

2026 MATCH DAY RESOURCE



INDEX

3	MATCH DAY SET UP	
4	MATCH DAY TIMELINE	
5	HOME TEAM DUTIES	
6	AWAY TEAM DUTIES	
7	MATCH DAY PAPERWORK	
8	LIVE SCORING	
9	TIMEKEEPING	
11	LENGTHS OF MATCHES AND BREAKS	
13	GROUND MARSHALLS - JUNIOR	
15	GROUND MARSHALLS - SENIOR	
17	WEBSITE & SOCIAL MEDIA	
PRINTABLE RESOURCES	18	CONCUSSION MANAGEMENT
	19	HEAD INJURY ASSESSMENT
	21	EXTREME HEAT POLICY MATRIX
	22	SAFETY POSTER - PLAYER ROOMS
	23	SAFETY POSTER - UMPIRE ROOMS
	24	GOAL CARDS
	25	VOTING CARDS
	26	INTERCHANGE GATES
	27	YOUTH RULES MATRIX
	28	JUNIOR RULES MATRIX

MATCH DAY SET UP

OUTDOOR CHECKLIST



LINE MARKING

Lines clearly marked per the Laws of the Game and required distances applicable. Including blue dot 15m off goal square.



AWAY ROOMS

Clean and swept. Toilet paper & whiteboard provided. Hot shower and lights working. Sanitary bins provided. Safety poster (see Page 21) clearly displayed. Away team to clean up after use.



UMPIRE ROOMS

Clean and swept. Toilet paper, hot showers, table, chairs & working lighting. Sanitary bins provided. Safety poster (see Page 22) clearly displayed.



GOAL POST PADS

Suitably fixed to posts and ready for game day.



PA SYSTEM

In working order with the ability to clearly be heard.



SIREN

In clear working order, tested pregame and with back up siren (air horn) in close proximity.



POSTERS

Signage in Player and Umpire changerooms (refer to Page 22 and 23)



FOOTBALLS

Senior Men's and Women's footballs provided by AFLQ. Home team to provide game balls for all grades.



FIRST AID

Stretcher at interchange bench, first aid kit stocked and ice available.

MATCH DAY TIMELINE: BEFORE & DURING

1 HOUR

Meet with opposition club Team Manager

1 HOUR

Complete AFL Match Day Checklist (Online via the Marsh Website which can be found [here](#).)

30 MINUTES

Team sheet copies to umpires & away club

30 MINUTES

Home team to provide match football to umpires. Spare balls in appropriate places

25 MINUTES

Time keepers in place with cards and correct match time displayed

20 MINUTES

Live Scorer in place (if applicable)

15 MINUTES

Scoreboard attendants and club goal umpires (where applicable) are in place

DURING

Provide drinks to umpires at breaks and ground marshall to accompany umpires to/from ground prior to match, at half time and at full time.

MATCH DAY TIMELINE: POST-MATCH

AWAY CLUB (*If applicable)

Provide Home team with best players and goalkickers immediately post-match

HOME CLUB (*If applicable)

Enter final scores and both club's best players & goalkickers into PlayHQ by 10am Sunday

BOTH CLUBS

- Post senior matches, Team Managers must attend umpires changerooms to receive the 'All Clear' from umpires. Post youth matches, team managers must meet the umpires in the middle of the ground to receive the 'All Clear'.
- If any reports or referrals were made during the match, clubs will be made aware of these at this time (unless further review is required). Where a set penalty is offered, clubs must advise whether they accept or do not accept the charge. If not accepted, the reported player's club has until 10am Monday to contact AFL Queensland with an explanation, otherwise the set penalty will be deemed to have been accepted (please note umpires will not offer set penalties for QAFL/W/QFA Division 1 Senior incidents).
- If an incident occurred that was not reported or referred by the Match Day Umpire, clubs can submit an investigation request via email to their Competition Manager in accordance with section 9.5 of the AFLQ Community Rules and Procedures. This request must be made by no later than 5:00pm on the first working day after the match. These requests incur a fee of \$200, but this fee is not payable where the investigation results in a sanction being imposed.
- Where a player has sustained an injury as a result of a reportable offence, their Club Doctor, Physiotherapist or Sports Trainer will be required to complete a medical report by 10am Monday. Reports can be submitted via the [online form](#).

HOME TEAM DUTIES

PAPERWORK



PLAYER REGISTRATION

All listed players are correctly entered into PlayHQ prior to playing.



TEAM SELECTION

Team selected prior to start of match and copies of team sheet printed (4 copies: home team, away team, umpires + 1 spare)



ACCREDITATION

All those within the coaching box require an accreditation. SEQJ require issued lanyards to be worn at all times.



CONCUSSION

All coaches and medical staff have full understanding of the Management of Sport-Related Concussion in Australian Football.



AFL MATCH DAY CHECKLIST

Via the Marsh Website - this only needs to be completed for the first game of the day unless weather conditions change.

SUPPORT STAFF

> RUNNER

Only 1



WATER CARRIERS & TRAINERS

Up to 6 (Seniors only)



FIELD UMPIRE

(If applicable)



GOAL UMPIRE

(If applicable)



LIVE SCORER

(If applicable)



SPORTS TRAINER / FIRST AID

Accredited Level 1 Sports Trainer/ ERC



GROUND MARSHALL

Minimum 1 provided by Home Club



BOUNDARY UMPIRE

(If applicable)



TIMEKEEPER

1 Required



SCORE BOARD ATTENDANT

NOTE: All team officials must be listed on the team sheet. If they are not listed on the team sheet, they are not permitted to be in the coaches box. Refer to the AFL Queensland Community Rules and Procedures for competition-specific requirements.

For SEQJ competitions, all those within the coaches box **MUST** have their accreditation lanyard.

AWAY TEAM DUTIES

PAPERWORK



PLAYER REGISTRATION

All listed players are correctly entered into PlayHQ prior to playing.



TEAM SHEET

Team selected prior to start of match and copies of team sheet printed (4 copies: home team, away team, umpires + 1 spare)



ACCREDITATION

All those within the coaching box require an accreditation. SEQJ require issued lanyards to be worn at all times.



