

BJFL UNDER 10 RULES

1. The playing field is divided into three zones, the sizes of which shall be determined by the BJFL.
2. Mouth guards and helmets are **HIGHLY RECOMMENDED**.
3. Both Clubs are to supply a central umpire (boundaries not required), timekeeper and goal umpire.
4. A synthetic football to be used (size 3).
5. Teams for BJFL under 10's are to be made up of 16 players (including 4 interchange), maximum 4 players in each zone. All players must play at least three- quarters (unless a player is injured).
6. Players must be rotated into another zone on the ground at each quarter to allow them to play in a range of positions.
7. Playing time for Under 10's is a **maximum of 4 x 10 minute quarters**. (3 min breaks).
8. Play commences (and resumes after a goal) with a ball up between any 2 centre players of equal size.
9. At ball ups, the competing players are not to grab the ball, nor to take possession until it is touched by another player (this is called the "full possession rule").
10. For the ball to be moved from the back zone to the forward zone, a player must touch it in the centre zone.
11. Where a scrimmage occurs, the umpire is to stop play, send players back to their positions and throw the ball up.
12. A ball kicked out of bounds results in a free kick to the opposition (This is an opportunity to give a possession to a player who has not had many possessions). If in doubt about who kicked it, or if it goes out off hands or body, a ball up occurs 5 meters in from the boundary line.
13. **Tackling** A limited form of tackling is allowed. A player who is in possession of the ball may be retarded by holding the body or by their jumper but **“a player may not deliberately throw or take their opponent to the ground”** however, if in the tackling motion, both players fall to the ground, and providing the tackler does not fall in the back of the player in possession, then the tackler should not be penalised. Once tackled the player must dispose of the ball within 3 steps or 3 seconds or a free kick will be awarded. **Players' safety is paramount.**
14. **Restrained** bumping is allowed from the side only. **Players' safety is paramount.**

15. There is no barging (fending off or chopping opponents) allowed. A free kick results.
16. No stealing or smothering is allowed.
17. Players are not to push an opponent who is not in possession of the ball.
18. Any reasonable attempt to catch the ball directly from a kick, irrespective of distance travelled, is rewarded as a mark. Playing on is allowed.
19. Players are permitted to bounce the ball **only once** and then must dispose of the ball. If a player is tackled after bouncing the ball, they will be penalised for holding the ball.
20. Whilst a player in possession of the ball is moving, the player must bounce the ball within 10 meters, irrespective of whether the player is running in a straight line or otherwise. The player must then dispose of the ball within another 10 meters. **(i.e. may not bounce the ball a second time, nor play the ball to themselves. e.g. handball in front and regain possession)**
21. Players are not permitted to deliberately kick the ball off the ground.
22. Players may be ordered off the ground at the umpire's discretion. Bad language, poor sportsmanship and disputing umpiring decisions **is unacceptable** and should be actively discouraged.
23. The umpire should ensure that players stay within their zones to avoid congestion and to teach players to play a set position. Players who participate in play outside their zone will be penalised.
24. A coach or runner is allowed on the ground to teach and ensure players are aware of positional play. **Only one representative** of each team can be on the oval at any one time.
25. No premiership points, no finals, no match results but best contributors (maximum of 4) may be listed in the newspaper.
26. Other rules and laws apply as per AFL Laws of football and Victoria Country Rules.
27. Equal numbers of players on the ground at the start of the match (teams may lend players for the day if required).
28. No Jewellery or Piercings allowed.