

Conduct

1. **Players** must observe the rules of football.
2. Football demands self-control.
3. Gamesmanship spoils the true spirit of competition. We do not want games to become bitter with such acts as creeping over the mark, overacting to distract an opponent or jeering at an opponent's failure.
4. **Coaches** must ensure that their players do not indulge in derisive, sarcastic, abusive or intimidatory behaviour (see Rule 12).
5. Players must accept, without question, umpires' decisions and should never dispute them by word or gesture of disgust (see Rule 12).
6. **Spectators**
Spectators are encouraged to enjoy the game in a respectable and courteous manner. In order that all may enjoy our games, we must eliminate the following:
 - a. Hooting, under any circumstances.
 - b. Any other means of derision of the umpire.
 - c. Personal barracking of the opposing full back, especially when kicking off.
 - d. Barracking or heckling any individual player.

1. See General Regulations Governing Sporting Competition.
2. Football is conducted under the rules of the Victorian Amateur Football Association unless otherwise stated.

Note: the **50 metre** penalty does not apply to APS Football.

Jumper Numbers: All players all at all levels require a visible number.

1st XVIII

3. The dates and grounds for all football matches shall be arranged by the Delegates. The APS Football season shall consist of eleven (11) rounds and a Grand Final. The Delegates shall arrange the order in which these rounds shall be played. If a home School wishes to play a game on a Friday it must be done with the approval of both Heads. No alterations shall be made except by agreement between the Heads concerned. The Chair of Heads is to be informed of any such alteration.
4. A visiting team shall not travel to Geelong or Melbourne (as the case may be) prior to the day of the match.
5. **APS First Football matches shall start at 1.00pm unless otherwise arranged by the competing schools.** Each game shall consist of four quarters of 20 minutes each, with time-on added. The intervals taken shall be:

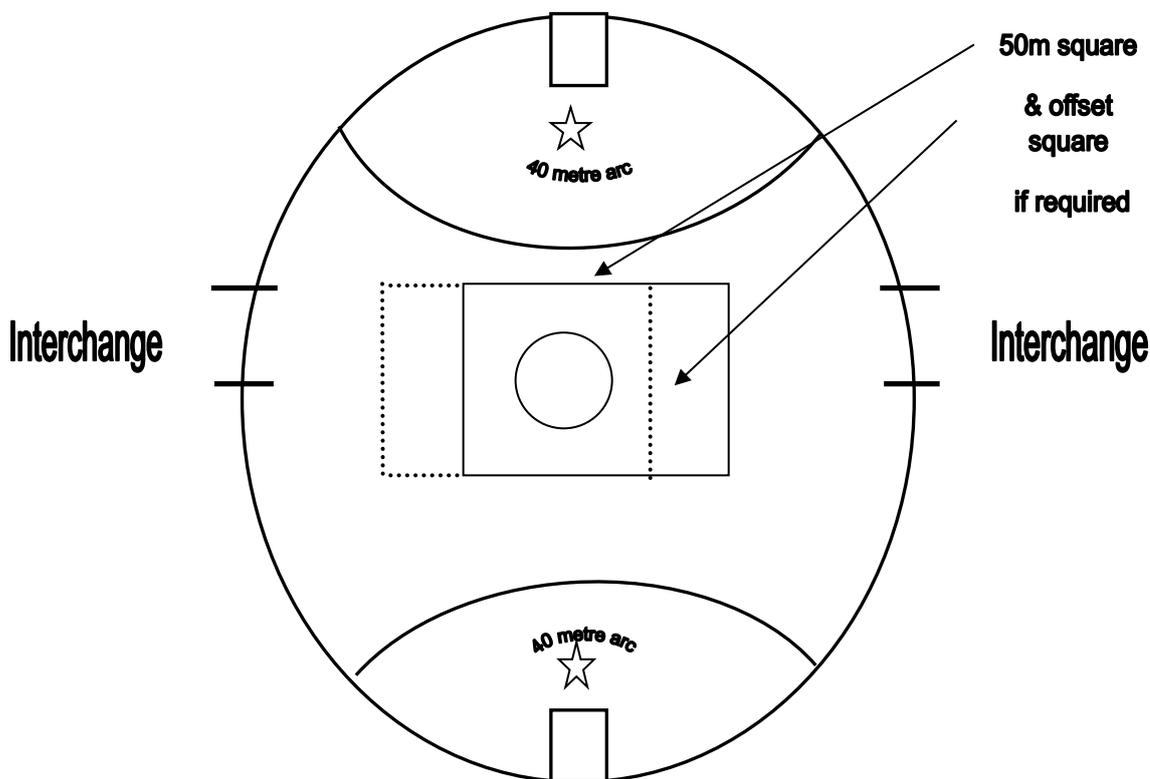
Quarter time	5 minutes
Half time	15 minutes
Three-quarter time	5 minutes

