



AFL Junior Match Policy Under 10's

Purpose	To provide children with a fun, safe and positive experience through a match program that further develops their basic football skills and introduces technical and tactical concepts
Spirit of the game	<p>To give all available players a game of football in which they have every opportunity to gain possession of the ball and safely dispose of it by kick or handball.</p> <p>Prior to the commencement of play</p> <ul style="list-style-type: none"> • all players, coaches and umpires should gather together on the ground to shake hands; and • the umpire and coaches should ensure all players are aware of the rules and procedures to be followed in the conduct of the game.
The game	A modified match program with no premiership points, no finals, no ladders, no match results (scores), and no representative teams
Playing Ground	<p>9 or 12-a-side matches: 90m x 60m 15-a-side matches: 100m x 80m</p> <p>The field is divided into three equal zones The zones are identified with markers or lines on the ground</p>
Officials	Recommended Two Field Umpire and two Goal Umpires
The ball	Synthetic size 2 football
The team	<p>12-a-side: 4 forwards, 4 centres, 4 backs 15-a-side: 5 forwards, 5 centres, 5 backs</p> <p>All players must have a turn in each zone. There is no set number of reserves but all players must play at least three quarters of the match. Interchange may take place at any time.</p> <p>The spirit of the game is to give all available players a game of football. Therefore:</p> <ul style="list-style-type: none"> • Where difficulty occurs fielding full numbers, both coaches must agree to even up player numbers; • Excess players should be to the opposition team if they are unable to field the required numbers; • Coaches should consider modifying the number per side to ensure all players participate. For instance, if 30 players are available, simultaneously play 2 games of 6-a-side or one 15-a-side game.
Zones	Players may come out to get the ball but once ball is not in direct vicinity they must return to original zone.
Transition of the ball	When the ball is in transition from the back zone, it must be touched by a player in the mid zone. Failing this, a free kick will be awarded to the opposition team at the point where the ball entered the end zone.
Scoring	Only forward-zone players can score.
Possession Rule	Not applicable
Playing time	3 x 15 minute quarters with no time-on Break pattern (minutes) 5-5
Starting and restarting play	A ball-up is conducted between two centre players of similar height as nominated by the umpire. The umpire should nominate different pairs of players for subsequent ball-ups after goals are scored.

Scrimmage and field ball ups	Field ball-ups are contested by 2 players of similar height (selected by the umpire) after all other players have been sent back to their zones.
Out of bounds	From a kick – a free kick is awarded against the player who last kicked the ball. If there is doubt, or if the ball came off hands or a body, the umpire shall call a ball-up 5-metres in from the boundary. 'Full possession' at the ball ups is not permitted.
Contact/bumping	There is to be absolutely no contact or spoiling whatsoever, except under accidental and light 'shoulder to shoulder' contact while running to and at the ball. Players cannot: <ul style="list-style-type: none"> • Hold an opponent with their hands • Steal the ball or knock it out of an opponents hands • Push, bump or barge another player (incidental contact only is permitted) • Smother an opponents kick • Shepherd
Tackling	The Wrap-around 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 shoulder and on/above the knees. The tackle may be from either side or from behind, providing the tackle does not thrust the player with the ball forward (i.e. push him or her in the back). <ul style="list-style-type: none"> • A player in possession of the ball, when held by an opponent applying the wrap-around tackle, should be given reasonable chance to dispose of the ball by kick or by handball, or by attempting to kick or handball. If he or she fails to do so, a free kick shall be awarded to the tackler for holding the ball. • The field umpire shall conduct a ball-up when the player with the ball has it held to the body by an opponent, unless the player has had reasonable time to dispose of it prior to be tackled. In that case, a free kick shall be awarded to the tackler for holding the ball. • The field umpire shall allow play to continue if the ball is knocked out of a player's hands by an opponent. • A player, who is held by an opponent when not in possession of the ball, shall be awarded a free kick. • No player shall be deliberately dumped or thrown to the ground by a tackle. • If a player in possession of the ball has had prior opportunity before being held and released a free kick will be rewarded against him or her.
Shepherds	Not permitted.
Barging	Not permitted. No barging, fending off or chopping past opponents is allowed. A free kick shall be awarded to the nearest opponent.
Marking	A mark is awarded irrespective of the distance the ball has travelled to any player who catches the ball directly from the kick of another player.
Bouncing	Only one bounce is permitted.
Distance run	A player running with the ball must bounce it within 10 metres. While a player in possession of the ball is moving, the player must bounce the ball within 10 metres, irrespective of whether that player is running in a straight line or otherwise. As above, only one bounce is allowed then the player must dispose of the ball.
Kicking off the ground	Not permitted unless accidental. Where a player deliberately kicks off the ground a free kick shall be awarded
Distance penalty	A 10m advancement may be awarded to a player after a mark or free kick if he or she has been hindered by an opposition player in the opinion of the umpire. This could

	include such acts as overstepping the mark, wasting time and using abusive language and behaviour.
Order-off rule	To be applied at the umpire's discretion. Bad language, poor sportsmanship and disputing umpiring decisions should have a zero tolerance policy.
Coaches	The coach is allowed on the ground during play for the sole purpose of providing immediate feedback to players; they must not pressure, instruct or make comment to or about officiating umpires or decisions that they make. The Coach must not pressure, instruct or make comment to the opposition team.