

# Hills Football League Inc.

## Rule Interpretations for Under 10s and Under 11s Competitions

The basic sets of rules for these competitions are to be the Year 6/7 rules dictated by the South Australian School Football Association Rules guide.

The following modifications/clarifications have been agreed to at the HFL Junior Football Umpires Night (April 15th 2009).

1. Playing field size is to be a maximum of 110m long.
2. The maximum player age should be strictly adhered to. Under 10 and under 11 as of January 1<sup>st</sup> that year.
3. Ball size 3 shall be used for both grades.
4. Number of players on the field from each team is recommended to be 18. Each team will have equal numbers on the field. The number on the field can be negotiated by the coaches ('common sense' should apply here).
5. There will be no coach or runner allowed on the field during play. The coach should wear a fluorescent vest.
6. Length of quarters will be 12 minutes.
7. Umpire should encourage players to keep correct positions. Coaches shall encourage this during their player address.
8. There will be no designated ruckman. The umpires will choose ruckman for each ruck contest. The ruckmen must stand opposing each other (no check side rucking). The ruckman may raise their knee during jumping, but shall not contact the opposing ruckman with their knee.
9. The ruckman must palm or punch the ball and cannot take possession until another player has touched the ball.
10. Tackling is allowed. A free kick will be awarded for 'unduly rough tackle' if the ball player is slung or if in the opinion of the umpire is tackled with more force than is required (ie. no slamming the ball player into the ground).
11. Players are permitted to deliver a side on bump. Elbow must be tucked at the side. Front one is not allowed. The player being bumped must have the ball (no bumping as the player is picking up the ball).
12. Player will be deemed 'holding the ball' if he/she bounces the ball more than once.
13. Player will be deemed 'holding the ball' if he/she moves more than 10 metres without bouncing.
14. A mark will be paid if the player completes a chest mark or if a player at least partially controls the ball if attempting to mark with the hands. The ball must have travelled 10 or more metres for a mark to be paid.
15. There will be no deliberate kicking off the ground.
16. Players will not be allowed to use gloves unless a doctor's letter has been supplied to the HFL.
17. Teams should line up and shake hands with opponents after a game. (no high 5s)
18. Teams who choose to sing team songs must not do so within the playing area.
19. Recommended time for a player send off (in the case of swearing, umpire abuse etc.) is one quarter. However the umpire may extend this up to the remainder of the game for severe cases.