



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Australian Rules Football

Updated 17 November 2023

Queensland Girls Secondary Schools Sports Association Inc
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Established 1908 - Performance, Participation, Tradition & Innovation

AUSTRALIAN RULES FOOTBALL

1 ELIGIBILITY

- 1.1 The competition will be conducted in two seasons:
 - Senior Competition: for students enrolled in Grades 10, 11 and 12 (term one).
 - Open Division
 - Senior A
 - Senior B
 - Junior Competition: for students enrolled in Grades 7, 8 and 9 (term four).
 - Competition divisions to be confirmed for 2024.
- 1.2 The maximum number on a team list will be 18 players, with 12 on the field at any one time and a maximum of 6 interchange players.
- 1.3 For fixtures to proceed, the minimum number of players to take and remain on the field will be eight (8) players. Otherwise, the team shall forfeit.

2 FIXTURES

- 2.1 The choice of end shall be decided by the toss of a coin.
- 2.2 A game will count when 50% of the timed game has been played (1/2 time).
- 2.3 Each game will consist of two halves of 15 minutes, with a 5-minute half-time break.
- 2.4 Players change ends at the break.
- 2.5 Teams who are not at the field for the start of the game must forfeit the game. **Exception:** transport difficulties for the whole team e.g.: bus/traffic problems.
- 2.6 **Abandoned Games**
If the game is abandoned and at least 50% of the QGSSSA official match time (Refer: 2.2) has been completed, the scores at the end of play will stand.

3 MATCH CONDITIONS AND REGULATIONS

- 3.1 Teams will consist of a maximum of 18 players (12 on-field and 6 interchange).
- 3.2 No zones.
- 3.3 A maximum of two (2) bounces is permitted.
- 3.4 Kicking off the ground is not permitted unless accidental.
- 3.5 A mark is awarded when a player catches the ball directly from another player's kick that has travelled at least 10 metres.
- 3.6 Out of bounds
 - 3.6.1 From a kick, a free kick is awarded against the player who last kicked the ball.
 - 3.6.2 From hands, or if there is doubt, the umpire shall call a ball up 10 metres in from the boundary.

- 3.7 Players can perform a modified tackle.
- 3.7.1 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 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 (i.e., push the player in the back).
- 3.7.2 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 of the ground deliberately to receive a free kick, they will be penalised for holding the ball.
- 3.7.3 A player in possession of the ball, when held by an opponent applying a modified 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.
- 3.7.4 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 prior to being tackled, in which case a free kick shall be awarded to the tackler for holding the ball.
- 3.7.5 The field umpire shall allow play to continue if the ball is accidentally knocked out of a player's hands by an opponent.
- 3.7.6 A player not in possession of the ball, when held by an opponent, shall be awarded a free kick.
- 3.8 Stealing, smothering, shepherding, barging is permitted as per the Laws of the Game.
- 3.9 10 metre penalties can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.
- 3.10 There is no limit to the number of times a player may be substituted.
- 3.11 Substitution of a player may be made only after a player from the same team has left the field. The interchange area will be the marked area in the centre of the field, between the coaches' box/bench area.
- 3.12 All matches will be played under the Laws of the Game promulgated by the AFL and amendments made to these as outlined in the AFL Workbook.

4 COMPETITION POINTS

- 4.1 Competition Points
- Win: 2 points
- Draw: 1 point
- Loss: 0 points

5 VENUES

- 5.1 The competition will be fixtured across central venues each week.
- 5.2 All venues will be secured by the QGSSSA Executive Officer.

6 EQUIPMENT

- 6.1 Match balls will be supplied by the QGSSSA;
- Senior Divisions: Leather size 4 Sherrin match ball
 - Junior Divisions: Leather size 3 Sherrin match ball
- 6.2 QGSSSA will supply water carrier and runner bibs (located at each field on the day).
- 6.3 Official school uniforms that are correctly numbered shall be worn.

7 OFFICIALS

- 7.1 AFL Queensland will supply one (1) field umpire for all fixtures. No boundary or goal umpires will be required.
- 7.2 Each team is entitled to a maximum of two (2) official water carriers, and one (1) runner, attired in an QGSSSA vest (supplied on the day) and appropriate shorts and enclosed footwear.
- 7.3 Each school must provide a minimum of one scorer for every team entered. Scorers may be school students who conversant with the current rules (coaches may not score).

8 FIRST AID

- 8.1 AFL Queensland will provide a qualified first aid officer on each oval (two modified fields per oval).
- 8.2 Participating schools are required to travel with a suitability resourced first aid kit ensuring that reasonable provision is made for the treatment of injuries outside of scheduled games (i.e., travelling to and from games etc).

9 INJURIES

- 9.1 There will be no time off for injuries.
- 9.2 Any player showing signs or symptoms of concussion should be removed from the field immediately and referred to a medical practitioner. The player is not to return to play.

10 HEAD AND PROTECTIVE WEAR

- 10.1 It is compulsory for players to wear an appropriately fitted mouthguard.
- 10.2 Students are permitted to wear protective head gear if they wish.
- 10.3 Players who wish to wear spectacles during matches and training sessions should wear spectacles with plastic frames and plastic lenses. A band must also hold the spectacles on securely.
- 10.4 Players are not permitted to have their hair in a free braid and/or plait. Free braids and/or plaits must be either rolled into a bun or changed into a ponytail.

11 PENNANTS

Refer to Team Sports 8.

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