

2026 SEQJ YOUTH RULES MATRIX

MIXED
UNDER 13
COMPETITION (13.5)

15 MINS
x4

GROUND SIZE
120m - 150m x 90m - 110m

SCORING & RESULTS
16 Max on ground
18 Max on team sheet

SIZE 4
LEATHER

- Shepherding
- Stealing the ball
- Deliberate out of bounds
- Deliberately rushed behind
- Tackling
- Bumping
- Berging
- Smothering
- Fending off
- Last disposal rule

BOUNCING THE BALL
Unlimited

KICKING OFF GROUND

OUT OF BOUNDS
Between the 50m arcs if the ball moves out of bounds from a kick or handball, a free kick is to be awarded to the nearest opponent. From hands, or if doubt the umpire shall call a ball up 10m in from boundary.

MARKING
15 metres, direct catch

DISTANCE & OTHER PENALTIES
50m penalty can be applied at umpires discretion.
Players can be ordered off at the umpire's discretion.

FIELD UMPIRES
Association (1)

GOAL UMPIRES
Clubs to supply (1) each

BOUNDARY UMPIRES
COACHES
Sideline

BOYS
UNDER 15
COMPETITION (15.5)

15 MINS
x4

GROUND SIZE
135m - 185m x 110m - 155m

SCORING & RESULTS
18 Max on ground
22 Max on team sheet

SIZE 5
LEATHER

- Shepherding
- Stealing the ball
- Deliberate out of bounds
- Deliberately rushed behind
- Tackling
- Bumping
- Berging
- Smothering
- Fending off
- Last disposal rule

BOUNCING THE BALL
Unlimited

KICKING OFF GROUND

OUT OF BOUNDS
Between the 50m arcs if the ball moves out of bounds from a kick or handball, a free kick is to be awarded to the nearest opponent. From hands, or if doubt the umpire shall call a ball up 10m in from boundary.

MARKING
15 metres, direct catch

DISTANCE & OTHER PENALTIES
50m penalty can be applied at umpires discretion.
Players can be ordered off at the umpire's discretion.

FIELD UMPIRES
Association (2)

GOAL UMPIRES
Clubs to supply (1) each

BOUNDARY UMPIRES
COACHES
Sideline

BOYS
UNDER 17
COMPETITION (17.5)

20 MINS
x4

GROUND SIZE
135m - 185m x 110m - 155m

SCORING & RESULTS
18 Max on ground
22 Max on team sheet

SIZE 5
LEATHER

- Shepherding
- Stealing the ball
- Deliberate out of bounds
- Deliberately rushed behind
- Tackling
- Bumping
- Berging
- Smothering
- Fending off
- Last disposal rule

BOUNCING THE BALL
Unlimited

KICKING OFF GROUND

OUT OF BOUNDS
Between the 50m arcs if the ball moves out of bounds from a kick or handball, a free kick is to be awarded to the nearest opponent. From hands, or if doubt the umpire shall call a ball up 10m in from boundary.

MARKING
15 metres, direct catch

DISTANCE & OTHER PENALTIES
50m penalty can be applied at umpires discretion.
Players can be ordered off at the umpire's discretion.

FIELD UMPIRES
Association (2)

GOAL UMPIRES
Clubs to supply (1) each

BOUNDARY UMPIRES
COACHES
Sideline

GIRLS
UNDER 13
COMPETITION (13.5)

15 MINS
x4

GROUND SIZE
120m - 150m x 90m - 110m

SCORING & RESULTS
14 Max on ground
16 Max on team sheet

SIZE 3
LEATHER

- Shepherding
- Stealing the ball
- Deliberate out of bounds
- Deliberately rushed behind
- Tackling
- Bumping
- Berging
- Smothering
- Fending off
- Last disposal rule

BOUNCING THE BALL
Unlimited

KICKING OFF GROUND

OUT OF BOUNDS
Between the 50m arcs if the ball moves out of bounds from a kick or handball, a free kick is to be awarded to the nearest opponent. From hands, or if doubt the umpire shall call a ball up 10m in from boundary.

MARKING
15 metres, direct catch

DISTANCE & OTHER PENALTIES
50m penalty can be applied at umpires discretion.
Players can be ordered off at the umpire's discretion.

FIELD UMPIRES
Association (1)

GOAL UMPIRES
Clubs to supply (1) each

BOUNDARY UMPIRES
COACHES
Sideline

GIRLS
UNDER 15 & 17
COMPETITION (15.5 & 17.5)

15 MINS
x4

GROUND SIZE
135m - 185m x 110m - 155m

SCORING & RESULTS
16 Max on ground
19 Max on team sheet

SIZE 4
LEATHER

- Shepherding
- Stealing the ball
- Deliberate out of bounds
- Deliberately rushed behind
- Tackling
- Bumping
- Berging
- Smothering
- Fending off
- Last disposal rule

BOUNCING THE BALL
Unlimited

KICKING OFF GROUND

OUT OF BOUNDS
Between the 50m arcs if the ball moves out of bounds from a kick or handball, a free kick is to be awarded to the nearest opponent. From hands, or if doubt the umpire shall call a ball up 10m in from boundary.

MARKING
15 metres, direct catch

DISTANCE & OTHER PENALTIES
50m penalty can be applied at umpires discretion.
Players can be ordered off at the umpire's discretion.

FIELD UMPIRES
Association (2)

GOAL UMPIRES
Clubs to supply (1) each

BOUNDARY UMPIRES
COACHES
Sideline