CONCUSSION

All coaches and medical staff have full understanding of the [Management of Sport-Related Concussion in Australian Football](#).

SUPPORT STAFF

> **RUNNER**
Only 1

💧 **WATER CARRIERS & TRAINERS**
Up to 6 (Seniors only)

👉 **FIELD UMPIRE**
(If applicable)

🚩 **GOAL UMPIRE**
(If applicable)

✚ **SPORTS TRAINER**
Accredited Level 1 Sports Trainer/ ERC
(Seniors Only)

🕒 **TIMEKEEPER**
(Recommended)

— **BOUNDARY UMPIRE**
(If applicable)

NOTE: All team officials must be listed on the team sheet. If they are not listed on the team sheet, they are not permitted to be in the coaches box. Refer to the AFL Queensland Community Rules and Procedures for competition-specific requirements.

For SEQJ competitions, all those within the coaches box **MUST** have their accreditation lanyard.

MATCH DAY PAPERWORK

BOTH TEAM MANAGERS

Need to provide a copy of their team sheet to the umpires before the start of the match.

GOAL UMPIRES

Need to pass on their scorecards to the field umpires following the end of the match.

AFLQ APPOINTED FIELD UMPIRES

Collect all paperwork including team sheets, goal cards, timekeeping sheet, Best and Fairest votes and if there are any Incident Referral or Set Penalty forms and upload to OfficialsHQ online.

FIELD UMPIRES

To decide on the Competition Best & Fairest votes at the end of the match.

CLUB UMPIRES

Provide all paperwork including team sheets, goal cards, Best and Fairest votes and if there any Incident Referral or Set Penalty forms to HOME Team Manager.

HOME TEAM MANAGERS

Games with AFLQ UMPIRES - ensure all paperwork has been given to AFLQ umpires.

Games with CLUB UMPIRES - collect all paperwork from umpires after the match. Complete the Match Day Paperwork form online.

PLAYHQ LIVE SCORING

1. Log into the electronic scoring section of PlayHQ at <https://afl.score.playhq.com/auth/login>
2. This will bring you to the 'New Scoring Session' page. Click on the '+' icon to select the venue of the match you wish to score. Start typing the name of the venue in the search bar, and click on the '+' icon when the venue appears.
3. You will be returned to the 'New Scoring Session' Page. Click on the '+' icon to select the day of the match you wish to score. Once selected, click the 'Add' button.
4. You will be returned to the 'New Scoring Session' Page. Click on the '+' icon to create a PIN for the session. Once the PIN has been added and confirmed, click on the 'Done' button.
5. You will be returned to the 'New Scoring Session' Page. Click on the 'Start Session' button. You will be taken to the 'Home' page where all matches at the venue for that day will appear. Click on the match you wish to score.
6. The Teams and their selected Players and Coaching Staff will appear. To make changes to the Line-up, Click on the 'Edit' button. This will allow you to add and remove players and coaching staff from the roster as required. Once completed, click the 'Done' button in the top right corner.
7. To start electronic scoring, click on the 'Start' button in the top right corner. If the match is being played with time on, click the same button to pause as required. To add actions to a player, select their name and click '6' for a goal, or '1' for a behind. If a player is carded, select their name and click 'Yellow' or 'Red'. If an error is made, click on the 'Arrow' icon to edit.
8. At the end of each quarter, click on the '...' icon in the top left corner and select 'End Period'. To start the next quarter, click the 'Start' button in the top right corner.
9. To end the match, end the final quarter first, then click on the '...' icon and selected 'End Game'. This will prompt you to confirm the result, which you can do by adding in the PIN you created, and clicking the 'Confirm' button.
10. The match will appear in the 'Completed' tab, and you can click 'End the Session' to finish.

NOTE: If this does not happen immediately following the match, the home team is required to update the full match scores by 10:00am the following day.

Competition Managers will no longer 'chase up' clubs that haven't entered their results on time. If a club fails to enter the results by 10am the following day, they will be sanctioned \$100.

TIMEKEEPING

EACH TIMEKEEPER APPOINTED FOR A MATCH SHALL:

1. Keep time for each quarter of a Match
2. Record on time card the time taken to play each quarter and lodge the completed card with the relevant controlling Body
3. Sound the siren in accordance with the procedures contained in these Laws
4. Stop the clock which is used for the timing of each quarter as required under Law 10.6 for a stoppage in play (only applies to matches where Time On applies)
5. Record any incidents (stretchers being called, jumper changes due to blood rule, White, Red & Yellow cards, player leaving ground outside the interchange gates) and;
6. Perform any other function as may be directed by the relevant Controlling Body

PROCEDURE FOR SOUNDING SIREN

START OF MATCH AND QUARTERS

The timekeeper shall sound the siren at the times and on the number of occasions as set out in the following table:

START OF MATCH	NUMBER OF OCCASIONS		
Five minutes prior to scheduled starting time of match and as umpires enter the field	Once	Five minutes prior to scheduled starting time of the quarter and as umpires enter the arena	Once
Two minutes prior to start time	Twice	Two minutes prior to the scheduled starting time	Twice
One minute prior to start time	Once	One minute prior to scheduled starting time	Once
Scheduled starting time (Start of Match)	Once	Scheduled starting time (start of quarter) Three Quarter Time	Once
First Quarter Time interval	Once		

START OF SECOND QUARTER

Two minutes prior to scheduled starting time	Twice
One minute prior to start time	Once
Scheduled starting time (Start of Quarter)	Once
Half Time interval	Once

START OF THIRD QUARTER

START OF FINAL QUARTER

Two minutes prior to the scheduled starting time	Twice
One minute prior to the scheduled starting time	Once
Scheduled starting time (Start of Quarter)	Once

END OF MATCH

BRINGING PLAY TO AN END

END OF QUARTER

The timekeepers shall sound the siren to signal the end of a quarter until a field umpire and/or the Emergency umpire acknowledges that the siren has been heard and brings play to an end.

SIREN HEARD BY FIELD UMPIRE

Play in each quarter shall come to an end when any one of the field umpires or emergency field umpire hears the siren.

SIGNAL

A field umpire shall signal that they have heard the siren by blowing a whistle and holding both arms above their head.

