



DET NSW School Sports Unit

Australian Football - 12 a Side

THE TEAM

1. The team shall consist of a maximum of 12 players and any number of reserves.
2. Interchange of players may take place at any time, however if they go back on the field they should stay in the formation that they came from.
3. The team shall consist of three forwards (identified by wearing braids), three half forward line players, three half back line players and three back line players.
4. Each row of three players should move positions at the end of each quarter (eg: full backs move to half backs, half forwards move to forwards, etc).

THE FIELD

1. A rugby field using existing posts as goals and adding markers as behind posts
2. If an Australian football ground is used, it should be approximately $\frac{1}{2}$ to $\frac{3}{4}$ of the normal ground.
3. Markers indicate thirds of field

THE GAME

1. The game shall consist of 4 x 12 minute quarters.
2. The game shall be started by a ball up in the centre of the ground between two players only from either the half forwards or half backs.
3. The players contesting the ball up should try to be of equal height.
4. A player must not grab the ball at ball ups and play on. They must knock, palm or punch the ball to another player who must be at least 5m distant from the ball up.
5. Players should be encouraged to stay in their approximate zones.
6. If the ball passes between the goal posts a goal is scored (worth 6 points), the ball is taken to the centre and the game restarted.
7. If the ball passes between the goal post and the marker a point is scored and one of the opposition full backs shall kick the ball in from the goal square or up to 10 metres out from goal.
8. When the ball goes out of bounds by either foot or hand, the nearest opponent shall kick the ball in. The player must not kick for goal from an out of bounds kick in.
9. If there is a doubt as to which team forced the ball out of bounds, the umpire should throw the ball up.
10. When attempting to defend a player **CONTACT** replaces tackle.
11. A defender must touch the player with the ball with two hands. It should be emphasised to players that there is no tackling or slinging to the ground and you cannot push the opponent in the back. When the player is touched they have approximately 2 seconds to dispose of the ball by either hand passing or kicking the ball.
12. A player is permitted to shepherd an opponent as long as they are not within 5 metres of the ball.
13. Any player catching (marking) the ball directly from the kick of another player, provided the ball has travelled at least 10 metres and not touched in flight, shall be awarded a mark.
14. A player in possession may bounce the ball or touch the ball on the ground only once. A player must bounce the ball after running 10 metres.
15. A player is not permitted to deliberately kick the ball off the ground.

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