

Western Suburbs Zone 2019 AFL Rules



Playing Ground:	Modified ground is used. Cones to mark each zone.
The Team:	<ul style="list-style-type: none">a) The team shall consist of 12 players with any number of reserves. <i>Recommend no more than 4 to ensure adequate playing time.</i>b) The team shall consist of 4 forwards, 4 centres (midfielders) & 4 defenders.c) 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.d) At the end of each quarter <u>players must move up a zone</u>. Players are not permitted to play in the same position for the whole game.e) 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.f) Players are present on the field for three quarters and rotate off for one quarter. The order is as follows: defence → midfield → forward → rest
Playing Time:	Juniors & Seniors: 4x 7 min quarters with a 3 minute break in between each quarter.
Start of Play:	<ul style="list-style-type: none">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 should 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 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:	<p>Players can</p> <ul style="list-style-type: none">a) Hold and bear hug an opponent in possession of the ball with their hands between the shoulder and knees only.b) Shepherds are allowed provided they are not unduly forceful. <p><i>NB: Umpires can award a free kick against a tackle that is considered unnecessarily rough (e.g. A tackle that forces an opponent to the ground)</i></p> <p><u>Players cannot</u></p> <ul style="list-style-type: none">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 by another player (known as a mark) providing the kick travels at least five metres .
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.
Kicking the Ball Off the Ground:	Players are not permitted to deliberately kick the ball off the ground.
Scoring:	<ul style="list-style-type: none">a) A goal (6 points) is awarded when the ball is kicked between the two major posts without being touched by the opposition.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 braid or other identifying bib/wristband) 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 spot where the kick was taken.
Order Off Rule	Players may be ordered from the field for unnecessary rough play or abusive language. Time period to be served is no longer than a quarter's length (7 minutes) and at the umpires' discretion.
Coaches and Umpiring:	Coaches are not permitted to coach whilst umpiring. Parents are not permitted to umpire.