

U10 GIRLS COMPETITION



GAME DAY FORMAT

Start Time
11:25am

Players on Ground
Max: 12
Min: 6

Match Duration
4 x 12 min quarters
Breaks: 5 - 8 - 5

Size 2
Synthetic
Football

MODIFICATIONS

- Scores shall be recorded by Timekeepers for Secret Scoring purposes
- Secret Scores to be uploaded onto PlayHQ but not made public
- No premiership points shall be awarded
- Ladders shall not be compiled/published
- No scoreboard shall operate
- No finals series to be played
- No WFNL awards shall be made to individual players

RULES

TEAMS

Twelve per side split into 4 forwards, 4 centres, 4 backs, plus a maximum of 4 interchange players. Teams must ensure equality of team numbers on the field and players loaned to the opposition. Players are to be rotated every quarter with each player playing a minimum 50-75% of game time.

ZONES

Backs are restricted to the back zones. Centres are restricted to the centre zone. Forwards are restricted to the forward zone.

TRANSITION

When the ball is in transition from the Back Zone to the Forward Zone, it must be touched by a player in the Mid- Zone. Failure to do this will see a free kick awarded to the opposition team at the point in which the ball entered the end zone.

SCORING

Only players who are positioned as Forward Zone players may score.

POSSESSION RULE

The ball is possessed by the act of controlling it by catching it, grabbing it, or laying two hands on it when it is on the ground. Once the ball is possessed, all other players must back off to the side so that the player may dispose of the football.

BOUNCING & KICKING OFF THE GROUND

A player may only bounce the ball once and then must dispose of it. Deliberately kicking the ball off the ground in general play is not permitted.

START OF PLAY (EACH QUARTER)

Play shall be started by a ball up between nominated players of equal size.

START OF PLAY (FOLLOWING GOAL)

Play will be restarted with a player of the team that did not score the goal given possession in the centre circle. All players (both teams) must remain in their positions and on-ballers/wingers must stay behind the centre circle away from the kicker.

FIELD BALL UPS

The umpire shall nominate two opponents of approximately equal size to contest the ball-up. The player must knock, palm or punch the ball to a teammate or open ground and may not play the ball until it has been touched by another player or hits the ground.

TACKLING

A player in possession of the ball may be tackled by an opponent by wrapping both arms around the area below the top of the shoulders and on/above the knees. The tackle may be from either side or from behind.

If the player in possession of the ball is taken to the ground in the act of tackling, they will receive a free kick.

CONTACT

Players cannot:

- Hold an opponent with their hands
- Steal the ball or knock it out of an opponents hands
- Push, bump or barge another player
- Smother an opponents kick
- Shepherd

OUT OF BOUNDS

When out of bounds from a kick, a free kick shall be awarded to nearest opponent. If in doubt, or if the ball came off hands or body, a ball up will take place five (5) metres in from boundary.

GROUND SIZE

The recommended size of the playing field is 85m x 65m (100m x 80m max) and divided into three equal zones (identified by markers or lines on the ground)

Field and Goal umpires are required.

The Coach is allowed on the field during play for the sole purpose of providing immediate feedback to players.

The Runner cannot be on the ground at the same time.