end of season for each division of Under 10's

* Note – Modified Tackle – 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 the tackle from behind does not thrust forward player with the ball (i.e. push the player in the back). If the player in possession of the ball is taken to the ground in the act of tackling, they will receive 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.