

2026 JUNIOR RULES SUMMARY - NON-COMPETITIVE AGE GROUPS

RULES	UNDER 8 MIXED	UNDER 8 GIRLS	UNDER 9 MIXED	UNDER 10 MIXED	UNDER 10 GIRLS
PHASE	Introductory	Introductory	Introductory	Introductory	Introductory
GAME TIME	9am/10am/11am	9am/10am	8:45am	8:45am	10:00am
GROUND SIZE	75m x 50m	75m x 50m	90m x 70m	Full Ground (Where Appropriate)	90m x 70m
AGE QUALIFICATION	01/01/2018 - 30/04/2019	01/01/2018 - 30/04/2019	01/01/2017 - 31/12/2017	01/01/2016 - 31/12/2016	01/01/2016 - 31/12/2017
MAX. PLAYER LISTS	-	-	-	24	18
PLAYERS ON GROUND	Min: 7 Max: 9	Min: 6 Max: 9	Min:7 Max:9	Min: 14 Max:18	12
PLAYERS ON BENCH	Unlimited	Unlimited	Unlimited	6	6
OFFICIALS ON BENCH	5	5	5	5	5
EVENING UP RULE	✓	✓	✓	✓	✓
BALL	Size 2 (Synthetic)	Size 2 (Synthetic)	Size 2 (Synthetic)	Size 2 (Synthetic)	Size 2 (Synthetic)
QUARTER DURATION	10	10	12	12	12
BREAK DURATION	3/5/3	3/5/3	3/5/3	5/5/5	5/5/5
SCORING/RESULTS/ LADDERS	No Scores	No Scores	No Scores	✓ (Not published)	✓ (Not published)
FINALS	✗	✗	✗	✗	✗
UMPIRES	Field: 1 (EFNL)	Field: 1 (EFNL)	Field: 1 (EFNL)	Field: 1 (EFNL)	Field: 1 (EFNL)
TACKLING/ BUMPING	✗	✗	✗	Stand-up tackle	✗
BARGING/ STEALING	✗	✗	✗	✓	✗
YELLOW CARD	15 Mins – Can be replaced	15 Mins – Can be replaced	15 Mins – Can be replaced	15 Mins – Can be replaced	15 Mins – Can be replaced
RED CARD	Remainder – can be replaced	Remainder – can be replaced	Remainder – can be replaced	Remainder – can be replaced	Remainder – can be replaced
SHEPHERDING	✗	✗	✗	✓	✗
BOUNCING	✗	✗	✗	1 max	1 max
KICKING OFF THE GROUND	✗	✗	✗	✗	✗
MARKING	Any distance	Any distance	Any distance	No less than 5m	Any distance
PLAYING ON	✗	✗	✗	✓	✗
ADVANTAGE	✗	✗	✗	✓	✗
BALL-UPS	2 opponents' Same height/ Must tap	2 opponents' Same height/ Must tap	2 opponents' Same height/ Must tap	✓	2 opponents' Same height/ Must tap
THROW INS	Last possession	Last possession	Last possession	Last possession	Last possession
BEHIND SCORED	Kick-in	Kick-in	Kick-in	Kick-in	Kick-in
PENALTY DISTANCE (M)	25	25	25	25	25
RUNNERS (ON GROUND)	✓	✓	✓	✓	✓
ZONES	✗	✓	✗	✗	✗