If immediately before hearing the siren, a field Umpire is of the opinion that a Player should be awarded a Free Kick or a Mark, the field Umpire shall signal that play has come to an end and then award the Free Kick or Mark to the Player. A Free Kick will not be awarded where the football has been kicked and, after the field Umpire has heard the siren, lands Out of Bounds on the Full.

STOPPING AND COMMENCING TIME

(for matches where time on applies)

STOPPING TIME

THE TIMEKEEPERS SHALL STOP THE CLOCK WHICH IS USED FOR THE TIMING OF A MATCH WHEN:

1. Directed to do so by a field Umpire as per the Laws of Australian Football
2. The goal Umpire signals that a Goal or Behind has been scored;

MODIFIED TIME ON PROCEDURE

THE TIMEKEEPERS SHALL STOP THE CLOCK WHICH IS USED FOR THE TIMING OF A MATCH IN COMPETITIONS WHERE THE MODIFIED TIME ON PROCEDURES IS BEING USED WHEN:

1. There is a significant delay in a Match, as signalled by the umpire with two 'long whistles'
2. The goal Umpire signals that a Goal or Behind has been scored;

RECOMMENCING TIME

THE TIMEKEEPERS SHALL RECOMMENCE THE CLOCK USED TO THE TIMING OF A MATCH WHEN;

1. Direct to do so by the field Umpire as per the Laws of Australian Football
2. The football is thrown up by the field Umpire;
3. The football is brought back into play after a Behind has been scored;
4. The football is thrown back into play by the boundary Umpire or brought back into play by a Player (as the case may be), after it has gone Out of Bounds or Out of Bounds on the Full;
5. The football is obviously in play; or
6. The Umpire calls 'Play On'.

SIGNALLING

A field Umpire shall signal to the Timekeeper to stop the clock or re-start the clock used for the timing of the Match by blowing a whistle and raising one arm above their head. Where a card is shown, the timekeeper is required to hold up the same colour card to the umpire to signal that this has been recorded.

RECORDING INCIDENTS

Using the Timekeeper Sheet, record any incidents that occur in the match. These include: a stretcher being called, jumper change due to blood rule, White, Red & Yellow cards and players leaving ground outside the interchange gates.

LENGTH OF MATCHES AND BREAKS - SENIOR

COMPETITION	QUARTER LENGTH	BREAKS QTR / HALF / QTR
QAFL	20 minutes plus time on	6 / 20 / 6
QAFL Reserves	25 minutes no time on FINALS: 17 minutes plus time on	5 / 15 / 5
QFA Div 1 Seniors	20 minutes plus time on	5 / 15 / 5
QFA Div 2 Seniors	17 minutes plus time on	5 / 15 / 5
QFA Div 1 & 2 Reserves	20 minutes no time on FINALS: 15 minutes plus time on	5 / 15 / 5
QFA Div 3	20 minutes no time on Clock stopped for cards & stretchers FINALS: 15 minutes plus time on	5 / 15 / 5
Colts	20 minutes no time on FINALS: 15 minutes plus time on	5 / 15 / 5
QAFLW	17 minutes plus modified time on	5 / 15 / 5
QFAW Div 2	15 minutes no time on FINALS: 13 minutes plus modified time on	5 / 10 / 5
QFAW Div 1 Seniors & QAFLW Reserves	17 minutes no time on FINALS: 15 minutes plus modified time on	5 / 10 / 5
Regions & Affiliate Leagues - Senior Men	17 minutes plus time on	5 / 15 / 5
Regions & Affiliate Leagues - Reserves Men	17 minutes no time on FINALS: 15 minutes plus modified time on	5 / 15 / 5
Regions & Affiliate Leagues - Women	15 minutes no time on FINALS: 13 minutes plus modified time on	5 / 10 / 5

*Regional & Affiliate match durations are provided as a guideline and may vary.

LENGTH OF MATCHES AND BREAKS - YOUTH

COMPETITION	QUARTER LENGTH	BREAKS QTR / HALF / QTR
Under 17s Girls	15 minutes no time on FINALS: 13 minutes plus time on	5 / 10 / 5
Under 17s Boys	20 minutes no time on FINALS: 17 minutes plus time on	5 / 10 / 5
Under 15s Girls	15 minutes no time on FINALS: 13 minutes plus time on	5 / 10 / 5
Under 15s Boys	15 minutes no time on FINALS: 13 minutes plus time on	5 / 10 / 5
Under 13s Mixed	15 minutes no time on FINALS: 13 minutes plus time on	5 / 10 / 5
Junior Football	10 minutes no time on	3 / 6 / 3
Under 11 Mixed	13 minutes no time on	5 / 10 / 5

NOTE: ALL YOUTH FINALS MATCHES WILL OPERATE UNDER 'MODIFIED' TIME ON PROCEDURES

GROUND MARSHALL JUNIORS



As a Ground Marshall your duties are to contribute to the quality management of game day, reflect the positive aspects of the Code of Conducts and to provide proactive service to participants. We thank you for all you do in contributing to our great game!

Desirable Characteristics

- Effective communication skills
- Organisational and time management skills
- Positive and enthusiastic
- Ability to deal with potential conflict in a calm and non-confrontational manner

Time Commitment

- 1-4 hours per week or as requested

Duties & Responsibilities

- Marsh Game Day Checklist - complete if 1st game of the day,
- Field Markings - coaches boxes and interchange marked out.
- First Aid - confirm provider, equipment and stretcher in place.
- Coaches Box - only Coach, Assistant Coach, Manager and interchange players in box, all wearing enclosed footwear.
- Scoreboard Attendant, Siren & Timekeeper - available, understand their role and in place. Footwear - every game day volunteer is in enclosed footwear.
- Umpires - introduce yourself to Umpires 15 minutes prior to game and be prepared to escort them to the oval.

