



Match Conditions

Girls' Competitions

Phase	Year 2/3/4	Year 5/6
Players on ground	9 a side (3 equal zones)	
Max. game day squad	12	
Oval size	Optimal 80m x 60m	Optimal 100m x 80m
Match length	4 x 10min	4 x 12min
Breaks	1st and 3rd Quarter – 3 minutes, Half time – 5 minutes	
Competition details	No scores, ladders, or finals No recording of 'Best Players' or Goal Kickers, Scores, ladders & finals	
The ball	Synthetic Size 1	Synthetic Size 2
Coaching position	On Field	Sideline
Out of bounds	Last Possession (Kick or Handball) Out of Bounds As per Rule 15.6 of the Laws of the Game	
Contact	No tackle or bump. No contact or spoiling except when accidental in nature	Modified tackle (standing tackle). No bumping and/ or pushing an opponent, knock and/or steal the ball out of their hands or smother the ball.
Stealing, smothering, shepherding, barging	No stealing, smothering, shepherding, or barging	
Bounces	1 bounce	
Marking	A mark is awarded irrespective of the distance the ball has travelled to any player who marks it or makes a reasonable attempt to mark it	A mark is awarded irrespective of the distance the ball has travelled to any player who catches it or shows control
Kick off the ground	Not permitted unless accidental	
Penalties	No distance penalty applies	10m penalty applied at the umpire's discretion