

1. See General Regulations Governing Sporting Competitions.
2. Football is conducted under the rules of the AFLW Youth (Girls Under 18), unless otherwise stated.
Note: Mouthguards are **compulsory**, and players cannot take the field without them.
3. **Divisions** will consist of:
 - i. Junior: Years 7, 8, 9
 - ii. Open: Years 9 - 12
 - iii. Firsts: Years 7 – 12
4. **Teams:** Teams shall consist of no more than **22** named players, not more than 16 can take the field at any one time. Teams can have 6 on the bench. The minimum requirement to commence a game is 11 players.
5. **Duration of game:** 4 x 15 minute quarters will be played with no time on. The intervals shall be 5 minutes for quarter time, 10 minutes for half time and 5 minutes for three quarter time.
6. **Uniform:** If there is a clash of uniform, the away team will organise an alternative strip.

For Firsts Football:

7. **Equipment:** A new size 4 leather football.
8. **Game Play**
 - a. At each centre bounce 5 forwards, 4 on-ballers, 2 wings and 5 backs must be in position. Warnings given for players who breach this rule.
 - b. In all games a 25 metre penalty will apply.
9. **Player on the Mark:** There is only one player on the mark; movement or jumping upwards is permissible, provided there is no movement over the mark. There shall be no shouting, whistling, throwing or pretending to throw an object. There shall be no deliberate distraction by other players.
Umpires are to penalise breaches of these regulations with the football penalty of 25 metres.
10. **15 metre distance** for a mark will apply for Firsts games only.
11. **Interchange:** At any one time during a match one of the players then taking part in the match may be replaced in the team by one of the players not then taking part in the match, provided always that the procedures laid down by this law are followed in all respects.
 - a. There is to be an "interchange gate" (two lines about 5 metres apart, cutting the boundary line) on each wing.
 - b. Only players who have left the field of play by the interchange gate may return, except an injured player who has been removed by stretcher or with the aid of two trainers not through the interchange gate may later, if recovered, return via the inter-change gate.
12. **Runner & Water Carriers:** Each team is permitted one runner, two water carriers and a coach on the field. A coach is permitted on the field to instruct players who are not in-play. This coach will be required to wear a high-vis vest or top.
13. **Umpires and Officials**
 - a. The Home school is to arrange two reliable Field Umpires who shall wear a distinguishable uniform. Both field umpires to introduce themselves to the coach of both teams 30 minutes prior to start time.
 - b. The Home school is to provide two Boundary Umpires who shall wear a distinguishable uniform.
 - c. Each school is to provide one Goal Umpire.
 - d. The Home school is to provide one-time keeper.
14. **Send off Rule:** The central umpire/s of all games are instructed that they should send a player from the field for a serious offence. The umpire should, at the time of the incident, or as soon as possible afterwards, give details to the teacher-in-charge of that player's team. A player sent off may not be replaced for the period of her suspension.
 - **Yellow Card: 5 minutes** – e.g. disputing a decision; bad language; throwing a mouth guard; intentional tripping by hand; wrestling - **cannot be replaced.**
 - **Red Card: 15 minutes** – e.g. striking; charging; dangerous tackling; dangerous bumping to the head; tripping by foot or leg; avoidable contact with an umpire (i.e. a reportable offence) - **cannot be replaced.**
 - **Black Card: End of game** - (e.g. seriously reportable offence) king hit; head butting; kicking or second red card offence in the same match - **can be replaced after 15 minutes.**

15. **Redraws where required - Refer to General Reg 17 for method of calculation.**
16. **Premiership:** The Premiership will be decided on points - two points for a win and one point for a draw. Should any two or more teams be equal and have played each other, the team winning that contest shall take precedence, otherwise the teams shall be declared equal. The ladder for the redraw is decided on points, then the head to head result, then if equal, by percentage between the games played between those teams.

Games other than Firsts

17. Size of ball: Size 4 synthetic or leather.
18. Only 4 players per team permitted to contest a centre bounce.
19. Players are only permitted 2 bounces before they must dispose of the ball. They are not permitted to handball to themselves.
20. No intentional kicking off the ground is permitted. A free kick will be awarded for kicking in danger.
21. **Runner & Water Carriers:** Each team is permitted one runner, two water carriers and a coach on the field. A coach is permitted on the field to instruct players who are not in-play. This coach will be required to wear a high-vis vest or top.
22. **Officials:** Home schools will provide the following officials (1 of each): timekeeper, a field and a boundary umpire. Both teams are to provide a goal. In the event a boundary umpire cannot be provided, the Field umpire will bring the ball in 10 metres from the boundary and effect a ball-up.
23. **Mercy Rule/Termination Score:** The Mercy rule will be invoked when a team is 6 goals ahead. When a team leads by 6 goals or more the following strategies will apply:
 - a. After a point is scored by the leading team, the trailing team will be given possession to restart play at the back of the centre square.
 - b. After a goal is scored by the leading team, the trailing team will be given possession in the centre circle.
 - c. The coaches should rearrange positions to reduce the dominance of the team
 - d. If the score difference exceeds 100 points, the score is to be kept but not displayed.