



## AFL North Coast – Under 10 Rules summary

PLAYING CONDITION	DETAIL	RULE
Age Eligibility	Turning 8, 9 or 10 years of age in Competition Year	11.2.1 Player Eligibility (Table 11)
Gender	Under-10 (Non-Competitive) is a mixed age group	12.5 Table 13 – Current Season Competition Grades
Playing in own age group	A Player turning 7 before July 31 in the Competition Year requires an age dispensation to play	11.2.2 Dispensation to play up
Player Numbers	Min on field – 9; Max on field – 12; Max on bench – 3; Max regos per team – 15	14.5 Number of Players in a Team - Table 16
Ground size	Maximum: 100 metres x 80 metres; Minimum: 70 metres x 50 metres	15.5.2 Ground Size
Ball Size	Size 2 (synthetic preferred)	15.6 Match Footballs
Quarter Duration	12 minutes	15.8.2 Match Duration
Break Length	¼ Time - 3 minutes    ½ Time - 10 minutes    ¾ Time – 5 minutes	15.8.2 Match Duration
Minimum Time on Ground	All Players to be on the field a minimum of 50% of each Match	12.4.5 Minimum Game Time
Even on-field numbers	On-field Player numbers to be equal at all times (except for red card)	14.6 Even On-field Numbers – Junior Competitions
Ball-Ups	Contest between players of similar size chosen by Umpire. No full possession from ball up.	12.4.7 Ball Ups
Throw-Ins	Last Disposal Rule	15.2.6 Out of Bounds
Marking Distance	Any distance provided the player shows control	12.4.3 (A) Marking
Distance Penalty	25 metres	16.2.1 50 Metre Penalties
Kicking Off the Ground	No	12.4.3 Kicking off the Ground
Bouncing The Ball	Maximum of one bounce and only inside the player's designated zone	12.4.2 (B) Bouncing the Ball
Zones	The field is to be separated into three equal length zones	12.4.6 Under 10 Zones
Movement between Zones	Players to remain inside their nominated zones at all times except when allowed for	12.4.6 (E) to 12.4.6 (G) Under 10 Zones
Kicking a Goal or Behind	Only Players playing as a FWD can kick goals	12.4.8 Under 10 Zones
Rushed Behind	No free kick for deliberately rushed	12.4.9 Rushing a Behind
Coaching	On field coaching permitted	9.3.5 Coaching in an Under 10 Match
Runners & Water Carriers	No runners or water carriers allowed in Under 10	9.5.5 (K) Runners & 9.5.6(H) Water Carriers
Tackling	Modified Tackle only – Wrap both arms around opponent. Not to take player to ground	12.4.5 Modified Tackle
Field Umpires	Clubs will be responsible for providing Field Umpires (can't be the Coach of the Team)	10.6.1(A)(i) Club Field Umpires
Yellow card – player off	Off for 3 minutes. Coach to leave field to provide feedback. Player can be replaced immediately	24.1.1(C)(iv) and 24.1.1(C)(v) Yellow Card
Yellow card – coach off	Off for 12 minutes. Coach can be replaced on-field by an appropriately accredited person	24.1.1(D) Yellow Card
Red card – player off	Off for remainder of match. Can be replaced after 12 minutes. Coach to provide feedback. The opposing team is not required to even up playing numbers.	24.1.2(D)(ii) and 24.1.2(D)(iii) Red Card
Red card – coach off	Not allowed to coach from on field or interchange for the remainder of the match. Coach can be replaced on-field by an appropriately accredited person	24.1.2(E) Red Card
Non-competitive age group	No premiership points for a win, no match results recorded, no ladder and no finals staged	15.10.2, 16.2(A), 17.1(D)