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**Junior & Youth Girls Match Guide 2016**

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| **Rules & Regulations** | **Junior Girls 9-12** | **Youth Girls 13-17** |
| Phase | Development | Competition |
| Players (Min-Max) | 9-12 a side | 12-15 a side |
| Maximum Ground Size | 100m x 80m3 equal zones | Full Size (Optional for 15 a side)No Zones or flooding |
| Match Length | 2 x 15mins or4 x 12 mins | 2 x 20mins or4 x 15mins |
| Competition details | No Scores, ladders or finals permitted. No recording of best players and goalkickers permitted. No representative teams | Scoring, ladders and finals. Best players and goalkickers. Representative teams. |
| Contact | Modified tackle/no bump. Players cannot bump/push an opponent, knock/steal the ball out of their hands or smother an opponent’s kick | Full tackling is permitted. As per the Laws of Australian Football. |
| The ball | Synthetic or Soft Touch Size 2 | Synthetic or Soft Touch Size 3 |
| Umpiring | 1 field, 2 goal umpiresClub/Association | 1 field, 2 goal umpires, 2 boundaryClub/Association |
| Coaching | Optional (on-field) | Sideline |
| Bounces | 1 bounce max | Unlimited |
| Marking | A mark is awarded irrespective of the distance the ball has travelled to any player who catches it or shows control | A mark is awarded when a player catches the ball directly from another player’s kick that has travelled at least 15 metres. |
| Out of bounds | From a kick, a free is awarded against the player who last kicked the ball.From hands, or if there is doubt, the umpire shall call a ball-up 10m in from the boundary | As per the laws of Australian Football |
| Kick of the ground | Not permitted unless accidental. | Not permitted unless accidental. |
| Stealing, Smothering, shepherding, barging | No stealing, smothering, shepherding or barging. | Permitted as per the Laws of Australian Football |
| Penalties | 10m penalty can be applied at the umpire’s discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire’s discretion | 25m penalty can be applied at the umpire’s discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire’s discretion |