



## Liverpool PSSA - UPDATED February 2019

### AFL Primary Rules **Juniors- Year 3 and 4 Students Only** and **Senior- Year 5 and 6 Students Only.**

- Playing Ground:** Modified ground to be used. Minimum size of ground to be 75m x 40m.  
Each zone (marked by cones) to be approximately one third of the ground.
- Ball** Size 3 synthetic football
- Safety** **ALL PLAYERS MUST WEAR A MOUTHGUARD TO TAKE THE FIELD. PLAYERS WITHOUT MOUTHGUARD WILL NOT BE ALLOWED TO PLAY.**
- The Team:**
- a) Teams shall consist of **9 players, 6 boys and 3 girls on the field at any one time** with any number of reserves.
  - bi) The team will be divided into three even positions (i.e. a team of 9 will have 3 forwards, 3 centres and 3 backs).
  - bii) Girls will play in a **“Girl Only Zone”**, which will rotate throughout each of the three sections of the field, MID ZONE, FORWARD ZONE and BACK ZONE. ie Girls from both teams will only paly against each other. Games will begin with the girls zone being in the MID ZONE.
  - c) **Juniors:** Players are to **remain** in nominated position in each Third of the field for the entire period of play.  
**Seniors:** Players are to **begin** in nominated position within each third of the field. Once ball-up has taken place (at the start of the game/ or after a goal), players may move out of zone but only approximately 5 metres.
  - d) Players may change position in each break at the coaches discretion.
  - e) In the interests of fairness and safety **Year 3 and 4 students ONLY may play in Junior games** and **Year 5 and 6 students ONLY may play in Senior games.** If players are playing in the wrong level for their age/grade this will result in instant disqualification.
- Playing Time:** 3 thirds of:  
**Juniors:** 10 minutes  
**Seniors:** 12 minutes
- 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 must tap the ball and cannot play the ball again until another player has touched it.



- c) Players to stay within their zones until the ball-up.

**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:**

**Juniors:**

Players can:

- a) **'Hold and then Release'** an opposition player who is in possession of the ball by grabbing the player with one or two hands between the knees and the shoulder.  
**No bumping, slinging, or brining a player to ground is allowed.**
- b) **There is to be only one person making the tackle.**
- c) If the player is held, **without having a prior opportunity** to dispose of the ball, the umpire will shout 'release'. The tackler must then release the opposition player, who has 3 seconds to dispose of the ball.

If a player **has had prior opportunity** to dispose of the ball and is held, or if they do not dispose of the ball in the 3 seconds after 'release' the tackler will be rewarded with a free kick

**Seniors:**

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 shepparding allowed)

If a player *has* had prior opportunity to dispose of the ball and is tackled without disposing of the ball, the tackler will be rewarded with a free kick



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

ALL: Players cannot

1. Throw another player to the ground
2. Push the opponent in the back

**Mark:** A free kick is awarded to any player who fairly catches a kick providing the kick travels approximately ten meters.

**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 or tap the ball on the ground the ball every 10 meters.

**Kicking the Ball Off the Ground:** Players are not permitted to deliberately kick the ball off the ground.

**Ball Transition:** The ball must be touched by a different player in each zone.

- Scoring:**
- a) A goal (6 points) is awarded when the ball is **kicked** between the two major posts
  - b) If the ball is touched before passing the two major posts or passes between the minor and major posts, 1 point is awarded.
  - c) 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.
  - d) 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. Forwards are able to score if they mark the ball inside their zone but shoot from outside.

**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.