



2018 PLAYING RULES

NOTE: *The playing rules of Major League Footy 7-a-side football follow the spirit and rules of traditional Australian Rules Football, adapted for a 100-yard rectangular playing field, with teams composed of 7 on-field players. and 3 players in interchange.*

I. THE PLAYING FIELD :

- A.** Regulation American Football (gridiron) field (100 x 53.3 yards).
- B.** The playing field shall be demarcated with a center area, defensive zone pylons 25 yards from each end line, and 'supergoal' markers at each 40 yard line.
- C.** Two major goal posts and two behind posts of regulation size and measurement shall be situated in each at each end line.
- D.** On a field where American football goalposts exist in place, the American football goalposts shall be used as the major goal, with extensions placed from the crossbar to the ground.
- E.** In relation to (D), behind (point) posts are to be placed at regulation distance from the major goal posts.
- F.** Unless exemption granted, matches will be officiated by two accredited field umpires, two goal umpires and two boundary umpires.

II. THE BALL:

- A.** A full-sized leather, regulation Australian Rules football (Size 5) shall be used for match play.
- B.** Ball shall be red for daytime game play.
- C.** Ball shall be yellow for evening/nighttime play.

III. THE TEAMS:

A. ROSTER SIZE AND PLAYER POSITIONS:

- 1.** Teams shall consist of 7 players (per team) on the field at any one time during game play, with each team having a maximum of three (3) active reserves (interchange).
- 2.** Each team may also nominate a maximum of two (2) emergency players.
- 3.** Interchange of players may take place at any time. Interchange players must enter from sideline area.
- 4.** Typical game-play teams shall consist of 2 forwards, 3 midfielders and 2 backs.
- 5.** At the start of play and after each goal, midfielders must line up in the middle of the field (between the 40 yard lines).
- 6.** Each team must also position two backs inside their respective 25-yard defensive zones at the beginning of each quarter, and after each goal.
- 7.** Apart from (5) and (6) players can go anywhere on the field and there is no off-side rule.
- 8.** Emergency players must be activated to interchange before entering game play.

IV. GAME TIMING:

- A.** Game Play will be four (4) ten-minute periods.
- B.** Gametime will begin from umpire's whistle and ball up.
- C.** The game clock will stop after each goal or behind, and on all 'out of bounds'.
- D.** The clock will re-start on the resumption of play.
- E.** There will be a 2-minute break after the first period.
- F.** There will be a 5-minute halftime intermission after the second period.
- G.** There will be a 3-minute break after the third period.
- H.** Additional time on may be added to the fourth quarter at the discretion of the umpire.

V. START OF GAME PLAY / RESUMPTION OF PLAY AFTER SCORING

- A.** A coin toss will be administered by the umpire.
- B.** The side winning the coin toss shall choose the direction in which to open possession.
- B.** The start of each quarter shall begin with a ruck contest.
- C.** After each goal, play will reset to a ruck contest at the center line.
- D.** After each behind, play will resume with a kick in from behind the goal line.
- E.** Player kicking in from behind the goal line after a point can elect to play on.

VI. DISPOSAL

- A.** The ball may be disposed of by kicking or handballing.
- B.** The ball can be moved in any direction.
- C.** The ball may not be deliberately kicked off the ground, including attempted scoring chances.

VII. OUT OF BOUNDS

- A.** Should the ball go out of bounds by either foot or hand ('Last Touch'), whether by accident or deliberately, the nearest opponent shall kick or the ball in.
- B.** A player awarded possession after a last touch out of bounds must distribute the ball before any scoring attempt is made.
- C.** If there is doubt as to which team forced the ball out of bounds, the umpire shall throw the ball in.

VIII. TACKLING / CONTESTS

- A.** Full contact tackling (above the knees and below the shoulders) applies.
- B.** Shepherding within 3 yards is permitted.
- C.** When a player is contested by an opponent, that player has a maximum of 3 seconds to dispose of the ball by handballing or kicking.
- D.** If the player fails to dispose of the ball within this period, possession will be awarded to the opponent.
- E.** If a player in possession is tackled to the ground while failing to dispose of the ball, possession will be awarded to the opponent.
- F.** If there is doubt as to which team has established possession in a contested play, the ball shall be thrown into play by the umpire.

IX. MARKING

- A.** Any player catching a ball in the air directly from the kick of another player, provided the ball has travelled at least 10 yards, shall be awarded a mark.
- B.** From that mark, players have the option of playing on by advancing the ball, attempting to distribute to a teammate or attempting a shot on goal.
- C.** Marks are not paid on kicks traveling backward inside the possessing team's defensive zone.

X. BOUNCING THE BALL

- A.** A player in possession must bounce the ball or touch the ball to the ground after running with it for 15 yards.
- B.** There is no limit to the number of times a player may bounce or touch the ball to maintain possession, provided the ball is bounced or touched to the ground every 15 yards.

XI. SCORING

- A.** Although the ball can be moved by kicking or handballing, goals (6 points) can only be scored by kicking the ball between the goal posts.
- B.** A scoring kick that hits the goal posts, or is between either side post is scored as a behind (1 point).
- C.** A scoring kick on the full from beyond the 40 yard line, or from a mark that is beyond the 40 yard line, shall be a 'supergoal', and count as 10 points. A goal scored from beyond 40 yards that is not on the full shall count as 6 points.
- D.** A scoring attempt that hits the behind posts shall be considered out of bounds, no points recorded.
- E.** All players are eligible to score at any time, and from any position on the field, provided;
- F.** That player has begun play (from a stoppage/after a goal) from their appropriate position on the field
- G.** The only exception to (E) is at ruck contest. The ruckman cannot himself establish possession from the contest and attempt a scoring chance without first distributing the ball.

XII. DELIBERATE RUSHED BEHIND

- A.** In the event a player is determined to have have deliberately kicked or otherwise forced the ball through for a behind in order to end an opponent's goal opportunity, the opponent will be awarded a point, as well as a free kick from a position directly in front of goal, and within the 25 yard defensive zone.

XIII. FREE KICKS

- A.** Free kicks are awarded to an offended player from the spot where the breach occurred.
- B.** A free kick shall be awarded against a player who kicks, handballs, or forces the ball out of bounds
- C.** When kicking in from the goal line, if the ball is kicked out of bounds on the full without it having been touched by any player, a free kick shall be given at the spot where the ball went out of bounds.

XIV. 25 YARD PENALTY

- A.** A 25 yard penalty will be called when a player encroaches over the mark, wastes time and/or delays the play; or abuses a player or umpire.
- B.** A 25 yard penalty shall have the same implication as a free kick.
- C.** When a 25 yard penalty advances the mark to the center of the goal line, the kick shall be taken from directly in front of the advanced mark.