

Appendix 3 – Youth Girls competition

Duration of game.

15 minute quarters, quarter breaks are 3 minutes, 5 minutes, 3 minutes. Players do not leave the field for the 5 minute half time.

No time-on except for a blood-rule, or if a stretcher is required.

Officials in coaches box.

4 officials are permitted in the coaching box.

Support staff.

Support staff consist of 2 runners, and 6 trainers/water-carriers.

Runners.

Straight on, deliver a message, and straight off, although a little extra coaching is allowed.

Red and Yellow cards.

Red is a Report, can't return to the field, but can be replaced after 20 minutes playing time. Yellow is a send-off for 15 minutes playing time, and can return to the field after that time.

Players' equipment.

No jewellery, and no taping of jewellery;

Mouthguards are compulsory

Team numbers.

Let the Team Managers sort this out, but it's 15 to a side. If one side doesn't have 15, the other team must match the same number of players on the ground.

If there are lots of players, numbers can increase to 18 a side.

Eleven players are required for an official match, less than that, the game should proceed, but the team will forfeit the result.

Centre bounce.

Only 3 in the centre square from each side. The 2 players contesting the ruck must be in the centre circle. If they do play 18 a side (see above), 4 players are permitted in the centre square.

Modified Match Rules

- 1.** Players cannot take the ball out of the ruck at a field bounce, or boundary throw-in (free kick);
- 2.** Players can only have up to two bounces before disposal (free kick);
- 3.** Players can not intentionally or unintentionally kick the ball off the ground (free kick);
- 4.** Marks are paid over 10 metres;
- 5.** Penalties are 25 metres;
- 6.** Players must wait for the flags to be waved after a behind before kicking the ball in. The player is to kick the ball in a second time if they go early;
- 7.** Only three players allowed per team at centre square bounces (free kick);
- 8.** Players cannot chop the arms of an opponent whilst in possession of the ball (free kick);
- 9.** Gloves are permitted.

Head over the footy.

Contact to the head is not permitted when a player has their head over the footy. Obviously a free kick is paid, but such contact may be a send off (unduly rough play).