

2023 Rules and Regulations for AFL Canberra

10's Mixed

Based on the AFL Junior Match Policy / AFL Canberra By-Laws

Phase	Introductory
REGULATIONS	
Ground Size	100m x 80m - Oval
Zones	Yes - Zones are to be adhered to, unless a player is in the vicinity of the ball and natural instinct is to play at the ball. Players are not to stop in a zone they are not playing in.
# players on ground	9 – 15 a side
Ball type	Synthetic or Leather
Ball size	2
Thirds	15
Break length	4
Scoring	X
LAWS	
Tackling	Modified Tackle (see reverse)
Bumping	X
Stealing the ball	X
Barging	X
Smothering	X
Fending off	X
Shepherding	X
Bouncing the ball	1 max
Kicking off the ground	X
Ball Ups	Nominated players
Throw-ins	X
Marking	Any distance, shows control
Distance penalty	25m
Deliberate out of bounds	X
Deliberate rush behind	X
UMPIRES & COACHES	
# field umpires	CLUB (1 per side)
Boundary Umpires	X
Coaches	Optional

Coaches and umpires should always clarify with the opposition prior to the game starting, to ensure all parties have the same interpretation of the regulations and laws.

Players can perform a modified tackle in U'9s & U'10s

- A player in possession of the ball may be tackled by an opponent wrapping both arms around the area below the top of the shoulders and on/above the knees. The tackle may be from either side or from behind providing the tackle from behind does not thrust forward the player with the ball (that is push the player in the back).
- If the player in possession of the ball is taken to the ground in the act of tackling, they will receive a free kick. If the umpire feels the player drops to the ground deliberately in order to receive a free kick, they will be penalised for holding the ball.
- A player in possession of the ball, when held by an opponent applying the wrap-around tackle, should be given a reasonable chance to dispose of the ball by kick or by handball, or by attempting to kick or handball, otherwise a free kick shall be awarded to the tackler for holding the ball.
- The field umpire shall conduct a ball-up when the player with the ball has the ball held to the body by an opponent, unless the player has had a reasonable time to dispose of the ball before being tackled, in which case a free kick shall be awarded to the tackler for holding the ball.
- The field umpire shall allow play to continue if the ball is knocked accidentally out of a player's hands by an opponent.
- A player not in possession of the ball, when held by an opponent, shall be awarded a free kick.
- There is strictly no bumping, slinging or deliberately bringing the opposition player in possession of the ball to the ground.

Zones

Zones are to be adhered to, unless a player is in the vicinity of the ball and natural instinct is to play at the ball. Players are not to stop in a zone they are not playing in.