Marsh Checklist



Incident Report



Accreditation



- Ground Marshall - wear ORANGE GM bib and ensure games start on time.
- Behaviour - monitor spectators and coaches boxes for breaches of Code of Conduct.
- Umpires - be visible to provide assistance as needed. Escort umpires to and from the oval for half time break and provide them with water.
- Red Cards - escort any red carded players from the vicinity for the remainder of the game.
- First Aid - assist if called upon by First Aid provider, coordinate emergency services if needed.
- Umpires - once 'all clear' given, escort the Umpires from the oval.
- Team sheets - ensure you sign both copies.
- Red Cards - escort any red carded players, along with Team Manager, to the umpire room no later than 10 minutes after completion of game.
- GM Incident Form - to be completed for any breaches of Code of Conduct, unreasonable behaviour or incidents that require follow up from AFLQ, forward to your Club/Competition Manager

GROUND MARSHALL

MATCHDAY CHECKLIST

Before the Game

- Marsh Game Day Checklist** - complete if 1st game of the day
- Field Markings** - coaches boxes and interchange marked out.
- First Aid** - confirm provider, equipment and stretcher in place.
- Coaches Box** - only Coach, Assistant Coach/s, Manager and interchange players in box, all wearing enclosed footwear.
- Scoreboard Attendant, Siren & Timekeeper** - available, understand their role and in place.
- Footwear** - every game day volunteer is in enclosed footwear.
- Umpires** - introduce yourself to Umpires 15 minutes prior to game and be prepared to escort them to the oval.
- Ground Marshall** - wear **ORANGE** GM bib and ensure games start on time.

During the Game

- Behaviour** - monitor spectators and coaches boxes for breaches of Code of Conduct.
- Umpires** - be visible to provide assistance as needed. Escort Umpires to and from the oval for half time break and provide them with water.
- Red Cards** - escort any red carded players from the vicinity for the remainder of the game.
- First Aid** - assist if called upon by First Aid provider, coordinate emergency services if needed.

After the Game

- Umpires** - once 'all clear' given, escort the Umpires from the oval.
- Team sheets** - ensure you sign both copies.
- Red Cards** - escort any red carded players, along with Team Manager, to the Umpire room no later than 10 minutes after completion of game.
- GM Incident Form** - to be completed for any breaches of Code of Conduct, unreasonable behaviour or incidents that require follow up from AFLQ, forward to your Club/Competition Manager.

GROUND MARSHALL SENIORS



QUEENSLAND

As a Ground Marshall your duties are to contribute to the quality management of game day, reflect the positive aspects of the Code of Conducts and to provide proactive service to participants. We thank you for all you do in contributing to our great game!

Desirable Characteristics

- Effective communication skills
- Organisational and time management skills
- Positive and enthusiastic
- Ability to deal with potential conflict in a calm and non-confrontational manner

Time Commitment

- 1 -4 hours per week or as requested

Duties & Responsibilities

- Introduce yourself to the umpires a minimum of 30 minutes prior to the start of the game.
- Ensure you have a nominated committee contact to report any issues before, during or after the game(s).
- Escort the umpires from their change rooms to the centre of the field prior to the start of each match.
- Escort the umpires from their assembly point on the field to their change rooms at half time.
- Escort the umpires from their change rooms to the centre of the field after the half time break.
- Escort the umpires from their assembly point on the field to their change rooms at the conclusion of the match.
- Stand with the umpires during the quarter and three-quarter time intervals and provide water as needed.
- Liaise with umpires during breaks so they can advise of any inappropriate behaviour noticed around the oval.
- Monitor the behaviour of those in the coaches boxes.
- Monitor and manage off-field behaviour, reporting any inappropriate behaviour to the nominated committee member for your club.
- Ensure alcohol is **not** consumed outside designated areas at clubs.
- Report any incidents, resolved or not, via online form (QR code provided).

Marsh Checklist



Incident Report



Accreditation



GROUND MARSHALL

MATCHDAY CHECKLIST

Before the Game

- Marsh Game Day Checklist** - complete if 1st game of the day
- Field Markings** - coaches boxes and interchange marked out.
- First Aid** - confirm provider, equipment and stretcher in place.
- Coaches Box** - only Coach, Assistant Coach/s, Manager and interchange players in box, all wearing enclosed footwear.
- Scoreboard Attendant, Siren & Timekeeper** - available, understand their role and in place.
- Footwear** - every game day volunteer is in enclosed footwear.
- Umpires** - introduce yourself to Umpires 15 minutes prior to game and be prepared to escort them to the oval.
- Ground Marshall** - wear **ORANGE** GM bib and ensure games start on time.

During the Game

- Behaviour** - monitor spectators and coaches boxes for breaches of Code of Conduct.
- Umpires** - be visible to provide assistance as needed. Escort Umpires to and from the oval for half time break and provide them with water.
- Red Cards** - escort any red carded players from the vicinity for the remainder of the game.
- First Aid** - assist if called upon by First Aid provider, coordinate emergency services if needed.

After the Game

- Umpires** - once 'all clear' given, escort the Umpires from the oval.
- Team sheets** - ensure you sign both copies.
- Red Cards** - escort any red carded players, along with Team Manager, to the Umpire room no later than 10 minutes after completion of game.
- GM Incident Form** - to be completed for any breaches of Code of Conduct, unreasonable behaviour or incidents that require follow up from AFLQ, forward to your Club/Competition Manager.

WEBSITE & SOCIAL MEDIA



WEBSITE

www.aflq.com.au



FACEBOOK

[AFL Queensland - https://www.facebook.com/AFLQUEENSLAND/](https://www.facebook.com/AFLQUEENSLAND/)

[SEQ Senior Footy - https://www.facebook.com/AFLQfooty/](https://www.facebook.com/AFLQfooty/)

[AFL SEQ Juniors - https://www.facebook.com/AFLSEQJuniors/](https://www.facebook.com/AFLSEQJuniors/)

[QAFL & QAFLW - https://www.facebook.com/officialqafllqafllw](https://www.facebook.com/officialqafllqafllw)

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[AFL Darling Downs - https://www.facebook.com/aflqdarlingdowns](https://www.facebook.com/aflqdarlingdowns)



INSTAGRAM

[AFLQ - @aflq - https://www.instagram.com/aflq/](https://www.instagram.com/aflq/)

[QAFL/QAFLW - @qafllqafllw - https://www.instagram.com/qafllqafllw/](https://www.instagram.com/qafllqafllw/)

[AFLQ Juniors - @aflqjuniors - https://www.instagram.com/aflqjuniors/](https://www.instagram.com/aflqjuniors/)

[AFL Mackay - @aflmackay - https://www.instagram.com/aflmackay/](https://www.instagram.com/aflmackay/)

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#AFLQFOOTY

CONCUSSION MANAGEMENT

CRT6™



Concussion Recognition Tool

To Help Identify Concussion in Children, Adolescents and Adults

What is the Concussion Recognition Tool?

