

Western Suburbs/Inner West PSSA

2022 AFL Rules

Playing Ground:

- Modified ground is used.
- Cones to mark each zone.

The Team:

- The team shall consist of 12 players on the field with up to 4 reserve players.
- The team shall consist of 4 forwards, 4 centres (midfielders) & 4 defenders on the field.
- Players are to begin in their nominated position (zone) for the centre square ball up (after each goal). Once ball-up has taken place, players may move out of their zone.
- At the end of each **quarter** players must move up a zone. Players are not permitted to play in the same position for the whole game.
- Interchange or replacement of injured players may take place at any time. The new player taking the field must play the replaced player's position until the end of the **quarter**. The order is as follows: defence midfield forward

Playing Time Juniors & Seniors: 4x 7 min quarters with a 3 minute break in between each quarter.

Start of Play:

- The game shall be started by a ball-up (and restarted after each goal) between two players in the centre of the ground. Players contesting the ball-up should be of similar size and be rotated where possible.
- A player may not grab the ball at the ball-up and play on. They must tap the ball and cannot play the ball again until another player has touched it.
- Players stay within their zones until the ball-up has finished.

Out of Bounds:

- When the ball goes out of bounds a free kick is awarded against the team to last touch the ball. A player **cannot** kick for goal from an out of bound free kick. If the umpire cannot determine which team last touched the ball then play will be restarted by a throw-in (**or ball up**) from where the ball went out of bounds.

Tackling:

Players can:

- Tackle and/or hold and bear hug an opponent in possession of the ball with their hands between the shoulder and knees only. Umpires are to call 'ball up' when momentum is clearly stopped.
- Bring a player to the ground in a legal tackle provided there is still **forward momentum** from the ball carrier. Umpires should call ball up when momentum is clearly stopped. A free kick should be awarded **against** the tackler if they "dump/bring to ground" the ball carrier **after forward momentum** (of the ball carrier) is stopped.
- Shepherds are allowed provided they are **not unduly forceful** (i.e. shepherds cannot make contact with an opponent above their shoulder including the collar bone, neck and head area).
- If the attacking player has time and the opportunity to correctly dispose of the ball but fails to do so, the tackler will be awarded a free kick. The person taking the free kick must be the tackler, if they are inside the attacking zone they may take a shot at goal.

Players cannot

- Trip an opponent whether accidentally or intentionally.
- Push or tackle the opponent in the back
- Bring the ball carrier to ground with their weight on the ball carrier's back.
- Tackle the ball carrier head/face first into the ground.
- Continue a tackle when the forward momentum of the ball carrier has clearly been stopped.
- Tackle or make contact with an opponent above their shoulders including the collar bone, neck and head area.
- Tackle an opponent below the knees.

All instances of these offences will **result** in a **free kick** to the non-offending team.

Mark:

- A free kick is awarded to any player who fairly catches a kick by another player (known as a mark) providing the kick travels at least **five metres**.
- An opposing player may stand on the mark where the ball was caught and **may not** move from this spot until the ball has cleared the ball carrier's foot or the ball carrier has deviated more than 1m to the left or right from a direct line to their goal in an **intentional attempt** to "play on".

Bouncing the Ball:

- A player in possession of and running with the ball is permitted to travel 12-15 steps before they must either **bounce** the ball (**once only**) or **dispose** of the ball by kicking or handballing to a teammate or aiming for the goal. A player can only keep possession of the ball for a further 12-15 steps after bouncing the ball (once only) before they **must dispose** of the ball either by kicking or handballing to a team mate or aiming for the goal.
- A player who travels further than 30 steps whilst in possession with the ball will have a free kick awarded against them for travelling too far.
- The rule resets after each disposal (kick or handball) by the player in possession of the ball or a free kick is awarded against the player in possession for travelling too far. If a player has bounced the ball and are tackled, it will be a free kick to the tackler (see Rule "D" in tackling)

Kicking the Ball

Off the Ground:

- Players are not permitted to deliberately kick the ball off the ground. Any instances shall result in a free kick to the non offending team.

Scoring:

- A goal (6 points) is awarded when the ball is kicked **by any player** between the two major posts without being touched by the opposition provided the mark or kick is taken from within the **forward scoring zone** (marked by cones).
- If the ball is touched before passing the two major posts, hits either of the major posts or passes between the minor and major posts, 1 point is awarded (behind). Again, the mark or kick must be made from within the **forward scoring zone**.
- After a goal is scored, play restarts with a ball-up in the centre. After a point is scored play restarts with a kick from the defending team from between the two major posts.
- A **mercy rule** applies once a team is **leading by 60 points or more**. Play shall continue to the end of the match, however, the final score for the match will be that which was present at the time one team is leading by 60 points or more over the opposing team. For example, if Team A scores a goal which takes them to a 67 – 4 lead over Team B then the final score for the match shall be 67 – 4 with Team A being declared the winner.
- An attempt at a goal may be made from a free kick due to foul play, deliberately kicking the ball off the ground, travelling too far in possession of the ball or during general play with the exception of a free kick due to an out of bounds offence.

Order Off Rule

- Players may be ordered from the field for unnecessary rough play or abusive language. Time period to be served is 2 minutes **or** the remaining time left in the quarter (whichever is the shorter).

Coaches and Umpiring:

- Coaches are not permitted to coach whilst umpiring. Parents are not permitted to umpire.