

# U10 MIXED COMPETITION



## GAME DAY FORMAT

**Start Time**  
11:25am

**Players on Ground**  
Max: 18  
Min: 9

**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

Eighteen per side split into 6 forwards, 6 centres, 6 backs, plus a maximum of 6 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. Players are to be rotated every quarter, each playing a minimum of 50-75% of game time.

### STAYING IN POSITION

Insofar as practical, players must stay in or near their allocated positions. Umpires will have discretion to stop play and demand players return to their positions when they deem play to be overly congested.

### 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 (POST 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 players of approximately equal size to contest the ball-up. Players must not grab the ball at the ball up.

The player must knock, palm or punch the ball 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 full size if there are 18 players on each side. At the discretion of the home club, games may be played on grounds marked to range in size from full-size down to a minimum of half the size of a full ground. Home clubs must notify opposition clubs no later than Thursday before the game should they determine to play on a reduced sized 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