A concussion is a brain injury. The Concussion Recognition Tool 6 (CRT6) is to be used by non-medically trained individuals for the identification and immediate management of suspected concussion. It is not designed to diagnose concussion.

Recognise and Remove

Red Flags: CALL AN AMBULANCE

If **ANY** of the following signs are observed or complaints are reported after an impact to the head or body the athlete should be immediately removed from play/game/activity and transported for urgent medical care by a healthcare professional (HCP):

- Neck pain or tenderness
- Seizure, 'fits', or convulsion
- Loss of vision or double vision
- Loss of consciousness
- Increased confusion or deteriorating conscious state (becoming less responsive, drowsy)
- Weakness or numbness/tingling in more than one arm or leg
- Repeated Vomiting
- Severe or increasing headache
- Increasingly restless, agitated or combative
- Visible deformity of the skull

Remember

- In all cases, the basic principles of first aid should be followed: assess danger at the scene, check airway, breathing, circulation; look for reduced awareness of surroundings or slowness or difficulty answering questions.
- Do not attempt to move the athlete (other than required for airway support) unless trained to do so.
- Do not remove helmet (if present) or other equipment.
- Assume a possible spinal cord injury in all cases of head injury.
- Athletes with known physical or developmental disabilities should have a lower threshold for removal from play.

If there are no Red Flags, identification of possible concussion should proceed as follows:

Concussion should be suspected after an impact to the head or body when the athlete seems different than usual. Such changes include the presence of **any one or more** of the following: visible clues of concussion, signs and symptoms (such as headache or unsteadiness), impaired brain function (e.g. confusion), or unusual behaviour.

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CRT6™

Developed by: The Concussion in Sport Group (CISG)

Supported by:



CONCUSSION MANAGEMENT

Concussion Recognition Tool 6 - CRT6™



CRT6

Concussion Recognition Tool

To Help Identify Concussion in Children, Adolescents and Adults



1: Visible Clues of Suspected Concussion

Visible clues that suggest concussion include:

- Loss of consciousness or responsiveness
- Lying motionless on the playing surface
- Falling unprotected to the playing surface
- Disorientation or confusion, staring or limited responsiveness, or an inability to respond appropriately to questions
- Dazed, blank, or vacant look
- Seizure, fits, or convulsions
- Slow to get up after a direct or indirect hit to the head
- Unsteady on feet / balance problems or falling over / poor coordination / wobbly
- Facial injury

2: Symptoms of Suspected Concussion

Physical Symptoms

Headache
"Pressure in head"
Balance problems
Nausea or vomiting
Drowsiness
Dizziness
Blurred vision
More sensitive to light
More sensitive to noise
Fatigue or low energy
"Don't feel right"
Neck Pain

Changes in Emotions

More emotional
More irritable
Sadness
Nervous or anxious

Changes in Thinking

Difficulty concentrating
Difficulty remembering
Feeling slowed down
Feeling like "in a fog"

Remember, symptoms may develop over minutes or hours following a head injury.

3: Awareness

(Modify each question appropriately for each sport and age of athlete)

Failure to answer any of these questions correctly may suggest a concussion:

"Where are we today?"

"What event were you doing?"

"Who scored last in this game?"

"What team did you play last week/game?"

"Did your team win the last game?"

Any athlete with a suspected concussion should be - IMMEDIATELY REMOVED FROM PRACTICE OR PLAY and should NOT RETURN TO ANY ACTIVITY WITH RISK OF HEAD CONTACT, FALL OR COLLISION, including SPORT ACTIVITY until ASSESSED MEDICALLY, even if the symptoms resolve.

Athletes with suspected concussion should **NOT**:

- Be left alone initially (at least for the first 3 hours). Worsening of symptoms should lead to immediate medical attention.
- Be sent home by themselves. They need to be with a responsible adult.
- Drink alcohol, use recreational drugs or drugs not prescribed by their HCP
- Drive a motor vehicle until cleared to do so by a healthcare professional

HEAD INJURY ASSESSMENT

MATCH DAY HEAD INJURY ASSESSMENT & REFERRAL FORM



SIDELINE FORM (to be completed by the examiner (first aider/trainer) on the day of the suspected concussion)

PLAYER NAME	CLUB
-------------	------

DETAILS OF INCIDENT

DATE

OCCURRED AT: MATCH TRAINING OTHER

BRIEF DESCRIPTION

1 IDENTIFICATION OF RED FLAGS (tick all those that apply)

- Loss of consciousness
- Seizure or convulsions
- Deterioration of conscious state
- Persistent or increasing vomiting
- Double vision
- Severe or increasing headache
- Increasing restlessness, agitation, or combative behaviour
- Neck pain
- Weakness or tingling/burning in the arms or legs

ACTION: If any one of the boxes above is ticked, an ambulance should be called for immediate transportation to hospital.

2 FEATURES OF A SUSPECTED CONCUSSION (tick all those that apply)

- Loss of responsiveness
- Motor incoordination (losing balance, staggering, etc)
- Confused/disorientation (not aware of plays or events)
- Impaired memory (unable to recall events before or after the injury)
- Looking/feeling dazed, blank or vacant
- Player reporting symptoms:
 - a. 'don't feel right'
 - b. more emotional than usual - sad, nervous or anxious
 - c. 'feel slowed down', confused or 'feel like in a fog'
 - d. Sensitivity to light or noise
- The player is not their normal self, or there is any other concern that they are not quite right
- Other (please list):

ACTION: for any suspected concussion, the player needs to see a doctor as soon as practical for assessment, including confirmation of the diagnosis. The player must not return to play or full contact training until they have been cleared by a doctor.

