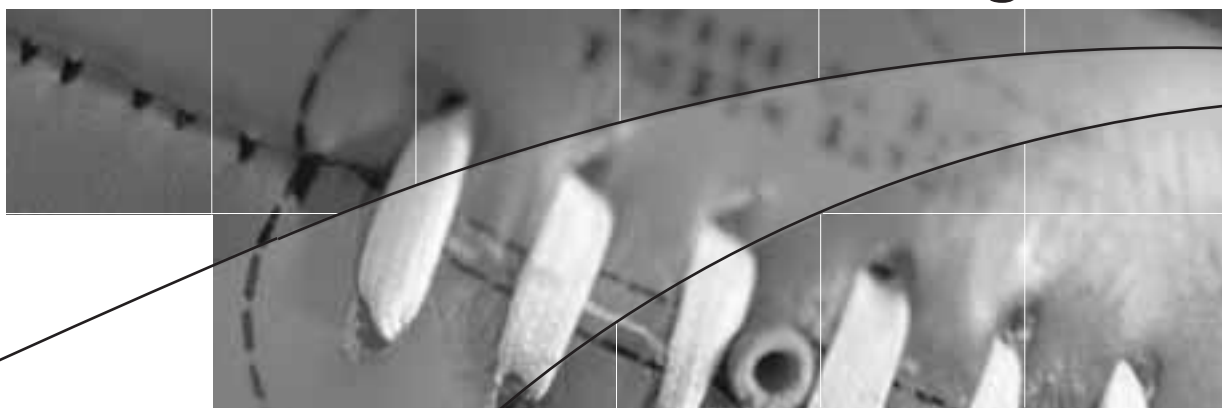




Modified games



Section

5

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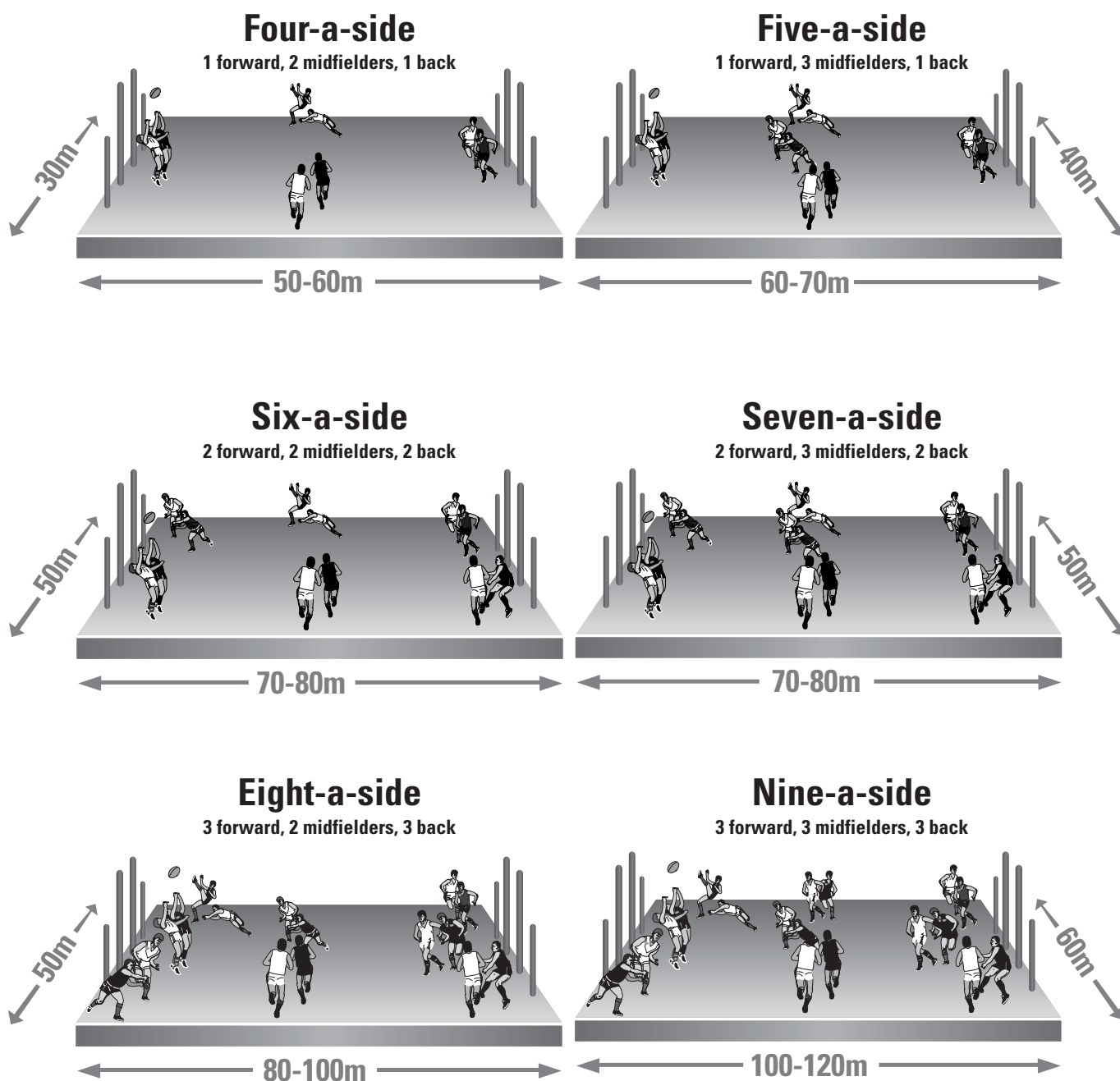
Introduction	42
Modified game player positions/field dimensions	42
Player position team sheet	43
AFL recreational football	44
International Rules (Australia v Ireland)	47
AFL touchball	48
AFL Auskick rules	49

