

Appendix 3 Standard Modified Rules 2010

	UNDER 9 UNDER 10	UNDER 11 UNDER 12
1. Playing Field (min.)	105 m x 80m (cones or lines to mark zones) Increased by agreement. The Field is divided into 3 equal zones	110m x 80m Increased by agreement.
2. Ball Size	Size 2 Ball (synthetic or leather ball by agreement)	Size 3 Ball (synthetic or leather ball by agreement)
3. The Team	9, 12 or 15 players with any number of reserves. Number of players on ground must be equal. Team consists of up to 5 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 players may take place at any time All players should play at least 3 quarters of the match where possible	12 to 15 players with any number of reserves Number of players on ground must be equal. Interchange may take place at any time, but all players should play 3 quarters.
4. Zones/Positions and transition of the ball	Players will be instructed to by the umpire to stay in their correct position. When the ball is in transition from the back zone to the forward 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.	
5. Scoring	Only forward zone players can score from within the forward zone. Forward players are marked with a clearly identifiable armband.	
6. Playing Time	4 x 10 Minute Quarters	4 x 15 min Quarters
7. Starting and restarting play	A ball up is conducted between 2 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. There is no full possession allowed. The full possession rule is applied as follows: <ul style="list-style-type: none"> - A player contesting the ball up may not grab the ball and play on; and - The player must knock, palm or punch the ball to a teammate or open ground, and may not play the ball again until it has been touched by another player or hit the ground. 	A ball up is contested between 2 centre players of similar height as nominated by the umpire in the centre of the ground. Only centre line players attend centre bounces (20m clearance from all other players). The umpire is to enforce a similar 20m area for field ball ups. No Full possession allowed
8. 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 positions. There is no full possession allowed.	Field ball ups are contested by 2 players of equal size selected by the umpire. Before the ball up, the umpire should clear the area by sending players back to their positions. No more than 3 players from each team shall be closer to the ball up than about 20 metres. No Full possession allowed
9. 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. If in doubt – ball up 5m in from boundary. Off hands or body – ball up 5m in from the boundary. No Full possession.	From a kick – a free kick is awarded to the closest opponent. A player cannot kick for goal from this free kick. If in doubt – ball up 5m in from boundary Off hands or body – ball up 5m in from the boundary. No Full possession.
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 5 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. The ball is possessed by controlling it, catching it, grabbing it, or laying 2 hands on it when it is on the ground. Once the ball is possessed, other players may apply a hold and release tackle (refer to tackling rule)	

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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, for holding the ball.</p> <p>When the player is ‘Held and Released’ the umpire acknowledges that the hold has been applied (by calling out “Release”) and instructs the player in possession to then dispose of the ball within 3, 2, 1 seconds (counting backwards out loud). 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 • bump an opponent 	<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. No Player shall be deliberately dumped or thrown to the ground by a tackle. Where such a penalty is awarded the umpire will use the sling signal.</p> <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 a 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 a reasonable time to dispose of it prior to being 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 - Knocking or stealing the ball from an opponent’s hands is permitted
12. Smothering	Not permitted	Smothering is allowed
13. Barging	Not permitted	No barging or chopping past opponents is allowed. Fending off with open hand to the body (provided it is not above the shoulders or in the back) is allowed.
14. Shepherding	Not permitted	Shepherding permitted as per the laws of Australian Football.
15. 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. Where a player drops a mark but has eyes on the ball, and hands out in front or above their head, and makes good contact on the ball then a mark can be awarded for a good attempt.	A mark is awarded when a player catches the ball directly from another player’s kick that has travelled at least 10 metres
16. Distance Run and Bouncing the Ball	A player running with the ball must bounce it within 10 metres. Only one bounce is permitted.	A player running with the ball must bounce it within 15 metres, only 2 bounces are permitted.
17. Kicking Off the Ground	Not permitted unless accidental	Not permitted unless accidental
18. Distance penalty	A 10m advancement may be awarded to a player after a mark or free kick if he or she is hindered by an opposition player	A 25m advancement may be awarded to a player after a mark or free kick if he or she is hindered by an opposition player
19. Order off rule	As per Rule 9 of AFL GSJ By Laws.	As per Rule 9 of AFL GSJ By Laws.
20. Spirit of the Game	Players, Coaches and Officials and Umpires to shake hands before and after game. No scores or ladders to be kept.	Players, Coaches and Officials and Umpires to shake hands before and after game. 10 goal mercy rule.
21. Coaches	Coaches allowed on field to teach but no closer than 15m from play.	Coaches are not allowed on the field. Messages delivered by a runner who must be an adult or a player that is mature enough to umpire the game...