

# FOOTBALL RULES MATRIX



## YEAR 3 & 4

BOYS/MIXED | GIRLS  
INTRODUCTORY PHASE  
SKILL & MATCH PLAY

### REGULATIONS

GROUND SIZE: 80m-100m (L) x 50m-75m (W)

ZONES: Soft zone: 5 lines of 3

NUMBER OF PLAYERS: 15-a-side,  
Unlimited Bench

FOOTBALL: V3 - Size 1 Synthetic (boys)

V4 - Size 2 Synthetic (boys/mixed)

V4 - Size 1 Synthetic (girls)

COMPETITION: Participation Focus  
No match results, No premiership points,  
No ladders, No finals.

### CONTACT

TACKLING: Modified, Standing Wrap  
Tackles only



### MATCH RULES

BOUNCING THE BALL: 1 max

KICKING OFF THE GROUND: Not permitted,  
unless accidental

OUT OF BOUNDS: Last Possession Rule

MARKING: Any distance, reasonable attempt

PENALTIES: 25m penalty / Red & Yellow Card  
System

### KEY FOCUS AREAS FOR COACHES

- Maximise engagement for all participants
- Develop a positive game environment, respecting umpires and opposition



## YEAR 5 & 6

BOYS/MIXED | GIRLS  
DEVELOPMENT PHASE  
SKILLS & MATCH COMPETITION

### REGULATIONS

GROUND SIZE: 90m-110m (L) x 70m-85m (W)

ZONES: Soft zone: 5 lines of 3

NUMBER OF PLAYERS: 15-a-side,  
Unlimited Bench

FOOTBALL: V5 - Size 2 Leather (boys/mixed)

V6 - Size 3 Leather (boys/mixed)

V5/6 - Size 2 Synthetic (girls)

COMPETITION: Participation Focus  
No match results, No premiership points,  
No ladders, No finals.

### CONTACT

TACKLING: Next phase of Modified Tackling  
Introduced

BUMPING: Introduced

SMOTHERING: Introduced

SHEPHERDING: Introduced

### MATCH RULES

BOUNCING THE BALL: 1 max

KICKING OFF THE GROUND: Not permitted,  
unless accidental

OUT OF BOUNDS: Last Possession Rule

MARKING: 10m, direct catch

PENALTIES: 25m penalty / Red & Yellow Card  
System

### KEY FOCUS AREAS FOR COACHES

- Maximise engagement for all participants
- Respect Umpires & Opposition
- Introduction of safe tackling techniques, full contact and decision making



## YEAR 7 & 8

BOYS/MIXED | GIRLS  
INTRODUCTION TO  
COMPETITION

### REGULATIONS

GROUND SIZE:

110m-140m (L) x 70m-110m (W) (boys/mixed)

90m-110m (L) x 70-85m (W) (girls)

ZONES: 5 - 5 - 5

NUMBER OF PLAYERS: 15-a-side,

5 player bench

FOOTBALL: V7 - Size 3 Leather (boys/mixed)

V8 - Size 4 Leather (boys/mixed)

V7/8 - Size 3 Leather (girls)

COMPETITION: Scoring, match results,  
premiership points and ladders are all  
permitted. Finals matches are played.

### CONTACT



### MATCH RULES

BOUNCING THE BALL: 2 max

KICKING OFF THE GROUND: 2 max

Permitted (boys/mixed)

Not permitted, unless accidental (girls)

OUT OF BOUNDS: Last Possession Rule

MARKING: 15m, direct catch

PENALTIES: 25m penalty / Red & Yellow Card  
System

### KEY FOCUS AREAS FOR COACHES

- Respect Umpires & Opposition
- Engaging safe tackling techniques and full contact
- Empower players to problem solve by creating a learning environment



## YEAR 9 & 10

BOYS | GIRLS  
FULL JUNIOR  
COMPETITION

### REGULATIONS

GROUND SIZE:

V9: 120m-150m (L) x 90m-120m (W) (boys)

V10: 135m-185m (L) x 110m-155m (W) (boys)

V10: 110m-140m (L) x 70m-110m (W) (girls)

ZONES: 5 - 5 - 5

NUMBER OF PLAYERS: 15-a-side,

5 player bench

FOOTBALL: Size 4 Leather

COMPETITION: Scoring, match results,  
premiership points and ladders are all  
permitted. Finals matches are played.

### CONTACT



### MATCH RULES

BOUNCING THE BALL: Unlimited

KICKING OFF THE GROUND: Unlimited

Permitted (boys)

Not permitted, unless accidental (girls)

OUT OF BOUNDS: Last Possession Rule (girls)

Boundary umpires introduced (boys)

MARKING: 15m, direct catch

PENALTIES: 50m penalty / Red & Yellow Card  
System

### KEY FOCUS AREAS FOR COACHES

- Respect Umpires & Opposition
- Develop player competency across a variety of roles
- Empower players to problem solve by creating a learning environment (Year 9)
- Create a Player-Central Environment - Player ownership (Year 10)



## YEAR 11 & 12

BOYS | GIRLS  
TRANSITION TO  
SENIOR RULES

### REGULATIONS

GROUND SIZE:

135m-185m (L) x 110m-155m (W) (boys)

110m-140m (L) x 70m-110m (W) (girls)

ZONES: 6 - 6 - 6 (boys) 5 - 6 - 5 (girls)

NUMBER OF PLAYERS:

18-a-side, 7 player bench (boys)

16-a-side, 5 player bench (girls)

FOOTBALL: Size 5 Leather (boys)

Size 4 Leather (girls)

COMPETITION: Scoring, match results,  
premiership points and ladders are all  
permitted. Finals matches are played.

### CONTACT



### MATCH RULES

BOUNCING THE BALL: Unlimited

KICKING OFF THE GROUND: Unlimited

Permitted (boys)

Not permitted, unless accidental (girls)

OUT OF BOUNDS: Last Possession Rule (girls)

Boundary umpires introduced (boys)

MARKING: 15m, direct catch

PENALTIES: 50m penalty / Red & Yellow Card  
System

### KEY FOCUS AREAS FOR COACHES

- Respect Umpires & Opposition
- Rule alignments with Senior Community Football
- Create a Player-Central Environment - Player ownership