After match: if held, all teams should attend the after match function no later than 30 minutes after the conclusion of the match.

6. **Teams :** Teams shall consist of **22** named players, not more than 18 of whom shall take part in a match at any one time. None of the **22** team members is to play in the seconds game.
7. **Umpires:** Professional central umpires shall be engaged by the APS Office. **The VFA Umpires Zero Tolerance Policy will apply.** Each competing school shall provide:
 - a. one Boundary Umpire who shall carry a finger grip whistle and wear shorts and a yellow top or a high visibility vest;
 - b. one Goal Umpire who shall wear a white coat but no hat and school uniform;
 - c. one Timekeeper.

These officials shall be independent and appointed by the schools.
8. The home captain shall give the visiting captain the choice of two new first grade balls of the same brand suitable for conditions. The captains shall exchange team lists when meeting for this purpose. If coaches are unable to agree as to whether one or two balls will be used during the game, the umpires will decide.
9. **Uniform:**
 - a. 1st XVIII - White shorts must be worn by 1st XVIII's for away games, except for Wesley and Caulfield. Coloured shorts for 1st XVIII home matches is at the discretion of the home school. However, where there is a similarity of colour, the visiting team be asked to wear white shorts.
 - a. Compression garments: Compression garments may be worn but should be flesh colour or of the teams shorts colour, and with minimal branding displayed.
 - b. Gloves are not permitted in APS Football competition.
10. **Runner:** The runner must be a student who will wear a fluoro red top and school shorts/tracksuit pants. Only one (1) runner is allowed to be used to deliver a message from the coach to a player - he must then leave the ground immediately. Runners are not to speak to opposition players whilst the game is in progress. After one warning the field umpire can order that official be barred from entering the ground again for the rest of the match. Schools are able to communicate (coach to interchange area) with electronic aids, however no devices of this nature are to be carried/worn by any official onto the playing area.
11. **Trainers/Water Carriers:** Each school is allowed **three** trainers/water carriers only from amongst its senior students who will wear a **fluoro green top** and school shorts/tracksuit pants. The trainers are allowed to go on to the ground at any time to attend an injured player. At the quarter and three-quarter time team gathering, only the team, two coaches and **three** trainers may attend. **Every School must have in attendance on every match day at least one (1) School trainer who must hold at least Level 1 accreditation.** Trainers are to work only within their designated roles of managing injuries and referring injuries to a more qualified health professional for further advice and management. A trainer can carry water to a player but cannot be used to deliver messages, and a trainer must not remain on the ground once the reason for coming on the ground has passed. An Umpire may show discretion only in the event of a school trainer being in the area to attend a player who is genuinely distressed or injured. Water carriers are to deliver water after a goal has been scored and before the ball is bounced in the centre to restart play. Water Carriers are NOT allowed within 30 metres of the coaches boxes at any time during matches. They are not to deliver messages to players, or to remain on the ground once water has been delivered. If an umpire deems that any of the officials listed above are not correctly performing their duties as listed, the Field Umpire will award a free kick against the offending team. If the same official offends again then he/she is to be removed however the official may be replaced.
An official who runs from the actual playing area before the full back kicks in is to be deemed "safe."
12. **Interchange:** At any one time during the course of 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 five metres apart, cutting the boundary line) on each wing.
 - b. When an interchange is to be affected during a quarter, the coach should send the reserve (interchange) player to wait at the gate (outside the boundary line) while a trainer goes straight to the player to be replaced and brings him off the ground **through the "interchange gate"**.

