

# AFL CANBERRA JUNIOR MODIFIED RULES

## UNDER 11's

<b>GROUND SIZE:</b>	110 x 80m
<b>BALL SIZE:</b>	Synthetic Football – Size 3
<b>NUMBERS:</b>	<b>15-a-side (Preferred)</b> If required a maximum of 18-a-side with equal number of players <i>For this age group, the even up rule applies for all matches</i>
<b>GAME TIME:</b>	4 x 15 minute quarters
<b>POSITION / ROTATION:</b>	Maximum of two quarters in any one position line. Coach should enable all players to experience different positions through effective rotation. 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 20m 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. Stop play and ball up if play becomes congested and/& dangerous
<b>SCRIMMAGE:</b>	<b>No diving on the ball.</b> Umpire stops play – sends players back to positions and have a 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. (b) If in doubt which team kicked the ball, a ball up 5m in. (c) Lff off hands or body, ball up 5m in.
<b>TACKLING:</b>	A player in possession of the ball may be tackled by an opponent who uses both hands to grip the player below the top of the shoulders and on or above the knees. If when applying the tackle hands cross over, this constitutes a wrap around tackle <u>which is not allowed</u> and a free kick is awarded against the tackler. The tackled player may fend off the tackler with an open palm (below shoulders). No player shall be deliberately dumped / thrown to the ground by any tackler.
<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. <u>The intention must be</u> "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>	Both stealing and smothering are allowed.
<b>SHEPHERDING:</b>	Player is permitted to shepherd within 5 metres of the ball.
<b>KICKING OFF THE GROUND:</b>	Deliberately kicking the ball off the ground is <b><u>NOT PERMITTED</u></b>
<b>MARKING:</b>	Mark is paid if ball caught directly from kick and has travelled at least 10 metres
<b>RUNNING/BOUNCING</b>	Player is permitted to bounce the ball up to two times before disposing of the ball. Player must bounce the ball at least once every 15 metres – irrespective of whether the player is running in a straight line or otherwise. Player must dispose of the ball correctly (kick or handball).
<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>	The Coach is not allowed on the ground. A runner is to be used to deliver a message and then immediately return off the field.
<b>GENERAL:</b>	<i>Individual participation, skill development &amp; teaching are priorities in this age group with importance of team play being developed.</i>