EXAMINER NAME	ROLE AT CLUB
EXAMINER SIGNATURE	DATE

HEAD INJURY ASSESSMENT

MATCH DAY HEAD INJURY ASSESSMENT & REFERRAL FORM



PLAYER FORM (to be completed on the day of the suspected concussion)

PLAYER NAME

CLUB

AGE

How many concussions have you had in the past?

When was the most recent concussion?

How long was the recovery (time to being cleared to play) for the most recent concussion?
(approximate number of weeks)

SCORE YOURSELF ON THE FOLLOWING SYMPTOMS, BASED ON HOW YOU FEEL RIGHT NOW.

	NONE	1	2	3	4	5	SEVERE
	0	1	2	3	4	5	6
Headache	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
"Pressure in head"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Neck Pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nausea or vomiting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dizziness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blurred vision	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Balance problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sensitivity to light	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sensitivity to noise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling slowed down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling like "in a fog"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
"Don't feel right"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulty remembering	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fatigue or low energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Confusion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drowsiness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble falling asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
More emotional	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Irritability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sadness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nervous or Anxious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PLAYER SIGNATURE

DATE

(Please take a copy of both the sideline and player form with you to your visit to the doctor)

SAFE & INCLUSIVE USE OF ROOMS

PLAYER SAFETY IS EVERYONE'S RESPONSIBILITY



**SCHEDULE EQUAL ACCESS
TO CHANGEROOMS, OVALS
& FACILITIES FOR ALL
PLAYERS**



**PROVIDE HYGIENIC ROOMS
WITH SANITARY BINS &
TOILET PAPER**



**ON GAME DAY, ALLOW
SEPARATE, DEDICATED
TIMES IN CHANGEROOMS
FOR MALE & FEMALE
PLAYERS**



**PLEASE CHANGE
RESPECTFULLY & REMAIN
CLOTHED WHEN MALES &
FEMALES ARE IN
SHARED SPACES**



**USE BOTH HOME & AWAY
CHANGEROOMS DURING
TRAINING SESSIONS TO
ALLOW FOR EXCLUSIVE
FEMALE ACCESS**



**BE AWARE & RESPECTFUL
OF THOSE AROUND YOU AT
ALL TIMES**



Scan to learn more or provide feedback.

Resource to be read in conjunction with your State/Territory Child Safeguarding Policy.



SAFE & INCLUSIVE USE OF UMPIRE ROOMS

UMPIRE SAFETY IS EVERYONE'S RESPONSIBILITY



**PROVIDE EQUAL ACCESS
FOR ALL UMPIRES TO
FACILITIES & EQUIPMENT**



**PROVIDE HYGIENIC ROOMS
WITH SANITARY BINS &
TOILET PAPER**



**ON GAME DAY, ALLOW
SEPARATE, DEDICATED
TIMES IN CHANGEROOMS
FOR MALE & FEMALE
UMPIRES**



**PLEASE CHANGE
RESPECTFULLY & MODESTLY
IN ALLOCATED SPACES &
REMAIN CLOTHED IN SHARED
SPACES**



**ON GAME DAY, ENSURE A
DEDICATED SPACE IS
AVAILABLE FOR UMPIRES TO
MEET PRIOR TO & DURING
THE GAME**



**BE AWARE & RESPECTFUL
OF THOSE AROUND YOU
AT ALL TIMES**



Scan to learn more or provide feedback.

Resource to be read in conjunction with your State or Territory Child Safeguarding Policy.

RESULT OF MATCH

Grade _____ Date _____

	CLUB		CLUB
	GOALS	BEHINDS	
1st Qtr	/	/	/
2nd Qtr	/	/	/
3rd Qtr	/	/	/
4th Qtr	/	/	/
TOTAL			

GOAL UMPIRE SIGNATURE _____

To be completed and signed by each goal umpire. Place with match paperwork in envelope.

GOAL UMPIRE SIGNATURE _____

To be completed and signed by each goal umpire. Place with match paperwork in envelope.

RESULT OF MATCH

Grade _____ Date _____

	CLUB		CLUB
	GOALS	BEHINDS	
1st Qtr	/	/	/
2nd Qtr	/	/	/
3rd Qtr	/	/	/
4th Qtr	/	/	/
TOTAL			

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RESULT OF MATCH

Grade _____ Date _____

	CLUB		CLUB
	GOALS	BEHINDS	
1st Qtr	/	/	/
2nd Qtr	/	/	/
3rd Qtr	/	/	/
4th Qtr	/	/	/
TOTAL			

GOAL UMPIRE SIGNATURE _____

GOAL UMPIRE SIGNATURE _____

RESULT OF MATCH

Grade _____ Date _____

	CLUB		CLUB
	GOALS	BEHINDS	
1st Qtr	/	/	/
2nd Qtr	/	/	/
3rd Qtr	/	/	/
4th Qtr	/	/	/
TOTAL			

GOAL UMPIRE SIGNATURE _____

To be completed and signed by each goal umpire. Place with match paperwork in envelope.

GOAL UMPIRE SIGNATURE _____

To be completed and signed by each goal umpire. Place with match paperwork in envelope.



VOTING CARD



DATE _____ GRADE _____
 MATCH _____ V _____
 3 VOTES _____ CLUB _____
 2 VOTES _____ CLUB _____
 1 VOTE _____ CLUB _____

 UMPIRE 1 UMPIRE 2 UMPIRE 3

To be completed and signed by each umpire. Place with match day paperwork in envelope.



VOTING CARD



DATE _____ GRADE _____
 MATCH _____ V _____
 3 VOTES _____ CLUB _____
 2 VOTES _____ CLUB _____
 1 VOTE _____ CLUB _____

 UMPIRE 1 UMPIRE 2 UMPIRE 3

To be completed and signed by each umpire. Place with match day paperwork in envelope.



VOTING CARD



DATE _____ GRADE _____
 MATCH _____ V _____
 3 VOTES _____ CLUB _____
 2 VOTES _____ CLUB _____
 1 VOTE _____ CLUB _____

 UMPIRE 1 UMPIRE 2 UMPIRE 3

To be completed and signed by each umpire. Place with match day paperwork in envelope.