Introduction

Modified games provide a more inclusive teaching strategy, through their flexible delivery options. The use of the 'full rules' is not recommended in AFL Sport Education. Flexibility in playing numbers, team and ground sizes and match rules provide a fun and safe learning environment. Teams of five to seven players are best to involve all students. The following modified games can be delivered as part of the AFL Sport Education program in a variety of forms in both an outdoor and indoor setting.

Modified game player positions/field dimensions

Please note: The following dimensions refer to secondary school aged students, for primary aged refer to AFL Auskick rules playing field dimensions on pages 49-51. These dimensions should be used as a guide only and can be altered depending on age and ability level of students.

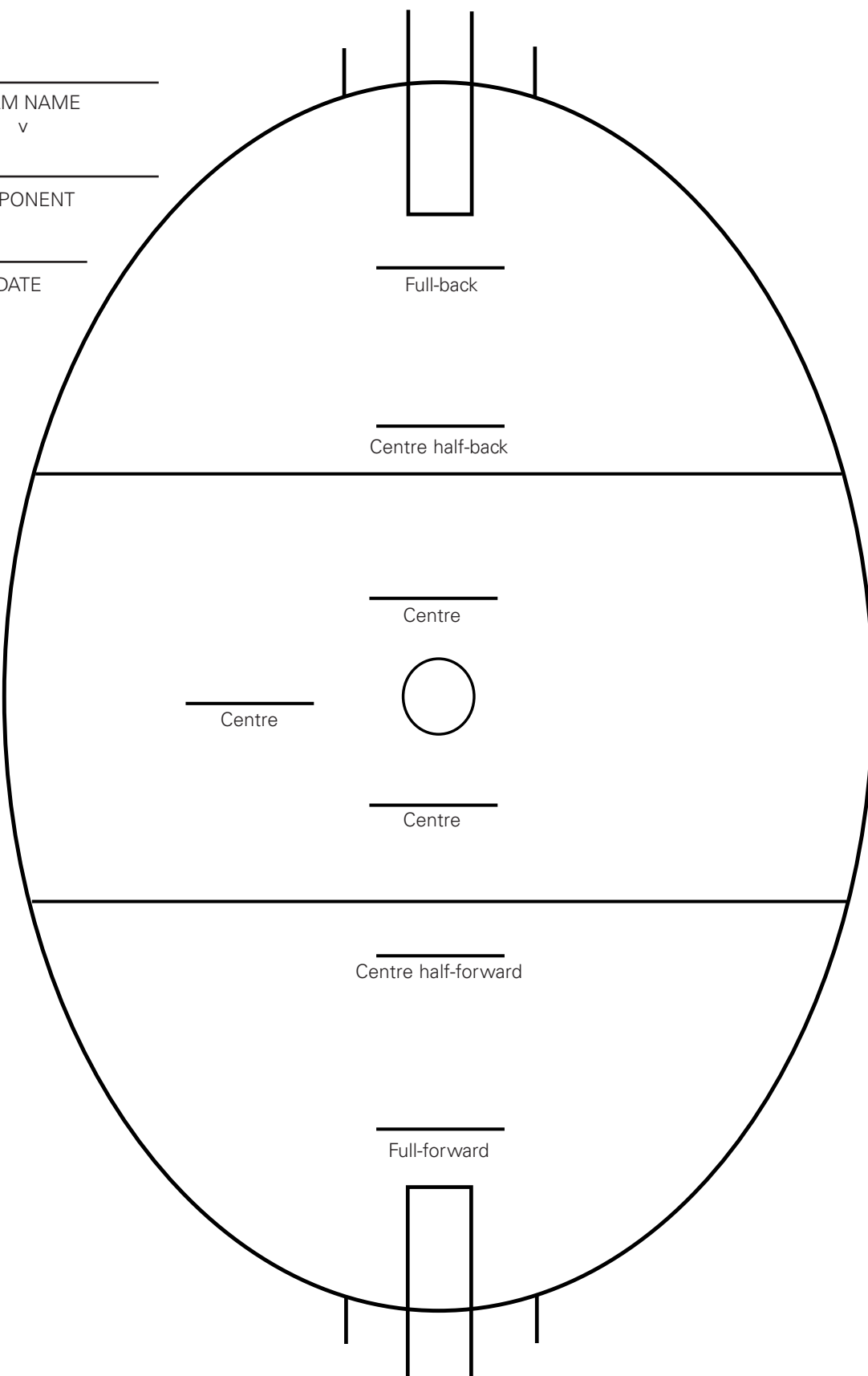


Player position team sheet (7-a-side)

TEAM NAME
v

OPPONENT

DATE



The diagram shows an oval-shaped field divided into three horizontal sections by two parallel lines. At each end of the field is a rectangular goal. The positions are labeled as follows:

- Full-back (top goal)
- Centre half-back (top section)
- Centre (middle section, two positions: one on the left and one on the right of the center circle)
- Centre half-forward (bottom section)
- Full-forward (bottom goal)

AFL recreational football

Introduction:

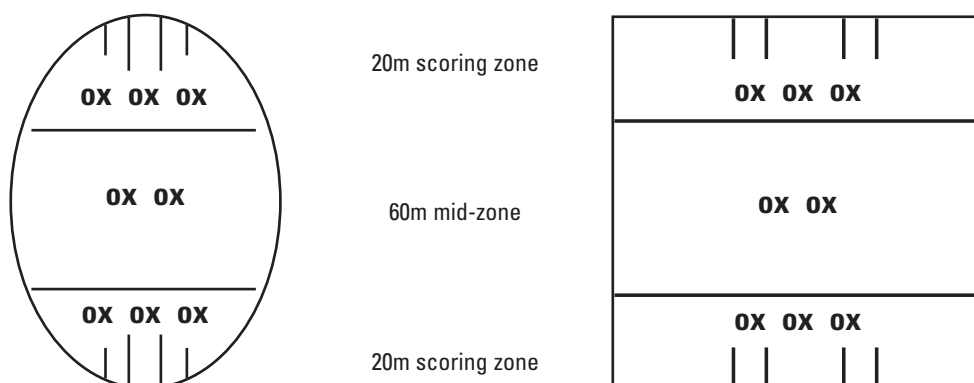
