

# RULES OF THE GAME

## YEAR 6/7

### FIELD

- The playing ground shall be full size unless the dimensions are clearly unsuitable for the number and skill level of the players involved.

### THE BALL

- A synthetic size 3 OR 4 football (depending on ball manufacturer) should be used.

### THE TEAM

**STURT ZONE BY-LAW: A minimum of 15 to a maximum of 18 players can be playing on one team at any one time.**

- As per the Laws of Australian Football. 18-a-side with rucks and rovers allowed. The SANFL recommends the rotation policy where all players are rotated through the course of the game.
- For games where there is less than 18-a-side, an example for 15-a-side would be 5 lines of three players. It is then recommended to add an extra centre player and wings as agreed by the coaches. Unlimited reserves may be used.
- Interchange of players may take place at any time.
- Interchange players must play at least half of the match for which they are reserves.
- 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 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.**

### PLAYING TIME

- The game shall consist of four quarters of a maximum 15 minutes 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/height.
- 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. If the ruckman takes the ball out of the air, a free kick will be awarded to the opposing ruckman.

**STURT ZONE BY-LAW: No more than 4 players shall be within the centre square (for ovals that have centre square line-marking) or within 20 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.
- At the ball-up 'full possession' is not permitted.

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### 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.

### BUMPING

- A player can bump an opponent's body from side-on but any contact forward of side-on will be deemed to be front-on, and a free kick awarded.

### TACKLING

Players can

- Hold an opponent with their hands and use wrap around tackle.
- Knock the ball out of the opponent's hands.
- Bump the player in the side only.
- Steal the ball from the opponent's hands.
- Push the player in side.
- Slings to the ground **is not** permitted.
- A player is permitted to shepherd as long as the player is within five metres of the ball.

### BARGING

- No barging or chopping past opponents is allowed. A free kick shall be awarded to the nearest opponent. Fending off with an open hand to the body, provided it is not above the shoulders or in the back, is allowed.

### MARKING

- Any player catching a ball directly from a kick of another player, provided the ball has travelled at least ten metres, shall be awarded a mark.

### BOUNCING THE BALL

#### **STURT ZONE BY-LAW: No more than one bounce is permitted.**

- A player in possession may bounce the ball once. A player may run up to 15 metres before disposing of the ball by hand or foot and may not touch the ball again until it has been touched by another player.

### DISTANCE RUN

- While a player in possession of the ball is moving, the player must bounce the ball within 15 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. A free kick will be awarded against the offending player.

### DISTANCE PENALTY

- A player can be awarded a 25 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 stepping over the mark, wasting time, and using abusive language or behaviour.

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### 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.

### STAYING IN POSITION

- To minimize congestion, players will be instructed by the umpire to stay in their correct positions.

### COACHES

#### STURT ZONE BY-LAW:

- The coach is only allowed on the playing field for the purposes of teaching for the first three matches of the year.
- Coaches are only allowed on the playing field after the third match to attend to injuries.
- 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.