VOTING CARD

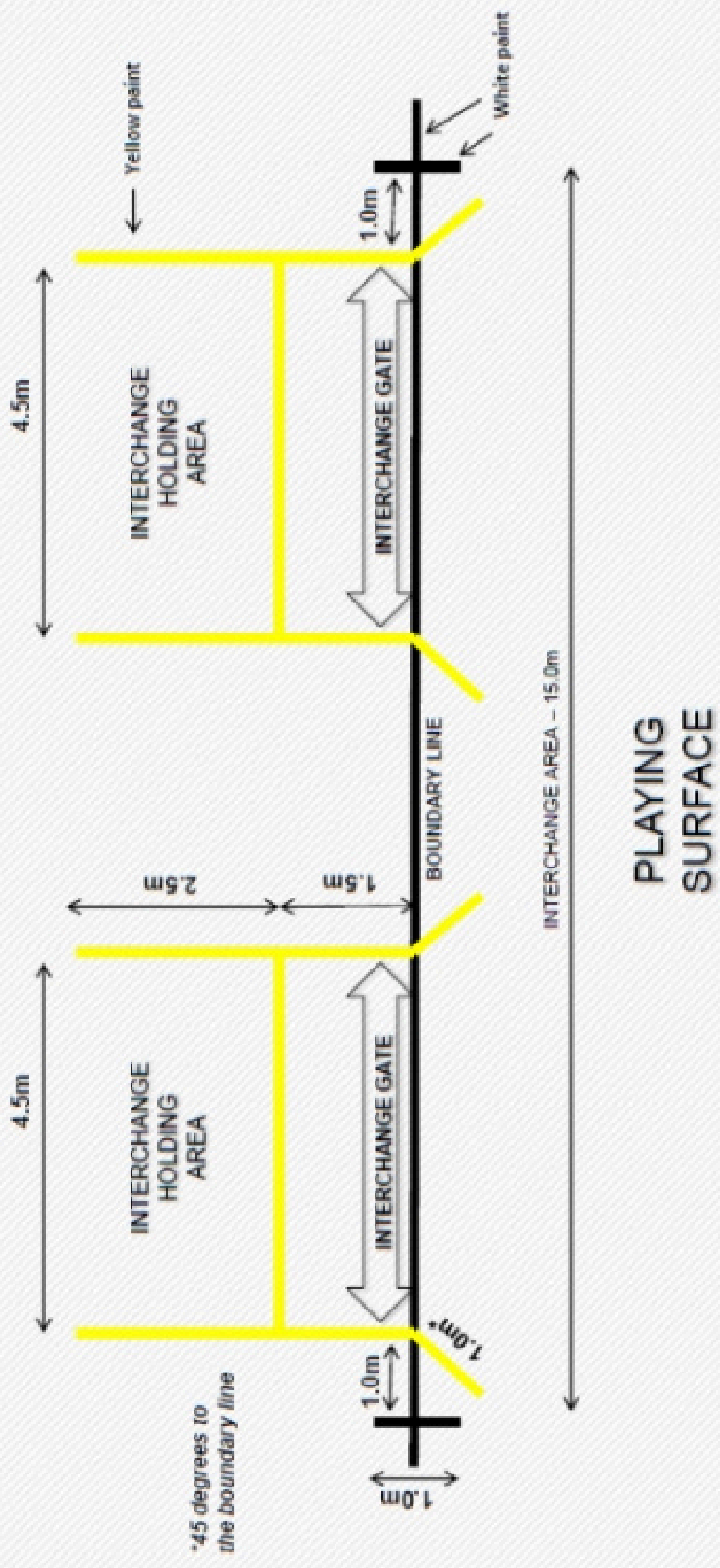


DATE _____ GRADE _____
 MATCH _____ V _____
 3 VOTES _____ CLUB _____
 2 VOTES _____ CLUB _____
 1 VOTE _____ CLUB _____

 UMPIRE 1 UMPIRE 2 UMPIRE 3

To be completed and signed by each umpire. Place with match day paperwork in envelope.


Interchange Gates




2026 SEQJ YOUTH RULES MATRIX

 MIXED UNDER 13 COMPETITION (12.5)	GROUND SIZE 120m x 80m - 110m	SCORING & RESULTS 16 Max on ground 18 Max on team sheet	 SIZE 4 LEATHER	 <ul style="list-style-type: none"> • Touching • Bumping • Kicking • Striking • Kicking off • Last disposal rule 	BOUNCING THE BALL Unlimited	 KICKING OFF GROUND	OUT OF BOUNDS Between the 50m area 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.	WARNING 15 metres, direct catch	DISTANCE & OTHER PENALTIES 50m penalty can be applied at umpire's discretion. Players can be ordered off at the umpire's discretion	FIELD UMPIRES: Association (1)	BOUNDARY UMPIRES: Coaches Stabline (1) each
										FIELD UMPIRES: Association (2)	BOUNDARY UMPIRES: Coaches Stabline (1) each

 BOYS UNDER 15 COMPETITION (15.5)	GROUND SIZE 125m x 100m - 155m	SCORING & RESULTS 18 Max on ground 22 Max on team sheet	 SIZE 5 LEATHER	 <ul style="list-style-type: none"> • Touching • Bumping • Kicking • Striking • Kicking off • Last disposal rule 	BOUNCING THE BALL Unlimited	 KICKING OFF GROUND	OUT OF BOUNDS Between the 50m area 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.	WARNING 15 metres, direct catch	DISTANCE & OTHER PENALTIES 50m penalty can be applied at umpire's discretion. Players can be ordered off at the umpire's discretion	FIELD UMPIRES: Association (2)	BOUNDARY UMPIRES: Coaches Stabline (1) each
										FIELD UMPIRES: Association (2)	BOUNDARY UMPIRES: Coaches Stabline (1) each