AFL recreational football provides an opportunity for people of all ages and ability levels to participate in male, female or mixed teams. The game has strong parallels with the traditional game, however it is easier to play, less physically demanding and most importantly has an emphasis on fun and safety.

How the game is played:

- Two teams of eight, interchange may take place at anytime and be unlimited.
- The field is divided into three zones, mid zone and two scoring zones.
- Teams score by kicking the football into their attacking scoring zone to designated forwards.
- Forwards may take a set shot for goal only after the ball has been marked (caught) in their scoring zone.
- Forwards may only score from a set shot at goal, there is no playing on when kicking for goal.
- There is to be absolutely no tackling or bumping whatsoever, tag belts or a three-second touch rule is used.
- A mark is awarded irrespective of the distance travelled.

Playing ground:

The playing ground measures a maximum 100 x 50 metres and is divided into three zones – 20/60/20. The playing ground dimensions should be decreased for primary-aged participants.



Zones

Players are required to start in their zones at the beginning of the match and after a goal has been scored. Once the game has commenced they are not restricted to their zones, however, players from other zones are not to enter each team's scoring zone.

The team

- Eight players to take the ground at any one time with a maximum of four interchange players.
- Teams consist of three forwards (distinguished with white armbands), two centres (distinguished with blue armbands) and three backs.

