



# DET NSW School Sports Unit

## Australian Football - 18 a Side

All rules will follow those set down by the Australian Football League (a booklet is available from the NSW/ACT AFL. Telephone: 9552-0555).

### THE TEAM

A team consists of 18 players on the field with a maximum of 7 interchange players (25 total). When interchanging, the player entering the field of play must wait until the substituted player is completely off the field of play. Play however does not need to be stopped.

### THE FIELD

The field should be of oval shape with goal and behind posts. If this is not possible the two coaches need to agree on modifying rules such as the number of players, out of bounds, no kicking off the ground, etc.

### THE GAME

1. Each team should provide an umpire, a goal umpire and a boundary umpire (if possible). Field umpires should confer with goal umpires at each break to confirm the correct scores.
2. A goal can only be scored by a kick. A mark can only be taken after the ball has been kicked at least 10m.
3. A mark is when the ball is caught on the full and held for 'a reasonable time' from an untouched kick more than 10m away. The player can then either "play on" or bring the ball back and halt the game while they take a kick.
4. When passing the ball the player must hold the ball in the palm of one hand and strike with the clenched fist of the other hand.
5. A player may be fairly met or checked by an opponent by the use of a hip, shoulder, chest, arms or open hand, provided the ball is not more than 5m away. The tackle may be from the front, side or behind, provided it does not thrust forward the player with the ball. Only a player with the ball can be held and then only below the shoulder and above the knee. If the umpire believes that the player in possession of the ball has the ball pinned to his body, the ball will be bounced (a ball up),
6. The player on the run must bounce the ball or touch it on the ground at least once every 15m, whether running in a straight line or turning and dodging.
7. A player can be shepherded by an opponent provided the ball is not more than 5m away.

### INFRINGEMENTS

1. Once a player is held, he must handball or kick the ball immediately otherwise he is deemed to be 'holding the ball' and a free kick is awarded to the tackler.
2. The ball cannot be struck with an open hand nor may it be thrown in the air and hit with a fist. Throwing the ball is also illegal. If the ball is not handballed correctly a free kick is awarded to the nearest opponent.
3. Failing to bounce the ball within the required 15m results in a free kick
4. A further infringement after a free kick is awarded can incur a 50m penalty.

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