 BOYS UNDER 17 COMPETITION (17.5)	GROUND SIZE 125m x 100m - 155m	SCORING & RESULTS 18 Max on ground 22 Max on team sheet	 SIZE 5 LEATHER	 <ul style="list-style-type: none"> • Touching • Bumping • Kicking • Striking • Kicking off • Last disposal rule 	BOUNCING THE BALL Unlimited	 KICKING OFF GROUND	OUT OF BOUNDS Between the 50m area 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.	WARNING 15 metres, direct catch	DISTANCE & OTHER PENALTIES 50m penalty can be applied at umpire's discretion. Players can be ordered off at the umpire's discretion	FIELD UMPIRES: Association (2)	BOUNDARY UMPIRES: Coaches Stabline (1) each
										FIELD UMPIRES: Association (2)	BOUNDARY UMPIRES: Coaches Stabline (1) each

 GIRLS UNDER 13 COMPETITION (12.5)	GROUND SIZE 120m x 80m - 110m	SCORING & RESULTS 14 Max on ground 16 Max on team sheet	 SIZE 3 LEATHER	 <ul style="list-style-type: none"> • Touching • Bumping • Kicking • Striking • Kicking off • Last disposal rule 	BOUNCING THE BALL Unlimited	 KICKING OFF GROUND	OUT OF BOUNDS Between the 50m area 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.	WARNING 15 metres, direct catch	DISTANCE & OTHER PENALTIES 50m penalty can be applied at umpire's discretion. Players can be ordered off at the umpire's discretion	FIELD UMPIRES: Association (1)	BOUNDARY UMPIRES: Coaches Stabline (1) each
										FIELD UMPIRES: Association (2)	BOUNDARY UMPIRES: Coaches Stabline (1) each

 GIRLS UNDER 15 & 17 COMPETITION (15.5 & 17.5)	GROUND SIZE 125m x 100m - 155m	SCORING & RESULTS 16 Max on ground 18 Max on team sheet	 SIZE 4 LEATHER	 <ul style="list-style-type: none"> • Touching • Bumping • Kicking • Striking • Kicking off • Last disposal rule 	BOUNCING THE BALL Unlimited	 KICKING OFF GROUND	OUT OF BOUNDS Between the 50m area 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.	WARNING 15 metres, direct catch	DISTANCE & OTHER PENALTIES 50m penalty can be applied at umpire's discretion. Players can be ordered off at the umpire's discretion	FIELD UMPIRES: Association (2)	BOUNDARY UMPIRES: Coaches Stabline (1) each
										FIELD UMPIRES: Association (2)	BOUNDARY UMPIRES: Coaches Stabline (1) each

MIXED & GIRLS
UNDER 8
INTRODUCTORY



GROUND SIZE
80m x 60m

⊕ ZONES
9-A-SIDE

SCORING
No scores, leaders or finals

RESULTS
No recording of best players or goal kickers. No individual player awards.



⊕ LAST DISPOSAL RULE

BOUNCING THE BALL
Not permitted

KICKING OFF GROUND
Not permitted unless accidental

OUT OF BOUNDS

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

Any distance, reasonable attempt

PENALTIES

No distance penalty applies
Players can be ordered off at the umpire's discretion

FIELD UMPIRES
Club/Coach (1) ⊕ BOUNDARY UMPIRES
GOAL UMPIRES
Club (2) COACHES
On field

GIRLS
UNDER 9
DEVELOPMENT



GROUND SIZE
80m x 60m

⊕ ZONES
9-A-SIDE

SCORING
No scores, leaders or finals

RESULTS
No recording of best players or goal kickers. No individual player awards.



⊕ LAST DISPOSAL RULE

BOUNCING THE BALL
1 max

KICKING OFF GROUND
Not permitted unless accidental

OUT OF BOUNDS

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

Any distance, shows control

PENALTIES

10m penalty can be applied at umpire's discretion
Players can be ordered off at umpire's discretion

FIELD UMPIRES
Club (1) ⊕ BOUNDARY UMPIRES
GOAL UMPIRES
Club (2) COACHES
On field

MIXED
UNDER 9 & 10
DEVELOPMENT



GROUND SIZE
100m x 80m

⊕ ZONES
Under 9
Under 10*
*starting positions only
next to starting zone
after score

SCORING
No scores, leaders or finals

RESULTS
No recording of best players or goal kickers. No individual player awards.



⊕ LAST DISPOSAL RULE

MODIFIED TACKLING

BOUNCING THE BALL
1 max

KICKING OFF GROUND
Not permitted unless accidental

OUT OF BOUNDS

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

Any distance, shows control

PENALTIES

10m penalty can be applied at umpire's discretion
Players can be ordered off at umpire's discretion

FIELD UMPIRES
Club (1) ⊕ BOUNDARY UMPIRES
GOAL UMPIRES
Club (2) COACHES
On field

GIRLS
UNDER 11
DEVELOPMENT



GROUND SIZE
100m x 80m

⊕ ZONES
12-A-SIDE

SCORING
Scoring permitted
No leaders or finals permitted

RESULTS
No recording of best players or goal kickers. No individual player awards.



⊕ NO DELIBERATE OUT OF BOUNDS

⊕ NO DELIBERATE RUSHED BEHINDS

BOUNCING THE BALL
1 max

KICKING OFF GROUND
Not permitted unless accidental

OUT OF BOUNDS

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

10m, direct catch

PENALTIES

10m penalty can be applied at umpire's discretion
Players can be ordered off at umpire's discretion

FIELD UMPIRES
Club (1) ⊕ BOUNDARY UMPIRES
GOAL UMPIRES
Club (2) COACHES
Sideline

MIXED
UNDER 11
COMPETITION



GROUND SIZE
130m x 90m

⊕ ZONES
14-A-SIDE

SCORING
Scoring permitted
No leaders or finals permitted

RESULTS
No recording of best players or goal kickers. No individual player awards.



⊕ NO DELIBERATE OUT OF BOUNDS

⊕ NO DELIBERATE RUSHED BEHINDS

BOUNCING THE BALL
2 max

KICKING OFF GROUND
Not permitted unless accidental

OUT OF BOUNDS

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

10m, direct catch

PENALTIES

25m penalty applied at the umpire's discretion
Players can be ordered off at umpire's discretion

FIELD UMPIRES
Association (1) ⊕ BOUNDARY UMPIRES
GOAL UMPIRES
Club (2) COACHES
Sideline