



Frequently Asked Questions

What girls' only age groups do you have?

In 2016 the SMJFL will be running girls' competitions for U9s, U12s, U15s & Youth Girls (U18s).

How old do I have to be to play?

A player will need to have turned at least 7 years old by the 30th of April 2016 to be eligible to register with a club. The dates to determine what age group a player is eligible to play are as follows:

U9 – Born on or after 1st January 2007

U12 – Born on or after 1st January 2004

U15 – Born on or after 1st January 2001

Youth Girls – Born on or after 1st January 1998

Do I have to have played Auskick before?

There is no requirement to have played Auskick before participating in SMJFL competitions.

How much does it cost & how do I register?

The cost varies from club to club but most club have a lower fee for girls. Please get in contact with your local club for cost and registration details.

When do games get played?

The majority of games are played on Sundays throughout the season. Occasionally a club may request a night game on a weeknight but this needs to be agreed to by both clubs.

When is the season played?

Season dates are as follows:

Date	U9	U12	U15 & Youth Girls	Holidays
17/04/2016	Round 1	Round 1	Round 1	
24/04/2016	Round 2	Round 2	Round 2	
1/05/2016	Round 3	Round 3	Round 3	
8/05/2016	Round 4	Round 4	Round 4	
15/05/2016	Round 5	Round 5	Round 5	
22/05/2016	Round 6	Round 6	Round 6	
29/05/2016	Round 7	Round 7	Round 7	
5/06/2016	Round 8	Round 8	Round 8	
13/06/2016	No Games			Queen's Birthday
19/06/2016	Round 9	Round 9	Round 9	
26/06/2016	Round 10	Round 10	Round 10	
3/07/2016	No Games			School Holidays
10/07/2016	Round 11	Round 11	Round 11	
17/07/2016	Round 12	Round 12	Round 12	
24/07/2016	Round 13	Round 13	Round 13	
31/07/2016	Lightning Carnival	Round 14	Round 14	
7/08/2016		Round 15	Round 15	
14/08/2016		Semi Finals	Semi Finals	
21/08/2016		Grand Finals	Preliminary Finals	
28/08/2016			Grand Finals	

Will there be scoring and finals?

U9 girls' games will be not have scoring or finals as the focus is on learning the game and getting as many touches of the football as possible. Rather than playing a final series the U9 girls will play in a round robin event at the end of the season known as a Lightning Carnival. Under 12s, U15s & Youth Girls will all record scores and play in finals at the end of the season.

Where do games get played?

Teams will play around half of their games at their home ground and the other half at opponents grounds.

What time will games be played?

Generally speaking, the younger the age group the earlier the games but this really depends on what your club requests at the start of the season.

How long do games go for?

This varies depending on age groups:

U9 = 4 x 10 minute quarters

U12 = 4 x 12 minute quarters

U15 = 4 x 15 minute quarters

Youth Girls = 4 x 17 minute quarters

Where and when will training be held?

Please contact your local club for information on training venue, days and times.

What if my local club doesn't have a girls' team in my age group?

It only takes a couple of friends to get a couple more friends etc. for a team to be formed so don't give up! However, if your local team is not able to provide a team for you to play in then please contact your next closest club or our Girls' Football Coordinator, Stephen Zayler (femalefootball@smjfl.com.au).

How many players do we need for a team?

U9 teams need a minimum of 9 players on the field, all other age groups need a minimum of 12 players. If you don't quite have enough, we can arrange for two clubs to join up and enter a team together. Please contact Stephen Zayler (femalefootball@smjfl.com.au) for further details.

Football can be a physical game, are there many injuries in the girls' competition?

There is no doubt that football can be a physical game which is why different age groups play with different modified rules to suit the different stages of development. As with any physical activity, there are no guarantees that injuries won't occur.

What exactly are the modified rules?

The following table shows a number of the rule modifications and how they apply to each age group:

Variation	9 Girls	12 Girls	15 Girls	Youth
Ground size	Modified (approved)	Modified (approved)	Standard	Standard
Tackling	Modified	Modified	✓	✓
Bumping	✗	✗	✓	✓
Stealing the ball	✗	✗	✓	✓
Barging	✗	✗	✓	✓
Smothering	✗	✗	✓	✓
Fending off	✗	✗	✓	✓
Shepherding	✗	✗	✓	✓
Bouncing the ball	1 max	1 max	Unlimited	Unlimited
Kicking off the ground	✗	✗	✓	✓
Throw-ins	✗	✗	✓	✓
Mark distance	0m (reasonable attempt)	0m (reasonable attempt)	0m (shows control)	10m
Distance penalty	✗	10m	25m	25m

Zones – ground split into 3 equal zones. Players wear different coloured wrist bands to show which third they are allowed to in. Positions are rotated throughout the game

Modified Tackle – players can be tackled but must not be brought to ground.

Can I play with the boys in a mixed team if I want to?

Girls can play in mixed teams with the boys up to and including U14s. After this time, girls must play in girls only competitions.

What is the pathway for girls if they want to keep playing as they get older?

Girls'/Women's football is the fastest growing area of AFL football in the country. There are many senior football teams throughout Victoria that a player may choose to play with once they've finished in the Youth Girls competition. The AFL has also announced that there will be a National AFL Women's competition from 2017.

In addition to the above, there are various elite pathways and training programs available from U15s right through to open age.

Who should I contact for further information?

Contact your local club or our Girls' Football Coordinator, Stephen Zayler on 0439 394 463 or email (femalefootball@smjfl.com.au).



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