

BY- LAWS- AUSTRALIAN RULES FOOTBALL

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a) Duration of Games

All games- 4 x 10 minute quarters. 3 breaks of 5 mins each.

b) Equipment

Boots and mouthguards are optional. Metal studs are not allowed. All jewellery, glasses, watches, headgear or other items should be removed. It is recommended that each team wear an Aussie Rules jumper, preferably in School colours.

Oval size can vary- often what you've got available- anything from 100-115m

c) Rules

i) Teams should comprise of 12 players, 4 forwards, 4 centres and 4 backs. **No rotation of positions is necessary if the coach does not desire to do so.**

ii) The ball is tossed up in the centre to start the game and the ruckmen must tap or punch the ball either towards their goal or to a one of his centre players.

iii) When a player gets the ball, he can bounce the ball after 15 steps (1 bounce max) or handball or kick to a team mate or towards their goal. A throw is penalised.

iv) If a player marks the ball (Catches on the full) he can stop, go back and take a kick without the fear of being tackled. (An opposition player stands on the spot where he marked the ball and puts his hands up) If there is no player on the mark, the player can play on, but having done so, can be tackled.

v) In tackling, an opposition is held around the mid- section (Between knees and shoulders) Below the knees is deemed a trip while over the shoulders is deemed "too high" Under no circumstances should players be slung to the ground. It is a "hold" tackle. Players cannot be pushed in the back or be driven into the ground from behind. A player cannot be tackled (held) without the ball in his possession. A player can shepherd out an opposition player from tackling a team mate by using his body as an outstretched arms to form a block.

(vi) Scoring is done either by kicking the ball through the middle, taller goalposts- Goal (6 Points) either on the full or on the roll. If it is touched by the opposition before going through the tall posts, it is not a goal but a Behind (1 point). A Behind is also awarded if the ball goes between the tall post and small post or hits the tall post. If the ball hits the small post it is either out of bounds and a free kick in is awarded to the defence. The score is written 6 goals 8 behinds 44 points (6x6+8x1=44) Only forwards can kick goals.

vii) To speed up the game, if a ball goes out of bounds, the opposition kick the ball in.

viii) Unlimited interchange is allowed but a reserve player goes to the position that the replaced player was in.

x) The ball cannot be soccered but every attempt must be made to pick up the ball in the hands.

xi) If a player has had opportunity to pass the ball either by hand or foot but doesn't, he is deemed to be "holding the ball" if tackled and a free goes to the tackler. If a player dives on the ball and lies on top of it without trying to knock it out or on, he is also deemed to be "holding the ball."

xii) Teams must have a minimum of 9 players to start a game. It is encouraged that if one team has the full 12 and the other 9, that evening up may occur so the game has a chance of being a challenge for both teams. ie 9 each