



Under 10 age group rules

- Ground: 100m x 80m, split into zones
- Players: 9 to 12 per side
- Ball: size 2 synthetic
- Match structure: 12 minute quarters, breaks are 3-6-3
- Non-competitive: no scores, ladders, Finals, recording of best players (incl trophies)
- Rules:
 - Modified tackling
 - No bumping, stealing the ball, barging, smothering, fending, or shepherding
 - No kicking off the ground or boundary throws
 - Max of 1 bounce of the ball
 - Nominated players for a ball-up
 - Mark: paid over any distance where control is shown
 - Distance penalty: 25 metres