

It's
about
the
kids



www.smjfl.com.au



**SOUTH
METRO
JUNIOR**
FOOTBALL LEAGUE

MAJOR SPONSOR



MONASH
University

Football For Fun Rules Breakdown

Modified Rules

- U8 Mixed
- U10 Mixed
- U12 Girls

- Non Modified Rules
- U12 Mixed
- U14 Mixed
- U15 Girls
- U16 Boys
- U17.5 Boys
- U18 Girls

The essence of the SMJFL 10s Rules have been adopted through the formalized current [AFL 9s competition rules](#). AFL 9s is a competition that has no tackling, minimal contact (tagging only) and a safe, fast and fun way to play football, which ultimately suits the standards community sport is limited to under COVID-19.

The link above has lots of handy videos to use as a base for our program, the rest of the powerpoint explains our modifications in the Football for Fun SMJFL 10s.

The variations in the SMJFL 10's Matrix have been embedded to suit the progression stages of the players depending on their age group.

[SMJFL 10's Rule Variation Matrix](#)

No boots. Runners only.

Club jumpers not required. Same coloured shirts for each player in the team will suffice. When fixtures are released, we will provide clubs with details as to whether their team will be a light or dark colour shirt.

No bibs required; anyone can score.

AFL 9s Rules vs SMJFL 10s Rules



	AFL 9s	SMJFL 10s
Start and restart of play	<p>At the start of the game, half and after a goal, a ball up will be conducted in the middle of the ground.</p> <p>3 players in each third of the ground at a centre ball up</p> <p>After a behind, the ball must be kicked or handballed into play from between the goals by the defender. Player can stand the mark approx 15m from the goal line</p>	<p>At the start of the game, half and after a goal, a ball up will be conducted in the middle of the ground.</p> <p><u>3 players in the forward and defending third, 4 players in the middle third of the ground at a centre ball up</u></p> <p>After a behind, the ball must be kicked or handballed into play from between the goals by the defender. Player can stand the mark approx 15m from the goal line</p>
Out of bounds	<p>When the ball goes out of bounds (ball completely over the line) by hand or foot, the nearest opponent shall kick the ball back into play.</p> <p>If there is any doubt as to which team last touched the ball before it went out of bounds, the umpire shall call a ball-up 5 metres in from the boundary line.</p>	<p>Mod Rules age groups – Last Touch Rule applies (as per AFL 9's) in both cases whether it crossed the line on the full or rolled over the line</p> <p>Non-Mod Rules age groups – Turnover regardless of if it crossed the line on the full or rolled over the line</p>

AFL 9s Rules vs SMJFL 10s Rules



	AFL 9s	SMJFL 10s
Gaining possession of the ball	<p>A turnover occurs when the ball touches the ground as a result of a kick, handball or marking attempt and when the ball goes out of bounds</p> <ul style="list-style-type: none"> - If a turnover occurs the game stops and the opposing team gains possession of the ball from where the ball went out of bounds. - Players may attempt to intercept the ball in flight, however, must not make contact with an opposing player. - A player is not permitted to touch an opponent unless the player is in possession of the ball. 	<p>Mod Rules age groups – It is NOT a turnover if the ball touches the ground, it is play on. The other turnover rules are as per the AFL 9s layout (making contact with a player in a marking contest ect.)</p> <p>Non-Mod Rules age groups – Turnover rules are as per the AFL 9s layout</p>
Possession	<p>A player may stay in possession of the ball for a maximum distance of 30 metres involving one bounce unless</p> <ul style="list-style-type: none"> - the player is touched with one or two hands (touch) - directed to dispose of the football by the umpire 	<p>Mod Rules age groups – players are allowed max 1 (one) bounce, and must dispose of the ball within 15 metres of the bounce or first gaining possession (as per normal AFL/SMJFL rules)</p> <p>Non-Mod Rules age groups – players are allowed max 2 (two) bounces, and must dispose of the ball or bounce the ball within 15 metres of the bounce or first gaining possession (as per normal AFL/SMJFL rules)</p>

