



AFL Recreational Football

Last updated 2015

GRADE

Mixed A *(Minimum 3 females on field at any one time)*

FORMAT

Round robin.

RULES

(Rules have been taken from the National AFL Recreational Football guide).

It's like real football but...

PLAYING FIELD/ZONES

The playing ground measures 100m x 50m and is divided into three zones on a 20/60/20 basis. At the start of the match and after a goal has been scored, players must be in their zones with one defender and forward for each team starting on the goal line. Once the game is in progress, players may leave their zones, though they are not permitted to enter either team's scoring zone.

THE TEAM

No more than eight players per team are permitted on the playing field at any one time. Interchanging of players may take place at any time and as required. However, the interchanging player must be correctly wearing a positional bib before engaging in play. Players must wear two flags.

Teams comprise of three forwards, two centres and three backs. In mixed competition, teams are required to have a maximum of five males and a minimum of three female participants on the ground at any one time. There also must be a female participant in each positional line e.g. forward, centre and back – at all times.

DISPOSAL OF THE BALL

The ball must be disposed of by a handball or a kick. If a player throws or hands the ball to another player, a free kick will be awarded to the opposing player.

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To ensure SYG participants are adequately covered in the event of a personal or sporting related accident it is strongly recommended that participating groups or individual participants arrange personal accident insurance. It is the responsibility of the group co-ordinator to ensure this is communicated to SYG participants associated with their groups.



MARK

- a. A mark is taken if, in the opinion of the umpire, a player catches or takes control of the football after it has been kicked by another player irrespective of the distance travelled.
- b. It is not a mark if the ball touched the ground or was touched by another player between the moment the ball was kicked and when it was caught or controlled by the player.
- c. The player determined to be in the ball flight or drop zone first is determined to have right of way in a marking contest. If both players are equal distance apart, the intended attacking player has right of way.
- d. The player who has taken the mark will have five seconds to dispose of the ball before the umpire calls 'play on'.

START OF PLAY

- a. Choice of goal/end: the umpire shall toss a coin and the away or first- named team captain shall call heads or tails. The captain of the team that wins the toss shall choose the end to which his/her team kicks.
- b. The game shall be started by a ball-up between two centre players in the centre of the ground. Opponents must jump from a standing position within a half-metre radius of the ball throw-up.
- c. Both ball-up participants must engage in the ball-up and not engage in play until the ball has been possessed by one of the two remaining mid zone players.
- d. The two centre zone players not engaging in the ball-up must gain possession of the ball before the forward or defending players engaging in play.
 - a. If a turnover occurs (i.e. when loose ball makes contact with the ground), the opposing team gains possession of the ball from where the ball first made contact with the ground.
 - b. Players may intercept the ball in flight, but must not make contact with an opposing player.
 - c. Either of two flags is removed from a player who has had prior opportunity to dispose of the ball while in possession.

GAINING POSSESSION OF THE BALL

- a. If a turnover occurs (ie. when loose ball makes contact with the ground), the opposing team gains possession of the ball from where the ball first made contact with the ground.
- b. Players may intercept the ball in flight, but must not make contact with an opposing player.
- c. Either of two flags is removed from a player who has had prior opportunity to dispose of the ball while in possession.

DISPOSSESSING A PLAYER

- a. The player with the ball is dispossessed when one or both of his/her flags are completely removed by an opponent.
- b. If there has been prior opportunity for the player in possession to dispose of the ball – even if a flag has been removed by an opposing player – play on will be called, and the player in possession must dispose of the ball within three seconds.

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RETAINING POSSESSION

A player may stay in possession of the ball for any length of time, except when a mark has been taken unless:

- a. The player has a flag correctly removed.
- b. The umpire directs the player to dispose of the football.
- c. The player who has taken the mark will have five seconds to dispose of the ball before the umpire calls 'play on'.

BUMPING/TACKLING/BARGING

There is to be no contact or spoiling.

Players cannot:

- a. Hold an opponent with their hands.
- b. Knock the ball out of an opponent's hand.
- c. Push a player in the side.
- d. Steal the ball from another player.
- e. Deliberately bump another player.
- f. Smother an opponent's kick.
- g. Barge, fend off or chop past opponents.
- h. Touch the ball while another player has possession.

SHEPHERDING

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

SCORING

- a. A player can shoot for goal only after marking the ball in his/her scoring zone. After marking the ball, the player may go back and take a set shot for goal. The player is not permitted to play on and shoot for goal.
- b. A penalty in the scoring zone is awarded if the umpire believes a forward would have taken a mark inside his/her scoring zone but was illegally infringed against in the marking contest.
- c. A forward may not shoot for goal after a turnover or if the ball has gone out of bounds in the scoring zone.

RESTART

After a goal is scored, play is restarted from the centre.

If a behind is scored, the ball must be kicked back into play from between the goalposts by a defender.

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PLAYING ON

The umpire shall call 'play on' when:

- a.** A player, after taking a mark, runs around or over the mark where he/she caught the ball.
- b.** A player, after a turnover has occurred, runs around or over the mark where the ball made contact with the ground due to turnover.
- c.** The ball, after being kicked, was touched in transit.
- d.** A player has not had prior opportunity to dispose of the ball before a flag is removed.

BOUNCING THE BALL

Where a player is moving while in possession of the ball, he/she must bounce the ball or touch it on the ground after 15m, but may only bounce the ball once.

BALL TRANSITION

When the ball is in transition from the back zone to the team's scoring zone, it must be possessed by a different player in each zone. If this fails to occur, a free kick will be awarded to the opposition team at the point where the ball entered the scoring zone.

FREE KICKS

A free kick may be awarded when:

- a.** A flag is removed from a player who has had prior opportunity to dispose of the ball while in possession.
- b.** A flag is removed when a player is not in possession of the ball.
- c.** A player makes contact with another player.
- d.** A player runs too far (more than 15m) while in possession of the ball without bouncing it, or bounces the ball more than once.
- e.** A player kicks the ball off the ground.
- f.** The ball fails to be touched by a player in the mid zone when in transition from the team's back zone to the team's scoring zone.
- g.** A turnover occurs (loose ball makes contact with the ground), the free kick is awarded to the opposing team from the position from where the ball first makes contact with the ground.
- h.** A player has a flag removed, and he/she fails to replace the flag before the next act of play. ie may not make a play at the football or opposition.

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