



AFL SYDNEY JUNIORS
2026
TEAM MANAGERS
BOOKLET

Team Managers

- Team sheets MUST be handed in 15 minutes before the game starts.
- ONLY players that are physically at the game must be listed on the team sheet and the correct number next to their name.
- Players have until the siren to commence the third quarter has sounded to arrive if they are running late. After this time, they are unable to participate in the game as a player or be included on the team sheet.
- Team managers have until this same time to make amendments to the team sheet handed to the Ground Manager eg a guernsey number has changed due to blood rule or volunteers change.
- ALL volunteers must be listed on the team sheet and both team managers need to sign each sheet.
- Minimum numbers must be in attendance prior to the start of play, otherwise a forfeit will be awarded.
- On field numbers must be equal at all times other than in the case of a send off where the rules disallow a replacement for a period of time.
- The law in the Laws of Australian Football relating to 'Centre Bounces - Starting Positions' does not apply to junior competition grades.

Team Management

- Ensure that all persons in the interchange area have bibs on and all players are true interchange players - if the player cannot take the field then they are a spectator and should not be in the interchange area.
- Any assistant coaches should wear their bibs inside out, so the head coach can be easily identified by umpires and ground manager.
- **NO MORE THAN 8 VOLUNTEERS** in the interchange area -

1 or 2 runners ONLY (pink bib) - only 1 can be on the field at any one time - can take the field from any point - must be at least 14 years of age

Up to 4 water/trainers (white water bib or pink medic bib) - must be at least 12 years of age

1 or 2 coaches (blue bib) - 1 x head coach and 1 x assistant coach - assistant coach must wear bib inside out

1 team manager (maroon bib)

- You are within your rights to ask any person not wearing a bib to leave the interchange area and you can ask for anyone to leave if they contravene the codes of conduct or have been asked to leave by umpires.

VOLUNTEER BIBS



Even Up Rule

- The even up rule DOES NOT apply during the finals series.

GRADES	REQUIRMENTS
Under 8 to Under 12	Clubs MUST borrow or loan available players up to the maximum on-field number for that grade.
Under 13 to Under 17	<p>Clubs MAY borrow or loan players up to the maximum on-field numbers for that grade.</p> <p>If the coach accepts the players, they must be rotated so that no single player plays more than one quarter per match for the opposition team.</p> <p>If the coach does not accept the players offered, the team offering the additional players will be able to play with such additional players up to the maximum on-field number.</p>

PLAYING NUMBERS



COMPETITION	GRADE	MINIMUM NUMBERS	MAX ON BEACH	MAX ON FIELD
Mixed / Boys	Under 8	Optimal - 6	Unlimited	N/A
	Under 9	Optimal - 9	Unlimited	N/A
	Under 10	Optimal - 12	Unlimited	N/A
	Under 11 - Under 12	12	6	15
	Under 13 - Under 15 Division 1 & 2	15	6	16
	Under 13 - Under 15 Division 3	12	6	16
	Under 17 Division 1	15	6	18
	Under 17 Division 2	15	6	16
	Under 17 Division 3 & 4	12	6	16
Youth Girls	Under 9	Optimal - 9	Unlimited	N/A
	Under 11	9	6	12
	Under 13	12	6	15
	Under 15 - Under 17	12	6	16

GRADE	DURATION (MINUTES)					
	QUARTER LENGTH	1/4 BREAK	1/2 BREAK	3/4 BREAK	TIME ON	MATCH TOTAL
Under 8	10	3	4	3	N/A	50
Under 9 - Under 10	10	3	4	3	N/A	50
Under 11 - Under 12	13	4	5	4	N/A	65
Under 13 - Under 15	15	4	5	4	N/A	73
Under 17	16	4	5	4	N/A	77

- If a match is delayed for events such as injury or extreme weather, the ground manager may, after consultation with AFL Sydney Juniors, alter the start and finish times of matches in order to complete a match, provided that there are no significant impacts on the remaining matchday fixture.

10 Goal Equalisation

- The full score is to be recorded in PlayHQ with the result to be amended in PlayHQ by the League in the days following the Match to reflect a ten (10) goal margin for the winning Team.
- The 10-goal equalization rule does NOT apply during finals.

Scores

- Teams who are the first on the team sheet are the “home team” and are responsible for recording the score in PlayHQ.
- Clubs have 24 hours from the start time of the match to enter the score into PlayHQ.
- During finals, scores must be entered within 24 hours to ensure the fixtures for the following week can be finalised by AFL Sydney Juniors.

