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| 1 | Field Size | 100m x 50m |
| 2 | The Team | 9 a side, 3 Positions (or zones) – Backs, Centres & Forwards |
| 3 | Time | 2 x 20 minute halves, 2 minute half time |
| 4 | Zones | * 3 zones, player must begin play and all ball ups in their zones.
* Players can move freely within zones.
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| 5 | Contact | No contact is permitted.If contact is made during a marking contest the player initiating the contact will be penalised.If both players make contact simultaneously the umpire will call a ball up. |
| 6 | Dispossessing a player | To disposes an opponent you must touch them -* If a player has had prior opportunity to dispose of the ball it will result in a free kick.
* If a player has not had prior opportunity to dispose of the ball they will have 2 steps or 2 seconds to dispose of the ball.
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| 7 | Ball Ups | * Ball up occurs between 2 centre players.
* Remaining 2 players must start on defensive side of their ruck
* Players should be approx. equal size.
* Ball up is a ‘tip off’. No run up is permitted.
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| 8 | Scoring | * Only forwards can score.
* 9 points awarded for female forward goals.
* Player can score from a free kick.
* Players cannot score from turnovers.
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| 9 | Mark  | A mark will be awarded from a kick of any distance (ie less than 15m) |
| 10 | Bouncing the ball  | * One bounce only then dispose of ball.
* Player can not run more than 15 metres without bouncing.
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| 11 | Turnover | A turn over will result if the ball hits the ground. It will be awarded off the last person who plays at the football (ie accidental contact will not result in a turnover). |
| 13 | Transition | The ball must pass through all 3 zones when moving forward (ie cannot be kicked from back zone to forward zone). |
| 14 | Out of Bounds | A free kick is awarded against the player who last kicked the ball.If in doubt as to which team kicked the ball. Ball up 5m in. Off hands or body, ball up 5m in. Full possession rule. |
| 15 | 15 metre penalty | As per AFL’s 50m penalty. |
| 16 | Order Off | To be applied – Penalty time at umpires discretion. |