In mixed competition there must be a minimum of three female participants on the ground at any one time – one for each line, e.g. forward, centre, back.

Duration of the game

The game will consist of two halves. Length of halves to be determined by the football committee and the teacher.

Disposal of the ball

The ball must be disposed of by a handball or kick.

Start of play

- The game shall be started by a ball-up between two centreline players in the centre of the ground. Players may only jump off one step when contesting the ball-up.
- Full possession rule will apply at ball-ups – competing players are not to grab the ball or, after palming it, not to take possession until it has been touched by another player.

Scoring

Upon the player taking the mark in his/her scoring zone, the player may then go back and take a set shot for goal. The player standing the mark must be inside the scoring zone. The field umpire will be the sole judge of whether the kick for goal was successful.

Penalty in the scoring zone – a set shot for goal is awarded if the umpire believes a forward would have taken a mark inside his/her scoring zone, however was illegally infringed in the marking contest.

In mixed competitions a goal scored by the female forward is worth nine points.

Restart of play

- After a goal, play is restarted as in Rule 6.
- If a behind (one point) is scored, the ball must be kicked back into play from between the goals by a defender. If the ball is kicked out of bounds from a set shot, the ball is kicked back into play from where the ball crossed the end zone.

Out of bounds

- When the ball goes out of bounds (ball completely over the line) by hand or foot, the nearest opponent shall kick the ball back into play.
- If there is any doubt as to which team last touched the ball before it went out of bounds, the umpire shall call a ball-up five metres in from the boundary line.

Bumping/tackling/barging

There is to be absolutely no contact or spoiling whatsoever.

Gaining possession when the ball is in dispute

- There is to be no contact whatsoever when two players are contesting a ball in dispute. The ball must be both players' sole objective. A free kick will be awarded against the player making contact.
- If both players place their hands on the ball at the same time a ball-up will occur.
- The player who reaches the ball first will be given every opportunity to gain possession and dispose of the ball before being **tagged** or **touched**. PLAY ON will be called if no prior opportunity has been given to the player in possession even if a **tag** or **touch** has been made.
- Players are not permitted to dive on the ball; a free kick will be awarded against the player diving on the ball.

Dispossessing the player in possession

Option 1 – Tag/flag System: A player is dispossessed when a tag is completely removed by the opposing player when he/she has

possession of the ball. PLAY ON will be called if no prior opportunity has been given to the player in possession even if a **tag** has been made.

Option 2 – Touch: When a player in possession of the ball is touched by an opposing player they must dispose of the ball by hand or football within three steps or three seconds or a turnover will occur.

Shepherding

A player is not permitted to push, shoulder or block an opponent not in possession of the ball.

Mark

- A mark is awarded if it has been kicked by another player irrespective of the distance travelled.
- There is to be absolutely no contact in a marking contest. A player may attempt to spoil the ball from behind using an open hand, however, if body contact is made a free kick will be awarded to the infringed player. The player in the front position has every opportunity to mark the ball; players cannot attempt to mark the ball from behind.

Bouncing the ball

- A player in possession may bounce the ball only once. He/she must dispose of it by hand or foot and may not touch it again until it has been touched by another player.

Kicking off the ground

A player is not permitted to deliberately kick the ball off the ground.

Equipment required

- Synthetic football.
- Portable goal posts.
- Flexible field markers.
- Whistle.
- Arm bands.
- Bibs or football jumpers.
- Tag belts (tag option).

International Rules (Australia v Ireland)

A brief explanation

- In general terms International Rules is Australian Football with a round ball. All the key features are basically the same – kicking, handpassing, tackling and marking. Tactics are also similar – centre clearances, forward line set-ups, zone defences and man-on-man strategies are used. The key differences (other than the round ball) can be summarised as follows:

SCORING:	<ul style="list-style-type: none"> • A cross bar and net are added to the traditional AFL goal posts. A ball kicked or knocked (not handpassed) into the net scores six points, a ball going above the cross bar is called an “over” and earns three points, and a behind earns one point. A goal keeper protects the goal area. Should the ball hit a post and return into play, the ball is still in play.
TEAMS:	<ul style="list-style-type: none"> • Sixteen a side on the ground – six defenders, six forwards, three midfielders and the goalkeeper with 10 interchange players.
OUT OF BOUNDS:	<ul style="list-style-type: none"> • There are no boundary throw ins – a free kick is awarded against the team which last touched the ball.
FIELD OF PLAY:	<ul style="list-style-type: none"> • Normal Australian Football length oval with parallel ‘side lines’ 90 metres apart. Only two players per team are allowed in the centre square for the start of play and after six-pointers.
BALL ON GROUND:	<ul style="list-style-type: none"> • A player on the ground or on his knees may not pick the ball up – can only knock ball on.
SOLO RUN:	<ul style="list-style-type: none"> • A player is allowed a maximum of two bounces, one every 10 metres, before the ball has to be played (kicked/hand balled).
TACKLING:	<ul style="list-style-type: none"> • The full tackle (from shoulders to waist) is allowed in International Rules, however, tackling or slinging by one arm is not allowed.
BUMPING:	<ul style="list-style-type: none"> • Side to side (shoulder) bumps are allowed, however, players cannot be shirt-fronted no matter where the ball is.



LIVEWIRE: Stephen Milne charges downfield for Australia in the 2002 International Rules Series in Ireland.

AFL touchball

In general terms AFL touchball is very similar to netball/basketball except that the ball is passed from one player to another using handball. It can be played indoors or outdoors. This game can have other modifications included – it is up to you.

Other aspects of the game to be considered include:

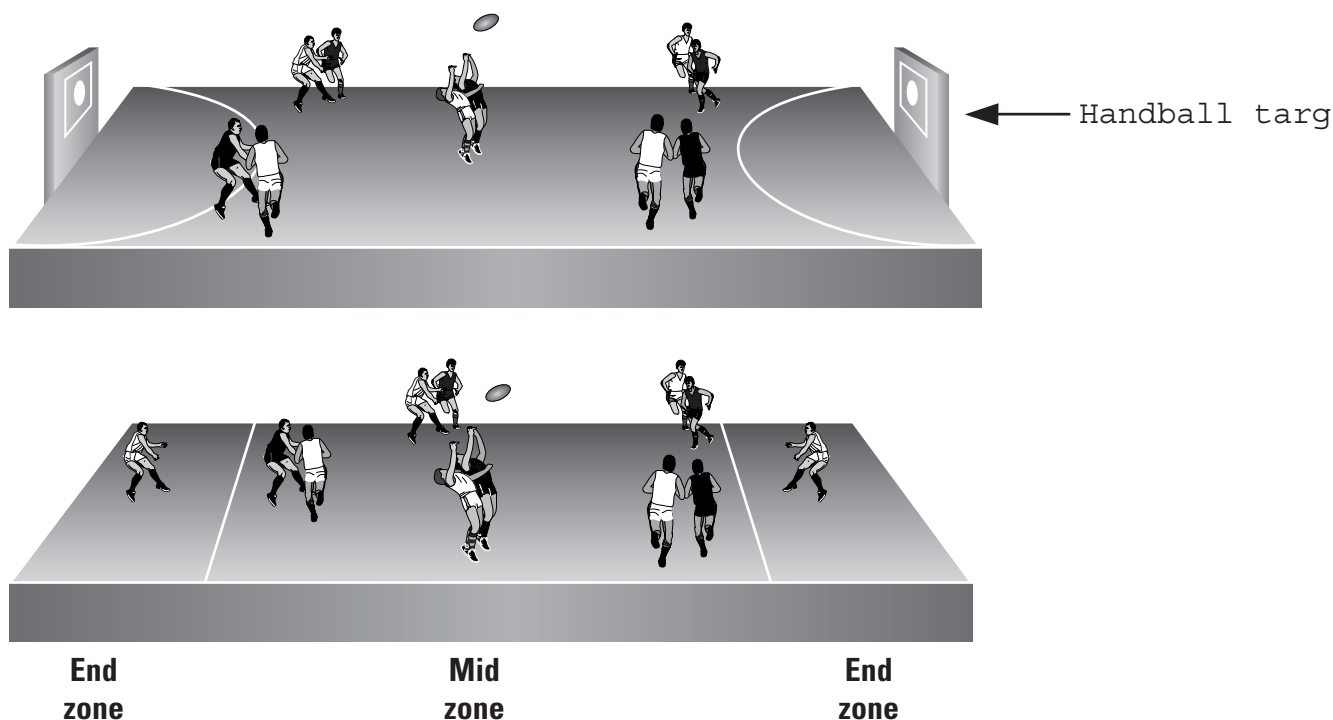
- Five players on the court.
- Eight-minute halves, with a one-minute break.
- Game begins with a jump ball.
- No tackling, or barging.
- No running with the ball (indoors).
- Running with the ball, only one bounce (outdoors).
- Penalties given for barging, grabbing, pushing, or entering a restricted area.
- Last team to touch ball prior to it crossing boundary loses possession.
- Disputed possession of ball – jump ball.
- Goals can be handball targets – one point for hitting the target, six points if it goes through the hole – or have a player as a catcher who can run up and down the end zone and receive a handpass for the team to score.
- Minimum number of handballs before you can score.
- Ball hits the ground – turnover.