Team Sheet

- Regardless of whether you are the home or away team, team managers must amend the team sheet in PlayHQ following the game to remove any players that didn't play or add any additional players added to the team sheet on the day.

Score Card

- Please obtain a copy (photo is fine) of the score card for you records, signed by both umpires.

Forfeit Results

- In the event of a forfeit, the non-forfeiting Team will be declared the winner of the Match and the final score of the Match will be determined in accordance with Table 31.

GRADES	SCORE TO FORFEITING TEAM	SCORE TO NON-FORFEITING TEAM
Under 8 to Under 13	Zero (0)	Sixty (60)
Under 14 to Under 17	Zero (0)	Seventy-Five (75)

- The Host Club remains responsible for entry of the correct score in PlayHQ.
- Where a forfeit is applied, competition ladders will be adjusted accordingly by the League.

Entry of Team Sheets

- For Matches where there is a forfeit, the forfeiting Club must not enter a Team Sheet in PlayHQ and should it do so may be subject to sanctions by the CMC in its absolute discretion.
- The non-forfeiting Club may enter a Team into PlayHQ for the purposes of player eligibility, provided this is completed prior to the scheduled commencement time of the forfeited Match.

ORDER OFF RULE - ALL COMPETITIONS / AGE GROUPS

	BLUE CARD	YELLOW CARD	RED CARD
DURATION OFF FIELD (NOT INCLUDING BREAKS)	10 Minutes	15 Minutes	Remainder of match
SENT OFF PLAYER TO BE LOCATED?	Next to Ground Manager / Timekeeper	Next to Ground Manager / Timekeeper	Next to Ground Manager / Timekeeper
PLAYER REPLACEMENT PERMITTED	Yes (numbers must be even on field)	Yes (numbers must be even on field)	Yes (U8-U15 after the equivalent of 1 quarter & U17 after 15 minutes, after which numbers must be even on field)
MATCH ALLOWED TO RECOMMENCE	When ordered off player leaves field of play	When ordered off player leaves field of play	When ordered off player leaves field of play

- **Sent off players are not permitted to sit on team bench or enter the playing area at any time (including breaks)**

(A) A player who uses audible obscenities (regardless of whom it is directed) or is deemed to require a “cool off” at the discretion of the Umpires may be ordered from the field of play by an Umpire under a blue card.

(B) A Player ordered off under a blue card is;

- (i) Required to leave the playing area immediately through the interchange area;
- (ii) Not permitted to resume playing the Match for a period of ten (10) consecutive playing minutes, excluding breaks between quarters.
- (iii) Required to sit at the Ground Manager / Timekeeper table, or with an adult Team Official for the duration of the penalty period; and
- (iv) not permitted to sit on the bench or enter the field of play at any time (including breaks) for the duration of the penalty period

(C) The ten (10) minutes will commence once the offending Player has left the field of play

(D) The offending Player’s Club is responsible for obtaining approval from the timekeepers for the Player to resume playing in the Match at the end of the ten (10) minute period.

(E) All Players who are ordered from the field of play with a blue card can be replaced immediately.

(F) At the discretion of the CMC, the Blue Card may be reviewed by the CMC and the Umpire Manager post match and upgraded to a Yellow Card as a reportable offence

(A) Subject to Rule 24.1.1(B), a player who commits a Reportable Offence may be ordered from the field of play by an Umpire under a yellow card.

(B) At the discretion of the field Umpire, the Player ordered from the field under a yellow card may be reported.

(C) A Player ordered off under a yellow card is;

- (i) required to leave the playing area immediately through the interchange area;
- (ii) to be seated with the Timekeeper or where provided, the Interchange Steward during play;
- (iii) to be accompanied by an adult Team Official for Junior Competitions
- (iv) not permitted to resume playing in the Match for:
 - (a) subject to Rule 24.1.1(C)(iii)(b), a period of fifteen (15) consecutive playing minutes, excluding breaks between quarters; or
 - (b) for matches with a quarter duration less than fifteen (15) minutes, an amount of time equivalent to one quarter, as detailed in Table 28, of consecutive playing minutes, excluding breaks between quarters; and
- (v) not permitted to enter the Field of Play for the duration of the penalty period, including breaks between quarters.

(D) All Players who are ordered from the Field of Play with a yellow card can be replaced immediately.

(A) A Player shall be ordered from the field for the remainder of the Match by the field Umpire under a red card where the Player commits:

- (i) two yellow card offences in the same Match; or
- (ii) two Reportable Offences in the same Match for separate incidents; or
- (iii) a single Reportable Offence that is considered a serious breach of the Laws of Australian Football.

