



### 2026 AFL Sydney Juniors Youth Girls Quick Reference Guide

Rules	U9YG	U11YG	U13YG	U15YG	U17YG
<b>Playing Field</b>	85m x 65m Max - 100m x 80m	100m - 140m x 75m - 95m	120m - Full x 95m - Full	Full Field	Full Field
<b>Ball Size</b>	2	2	3	4	4
<b>Ball Type</b>	Synthetic	Synthetic	Leather	Leather	Leather
<b>Player Allocation</b>	<b>Min</b>	Optimal - 9	9	12	12
	<b>Max</b>	12	12	15	16
	<b>Bench</b>	Unlimited	6	6	6
<b>Quarters (mins)</b>	10	13	15	15	16
<b>Breaks</b>	3 - 4 - 3	4 - 5 - 4	4 - 5 - 4	4 - 5 - 4	4 - 5 - 4
<b>Smothering, Sheparding, Barging and Fending</b>	X	✓	✓	✓	✓
<b>Tackling</b>	Modified Tackle	Modified Tackle	As per the laws of the game		
<b>Zones</b>	3 Zones - Only forwards can score	As per the laws of the game			
<b>Starting and Restarting Play</b>	No Full possession allowed from ruck. As per Match Policy		As per the laws of the game		
<b>Out of Bounds</b>	Last Kick - Ball given to nearest opponent		Between 50m Arcs - Last Disposal Free Kick	Between 50m Arcs - Last Disposal Free Kick	
	Off hands or body - Ball up 5m from Boundary		Inside 50m Arcs - Ball up by field umpire 10m from boundary	Inside 50m Arcs - As per the laws of the game	
<b>Marking (Distance)</b>	Any Distance, shows control	10m	15m	15m	15m
<b>Run and Bounce</b>	10m & 1 Bounce	15m & 2 Bounces	As per the laws of the game		
<b>Distance Penalties</b>	10m	25m	As per the laws of the game		
<b>Kicking off the ground</b>	X Unless Accidental	X Unless Accidental	As per the laws of the game		
<b>Deliberate out of bounds</b>	Not Applied	Not Applied	Not Applied	Not Applied	Not Applied
<b>Rushed Behind</b>	Not Applied	Not Applied	Not Applied	Not Applied	Not Applied
<b>Playing On &amp; Advantage</b>	X	✓	✓	✓	✓
<b># of Umpires - Field</b>	1	2	2	2	2
<b>Boundary</b>	N/A	N/A	Club to supply	Club to supply	Club to supply
<b>Goal</b>	Club to supply	Club to supply	Club to supply	Club to supply	Club to supply
<b>Coaches (inc Assistant Coach)</b>	1	2	2	2	2
<b>Manager</b>	1	1	1	1	1
<b>Runner</b>	N/A	2	2	2	2
<b>Water Carrier</b>	N/A	4	4	4	4