



LAWS OF THE GAME

- Hands in the back, allowing a player to hold his/her ground on an opponent in a marking contest but not to push the player in the back, is allowed.



MARKING CONTEST



- For all defenders who mark or gain a free kick within 9m of the opposition's goal, the player on the mark will be brought back to be in-line with the top of the goal-square.

MARKS / FREE KICKS

- A player will no longer need to kick to himself / herself to play-on out of the goal-square in addition to moving the player on the mark back 10m (was 5m) and may elect to handball – only after the field umpire has called 'playon'.



KICK-INS



- Free kicks may be paid when players make contact with an umpire.
- Players are prohibited from setting up behind the Umpire at each Centre Bounce or Ball up.

UMPIRE CONTACT

- Post-siren, players do not have to stand directly in-line with the player on the mark when setting up for their shot on goal.
- A Player who has been awarded a Mark or Free Kick once play has ended will now be able to Kick across their body using a Snap or Check-side Kick. The Player shall dispose of the Football directly in line with the player on The Mark and the Goal.



KICKING FOR GOAL AFTER THE SIREN



RUCK CONTEST - PRIOR OPPORTUNITY

- Ruck-person who take possession of the ball while contesting a ruck contest will not be regarded as having had prior opportunity. Where there is uncertainty over who is the designated Ruck, the Ruck for each Team will continue to nominate to the field Umpire.

- Player with the ball allowed to play-on during the advancement of the 25m penalty in any direction.
- Defending player must not delay or impede the player with the ball during the advancement.
- The player with the ball must be able to play on in any direction without being impeded or delayed.



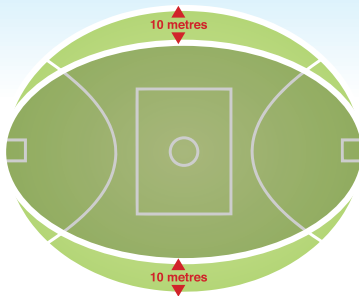
25 METRE PENALTY



FEMALE FOOTBALL

REGULATIONS

	Under 13	Under 15	Under 18	Open Age
Ground Size	Reduced boundary – see diagram	Standard	Standard	Standard
No. of players on ground	12 – 18-a-side	12 – 18-a-side	12 – 18-a-side	14 – 18-a-side
No. of players on bench	6 players	6 players	6 players	6 players
Ball Type	Syn only	Syn only	Leather	Leather
Ball Size	3	4	4	4
Quarter Duration (mins)	12	15	15	20
Break Lengths, ¼, ½, ¾	3-5-3	5-7-5	5-7-5	5-10-5
Scoring	Mercy Rule	Mercy Rule	Mercy Rule	Standard
Results	Standard	Standard	Standard	Standard
Mouth Guards	Compulsory	Compulsory	Compulsory	Club- Compulsory*



U/13 JUNIOR GIRLS GROUND MARKINGS

For the modified ground required in Under 13 football, all grounds shall be configured as below:

LAWS

	Under 13	Under 15	Under 18	Open Age
Tackling	Standard	Standard	Standard	Standard
Bouncing the ball	Unlimited	Unlimited	Unlimited	Unlimited
Kicking off the ground	Standard	Standard	Standard	Standard
Throw-ins	Ball up (10mtrs in)	Ball up (10mtrs in)	Standard	Standard
Marking	15m Show Control	15m Direct Catch	15m Direct Catch	15m Direct Catch
Penalty distance	25m	25m	25m	25m
Deliberate out of bounds	X	X	X	X
Deliberate Rushed Behind	X	X	X	X

UMPIRES & COACHES

	Under 13	Under 15	Under 18	Open Age
No. Field Umpires	1-2 A	1-2 UA	1-2 UA	2 UA
Boundary Umpires	(0) Ball-Up Rule	(0) Ball-Up Rule	2 Club (when Available)	2 Club (Compulsory)
Goal Umpires	Club	Club	Club	Club
Mentors	1 per club	X	X	X
Runners	1 per club	1 per club	1 per club	1-2 per club