

Frequently Asked Questions

What girls' only age groups do you have?

In 2019 the SMJFL will be running girls' competitions for U10s, U12s, U14s, U16s & U18s.

How old do I need to be to play?

A player will need to have turned at least 7 years old by the 30th of April 2019 to be eligible to register with a club. The dates to determine what age group a player is eligible to play are as follows:

U10 – Born on or after 1st January 2009

U12 – Born on or after 1st January 2007

U14 – Born on or after 1st January 2005

U16 – Born on or after 1st January 2003

U18 – Born on or after 1st January 2001

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.

Where do games get played?

Teams will play around half of their games at their home ground and the other half at opponent's 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:

U10 = 4 x 10 minute quarters

U12 = 4 x 12 minute quarters

U14 & U16 = 4 x 15 minute quarters

U18 = 4 x 17 minute quarters



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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 does the season start?

Season dates are as follows:

Date	Day	U8 & U9	U10	U11-U13	U14+
28/04/2019	Sunday	Round 1	Round 1	Round 1	Round 1
5/05/2019	Sunday	Round 2	Round 2	Round 2	Round 2
12/05/2019	Sunday	Round 3	Round 3	Round 3	Round 3
19/05/2019	Sunday	Round 4	Round 4	Round 4	Round 4
26/05/2019	Sunday	Round 5	Round 5	Round 5	Round 5
2/06/2019	Sunday	Round 6	Round 6	Round 6	Round 6
9/06/2019	Sunday	No Games			
16/06/2019	Sunday	Round 7	Round 7	Round 7	Round 7
23/06/2019	Sunday	Round 8	Round 8	Round 8	Round 8
30/06/2019	Sunday	Round 9	Round 9	Round 9	Round 9
7/07/2019	Sunday	No Games			
14/07/2019	Sunday	Round 10	Round 10	Round 10	Round 10
21/07/2019	Sunday	Round 11	Round 11	Round 11	Round 11
28/07/2019	Sunday	Round 12	Round 12	Round 12	Round 12
4/08/2019	Sunday	Round 13	Round 13	Round 13	Round 13
11/08/2019	Sunday	Lightning Carnivals	Round 14	Round 14	Round 14
18/08/2019	Sunday		Lightning Carnivals	Round 15	Round 15
25/08/2019	Sunday			Semi Finals	Semi Finals
1/09/2019	Sunday			Grand Finals	Preliminary Finals
8/09/2019	Sunday				Grand Finals

Need more information?

Contact the SMJFL via email: footballops@smjfl.com.au or phone: 8594 0293

Will there be scoring and finals?

U10 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 U10 girls will play in a round robin event at the end of the season known as a Lightning Carnival. U12s, U14s, U16s & U18s will all record scores and play in finals at the end of the season.

Where are 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 you're local club is not able to provide a team for you to play in then please contact your next closest club or the SMJFL via email: footballops@smjfl.com.au or phone: 8594 0293.

How many players do we need for a team?

All age groups now have a set number of players to be on the ground. This is highlighted below in the table, # players on ground. If you don't quite have enough, we can arrange for two clubs to join up and enter a team together. Please contact us (footballops@smjfl.com.au or 8594 0293) for further details.



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Footy 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 several rule modifications and how they apply to each age group:

	Girls				
	10	12	14	16	18
Regulations					
Ground size	Modified (approved)	Modified (approved)	Standard	Standard	Standard
# players on ground	12	12	15	15	18
Ball type	Syn only	Syn only	Syn only	Leather	Leather
Ball size	2	3	4	4	4
Quarter duration (mins)	10	12	15	15	17
Break length 1/4 - 1/2 - 3/4 time	3-6-3	3-6-3	3-8-5	3-8-5	3-8-5
Scoreboard	x	✓	✓	✓	✓
Results	Yes (not published)	✓	✓	✓	✓
Best & Fairest/Goals	x	✓	✓	✓	✓
Finals	Lightning Carnival	✓	✓	✓	✓
Laws					
Tackling	Modified	Modified	✓	✓	✓
Bumping	x	x	✓	✓	✓
Stealing the ball	x	x	✓	✓	✓
Barging	x	x	✓	✓	✓
Smothering	x	x	✓	✓	✓
Fending off	x	x	✓	✓	✓
Shepherding	x	x	✓	✓	✓
Bouncing the ball	1 max	1 max	Unlimited	Unlimited	Unlimited
Kicking off the ground	x	x	✓	✓	✓
Ball ups	Nominated players of equal size		✓	✓	✓
Throw-ins	x	x	✓	✓	✓
Distance over which marks are paid	0m (reasonable attempt)	0m (shows control)	0m (shows control)	0m (shows control)	10m
Distance penalty	10m	10m	25m	25m	25m
Play on whilst advancing	x	x	x	x	x
Zones	✓	✓	x	x	x
Deliberate out of bounds	x	x	x	✓	✓
Deliberately rushed behind	x	x	x	✓	✓
Wait for flag after point	✓	✓	✓	✓	x
Set playing positions	x	x	x	x	x

Zones – the ground is split into 3 equal zones. Players wear different coloured wrist bands to show which third they are can go in to.

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.

In addition to the above, there are various elite pathways and training programs available from U15s right through to open age including the new AFL Women's competition.