2026 JUNIOR RULES SUMMARY - COMPETITIVE MIXED/BOYS

RULES	UNDER 11	UNDER 12	UNDER 13	UNDER 14	UNDER 15	UNDER 16	UNDER 17.5
PHASE	Competition	Competition	Competition	Competition	Competition	Competition	Competition
GAME TIME	10:00am	11:30am	11:30am	1:20pm	1:20pm	3:10pm	3:10pm
GROUND SIZE	Full	Full	Full	Full	Full	Full	Full
AGE QUALIFICATION	01/01/2015 - 31/12/2015	01/01/2014 - 31/12/2014	01/01/2013 - 31/12/2013	01/01/2012 - 31/12/2012	01/01/2011 - 31/12/2011	01/01/2010 - 31/12/2010	1/07/2008 - 31/12/2009
MAX. PLAYER LISTS	24	24	24	24	24	26	28
PLAYERS ON GROUND	Min: 14 Max:18	Min: 14 Max:18	Min: 14 Max:18	Min: 14 Max:18	Min: 14 Max:18	Min: 14 Max:18	Min: 14 Max:18
PLAYERS ON BENCH	6	6	6	6	6	6	6
OFFICIALS ON BENCH	5	5	5	5	5	5	5
EVENING UP RULE	✓	✓	✓	✓	✓	✓	✓
BALL	Size 3 (Synthetic)	Size 3 (Synthetic)	Size 4 (Synthetic)	Size 4 (Leather)	Size 5 (Leather)	Size 5 (leather)	Size 5 (leather)
QUARTER DURATION	15	15	20	20	20	20	20
BREAK DURATION	5/10/5	5/10/5	5/10/5	5/10/5	5/10/5	5/10/5	5/10/5
SCORING/RESULTS/ LADDERS	✓	✓	✓	✓	✓	✓	✓
FINALS	3 Weeks	3 Weeks	3 Weeks	3 Weeks	3 Weeks	3 Weeks	3 Weeks
UMPIRES	Field: 2 (EFNL)	Field: 2 (EFNL)	Field: 2 (EFNL)	Field: 2 (EFNL)	Field: 2 (EFNL)	Field: 2 (EFNL)	Field: 2 (EFNL)
TACKLING/ BUMPING	✓	✓	✓	✓	✓	✓	✓
BARGING/ STEALING	✓	✓	✓	✓	✓	✓	✓
YELLOW CARD	15 Mins – Can be replaced	15 Mins – Can be replaced	15 Mins – Can be replaced	15 Mins – Can be replaced	15 Mins – Can be replaced	15 Mins – Can be replaced	15 Mins – Can be replaced
RED CARD	Remainder – can be replaced	Remainder – can be replaced	Remainder – can be replaced	Remainder – can be replaced	Remainder – can be replaced	Remainder – can be replaced	Remainder – can be replaced
SHEPHERDING	✓	✓	✓	✓	✓	✓	✓
BOUNCING	✓	✓	✓	✓	✓	✓	✓
KICKING OFF THE GROUND	✓	✓	✓	✓	✓	✓	✓
MARKING	✓	✓	✓	✓	✓	✓	✓
PLAYING ON	✓	✓	✓	✓	✓	✓	✓
ADVANTAGE	✓	✓	✓	✓	✓	✓	✓
BALL-UPS	✓	✓	✓	✓	✓	✓	✓
THROW INS	Last possession	Last possession	Last possession	Last possession	Last possession	Last possession	Last possession
BEHIND SCORED	Kick-in	Kick-in	Kick-in	Kick-in	Kick-in	Kick-in	Kick-in
PENALTY DISTANCE (M)	25	25	25	25	25	25	25
RUNNERS (ON GROUND)	✓	✓	✓	✓	✓	✓	✓

2026 JUNIOR RULES SUMMARY - COMPETITIVE GIRLS

RULES	UNDER 12	UNDER 14	UNDER 16	UNDER 18
PHASE	Development	Competition	Competition	Competition
GAME TIME	10:00am	11:30am	1:20pm	3:10pm
GROUND SIZE	Max: 120m x 80m	Full	Full	Full
AGE QUALIFICATION	01/01/2014 - 31/12/2015	01/01/2012 - 31/12/2013	01/01/2010 - 31/12/2011	01/01/2008 - 31/12/2009
MAX. PLAYER LISTS	24	24	24	28
PLAYERS ON GROUND	Min:12 Max:16	Min:12 Max:16	Min:12 Max:16	Min:12 Max:16
PLAYERS ON BENCH	8	8	8	8
OFFICIALS ON BENCH	4	4	4	4
EVENING UP RULE	✓	✓	✓	✓
BALL	Size 3 (Synthetic)	Size 4 (Synthetic)	Size 4 (Leather)	Size 4 (Leather)
QUARTER DURATION	15	15	17	17
BREAK DURATION	5/10/5	5/10/5	5/10/5	5/10/5
SCORING/RESULTS/ LADDERS	✓	✓	✓	✓
FINALS	3 Weeks	3 Weeks	3 Weeks	3 Weeks
UMPIRES	Field: 1 (EFNL)	Field: 2 (EFNL)	Field: 2 (EFNL)	Field: 2 (EFNL)
TACKLING/ BUMPING	✓	✓	✓	✓
BARGING/ STEALING	✓	✓	✓	✓
YELLOW CARD	15 Mins – Can be replaced	15 Mins – Can be replaced	15 Mins – Can be replaced	15 Mins – Can be replaced
RED CARD	Remainder – can be replaced	Remainder – can be replaced	Remainder – can be replaced	Remainder – can be replaced
SHEPHERDING	✓	✓	✓	✓
BOUNCING	✓	✓	✓	✓
KICKING OFF THE GROUND	✓	✓	✓	✓
MARKING	✓	✓	✓	✓
PLAYING ON	✓	✓	✓	✓
ADVANTAGE	✓	✓	✓	✓
BALL-UPS	✓	✓	✓	✓
THROW INS	Last possession	Last possession	Last possession	Last possession
BEHIND SCORED	Kick-in	Kick-in	Kick-in	Kick-in
PENALTY DISTANCE (M)	25	25	25	25
RUNNERS (ON GROUND)	✓	✓	✓	✓