

NTFL Juniors Rules - Under 10's

Purpose	<p>To provide children with a fun, safe and positive experience through a well-structured match program that considers the level of maturation in motor, cognitive, psychosocial and emotional skill of children in this age group.</p> <p>The emphasis at this age level is the further development of basic game-specific skills (kicking, handballing, marking, gathering, evasion and checking) and learning technical and tactical concept. The match program for this age group provides further opportunities to develop game-specific skills and the tactical principles of gaining possession, pressure, utilising space and positional play.</p>
Spirit of the Game	To give all available players a game of football in which they have every opportunity to gain possession of the ball and kick or handball it.
Playing Ground	The size of the playing field should be no bigger than 100m x 80m and divided into three equal zones (thirds) identified by markers or lines on the ground.
The Ball	Synthetic Size 2
The Team	No more than 15-a-side with 5 forwards, 5 centres, 5 backs, or equal for both teams. Interchange may take place at any time. Rotate players every quarter to provide opportunities in several positions.
Zones/ Positions	Backs are restricted to the back zone. Centres are restricted to the centre zone. Forwards are restricted to the forward zone. Rotate players each quarter to provide opportunities in several positions.
Scoring	Only players positioned in the forward zone can may score
Playing Time	4x10 minute quarters, with no time on. 3 minutes for ¼ and ¾ time and 5 minutes for ½ time.
Start of Play and Restarting After Goal	When all players are in position, a ball-up is conducted between two centre players of similar height as nominated by the umpire. Alternate players for subsequent bounces. For all ball ups the two contesting players cannot take 'Full possession' of the ball until it has been touched by another player or hit the ground.
Out of Bounds	A free kick is awarded against the player who last kicked the ball. If there is doubt, or if the ball came off hands or body, the umpire shall call a ball-up 10m in from the boundary. Full possession at the ball-up is not permitted.
Contact/ Tackling	<p>Players can perform a modified tackle.</p> <p>A player in possession of the ball may be tackled by an opponent wrapping both arms around the area below the top of the shoulders and on/above the knees. The tackle may be from either side or from behind providing the tackle from behind does not thrust forward the player with the ball (that is pushing the player in the back).</p> <p>» If the player in possession of the ball is taken to the ground in the act of tackling, they will receive a free kick. If the umpire feels the player drops to the ground deliberately in order to receive a free kick, they will be penalised for holding the ball.</p> <p>» A player in possession of the ball, when held by an opponent applying the wrap-around tackle, should be given a reasonable chance to dispose of the ball by kick or by handball, or by attempting to kick or handball, otherwise a free kick shall be awarded to the tackler for holding the ball.</p> <p>» The field umpire shall conduct a ball-up when the player with the ball has the ball held to the body by an opponent, unless the player has had a reasonable time to dispose of the ball before being tackled, in which case a free kick shall be awarded to the tackler for holding the ball.</p>

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	<ul style="list-style-type: none"> » The field umpire shall allow play to continue if the ball is knocked accidentally out of a player's hands by an opponent. » A player not in possession of the ball, when held by an opponent, shall be awarded a free kick. » There is strictly no bumping, slinging or deliberately bringing the opposition player in possession of the ball to the ground. <p>Players cannot:</p> <ul style="list-style-type: none"> » knock the ball out of an opponent's hands on purpose; » push the player in the side; » steal the ball from another player; » smother an opponent's kick; » shepherd an opponent.
Marking	A mark is awarded when a player marks the ball directly from another players kick regardless of how far it has travelled.
Bouncing	Only one bounce is permitted, after running a maximum of 10 meters.
Kicking off the Ground	Not Permitted unless accidental.
Distance Penalty	A 10m advancement may be awarded to a player after a mark or a free kick if they have been hindered by an opposition player.
Order off rule	To be applied at the umpire's discretion (or the controlling body where applicable). Bad language, poor sportsmanship and disputing umpiring decisions will not be tolerated.
Coaches	The Coach is allowed on the field to provide immediate feedback to players.