AFL 9s Rules vs SMJFL 10s Rules



	AFL 9s	SMJFL 10s
Ball touching the ground	<p>A turnover occurs anytime the ball touches the ground, with possession being given to the opposing team of whoever touched the ball last. The exceptions to this rule are:</p> <ul style="list-style-type: none"> - From a ball up, this rule does not apply until one team has taken clean possession of the ball. This means that a tap from a ball up can touch the ground. - If shooting for goal, you can intentionally kick / dribble the ball along the ground. However, should the ball be touched prior to scoring, the usual turnover of possession will apply. 	<p>Mod Rules age groups – As per AFL 9s EXCEPT as previously stipulated, in general play, if the ball touches the ground it does not mean it is a turnover.</p> <p>Non-Mod Rules age groups – As per AFL 9s</p>
Dispossessing the player in possession	<p>When a player in possession of the ball is touched by an opponent but deemed to have ‘no prior opportunity’, the umpire will call TOUCH and the player must kick or handpass within two steps or two seconds. Failure to do so will result in a free kick being awarded to the opposing team.</p> <p>When a player in possession of the ball is deemed to have had ‘prior opportunity’ to dispose of it when touched by an opposing player, the umpire will award a Free Kick to the opposing team.</p>	<p>Mod Rules age groups – as per AFL 9s rules</p> <p>Non-Mod Rules age groups – as per AFL 9s rules</p>

AFL 9s Rules vs SMJFL 10s Rules



	AFL 9s	SMJFL 10s
Disposal of the ball	The ball must be disposed of by a handball or kick (as per the Laws of Australian Football). Players are not permitted to throw or hand the ball to another player or a free kick will be awarded to the opposing team.	Mod Rules age groups – As per AFL 9s Non-Mod Rules age groups – As per AFL 9s
Mark	A Mark is awarded if, in the opinion of the umpire, a player catches or takes control of the football after it has been kicked by another player irrespective of the distance travelled.	Mod Rules age groups – As per AFL 9s EXCEPT, for the Mod Rules age groups, where a handball is conducting and then received by a teammate or opposition player, this will be awarded as a 'mark' (as if it were a kick). Non-Mod Rules age groups – as per AFL 9s rules

AFL 9s Rules vs SMJFL 10s Rules



	AFL 9s	SMJFL 10s
Mark continued	<ul style="list-style-type: none"> - After a mark is completed, no player (except for the player on the mark) may be closer than 2 metres away in any direction. - There is to be absolutely no contact in a marking contest. The player in the position where the ball is expected to drop is given every opportunity to mark the ball. - The player taking the mark will have a reasonable opportunity to dispose of the ball or play on. If he/she delays the umpire will place a five-second count for play to resume. 	<p>Mod Rules age groups – As per AFL 9s Non-Mod Rules age groups – As per AFL 9s</p> <p>Both – a player can spoil/intercept a mark, as long as they do not make ANY physical contact with the player who was/is in prime position to mark/take control of the ball.</p>
Scoring	<p>Only designated forwards can kick for goal within their forward scoring zone. This can be during general play by receiving a kick or handball; or upon marking the ball and taking a set shot for goal. A designated forward may kick for goal from a Free Kick (initiating contact, holding the ball etc. but not from a turnover from either the ball hitting the ground or going out of bounds. To be eligible to shoot from a set shot, the player kicking for goal must be inside the scoring zone.</p>	<p>Both Mod Rules and Non-Mod Rules:</p> <ul style="list-style-type: none"> - Anyone can score (Fwd/Mid/Def) - You must score from inside the forward third (if a player marks the ball inside the forward third, goes back for a set shot and thus is positioned inside the centre third, they cannot score, the KICK must be from inside the forward third) - Players can score from a turnover

AFL 9s Rules vs SMJFL 10s Rules



	AFL 9s	SMJFL 10s
Mark continued	<p>There is to be no contact, players cannot:</p> <ul style="list-style-type: none">• Hold an opponent with their hands• Knock the ball out of an opponent's hands• Push the player in the side• Steal the ball from another player• Deliberately bump another player• Smother an opponent's kick by trying to block the kicking motion at the point of impact.• Barge, fend off or shepherd opponents• Touch the ball while another player has possession	<p>Mod Rules age groups – As per AFL 9s Non-Mod Rules age groups – As per AFL 9s</p>



**SOUTH
METRO
JUNIOR**
FOOTBALL LEAGUE

P: 03 8594 0293

Community Wing – RSEA Park,
32-60 Linton Street, Moorabbin VIC 3189

PO Box 3, Moorabbin VIC 3189



www.smjfl.com.au