(B) A Player or Official ordered off under a red card:

- (i) is required to leave the playing area immediately through the interchange area;
- (ii) is not permitted to sit on the bench or enter the Field of Play at any time (including breaks) for the remainder of the Match; and
- (iii) is not permitted to return to participate in the match in any capacity.

(C) Unless otherwise determined by the CMC in its ultimate discretion, a Player who is ordered from the Field of Play under a red card can be replaced after:

- (i) subject to Rule 24.1.2(C)(ii), a period of fifteen (15) consecutive playing minutes, excluding breaks between quarters; or
- (ii) for matches with a quarter duration less than fifteen (15) minutes, an amount of time equivalent to one quarter, as detailed in Table 28, of consecutive playing minutes, excluding breaks between quarters.

WHITE CARD



Where a field umpire hears or observes any unacceptable behaviour emanating from the coaching box, a three-phase system will be undertaken by the field umpire/s via the use of white and red cards to stop such behaviour in real time.

Any coach who receives a red card must either:

- go and sit beside the ground manager's desk until the match is completed and both teams have left the playing field; or
- leave the venue and not return until the match is completed and both teams have left the playing field.

The coach cannot nominate someone else to leave the coaching box area in their place, regardless of whether someone else's behaviour led to the red card.

PHASE	ACTION OVERVIEW
Phase 1	Play immediately stopped. A free kick awarded against the offending team. A first warning (white card) shown to the offending team's coach.
Phase 2	Play immediately stopped. A free kick & 50m penalty is awarded against the offending team. A second warning (white card) shown to the offending team's coach.
Phase 3	A free kick, a 50m penalty awarded against the offending team and a red card (ejection from match) issued to the offending team's coach.

Counting of Players

5.5.1 Request by Captain The captain or vice-captain of a Team or Team Runner(s) may at any time during a Match request that the field Umpire count the number of Players of the opposing Team who are on the Playing Surface.

5.5.2 Procedure

(a) Where a request is made under Law 5.5.1, the field Umpire shall:

- stop play at the first available opportunity;
- call into line within the Centre Square the Players of both Teams who are at the time on the Playing Surface and count the number of Players;
- upon completing the count, ensure that each Team has the permitted number of Players on the Playing Surface and then recommence play at the position on the Playing Surface where the field Umpire stopped play; and as soon as practicable after the Match, report to the Controlling Body that a request has been made to count the number of Players in a Team and the number of Players actually counted.

(b) The maximum number of Players permitted on the Playing Surface at the same time is 18 per Team or, in circumstances where a Player(s) has been ordered from the Playing Surface under Law 23, 18 less the Player(s) ordered from the Playing Surface.

Counting of Players

5.5.3 Players Exceeding Permitted Number Where a Team has more than the permitted number of Players on the Playing Surface, the following shall apply:

- a field Umpire shall award a Free Kick to the captain or acting captain of the opposing Team, which shall be taken at the Centre Circle or where play was stopped, whichever is the greater penalty against the offending Team;
- a Fifty Metre Penalty shall then be imposed from the position where the Free Kick was awarded;
- the Team shall lose all points which it has scored in that quarter up to the time of the count; and
- the field Umpire shall report the circumstances to the Controlling Body, including the scores at the time. The Controlling Body may further determine the matter by way of a fine, reversal of Match result or other sanction as it deems appropriate, including overturning the loss of points prescribed by Law 5.5.3(c).

Counting of Players

5.5.4 Correct Number and Request Without Merit

Where a count reveals that the opposing Team has the permitted number of Players on the Playing Surface, the following shall apply:

- a field Umpire shall award a Free Kick to the captain or acting captain of the opposing Team, which shall be taken at the Centre Circle or where play was stopped, whichever is the greater penalty against the offending Team;
- a Fifty Metre Penalty shall then be imposed from the position where the Free Kick was awarded;
- if a field Umpire is of the opinion that a request was made under Law 5.5.1 primarily to delay play or such request did not have sufficient merit, the field Umpire shall report the Player who requested the count for Time Wasting under Law 22.2.2; and
- if Law 5.5.4(c) applies, the field Umpire shall report the circumstances to the Controlling Body, including the scores at the time. The Controlling Body may further determine the matter by way of a fine, reversal of Match result or other sanction as it deems appropriate.