- c. Only when the player is off the ground through the gate is the replacement player allowed to take the field.
 - d. In the event of an injured player being taken off the ground (at the nearest convenient point) the replacement player must still enter by the interchange gate, and only **after the injured player is off the ground**.
 - e. 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.
 - f. APS Sport will identify the tasks or duties which such persons may perform when on the Playing Surface.
13. **Order Off Rule:** The central umpires 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 his suspension.
- a. **1st XVIII - Order Off Rule**
 - i. For minor offences a five (5) minute penalty (Yellow card) will be in use; the fifteen (15) minute (Red card) or remainder of the time (Black card) penalty will be retained for serious offences. "The offending player is sent off via the **interchange** to report to the coach, who will then time the **mandatory minimum** five or twelve minutes' penalty of playing time. The umpire will inform the player of his period of order-off time. Coaches are responsible for policing the order-off time. The runner is to notify the umpire when the order-off time is completed. The umpire is to signal the player back on the field".
 - ii. **Racial comments:** Any player making a racial comment that is heard by an umpire must be sent from the field and not replaced for the remainder of the game, and be suspended from playing for one week. All umpires are requested to report the incident in writing. If there is a complaint of an incident not heard by the umpire, he will report the complaint to both coaches so that the incident can be followed up.
 - b. **All Games**
 - i. The central umpire/s of all games below Firsts are instructed that they should send a player from the field for any offence. The umpire/s can issue a Yellow card for 5 minute penalty or a Red card for a 15 minute penalty for reportable offences. The umpire/s 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 his suspension. In games below Firsts, any player receiving a Yellow or Red card in a game will receive a minimum one week suspension.
 - ii. Serious offences are: deliberate kicking, fighting, sling tackle use of elbow or striking, spitting, abuse of umpire, charging.
 - iii. Man on the mark: There is to be only one man 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 should be no deliberate distraction by other players.
 - iv. Umpires are instructed to penalise breaches of these regulations with the **25m** penalty.
 - v. The 50m penalty does not apply to APS Football.
 - vi. Field umpires, in consultation with the goal umpire, may overrule the goal umpire's decision as a **last resort** in all games, including 1st XVIII's.
14. **Ground Markings**
- a. On grounds where there are large cricket pitch areas, a second 50 metre square be marked so that umpires can move the centre bounce out of the mud, to be offset by 20 metres or so.
 - b. The arc at each end of the ground to be 40 metres.
 - c. The area immediately behind the goal be marked so that spectators can be kept clear and not be able to interfere with the Goal Umpiring.
 - d. Note: For APS Football there is a line through the two centre circles and the 10 metre centre circle will be marked.
 - e. **A mark 15 metres from each of the kick-in lines of the goal square**



