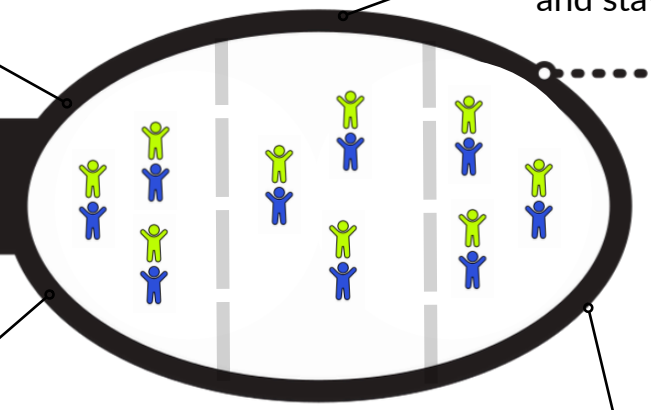
PAUL KELLY CUP (Years 3-4)

HOW TO PLAY



Only forwards can score

Players start in 3 zones and stay in zones

COACHES on sideline

Players must rotate through positions

85-100m x 50-75m

Out of Bounds

Off Kick/Handball → Free Kick

Other → Ball Up

Number of players

team a	team b
9	9

(12 max per team)

2x10-min halves

20 MINS play time

BREAKS (3 min)

A MARK

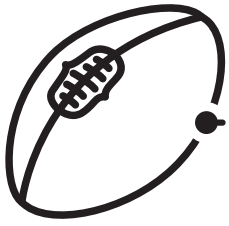
is awarded

TO ANY PLAYER

when a kick travels at least 10m to any player who catches the ball on the full

1 BOUNCE

every 10 steps



Size 2

Stealing the ball

Shepherding and Fending

Holding the Ball

Modified Tackle

Tackle to ground

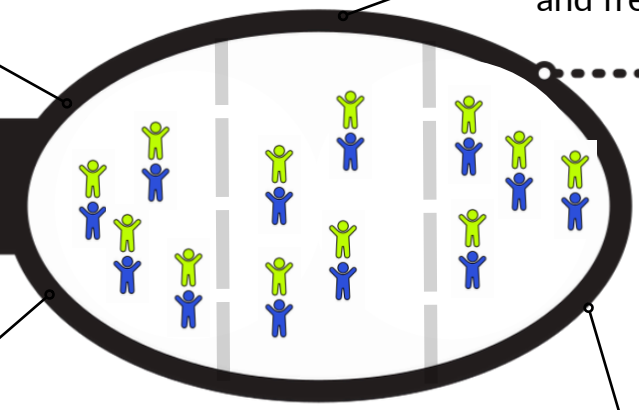
Barging

Possession from the ruck

Kicking off the ground

PAUL KELLY CUP (Years 5-6)

HOW TO PLAY



Only forwards can score

Players start in 3 zones and free to move

COACHES on sideline

Players encouraged to rotate through positions

90-120m x 50-75m

Out of Bounds

Off Kick/Handball →Free Kick

Other →Ball Up

Number of players

team a	team b
12	12

(16 max per team)

2x10-min halves

20 MINS play time

BREAKS (3 min)

A MARK

is awarded

TO ANY PLAYER

when a kick travels at least 10m to any player who catches the ball on the full

1 BOUNCE

permitted

Size 3

Stealing the ball

Shepherding and Fending

Holding the Ball

Modified Tackle

Tackle to ground

Barging

Possession from the ruck

Kicking off the ground