

Based on the AFL Junior Match Policy / AFL Canberra By-Laws

Phase	Competition
REGULATIONS	
Ground Size	Full size
Zones	X
# players on ground	14 – 18 a side
Ball type	Leather
Ball size	4
Quarter Lengths	15
Break length ($\frac{1}{4}$ - $\frac{1}{2}$ - $\frac{3}{4}$)	3-8-3
Scoring	✓
LAWS	
Tackling	✓
Bumping	✓
Stealing the ball	✓
Barging	✓
Smothering	✓
Fending off	✓
Shepherding	✓
Bouncing the ball	Unlimited
Kicking off the ground	✓
Ball Ups	✓
Throw-ins	✓
Marking	10m, direct catch
Distance penalty	25m
Deliberate out of bounds	X
Deliberate rush behind	X
UMPIRES & COACHES	
# field umpires	League Appointed (min 1) Or CLUB (1 per side)
Boundary Umpires	✓
Coaches	Sideline

Coaches and umpires should always clarify with the opposition prior to the game starting, to ensure all parties have the same interpretation of the regulations and laws.