14. Spectators: No spectators will be allowed within 20 metres of the team huddle.
15. In the event a school cannot field a Seconds team, scheduled games against that school would have a bye.
16. **For ALL JUNIOR GAMES (matches other than 1st XVIII games)**
- a. **Fixturing:** For Junior Secondary Football, if a School has two teams entering into the competition, one team must enter into at least the A2 division. **If only ten schools enter the 2nds competition, then the 2nds competition follows the First team draw for that season.**
 - b. **Playing times & Intervals:**
The maximum playing time shall be four 20 minute quarters with no time on added. When and where possible games should not start before 9.30am.
- Intervals:
- | | |
|--------------------|-----------|
| Quarter time | 3 minutes |
| Half time | 8 minutes |
| Three quarter time | 3 minutes |
- c. **Ground Markings:**
For all Junior games it is highly recommended that a 10 metre centre circle be marked out where appropriate.
 - d. **Officials:** For all Open, Yr. 10 & Yr 9 games the appointment of two (2) central Umpires attired in the APS Umpires uniform is recommended. The home team shall provide the Central and Boundary umpires unless mutually agreed otherwise. Each team shall provide a Goal umpire. Where no boundary umpire is provided, the Field Umpire will direct a 'forward' player to throw in the ball. **Any individual umpiring with the APS Football competition must have a least a Level 1 Umpire Accreditation.**
 - e. **Shorts:** The home team shall wear black or coloured shorts, and the visiting team white shorts, except for Wesley and Caulfield.
 - f. **Gloves:** Gloves are not permitted in APS Football competition
17. A junior team consists of **at least 20** players, who may be used at the coach's discretion, providing that only 18 players are on the field at any one time.
18. One runner can be used at all levels provided that the runner is a student at the school and has a distinguishable top and school tracksuit pants.
19. Last touch Free Kick: For all Year 7 & 8 matches a last touch, free kick will be implemented. Should the last touch be difficult to determine, the Umpire will conduct a ball up, 10m inside the playing field.
20. Mercy Rule: when the difference between the two teams in Yr 7 & 8 football reaches 10 goals (60 points), the opposition:
- a. after a point is scored, restart play at the back of the centre square.
 - b. after a goal is scored, restart play with possession in the centre circle.
 - c. The coaches should rearrange positions to reduce the dominance of the team.
21. In Year 7 & 8 Football matches, a size 4 ball will be used and the type of ball should be decided by the coaches to suit the weather conditions.
22. Coaches and captains are responsible for ensuring that their teams play the game in accordance with the APS Code of Ethics for Football.
23. At quarter, half and three-quarter time, the coach, the runner and the **team** only are allowed at the huddle.
24. The match preceding the 1st XVIII game must finish by 1.50pm.
25. **Grand Finals/Premiership**
- a. **Allocation of Premiership Points: Win: 2 points; Draw: 1 point.**
 - b. **Should any two or more teams be equal on Premiership Points and played each other, the team winning that fixture shall take precedence, otherwise refer to [General Regulation 17](#) for determination of ladder position.**
 - c. **Extra Time: In the event of a tied result at the conclusion of regular time in the Grand Final, two additional periods of five (5) minutes each, plus time-on, shall be played. Teams do not change ends from the last quarter during the first period of additional time. If scores remain level thereafter, the Premiership or ladder position shall be declared shared.**
26. APS Representative Squad Selection:
An APS Football Squad of 22 players will be selected annually to play the AGSV. The representative game is to be played on the week following the last round of winter sport.

Selectors: 2026 CY, Caul, GC

APPENDIX

1. **Points to be discussed with the Umpires by coaches before an APS Football match**
 - a. Umpires should send a player from the field for a serious offence, e.g., deliberate punching, elbowing, stiff arm tackle, abusive language to player or umpire.
 - b. The player may not be replaced during his suspension time.
 - c. The order-off time is to be for five (5) minutes for minor offences and a minimum of fifteen (15) minutes for serious offences.
 - d. Umpires should inform the player and captain of the time of the suspension.
 - e. The suspension time is to be timed by the coach of the offending team.
 - f. A runner is to notify the umpire of expiration of time.
 - g. The umpire is to signal the player back onto the field.
 - h. The player must leave and return to the arena as quickly as possible via the *interchange gate*.

2. **Man on the Mark, etc**

There is only one man 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 25 metres.

3. **25 metre penalty**

In all APS Football matches, a 25 metre penalty will apply instead of the 50 metre penalty law.

Please note that the 50 metre penalty **will not apply** to APS games at any level.

4. **Payment of 1st XVIII Umpires:**

For **2026**, umpires will receive:

\$220 each if two umpires and **\$30** per Umpire to travel to Geelong.

5. **Aussie 12s**

A modified version of Australian Rules Football for boys of all ages.

 - 12 a side
 - Suggested Ground Size - approximately 100 metres (Years 7 - 12), Primary School could be smaller!
 - No tackling, bumping or charging.
 - 4 seconds to dispose of the ball OR one bounce maximum allowed then 4 seconds to execute kick or handpass.
 - No boundary throw ins - opposing team kicks in from sideline.
 - A ball up will immediately occur when 2 or more players take possession simultaneously.
 - After a goal - opposing team must take kick from centre circle
 - Suggest 4 x 12 Quarters for seniors and 4 x 10 for Juniors.
 - Suggest a smaller size waterproof football for Primary and Junior Secondary.