Playing field:

Netball/basketball court
30m x 20m area

Equipment:

Football
Coloured bibs/jumpers
Handball targets
Witches' hats



AFL Auskick rules

	5-8 years – as at January 1	9-10 years – as at January 1	11-12 years – as at January 1
1. Playing field	Divide into three zones 6-a-side 60m x 40m (3 x 20m zones) 9-a-side 75m x 50m (3 x 25m zones) 12-a-side 90m x 60m (3 x 30m zones)	Divide into three zones 9-a-side 75m x 50m (3 x 25m zones) 12-a-side 90m x 60m (3 x 30m zones) 15-a-side 105m x 80m (3 x 35m zones)	110 x 80m
	These field sizes are the optimum size and flexibility is often needed. In particular, smaller field sizes may be required; e.g. a 6-a-side 9-year-olds match would need a field size less than 75m long.		
2. Ball size	A synthetic football – 5-8 years	A synthetic football – 9-10 years	A synthetic football – 11-12 years
3. The team	Six or 9 a-side preferred – no rucks or rovers. Unlimited reserves. All players must play at least half a game. Teams should play positions in each zone: 6-a-side – 2/2/2 9-a-side – 3/3/3 12-a-side – 4/4/4	Nine or 12-a-side – no rucks or rovers. Unlimited reserves. All players must play at least half a game. Teams should play positions in each zone: 9-a-side – 3/3/3 12-a-side – 4/4/4 15-a-side – 5/5/5	15 a-side – no rucks or rovers. Unlimited reserves. Smaller sided games may be played. All players must play at least half a game.
	The spirit of the game is to give all players a game of football. Where there is difficulty fielding full numbers, both coaches must agree to equalise player numbers on each team		
4. Player rotation	Players rotate every quarter to provide opportunities in several positions, i.e. Interchange -> Backs -> Centres -> Forwards -> Interchange.	For nine-a-side, players rotate every quarter to provide opportunities in several positions i.e. Interchange -> Backs -> Centres -> Forwards -> Interchange.	For 12-a-side and 15-a-side, to stop congestion, players will be instructed by the umpire to stay in their correct positions. Coach also instructs players to stay in position and enable all players to experience playing in the different positions through effective regular rotation.
5. Playing time	5-6-year-olds – 10 minutes 7-8-year-olds – 20 minutes	Four x maximum 10-minute quarters.	Four x maximum 15-minute quarters
6. Start of play	<ul style="list-style-type: none"> Ball-up between two centre players. Players should be approx. equal size. All players within their zones. 	<ul style="list-style-type: none"> Ball-up between two centre players. Players should be approx. equal size. Full possession rule. Within centre zone, maximum 3 players from each team closer than 10m from ball-up. 	<ul style="list-style-type: none"> Ball-up between two centre players. Players should be approx. equal size. Maximum three players from each team closer than 20m to ball-up.
7. Ball-up contests	Players contesting a ball-up (ruck play) may not grab the ball and play-on; i.e. they cannot take full possession of the ball. Player must knock, palm or punch the ball to a teammate or open ground, and may not play the ball again until it has either been touched by another player or hits the ground.		
8. After a goal	As in 6. Different players each time. Goals can be kicked by players only in forward zone.	As in 6. Different players each time.	As in 6. Different players each time.

