

Girls and Boys AFL 2026

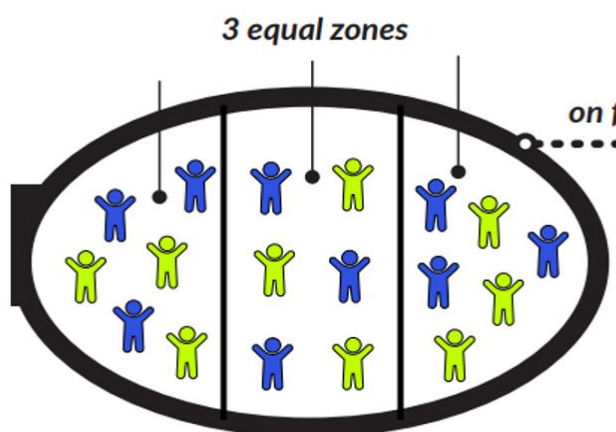


Current rules as for AFL Juniors, except where stated otherwise below. Any modifications listed here are the rules of the game at Lansdowne Zone matches, any rules not listed automatically default to AFL Junior rules.

Weblink to AFL Juniors rule book:-

<http://aflsj.com.au/wp-content/uploads/sites/12/2018/04/AFL-Sydney-Juniors-Manual-2018.pdf>

Playing Ground: Modified ground to be used. Minimum size of ground to be 75m (long) x 40m (wide). Each zone (marked by cones) to be approximately one third of the ground.



This diagram is a reference point for setting up playing grounds into equal zones

The goal and behind posts are to be placed at each end of the Playing Surface at a distance of **6 metres** apart.

Ball: Size 3 synthetic football

The Team:

- A team shall consist of 9 (9 a side) players with any number of reserves. As AFL is deemed to be a contact sport, all players are required to wear a mouthguard when on the field.
- 1 boys team and 1 girls team. Rules will be the same for both teams.
- The team will be divided into three even positions.
- Players are to remain in nominated position for the entire third. Players must remain in their zone for that third. Zones are not to be considered a brick wall. Players are allowed to retrieve a ball that is within 1-2m of zone line or at a reasonable distance as determined by umpire. Players who abuse or break these rules by leaving zone inappropriately will be penalised and a free kick will be awarded.

- e) At each break players must change position. All players must play in a different zone each third unless the team has a lack of numbers and this situation can't be avoided
- f) Interchange or replacement of injured players may take place at any time. The new player taking the field must play the replaced players position until the end of the third. Players who have been interchanged into the field will remain there until the end of the third unless injury occurs

Playing Time: 3 thirds, 10min each with players changing zones after each third.

Start of Play

- a) *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 will be rotated.*
- b) A Player may not grab the ball at the ball-up and play on. He/she must tap the ball and cannot play the ball again until another player has touched it.

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 bounds free kick. If the umpire cannot determine which team last touched the ball then play will be restarted by a ball up from where the ball went out of bounds.

Tackling:

Players can

- a) Hold or bear hug an opponent in possession of the ball with their hands between the shoulder and knees only
- b) Knock or steal the ball from an opponent's hands.
- c) Sheppard (no rough shepherding allowed)

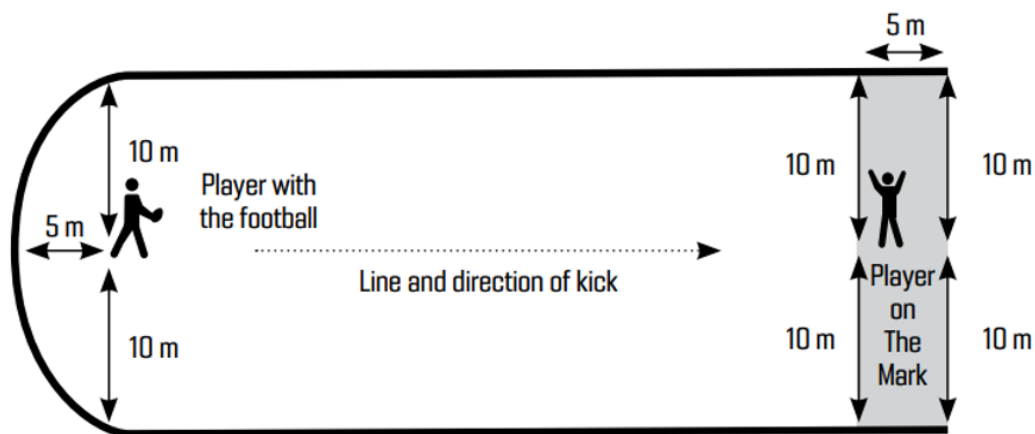
NB: Umpires can award a free kick against a tackle that is considered unnecessarily rough.

Players cannot

- a) Throw another player to the ground
- b) Push the opponent in the back/land into their back while tackling from behind

Taking a Mark: A free kick is awarded to any player who fairly catches a kick providing the kick travels the nominated distance - 10 metres for an opens competition.

A player who is standing on the mark is allowed to smother the ensuing kick, however, they are unable to advance any further than the point in which the mark was taken. Players taking the kick are allowed to move back as far as they would like to give themselves space from opponent defending on marking spot.



Bouncing the Ball: A Player in possession of and running with the ball is permitted to bounce the ball once only before kicking or handballing. A player must bounce the ball every 10 metres. If a player bounces the ball than once, it will be considered holding the ball and a free kick will be awarded to opponent.

Kicking the Ball Off the Ground: Players are not permitted to deliberately kick the ball off the ground. If a player kicks off the ground a free kick is awarded to opposition.

Scoring:

- A goal (6 points) is awarded when the ball is kicked between the two major posts without being touched by the opposition.
- If the ball is touched before passing the two major posts or passes between the minor and major posts, 1 point is awarded.
- 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.
- Goals can only be scored by forwards (who are designated by a bib) within their team's forward zone. Scores from other positions or from outside the forward zone do not count and then a ball-up takes place from the place the kick was taken.

Order Off Rule: Players may be ordered from the field for rough play or abusive language. Time period is left to the umpire's discretion.

Coaches: Coaches are not permitted on the ground during play unless attending to an injury.

End of Match: Players to shake hands with the opposition team.

A reminder that the Code of Conduct also applies to coaches and not just to players and spectators. Coaches should not be refereeing from the sideline and should always be setting a positive example to their team or teams. Code of Conduct breaches may result in games being stopped and warnings issued (to students, coaches or spectators) by the referee/umpire. If continued breaches occur, games should be stopped completely.