

## MODIFIED RULES: SUMMARY SHEET – more detail in handbook

Rule	Application
<b>1. Zones</b>	Players are positioned in three (3) equal zones to prevent ball chasing and subsequent congestion around the ball. Umpires should encourage players to stay in their correct zones
<b>2. Transition of ball</b>	The ball must be touched by a player in each zone it passes through
<b>3. Out of Bounds</b>	Kicked = Free kick      Incidental = Throw up
<b>4. Gaining Possession</b>	A player's prime objective should be to gain possession of the ball
<b>5. Scoring</b>	Only players who are positioned as Forward Zone players may score – no exceptions. An accidental score by non-forward treated as Out of Bounds.
<b>6. Modified tackle</b>	<p>A player in possession of the ball may be tackled by an opponent wrapping both arms around the area below the top of the shoulders and on/above the knees. Player with ball must NOT be forcefully taken to ground.</p> <p><u>There is strictly:</u></p> <ul style="list-style-type: none"> <li>▪ NO knocking the ball out of an opponent's hands</li> <li>▪ NO pushing the player in the side</li> <li>▪ NO stealing the ball from another player</li> <li>▪ NO bumping an opponent</li> <li>▪ NO sling, pull or otherwise application of force when 'holding' a player.</li> </ul>
<b>7. Ball-ups</b>	Field ball-ups are contested by 2 players of equal size <b>selected by the umpire.</b>
<b>8. Smothering</b>	<b>Deliberate</b> smothering not permitted and free kick to nearest opponent.
<b>9. Barging</b>	No barging, fending off or chopping past opponents is permitted
<b>10. Shepherding</b>	Not permitted. Free kick to the nearest opponent.
<b>11. Marking</b>	A mark is awarded irrespective of the distance the ball has travelled
<b>12. Distance Run</b>	A player running with the ball must bounce it within ten (10) metres.
<b>13. Bouncing the Ball</b>	A player is only permitted to bounce the ball once, during any single possession.
<b>14. Kick off the Ground</b>	Not permitted unless accidental
<b>15. Distance penalty</b>	10 metres, due to reduced ground sizes in modified rules
<b>16. Interchange/Game time</b>	Interchange may take place at any time, but all players must play at least half the match. Rotate players every quarter to provide opportunities in several positions, i.e. players to change from one zone to another and interchange on to the field. Equalise the teams and opponents as much as possible (match sizes, abilities).



**SOUTH METRO JUNIOR**  
FOOTBALL LEAGUE



## Rule Variation Matrix: Modified Rules Matches

	Girls		Mixed
	10	12	8, 9 & 10
<b>Regulations</b>			
Ground size	Modified (approved)	Modified (approved)	Modified (approved)
# players on ground	12^	12^	18
Ball type	Syn only	Syn only	Syn only
Ball size	2	3	2
Quarter duration (mins)	10	12	12
Break length 1/4 - 1/2 - 3/4 time	3-6-3	3-6-3	3-6-3
Scoreboard	*	✓	*
Results	Yes (not published)	✓	Yes (not published)
Best & Fairest/Goals	*	✓	*
Finals	Lightning Carnival	✓	Lightning Carnival
<b>Laws</b>			
Tackling	Modified	Modified	Modified
Bumping	*	*	*
Stealing the ball	*	*	*
Barging	*	*	*
Smothering	*	*	*
Fending off	*	*	*
Shepherding	*	*	*
Bouncing the ball	1 max	1 max	1 max
Kicking off the ground	*	*	*
Ball ups	Nominated players of equal size		Nominated players of equal size
Throw-ins	*	*	*
Distance over which marks are paid	0m (reasonable attempt)	0m (shows control)	0m (shows control)
Distance penalty	10m	10m	10m
Zones	✓	✓	✓
Deliberate out of bounds	*	*	*
Deliberately rushed behind	*	*	*
Wait for flag after point	✓	✓	✓
<b>Umpires</b>			
# field umpires	Club (2)	Club (2)+	Club (2)
Boundary umpires	*	*	*

^ if both teams agree, teams may play up to 15 players each. If no agreement can be reached no more than 12 players can be on the field at any one time.

+ SMJFL umpires used for finals matches

Club appointed