

# AFL CANBERRA JUNIOR MODIFIED RULES

## UNDER 10's

<b>GROUND SIZE:</b>	105m x 80m. Divided into 3 zones x 35m Zones (use cones at side of field as a guide).
<b>BALL SIZE:</b>	Synthetic Football – Size 2
<b>NUMBERS:</b>	<b>12-a-side. (Preferred)</b> 4 players in each zone: 4 backs, 4 centres, and 4 forwards. If required a Maximum of 15-a-side 5 players with equal number of players in each zone. <i>For this age group, the even up rule applies for all matches.</i>
<b>PLAYER ROTATION:</b>	Players must be rotated at every break i.e Forward, Centres, Backs. Players to have a maximum of two quarter in any one zone
<b>GAME TIME:</b>	4 x 10 minute quarters
<b>POSITION:</b>	Players to play in the each of the 3 zones each game. Zone lines are guide only, they may be crossed when taking marks or to dispose of the ball. The umpire is to use their discretion. Player must then return to his/her respective zone <u>immediately</u> after disposal. No rucks or rovers
<b>BALL UPS:</b>	Start of play – between two centre players of equal size Maximum of 3 players from each team closer than 10m from ball-up. Cannot grab the ball (must either palm or punch the ball) Cannot play the ball until ball touches ground or another player.
<b>SCRIMMAGE:</b>	<b>No diving on the ball.</b> Umpire stops play – sends players back to positions and ball-up between players of equal size. Cannot grab the ball (must either palm or punch the ball)
<b>OUT OF BOUNDS:</b>	(a) A free kick is awarded against the player who last kicked the ball. Free kick is generally awarded to the nearest opponent. (This is also an opportunity for umpire to give possession to a player who may not have had as many opportunities as others). (b) If in doubt which team kicked the ball, ball up 5m in. (c) Off hands or body, ball up 5m in.
<b>TACKLING:</b>	Players cannot hold an opponent with their hands, knock the ball out of an opponent's possession or push a player in the side. No pushing in back. No barging.
<b>BUMPING:</b>	A restrained bump in the side is permitted as set out below: <b>Before Possession</b> – A player's prime objective should be to gain possession of the ball. i.e Eyes on the ball. A restrained side bump, provided the ball is within 5 metres is acceptable. The intention must be "running with" the player rather than "running at" the player. <b>Player in Possession</b> – A restrained bump only. After being bumped the player must dispose of the ball (3 steps or 3 seconds) or a free kick is awarded. A player cannot be bumped again for 3 seconds. Simultaneous bumps, made by two opposition players on a player in possession, counts as one bump. <b>PLAYER SAFETY IS PARAMOUNT</b>
<b>STEALING / SMOTHERING:</b>	Stealing or smothering the ball from another player is <u>NOT</u> permitted (Including knocking ball from players hands)
<b>SHEPHERDING:</b>	Players not permitted to push, shoulder or block an opponent not in possession of the ball. No barging or fending off (no deliberate contact).
<b>KICKING OFF THE GROUND:</b>	Deliberately kicking the ball off the ground is <u>NOT</u> permitted
<b>MARKING:</b>	A mark is catching the ball directly from a kick, irrespective of distance travelled Playing on is allowed.
<b>RUNNING DISTANCE / BOUNCING:</b>	A player can only run a distance of 10 metres before disposing of the ball. In that 10 metre distance a player is permitted to bounce/touch the ball to the ground only once.
<b>BALL TRANSITION</b>	When ball is in the transition from back zone to forward zone, it must be touched by a player in the mid-zone. Failure for this to occur will see a free kick awarded to the opposition team at the point at which the ball entered the zone.
<b>PENALTY:</b>	A 10 metre penalty can be awarded for abusive/bad language, poor sportsmanship or disputing a decision. Order off rule should only be used in extreme circumstances.
<b>COACH:</b>	Coach allowed on the ground to teach and ensure players are aware of positional play.
<b>GENERAL:</b>	<i>The over-riding priorities of this age group are fun, maximum participation and skill development.</i>