



Paul Kelly Cup Rules & Regulations

- Playing Ground:** Modified Ground. Cones can be used to mark each zone.
- The Team:**
- the team shall consist of 12 players with any number of reserves. We recommend a squad size of 18 players (max 6 on the bench)
 - The team shall consist of 4 forwards, 4 centers & 4 defenders
 - Players are to remain in nominated position for the entire half. Once ball-up has taken place, players may move out of zone
 - We recommend changing player positions throughout the game so that everyone has the opportunity to experience a different position
 - Interchange or replacement of injured players may take place at any time. The new player taking the field must play the replaced players position until the end of the half
- Playing Time:** 2 X 10min halves, teams swap ends at break.
Duration is subject to change and at the determination of AFL NSW/ACT staff.
- Start of Play:**
- The game shall be started by a ball-up (and restarted after each goal) between two players in the center of the ground. Players contesting the ball-up should be of similar size and will be rotated
 - A Player may not grab the ball at the ball-up and play on. They must tap the ball and cannot play the ball again until another player has touched it
 - Players to stay within their zones until the ball-up
- Out of Bounds:** When the ball goes out of bounds a free kick is awarded against the team to last touch the ball. A player cannot kick for goal from an out of bounds free kick. If the umpire cannot determine which team last touched the ball, then play will be restarted by a ball-up 2m from the boundary where the ball went out of bounds.
- Tackling:** Modified Tackling – Players can hold and bear hug an opponent in possession of the ball with their hands between the shoulder and knees only.
- NB:** Umpires can award a free kick against a tackle that is considered unnecessarily rough (e.g. A tackle that forces an opponent to the ground)*
- Players cannot:**
- Shepherd, block or bump an opponent
 - Throw another player to the ground
 - Push the opponent in the back
- NB:** Umpires will award a free kick against the team that engages with any of the above three offenses*
- Mark:** A free kick is awarded to any player who fairly catches a kick by another player (known as a mark) providing the kick travels at least 5m.
- Bouncing the Ball:** A player in possession of and running with the ball is permitted to bounce the ball once only before kicking or handballing. The ball must be bounced once a player travels 10m.
- Kicking the Ball Off the Ground:** Players are not permitted to deliberately kick the ball off the ground.
- Scoring:**
- A goal (6 points) is awarded when the ball is kicked between the two major goal posts without being touched by the opposition.
 - If the ball is touched before passing the two major posts or passes between the minor and major posts, 1 point is awarded.
 - After a goal is scored play restarts with a ball-up in the centre. After a point is scored play restarts with a kick from the defending team from between the two major posts.
 - Goals can only be scored by forwards (who are designated by a braid/wristband) within their teams forward zone. Scores from other positions or from outside the forward zone do not count and then **a ball-up takes place from the place the kick was taken.**
- Order Off Rule:** Players may be ordered from the field for rough play or abusive language. Time period is left to the umpire's discretion and in consultation with the Match Day Manager. The time period can extend to further matches on the day, including finals.
- Spirit of the Game:** The umpire has the right to send off or supply an official warning to a player that displays un-sportsman like behavior such as taunting the opposition or encouraging rough play.
- Coaches:** Coaches are not permitted on the ground during play unless attending to an injury.
- End of Match:** Players to shake hands with the opposition team.