Counting of Players

5.5.5 Post-Match Review

- A Club or other person may request post-Match review by the relevant Controlling Body of a Team exceeding the permitted number of Players on the Playing Surface where a request under Law 5.5.1 did not occur during a Match.
- Notification of the request and lodgement of relevant evidence must occur within 24 hours of the completion of the relevant Match in a form prescribed by the Controlling Body.
- The Controlling Body may further determine the matter by way of a fine, reversal of Match result or other sanction as it deems appropriate.

Player Eligibility - Finals

- Players must have played a minimum of four (4) games as recorded in PlayHQ for the team that has made the finals.
- Where a player is playing in two age groups in finals, the player must have played less regular season matches for the older age group or higher divisions to remain eligible for each team for finals.
- Where a Youth Girl Player plays a minimum of four (4) matches in a mixed age group / division, she will be eligible to play finals in that age group / division, even if she has played in a greater number of matches in a higher Youth age group / division.
- For further information around finals eligibility across junior and senior competitions please refer to the AFL SJ rules.

Finals Playing Numbers

- In the finals, where both teams cannot agree on the number of players for the match, the team with the lower number of players will play with all of their players on the field (no bench). The team with higher numbers is not restricted to the maximum number on the bench as prescribed in Table 16 in this scenario.

Scores

- For any finals game where the scores are less than six (6) points the difference with two (2) minutes remaining in the final quarter, an announcement is to be made by the Ground Manager that Supporters are not to enter the field of play until the goal Umpires have confirmed the final score.

(B) In the event of scores being equal at the end of a finals Match, the following procedure will apply:

- (i) the goal Umpires will confirm the scores;
- (ii) while the Goal Umpires are confirming the scores, players are to remain on the field and team officials and players on the bench are to remain off the field.
- (iii) the coach will be allowed to address their team during a three (3) minute break after the final siren at the end of normal Match time, but will not be able to address the team further during extra time
- (iv) teams are not permitted to make any substitutions during the break between full time and extra time commencing as well as in the break between extra time periods.
- (v) the field Umpire will re-commence the Match to play extra time, initially for a further duration of five (5) minutes, plus time on where time on applies, and the Teams will not change ends;
- (vi) the siren will sound after the initial period of extra time, the Teams will change ends and a further five (5) minutes, plus time on where time on applies, is to be played;

(C) if the game is still drawn after the second five (5) minute period, the siren will sound, concluding the period and the Umpires and Goal Umpires will consult to confirm the scores, and if the scores still remain tied, the following will apply:

- (i) the teams will reset their position (not changing ends) with a centre bounce/ball up to recommence play; and
- (ii) play will continue until the next score at which time the siren will sound; and
- (iii) the first team to score a point or goal will be the winner;

PART A General Code of Conduct Requirements

Any person (including Umpires) involved in Australian Rules community football must:

1. Comply with:
 - (i) this *Code of Conduct*;
 - (ii) the *AFL NSW/ACT Rules* ('the Rules');
 - (iii) the *AFL Community Football Policy Handbook* ('the *Policy Handbook*');
 - (iv) the *Laws of Australian Football*; and
 - (v) any other rules or policy formally approved and/or adopted by the AFL from time to time.
2. Comply with:
 - (i) any direction given or procedure imposed by the Controlling Body in accordance with the Rules or the *Policy Handbook*; and
 - (ii) any sanction imposed by the Controlling Body or Tribunal under the Rules or *Policy Handbook*.
3. Comply with all relevant laws including anti-discrimination and child protection laws.
4. Prioritise the safety and welfare of children.
5. Respect the spirit of fair play and behave accordingly, and participate in Competition Matches in accordance with the *Laws of Australian Football* and the *Rules*
6. Be ethical, fair, honest and respectful in all dealings with other people.
7. Contribute to a safe sporting environment and respectful culture which is accepting of individual differences.
8. Recognise that AFL is an inclusive environment and respect the rights, dignity and worth of all participants regardless of gender, ability, sexual orientation, cultural background or religion, and never engage in any act of vilification or discrimination toward anyone.
9. Recognise and respect the significant contribution of volunteers in our game.
10. Respect and use appropriately the facilities and equipment made available for administration, coaching, training, Competition Matches and events, including facilities and equipment provided by the opposing teams.
11. Never ridicule any mistake or loss and understand that everyone makes mistakes.
12. Never engage in physical and/or verbal intimidation or verbal abuse, including sledging and abusive language, toward another person.
13. Never engage in any type of inappropriate physical force or contact either on or off the field and condemn the use of inappropriate physical force or contact in any form by another person.
14. Never make a threat of physical force or contact toward another person or undertake actions that may incite physical force or contact toward another person.
15. Never publicly criticise a participant – raise any concerns you have with your Club's officials.
16. Never engage in conduct that is unethical, unbecoming or likely to cause harm to the reputation of the game of Australian Football, the AFL, the League or the Club into disrepute.
17. Never take part in any form of harassment or bullying including via the use of social media.
18. Never make or post inappropriate, offensive or discriminatory comments in public, including via social media, about Players, Clubs, Umpires, Officials, the League or the AFL. Social media includes, but is not limited to, email, instant messaging, text messages, phone messages, digital images, online postings (including social media such as, but not limited to Facebook, X, LinkedIn, Instagram, websites and blogs).

