

COMPETITION GUIDE Junior & Youth Girls

	GIRLS ONLY	GIRLS ONLY	GIRLS ONLY	GIRLS ONLY
	Under 11	Under 13	Under 15	Under 17
Phase	Introductory	Competition	Competition	Competition
REGULATIONS				
Ground Size	100m x 60m	120m x 80m	12 a side 120m x 80m 16 a side Standard	Standard
Zones	yes x 3	no	no	no
	Zone rules Minimum 5 = 16 a side minimum 4 = 15 a side			
Mid zone players	Armbands			
No. of players on Ground	6-9 a side	9-12 a side	12-16 a side	12-16 a side
Players on Ground	Equal per team	Equal per team	Equal per team	Equal per team
Min. number on ground	6	9	12	12
Ball Type	Synthetic	Synthetic	Synthetic	Leather
Ball Size	2	3	4	4
Quarter Duration (mins)	10	12	15	15
Break Length 1/4, 1/2, 3/4 time	5.10.5	5.10.5	5.10.5	5.10.5
Scoring	No scores, ladders or finals permitted	yes	Yes	yes
Results	No recording of best players or goal kickers	yes	yes	yes
LAWS				
Tackling	Wrap Tackle	yes	yes	yes
Bumping	no	yes	yes	yes
Stealing the ball	no	yes	yes	yes
Barging	no	yes	yes	yes
Smothering	no	yes	yes	yes
Fending off	no	yes	yes	yes
Shepherding	no	yes	yes	yes
Bouncing the ball	1 max	Unlimited	Unlimited	Unlimited
Kicking off the ground	no	no	no	no
Ball-ups	Nominated Players	yes	yes	yes
Throw-ins	no	no	no	no
Marking	Any reasonable distance	Any distance, shows control	10m direct catch	10m direct catch
Distance penalty	no	25m	25m	25m
Deliberate out of bounds	no	no	no	no
Deliberately rushed behind	no	no	no	no
UMPIRES & COACHES				
No. of Field Umpires	Club (x1-2)	Assoc. (x1) and Home Team (x1)	Assoc. (x1-2)	Assoc. (x2)
Boundary Umpires	no	no	no	no
Coaches	On field	Sideline	Sideline	Sideline