



2019 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.** Rectangular American football field measuring a *minimum* 100 x 53.3 yards, and *maximum* 120 x 60 yards.
- B.** The playing field shall be demarcated with a center area, defensive zone pylons placed 25 yards from each end line, and 'super goal' 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 an accredited field umpire, 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.
- 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, the captain of the visiting team shall call the toss.
- 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 shall reset with kick-in from behind the end line, and between the goal posts
- 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 score may elect to play on.
- F.** Player kicking in from behind the goal line must kick-in or play on within 10 seconds.

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 AND DEFENSIVE 'SPOIL'

- 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, with the following exception:
- B.** Should the umpire determine that the ball has crossed out of bounds as a result of a deliberate defensive play to 'spoil' an offensive play, possession shall be awarded to the defensive team.
- C.** The defensive player making the 'spoil' shall take the resulting free kick.
- C.** A player awarded possession after a last touch out of bounds must distribute the ball before any scoring attempt is made.
- D.** 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 paid on kicks in any direction, and at any spot on the ground.

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, except in the case of a defensive 'spoil'.
- 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.