

# RULES OF THE GAME

## YEAR 4/5

### FIELD

- The playing ground shall be approximately half senior standard size (100m x 80m)
- At this age group the ground should be sufficiently long enough to permit the ball to be kicked from one line to the next.

### THE BALL

- A synthetic size 2 OR 3 (depending on ball manufacturer) should be used.

### THE TEAM

**STURT ZONE BY-LAW: A maximum of 15 players can be playing on one team at any one time.**

- 15-a-side: 5 lines of three players with no rucks or rovers but unlimited reserves. Interchange may take place at any time, but all players must play 3 quarters of the match.
- Players, including interchange should be rotated during the course of the season, so that they all experience forward, mid field and defensive position with similar amount of time in each area of the field.
- Where difficulties occur fielding full numbers, both coaches and team managers **must agree to equate player numbers**. Excess players should be given to the opponents if they are unable to field the required numbers. Coaches/Team Managers should bring spare football jumpers with you so that players filling in for your team have a Guernsey to wear. Umpires must report to the SASFA Zone Manager any team that refuses to equate numbers. **The spirit of the game is to give all available players a game of football.**

### STAYING IN POSITION

- To minimise congestion, players will be instructed by the umpire to stay in their correct position. Coaches should also instruct their players to stay in position.

### THE POSSESSION RULE:

- The ball is possessed by controlling it, catching it, grabbing it, or laying two hands on it when it is on the ground. Once the ball is possessed, other players may apply a "Hold and Release" (Restraint) or block by standing in the path of the opponent with the ball. Decide doubtful cases with ball ups.

### PLAYING TIME

- The game shall consist of four quarters of a maximum 12minutes each.

### STARTING AND RESTARTING OF PLAY

- The game shall be started (and restarted after a goal) by a ball-up, between two centre line players in the middle of the oval, when all players are in their positions.
- Players contesting the ball-up should be of similar size.
- A player may not grab the ball at ball-ups and play on.
- The player must knock, palm or punch the ball to a team mate or open ground, and may not play the ball again until it has either been touched by another player or hits the ground. This is known as the "full possession rule".

**STURT ZONE BY-LAW: No more than 3 players shall be within 15 metres of the centre ball up.**

### SCRIMMAGE

- Where a scrum develops the umpire shall stop play, send players back into their positions and call a ball-up between two opponents of approximately equal size, who shall be nominated by the umpire and need not be the closest or the tallest.

# RULES OF THE GAME

## YEAR 4/5 cont.

### OUT OF BOUNDS

- When the ball goes out of bounds from a kick, a free kick will be awarded to the nearest opponent.
- When the ball goes out of bounds off the hands or body, the umpire shall call for a ball up ten metres in from the boundary.

### GAINING POSSESSION

- A player's prime objective should be to gain possession of the ball (eyes on the ball). Shoulder to shoulder contact is permitted when players are contesting a loose ball, providing the ball is within 5 metres. Running with the player, rather than running at them must be the intention. Front-on contact and contact from behind are strictly prohibited.

### MODIFIED TACKLE RULE

Players can perform a modified 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 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 (i.e push the player in the back)

If the player in possession of the ball is taken to the ground in the act of tackling, they will receive a free kick. If the umpire feels the player drops the ball deliberately in order to receive a free kick, they will be penalized for holding the ball.

A player in possession of the ball, when held by an opponent applying a modified tackle, should be given a reasonable chance to dispose of the ball by kick or handball, or by attempting to kick or handball, otherwise 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 the ball held to the body by an opponent, unless the player has had reasonable time to dispose of the ball prior to being tackled, in which 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 accidentally knocked out of a player's hands by an opponent.

A player not in possession of the ball, when held by an opponent, shall be awarded a free kick.

There is strictly no bumping, slinging or deliberately bringing the opposition player in possession of the ball to the ground.

Players cannot:

- Knock the ball out of an opponent's hands;
- Push the player in the side;
- Steal the ball from another player;
- Smother an opponent's kick or
- Bump another player.

### SHEPHERDING

- A player is not permitted to push, shoulder or block an opponent not in possession of the ball.

### BARGING

- No barging, fending off or chopping past opponents is allowed. A free kick shall be awarded to the nearest opponent.

# RULES OF THE GAME

## YEAR 4/5 cont.

### MARKING

- Any player catching the ball directly from the kick of another player shall be awarded a mark irrespective of the distance travelled by the ball.

### BOUNCING THE BALL

- A player in possession may bounce the ball only once.

### DISTANCE RUN

- While a player in possession of the ball is moving, the player must bounce the ball within 10 metres, irrespective of whether he or she 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

- A player is not permitted to deliberately kick the ball off the ground otherwise a free kick will be awarded against the offending player.

### DISTANCE PENALTY

- A player can be awarded a 10 metre advancement towards their goals if after a mark or free kick the umpire is of opinion an opposing player hinders that player. This could include such acts as step over the mark, wasting time, and using abusive language or behaviour.

### ORDER OFF RULE

- To be applied at the umpire's discretion or by the competition's controlling body where applicable. Bad language, poor sportsmanship and disputing umpiring decisions should be actively discouraged.

### COACHES

- The coach is allowed on the ground during play for the sole purpose of teaching their players only or attending an injury, **but must leave the playing arena** as soon as the message or instruction is delivered.
- Runners **are not** allowed.

### PLAYER SAFETY

- For safety, the SANFL strongly endorses the wearing of mouthguards at every age level.
- As the development of skills is a major part of this competition the use of gloves is prohibited unless for specific medical reasons.
- The wearing of metal sprigs is also prohibited.
- No player shall participate in, or continue to participate in any match while such player is bleeding or has blood on any part of that player's person or uniform. On the instructions of the field umpire, the game will stop, and the affected player must immediately leave the playing area to have the bleeding stopped and/or any sign of blood removed. The affected player may be replaced immediately.

### WEATHER

- With inclement weather, all teams **must** still report to the designated ovals where the coaches of both sides will make a decision to proceed with the game or not.

### SPIRIT OF THE GAME

- At the end of the game all players and coaches should gather together **at the side of the ground** and shake hands. The umpire should also take the opportunity to address the players.