	5-8 years – as at January 1	9-10 years – as at January 1	11-12 years – as at January 1
9. Out of bounds	<ul style="list-style-type: none"> From a kick. Kick generally awarded to nearest opponent. This is also an opportunity for the umpire to give a possession to a player who may not have had as many opportunities as others. If in doubt as to which team kicked the ball. Ball-up 5m in (rule 7). Off hands or body, ball-up 5m in. 	<p>From a kick. Kick generally awarded to nearest opponent. This is also an opportunity for the umpire to give a possession to a player who may not have had as many opportunities as others.</p> <ul style="list-style-type: none"> If in doubt as to which team kicked the ball. Ball-up 5m in (rule 7). Off hands or body, ball-up 5m in. 	<p>From a kick. Kick generally awarded to nearest opponent. This is also an opportunity for the umpire to give a possession to a player who may not have had as many opportunities as others.</p> <ul style="list-style-type: none"> If in doubt as to which team kicked the ball. Ball-up 5m in (rule 7). Off hands or body, ball-up 5m in.
10. Ball transition	When ball is in transition from back zone to forward zone it 'must' be touched by a player in the mid zone. Failure for this to occur results in a free kick awarded to the opposition team at the point at which the ball entered the zone.	When ball is in transition from back zone to forward zone it 'must' be touched by a player in the mid zone. Failure for this to occur results in a free kick awarded to the opposition team at the point at which the ball entered the zone.	
11. Scrimmage	No diving on ball. Umpire stops play. Free kick awarded to nearest opponent.	Umpire stops play. Send players back to positions and ball-up (rule 7).	Umpire stops play. Send players back to positions and ball-up (rule 7).
12. Possession rule	The ball is possessed by the act of controlling it by catching it, grabbing it, or laying two hands on it when it is on the ground. Once the ball is possessed, all other players must back off and allow the player with the ball to kick or handball uncontested. Decide doubtful cases with ball-ups.	The ball is possessed by the act of controlling it by catching it, grabbing it, or laying two hands on it when it is on the ground. Once the ball is possessed, other players may only attempt to steal the ball, block by standing in the path, or bump (within the rules) an opponent with the ball. Decide doubtful cases with ball-ups.	
13. Tackling	There is to be absolutely no contact or spoiling whatsoever except accidental and light shoulder to shoulder contact whilst running to and at the ball. Players to be given every opportunity to deliver the ball.	Players cannot hold an opponent with their hands, knock the ball out of an opponent's possession or push a player in the side. (Refer to bumping).	<ul style="list-style-type: none"> Under 11 – The hand tackle: A player in possession of the ball may be tackled by an opponent who uses both hands to grip the player in the area below the top of the shoulders and on/above the knees. If, when applying the tackle, hands cross over, this constitutes a wrap around tackle. Free kick awarded against the tackler. Under 12 – The wrap around tackle: 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. Under 11 and 12 No player shall be deliberately dumped/thrown to the ground by any tackle. Under any circumstances

	5-8 years – as at January 1	9-10 years – as at January 1	11-12 years – as at January 1
14. Bumping	No deliberate bumping. No deliberate contact is permitted.	Before possession: A player's prime objective should be to gain possession of the ball. i.e. Eyes on the ball. A restrained side bump, provided the ball is within 5 metres, is acceptable. "Running with" the player rather than "running at" the player must be the intention. Player in possession: A restrained bump only. After being bumped the player must dispose of the ball (3 steps or 3 seconds) or a free kick is awarded. A player cannot be bumped again within 3 seconds. Simultaneous bumps, made by two opposition players on a player in possession, counts as one bump. Player safety is paramount.	A player may make contact with another player by using his or her hip or shoulder to the body (not above the shoulders or in the back) provided the ball is no more than 5 metres away from the player. (As per AFL laws).
15. Barging	No barging, fending off or chopping past opponents. A free kick awarded.	No barging, fending off or chopping past opponents. A free kick awarded.	No barging, or chopping past opponents is allowed. A free kick awarded. Fending off, with an open hand to the body (not above the shoulders or in the back), is allowed.
16. Stealing/ smothering	Not allowed.	Not allowed.	Both stealing and smothering are allowed.
17. Shepherding	Player not permitted to push, shoulder or block opponent not in possession of the ball.	Player not permitted to push, shoulder or block opponent not in possession of the ball.	Player is allowed to shepherd within 5m of the ball.
18. Mark and playing on	A mark is any reasonable attempt to catch the ball directly from a kick of another player irrespective of distance travelled. Set mark after mark. No playing on allowed.	A mark is catching the ball directly from a kick of another player irrespective of distance travelled. Play on allowed.	A mark is catching the ball directly from a kick of another player. Ball must travel 10m.
19. Bouncing the ball	Player is permitted to bounce the ball once only then dispose of the ball.	Player is permitted to bounce the ball once only then dispose of the ball.	Player is permitted to bounce the ball once or twice then dispose of the ball.
20. Distance run	Whilst a player in possession of the football is moving the player is moving, the player must bounce the ball within 5m, irrespective if that player is running in a straight line or otherwise. As above – one bounce only.	Whilst a player in possession of the football is moving the player is moving, the player must bounce the ball within 10m, irrespective if that player is running in a straight line or otherwise. As above – one bounce only.	Whilst a player in possession of the football is moving the player is moving, the player must bounce the ball within 15m, irrespective if that player is running in a straight line or otherwise. As above – maximum of two bounces.
21. Kicking off the ground	Not permitted to deliberately kick the ball off the ground.	Not permitted to deliberately kick the ball off the ground.	Not permitted to deliberately kick the ball off the ground.

