

AFL Recreational Football



The AFL has developed a recreational form of the game to capture new participants and fans. AFL Recreational Football is designed so

that everyone can play. It's a safe, easy-to-play, non-contact game that can be enjoyed by people of all ages and ability levels in a social environment.

The game is fun, fast and exciting and retains the traditional elements of football, however, it is less physically demanding, has a minimal time commitment and no risk of serious injury. The game enables people of all ages and ability levels to participate in male, female or mixed competitions. It truly is: **'The Game For Everyone'**.

The following laws should be read in conjunction with the laws of Australian Football.

Playing field/zones

The playing ground measures 100m x 50m and is divided into 3 zones on a 20m/60m/20m basis. At the start of the match and after a goal has been scored, players must be in their zones with one defender and forward for each team starting on the goal line. Once the game is in progress, players may leave their zones, though they are not permitted to enter either team's scoring zone.

The team

No more than 8 players per team are permitted on the playing field at any one time. Interchanging of players may take place at any time as required. However, the interchanging player must be correctly wearing a positional bib before engaging in play. Players must wear 2 flags.

Teams consist of 3 forwards, 2 centres and 3 backs. In mixed competition, teams are required to have a maximum of 5 male and a minimum of 3 female participants on the ground at any one time. There also must be a female participant in each positional line (e.g. forward, centre and back) at all times.

Duration of the game

The game consists of two 20-minute halves with no time-on.

Start of play

- › Choice of goal/end: the umpire shall toss a coin and the away or first-named team captain shall call heads or tails. The captain of the team that wins the toss shall choose the end to which his/her team kicks.
- › The game shall be started by a ball-up between 2 centre players in the centre of the ground. Opponents must jump from a standing position within a 50cm radius of the ball throw-up.
- › Both ball-up participants must engage in the ball-up and not engage in play until the ball has been possessed by one of the 2 other mid-zone players.

- › The 2 centre-zone players not engaging in the ball-up must gain possession of the ball before the forward or defending players engage in play.

Disposal of the ball

The ball must be disposed of by a handball or kick. If a player throws or hands the ball to another player, a free kick will be awarded to the opposition team.

Mark

- › A mark is taken 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.
- › It is not a mark if the ball touched the ground or was touched by another player between the moment the ball was kicked and when it was caught or controlled by the player.
- › The player determined to be in the ball flight or drop zone first is determined to have right of way in a marking contest. If both players are an equal distance apart, the intended attacking player has right of way.
- › The player who has taken the mark will have 5 seconds to dispose of the ball before the umpire calls 'play on'. See the pictorial examples on page 47.

Gaining possession of the ball

- › If a turnover occurs (i.e. when a loose ball makes contact with the ground), the opposing team gains possession from where the ball first made contact with the ground.
- › Players may intercept the ball in flight, but must not make contact with an opposing player.
- › If either of a player's 2 flags is removed after he/she has had prior opportunity to dispose of the ball while in possession, a turnover will result.

Dispossessing a player

- › The player with the ball is dispossessed when one or both of his/her flags are completely removed by an opponent.
- › If there has been no prior opportunity for the player in possession to dispose of the ball – even if a flag has been removed by an opposing player – play on will be called, and the player in possession must dispose of the ball within 3 seconds.

Retaining possession

A player may stay in possession of the ball for any length of time, except when a mark has been taken, unless:

- › the player has a flag correctly removed; or
- › the umpire directs the player to dispose of the football.

A player who has taken a mark will have 5 seconds to dispose of the ball before the umpire calls 'play on'.

Bumping/tackling/barging

No contact or spoiling is permitted. Players cannot:

- › hold an opponent with their hands;
- › knock the ball out of an opponent's hands;

- › push a player in the side;
- › steal the ball from another player;
- › deliberately bump another player;
- › smother an opponent's kick;
- › barge, fend off or chop past opponents; or
- › touch the ball while another player has possession.

Shepherding

A player is not permitted to push, shoulder or block an opponent not in possession of the ball.

Scoring

- › A player can shoot for goal only after marking the ball in his/her scoring zone. After marking the ball, the player may go back and take a set shot for goal. The player is not permitted to play on and shoot for goal. The player standing the mark must be inside the scoring zone.
- › A penalty in the scoring zone is awarded if the umpire believes a forward would have taken a mark inside his/her scoring zone, but was illegally infringed against in the marking contest. This player may then take a set shot for goal.
- › A forward may not shoot for goal after a turnover, or if the ball has gone out of bounds in the scoring zone.
- › If a ball is rushed over the scoring line by a forward, a free kick will be awarded and no score will be added to the total. If the defensive player rushes a ball over the scoring line, a point to the opposition will be awarded and a kick-in will take place.
- › In single-sex competitions, a goal is worth 6 points. In mixed competitions, a goal scored by a male forward is worth 6 points and by a female forward 9 points.

Restart

After a goal is scored, play is restarted from the centre. If a behind is scored, the ball must be kicked back into play from between the goalposts by a defender.

Playing on

The umpire shall call play on when:

- › after taking a mark, a player runs around or over the mark where he/she caught the ball;

- › after a turnover has occurred, a player runs around or over the mark where the ball made contact with the ground in a turnover;
- › after being kicked, the ball was touched in transit; or
- › a player has not had prior opportunity to dispose of the ball before a flag is removed.

Bouncing the ball

Where a player is moving while in possession of the ball, he/she must bounce the ball or touch it on the ground after 15m, but may only do so once.

Ball transition

When the ball is in transition from the back zone to the team's scoring zone, it must be possessed by a different player in each zone. If this does not occur, a free kick will be awarded to the opposition team at the point where the ball entered the scoring zone.

Free kicks

A free kick may be awarded when:

- › a flag is removed from a player who has had prior opportunity to dispose of the ball while in possession;
- › a flag is removed when a player is not in possession of the ball;
- › a player makes contact with another player;
- › a player runs too far (more than 15m) while in possession of the ball without bouncing it, or bounces the ball more than once;
- › a player kicks the ball off the ground;
- › the ball is moved from a team's back zone to its scoring zone without being touched by a player in its mid zone;
- › a turnover occurs (i.e. a loose ball makes contact with the ground) – the free kick is awarded to the opposing team from the position where the ball first makes contact with the ground; or
- › a player has a flag removed, and he/she fails to replace the flag before the next act of play (i.e. he or she may not make a play at the football or opposition).



Player in the drop zone has right of way; opponent must concede mark. **No contact allowed.**



Opponent is **not allowed** to make contact with the player in the drop zone.



Spoiling by punching the ball from behind or from the side is **not permitted.**