PART B Code of Conduct Toward Community Football Umpires

- LIKE** players and coaches:
- ✓ Umpires are people and are critical participants in our game.
 - ✓ Umpires have different levels of skill and experience and do the best they can.
 - ✓ Umpires will make many good decisions during a Match and they may also make mistakes or decisions that others don't agree with.
- UNLIKE** players and coaches:
- ✗ Umpires, including those under the age of 18, have frequently been subject of unacceptable abuse from people, often adults.

Any person involved in Australian Rules community football must:

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|----|--------------|--|
| 1. | Never | Never abuse an Umpire [NOTE: Abuse is defined in the Rule 10.14 as including any language, terminology or behaviour intended to insult, offend, intimidate, threaten or harm an Umpire.] |
| 2. | | Never argue with, ridicule or dispute a decision of an Umpire. |
| 3. | | Never approach an Umpire unless you are a person authorised to do so under the Rules. |
| 4. | | Never make intentional contact with an Umpire on or off the field. |
| 5. | | Never publicly criticise an Umpire - raise any concerns you have with your Club's officials. |

Any person involved in Australian Rules community football should:

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| 6. | Do | Respect the critical and very difficult role that Umpires have in our game. |
| 7. | | Support and encourage all Umpires. |
| 8. | | Always consider the welfare and safety of our Umpires. |

PART C National Community Football Policy Handbook Provisions

In addition to Part A and Part B above, any person involved in Australian Rules community football is bound by the below *Policy Handbook* clauses, as well as any other Policy outlined by the Controlling Body.

Section 9- Member Protection	9.1- Responsibilities of a Person
	9.2- General Code of Conduct
	9.3- Coach Code of Conduct
	9.4- Additional Responsibilities of a Club
Section 11- Safeguarding Children and Young People and Appendix 6- Children & Young People Safe Practices	Section 11.3- Responsibilities of a Person
	Section 11.4- Prohibited Conduct
Section 12- Social Media	Section 12.3- Behavioural Standards on Social Media
	Section 12.4- Prohibited Conduct on Social Media

COACHES BE AWARE

- Ensure that you are registered and an accredited coach to head coach a team.
- All assistant coaches must be registered.
- Understand relevant playing conditions for your age group.
- Ensure all Players receive adequate game time and experience different playing positions, in line with the Rules.
- Understand the roles of your match day staff ie Team Managers, Runners and Water Carriers.
- The game is to be enjoyed by all.
- Do not ridicule, engage in physical and/or verbal intimidation, abuse or threaten any Player, Official, Umpire, Volunteer or Spectator. Such actions are totally unacceptable and may result in you being reported.



COACHES FUNCTION

- Display and foster respect for Players, Umpires, opponents, Coaches, Officials, parents, volunteers and spectators.
- Safety and welfare of the player is of the utmost importance.
- Ensure timeliness of Players in and around game commencement and breaks.
- Remember that the Coach plays a key role in the emotional control of all team members and staff (this can include parents).
- Where on field coaching is permitted, understand your role and positioning. Off field coaching requires the use of a Runner.
- Be supportive in the quest for developing Umpire through positive feedback.



RUNNERS BE AWARE

- A Runner cannot be in the forward 50m arc after a behind has been scored and the ball is being kicked back into play
- Field Umpires can order the Runner from the ground if they feel the Runner is on the ground too much.
- A Runner cannot approach or make any comments to Umpires, Players or Officials from the opposing side. For this, the Runner can be reported.
- The only time a Runner may approach an Umpire is to call for a head count.
- When a player is injured on the field, a Runner can go to the player to check on their welfare. Please note that play will not stop unless a stretcher or ERC is called onto the field, or unless the Field Umpire is of the opinion that play could endanger the injured player.