	5-8 years – as at January 1	9-10 years – as at January 1	11-12 years – as at January 1
22. Order off rule	Not applicable to this age group. Bad language, poor sportsmanship and disputing umpiring decisions is unacceptable and should be actively discouraged, through a counselling process carried out by the umpire and the coach.	To be applied. Penalty time up to umpire's discretion or local rule. Bad language, poor sportsmanship and disputing umpiring decisions is unacceptable and should be actively discouraged by coaches and umpires.	To be applied. Penalty time up to umpire's discretion or local rule. Bad language, poor sportsmanship and disputing umpiring decisions is unacceptable and should be actively discouraged by coaches and umpires.
23. Distance penalty	Not applicable to this age group. Umpiring and coaching processes to be used. Overstepping the mark is a coaching matter that should be addressed by the coach or umpire on the ground; wasting time; using abusive language/ behaviour; etc. (see Order off rule)	A player can be awarded a 10m advancement towards their goals, if, after a mark or free kick the AFL Auskick umpire is of the opinion that an opposing players hinders that player. This includes: overstepping the mark; wasting time; using abusive language/behaviour etc. The teaching role of coaches and umpires should still be paramount at this age group.	A player can be awarded a 25m advancement towards their goals, if, after a mark or free kick the AFL Auskick umpire is of the opinion that an opposing players hinders that player. This includes: overstepping the mark; wasting time; using abusive language/behaviour etc.
24. Staying in position	To stop congestion, umpire to instruct players to stay in zone.	To stop congestion, umpire to instruct players to stay in zone.	To stop congestion, umpire to instruct players in position. Coaches have a responsibility to teach players about positions.
25. Coaches	Coach allowed on ground to teach.	Coach allowed on ground to teach and ensure players are aware of positional play.	Coach not allowed on ground. Runners may be used to deliver messages and return directly to the coach.
26. Spirit of the game	Umpires to instruct players on rules and procedures. Players, coaches and umpires to shake hands. Umpires to be acknowledged and thanks by teams.	Umpires to instruct players on rules and procedures. Players, coaches and umpires to shake hands. Umpires to be acknowledged and thanks by teams.	Umpires to instruct players on rules and procedures. Players, coaches and umpires to shake hands. Umpires to be acknowledged and thanks by teams.
27. The game	No premiership points, no finals, no ladders, no match results, names of players published, skill clinics, carnival gala days. No representative teams.	No premiership points, no finals, no ladders, no match results, names of players published, skill clinics, carnival days. No representative teams.	No premiership points, no finals, no ladders, no match results (no score) and names of players published. Skill clinics, carnival days to be held. No representative teams.
28. Awards	Participation, effort, skill and goal achievement.	Participation, effort, skill and goal achievement.	Participation, effort, skill and goal achievement.
29. Clearances	Automatic clearances.	Automatic clearances.	Automatic clearances.
30. Tribunals	No tribunal, discipline left in hands of club.	No tribunal, discipline left in hands of club.	No tribunal, discipline left in hands of club.
31. Other rules and laws	As per <i>AFL Laws of Australian Football</i> .	As per <i>AFL Laws of Australian Football</i> .	As per <i>AFL Laws of Australian Football</i> .



	5-8 years – as at January 1	9-10 years – as at January 1	11-12 years – as at January 1
32. General	<p>Matches for this age group must be conducted as part of an AFL Auskick program or conducted within club structures. Fun, maximum participation, individual movement activities and skill development are the major priorities.</p> <p>AFL Auskick codes of conduct for coaches, officials and parents must be applied and enforced.</p>	<p>Matches may be part of the AFL Auskick program or conducted within club or competition structures. Fun, maximum participation and skill development are again overriding priorities.</p> <p>AFL Auskick codes of conduct for coaches, officials and parents must be applied and enforced.</p>	<p>Players in this age group may participate in AFL Auskick programs, club teams or school teams. Although team play is now important, individual participation in all games, skill development and teaching are priorities.</p> <p>AFL Auskick codes of conduct for coaches, officials and parents must be applied and enforced.</p>