



A Junior X field is rectangular in shape, approximately 50m in width and 90-100m in length which is divided into 3 zones- forward (40m), midfield (20m) and defensive (40m) zones.

- Each junior X team is able to have 10 registered members, with 9 taking the field at any one time.
- Players initially take the field in a 3 – 3 - 3 formation however are then free to move about the field as they wish.
- On-field umpire may ask players to return to their zone at a stoppage to avoid congestion.

Games are played in thirds and a point is awarded to the team who scores the most points within that third. Scores are reset at the commencement of each third.

- E.g. In the first third, Rampage score 22 points and Flyers score 16 points. Rampage receive 1 point for winning that period.

Start/Restart of Play

To commence the game, the umpire will ball up from the centre of play with two nominated ruck whilst other players return to a 3-3-3 formation.

- Players are permitted 2 steps each however must not make contact in the contest.
- On-field umpire may select participating players.
- Nominated ruck may not take position of the ball in the initial contact.

After a goal is scored, players must return to their 3 – 3 – 3 formation.

- A full back from the team conceding the goal takes possession from the centre of the defensive-midfield line, noting that possession is within their defensive zone (not midfield) for out of bound rulings.

Scoring

Only forwards wearing designated identifier can score points.

- A goal (6 points) is awarded when the ball is kicked between the major goal posts untouched.
- If the ball is touched by any player or connects with a post a point (1) will be awarded.
- The on-field umpire will signal a goal by raising two hands above his/her head, and a point by raising one hand.

'Game Changer' are nominated to the umpire prior to the start of each third.

- The 'Game Changer' will wear a bib for a whole third. Must be a different player each third.
- 'Super Goals' (10 points) can be scored by a game changer when a goal is kicked.
- A Super Goal is signalled by the on-field umpire by crossing both arms in the air above his/her head.

HINT: Teams should nominate a midfield player to get the most out of this super power!



Rules (continued)

Out of Bounds

- When the ball goes out of bounds a free kick is awarded against the team to last touch the ball
- A player cannot kick for goal from an 'out of bounds'
- Umpire to ball up if last touch cannot be determined
- A ball must not be kicked from the defensive zone into the forward zone. The ball is deemed out of bounds from where it crossed into the forward zone and possession is awarded to the opposition

Tackling

- Modified tackling – Players can hold/bear hug an opponent in possession of the ball with their hands between shoulder and knees only
- Players cannot push in the back or throw another player to the ground
- A sling tackle will result in a free kick to the tackled player

Mark

- A free kick is awarded to any player who fairly catches a kick by another player (known as a mark)
- The ball is not required to travel a minimum distance

Kicking off the ground

- Players are not permitted to deliberately kick the ball off the ground
- If a player deliberately kicks the ball off the ground, a free kick will be awarded to the other team

Bouncing the ball

- A player in possession of the ball is permitted to travel 10m before they must bounce the ball.
- Players are allowed to travel a further 10m after their bounce then must dispose of the ball.

Umpire Discretion – Spirit of the Game

- Players may be ordered from the field for rough play or abusive language
 - Time period will be at the umpires discretion
- If the umpire deems that a reportable offence has been committed, the offending player will be sent off and a set penalty will be provided
- In extreme cases involving intimidating/threatening behaviour the umpire may, at their discretion, call off the game
- The umpire has the right to award a 25m penalty, send off, or supply an official warning to a player that displays un-sportsman like behaviour such as taunting the opposition or rough play

Mercy Rule

- A mercy rule is enforced when a team wins the first two thirds.
- As determined by the on-field umpire, teams may be requested to 'even up'.
- Evening up must be done in a way that maximises participation i.e. adds players to the field, rather than taking players off the field.
- When the mercy rule has been applied, restarts after a goal from the losing team occur in the middle of the centre zone rather than the middle of the defensive zone.