RUNNERS FUNCTION

- In all matches, it is the job of the Runner to relay messages from the coach to their team's players.
- Runners are only permitted on the ground when actually relaying a message and must not remain on the ground continually.
- Runners must return to the team bench after delivering their messages.
- Runners must wear a Runner bib for the duration of the match.
- Only one (1) runner per team is permitted on the field at any one time.
- A Runner is not required to enter the field via the interchange bench and is permitted to enter the field of play at any stage throughout the match.
- A runner must remain a reasonable distance from play at all times



WATER CARRIER BE AWARE

- Field Umpires can order the Water Carrier from the ground if they feel he or she is loitering and spending too much time on the ground.
- A Water Carrier cannot approach or make any comments to Umpires, Players or Officials from the opposing side. For this, a Water Carrier can be reported.
- A Water Carrier cannot be in the forward 50m arc after a behind has been scored and the ball is being kicked back into play.
- When a player is injured on the field, a Water Carrier can go to the player to check on their welfare. Please note that play will not stop unless a stretcher or ERC is called onto the field, or unless the Field Umpire is of the opinion that play could endanger the injured player.



WATER CARRIER FUNCTION

- The job of the Water Carrier is to run water out to players when they require a drink. Once finished they must leave the ground.
- Water Carriers should only enter the field when play is at the other end of the ground.
- Water Carriers are not permitted to act as a second Runner (ie cannot deliver messages to players).



GOAL UMPIRE FUNCTION

- Introduce yourself to the Field Umpire & opposition Goal Umpire before the commencement of play
- Adjudicate on scoring during the match by standing behind the goal line, in line with the flight of the ball. If the ball is high, move to a position under the ball's flight to judge the correct score. If the ball is coming in low, move to the post on the line to see that the ball crosses the line fully.
- Wait for the Field Umpire to give the "all clear" signal before giving a decision. A behind is signalled with one arm & a goal is signalled with two arms.
- Both Goal Umpires must wave the flags for a score. One flag is used for a behind and two flags are used for a goal.
- Enter the score on the scorecard.
- At the end of each quarter and at the end of the game, meet the opposition Goal Umpire in the middle of the field and confirm that both scorecards have the same score.
- Give the scorecard to the Field Umpires at the end of the match to sign and then give the scorecard to the team manager.
- Goal Umpires must wear a Goal Umpire bib for the duration of the match.
- If the 10 goal equalisation rule is applied during a match, the Goal Umpire is to continue scoring until the completion of the match.



GOAL UMPIRE BE AWARE

- Communication with the Field Umpire should be restricted to matters arising from umpiring duties.
- Always act in a professional manner and refrain from barracking or giving support to a team and giving advice or making comments to the Players, other Officials or Supporters.
- If the Field Umpire is of the opinion that a Goal Umpire is making wrong or incompetent decisions, they may demand the offending club replace the Goal Umpire before re-commencing the match.
- A Field Umpire can overrule the Goal Umpire's decision. Occasionally the Field Umpire will consult with the Goal Umpire to decide on the correct score.



BOUNDARY UMPIRE FUNCTION

- Move along the boundary line to adjudicate on where the football leaves the playing field.
- If the ball is touched or bounces before going over the line, blow a whistle and put one arm straight above your head.
- If the ball is kicked out on the full, blow the whistle and signal with two arms out from your side.
- The ball is only out when the entire football is over the line. If any part of the ball is on or above the line then the ball is considered "in play". A Player can run outside the boundary line while holding the ball as long as the ball is still "in play".
- In Under 13 - 14 age groups, give the match ball to the Field Umpire to be tossed up.
- In Under 15 - 17 age groups, throw the ball back into play over your head.
- At the start of each quarter and after a goal has been scored, return the ball to the Field Umpires, then stand at the corner of the centre square. Each team can only have four players in the centre square for a centre ball up. If a team has more than this, blow your whistle and advise the Field Umpire.
- Boundary Umpires must wear a Boundary Umpire bib for the duration of the match.



BOUNDARY UMPIRE BE AWARE

- Communication with the Field Umpire should be restricted to matters arising from umpiring duties.
- Always act in a professional manner and refrain from barracking or giving support to a team and giving advice or making comments to the Players, other Officials or Supporters.
- If the Field Umpire is of the opinion that a Boundary Umpire is making wrong or incompetent decisions, they may demand the offending club replace the Boundary Umpire before re-commencing the match.
- A Field Umpire can recall the Boundary Umpire's throw in if the throw in is not contestable.



2026 AFL Sydney Juniors Youth Girls Quick Reference Guide

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