



MORNINGTON PENINSULA JUNIOR FOOTBALL LEAGUE

UNDER 10 JUNIOR PROGRAM

OUTLINE AND REQUIREMENTS

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Introduction

The Australian Football League (AFL) is the governing body for Australian Football and as the “keeper of the code”. The MPJFL as part of AFL South East which under AFL Victoria reports to the AFL has the responsibility to establish a framework that ensures the best possible journey for young players to progress their learning and development towards the adult version of the game.

There are over 160 junior leagues across Australia that provide opportunities for children and their families to participate every year.

In accordance with the AFL Junior match policy we do not want to put younger players in an adult environment too early, such as very large grounds, congested play, unnecessary physicality and an over emphasis on winning when skill development is the more important.

Why

Fundamentally, any person wishing to participate in the game should be able to do so in a manner which is appropriate to his or her skills, needs and aspirations. For too long young kids have been allowed to play on the same size field and under the same match conditions as senior players – it's simply not right.

It is essential that young players are introduced to the game through modified rules and regulations that consider their physical, psychological and emotional needs. In other words, young players have different needs to adults.

Junior Game Philosophy

To provide an environment where young players can play the game and sequentially develop their skills through activities, games, match rules and conditions commensurate with their stage of learning and level of activity.



2014

RULES FOR U10s COMPETITION FOR COACHES AND UMPIRES

Purpose

To provide children in this age group with a fun, safe and positive experience through a well-structured match program that considers the maturity level of their motor, cognitive, social and emotional skills. The emphasis at this age level is the further development of basic game skills (kicking, handballing, marking, gathering, evasion and checking) group provides further opportunities to develop game skills and learning technical and tactical concepts. The match program for this age group provides further opportunities to develop game skills and the tactical principles of gaining possession, applying pressure, utilising space and positional play.

Spirit of the game

Prior to the commencement of play: all players, coaches and umpires should gather together on the ground and shake hands; and the umpire and coaches should ensure players are aware of the rules and procedures to be followed in the conduct of the game

The spirit of the game is **to give all available players a game** of football.

Therefore: where difficulty occurs fielding full numbers, both coaches must agree to even up player numbers; excess players should be given to the opposition team if they are unable to field the required numbers;

The umpire should at all times: endeavour to apply the rules of the games while awarding free kicks to players in preference to calling for ball-ups; understand the spirit of AFL Junior match rules for this age group is to enable all players to gather possession and to give **the player in possession of the ball every opportunity to kick or handball**.

For this reason, restrictions are placed upon body contact and attempt to involve all players as the opportunities arise, particularly when indicating which player is to receive a free kick after the ball has been kicked out of bounds, and by ensuring the effective rotation of players so they can experience playing as a forward, midfielder or backline player.

In relation to all **ball-ups**, the **full possession rule** applies as follows: a player contesting a ball-up may not grab the ball and play on; and the player must knock, palm or punch the ball to a teammate or open ground, and may not play the ball again until it has been touched by another player or hit the ground.



The game – premiership points competitions

The football match program offered to players aged 9-10 must comply with the modified match program presented in this document with no premiership points, no finals, no ladders, no match results (no score) and no names of players published. Skill clinics and participation carnival days may be held. No representative teams should be selected.

The ball

A synthetic size 2 or leather football should be used.

The team

Rotate players at least every quarter to provide opportunities in several positions, i.e. players to change from one zone or position on the ground to another – interchange to backs, backs to centres, centres to forwards, forwards to interchange

– at the end of each period, after each goal or when instructed to do so by their coach.

Equalise the teams and opponents as much as possible (match sizes, abilities).

Staying in position

To stop congestion, the umpire will instruct players to stay in their correct positions. Coaches should also instruct their players to stay in position and enable all players to play in the different positions through effective, regular rotations (see **The team** above).

Hold and release (restraint)

Players can hold and release an opposition player in possession of the ball by grabbing the jumper with one or 2 hands. There is strictly no bumping, slinging or deliberately bringing the player in possession of the ball to the ground. Grabbing the arms or applying a wrap-around tackle is also not permitted.

If a player in possession of the ball is held and released without a prior opportunity to dispose of the ball, they have 3 seconds to dispose of it by handballing or kicking. If a player in possession of the ball has had prior opportunity before being held and released, a free kick is awarded against him or her.

When the player is held and released the umpire acknowledges the hold has been applied and instructs the player in possession to dispose of the ball within 3, 2, 1 seconds (counting backwards). A player in possession cannot be held and released again within that 3 seconds.

The possession rule

The ball is possessed by controlling it, catching it, grabbing it, or laying 2 hands on it when it is on the ground.

Scrimmage and field ball-ups

Conducted between 2 players of equal size selected by the umpire. Before the throw up, the umpire should clear the area by sending players back to their positions or zones (full possession rule applies).



Out of bounds

From a kick: a free kick is awarded against the player who last kicked the ball. If there is doubt, or if the ball came off hands or a body, the umpire shall call a ball-up 5 metres in from the boundary. 'Full possession' at the ball-up is not permitted.

Gaining possession

A player's prime objective should be to gain possession of the ball (eyes on the ball). Shoulder-to-shoulder contact is permitted when players are contesting a loose ball, provided the ball is within 5 metres. Running with the player, rather than running at them must be the intention. Front-on contact and contact from behind are strictly prohibited.

Players cannot:

knock the ball out of an opponent's hands;
push the player in the side;
steal the ball from another player; or
smother an opponent's kick.

Shepherding

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

Barging

No barging, fending off or chopping past opponents is allowed. A free kick shall be awarded to the nearest opponent

Mark

A mark is awarded, no matter how far the ball has travelled, to any player who catches the ball directly from the kick of another player.

Bouncing the ball

Bouncing is optional but no more than one bounce is permitted.

Distance run

While a player in possession of the ball is moving, the player must bounce the ball within 10 metres, irrespective of whether that player is running in a straight line or otherwise. As above, only one bounce is allowed then the player must dispose of the ball. Total is 10 meters.



Kicking off the ground

Not permitted unless accidental.

Distance penalty

A player can be awarded a 10-metre advancement towards their goals if after a mark or free kick the umpire is of the opinion an opposing player hinders that player. This could include such acts as overstepping the mark, wasting time, and using abusive language and behaviour.

Order-off rule

Bad language, poor sportsmanship and disputing umpiring decisions should be actively discouraged. Players can be ordered off the ground and can be reported.

Coaches

The coach is allowed on the ground during play for the sole purpose of providing immediate feedback to players; he or she must not pressure, instruct or make comment to or about officiating umpires or decisions that they make. The coach must not pressure, instruct or make comment to the opposition team.

At the end of the game, all players and coaches should gather on the ground and shake hands. The umpire should also take this opportunity to address the players.

Umpires

The umpires in most instances are trainees there to learn the game. With out umpires our game suffers, Remember to:

Support the umpire

Recognise they make mistakes just like you.

Escort the umpire from the ground

Never approach an umpire

Stop any spectator(s) from abusing anybody at the ground including umpires

Umpires for under 10's only are not required to complete paperwork

Failure to support these measures can and will result in possible investigations, suspensions and termination of coaching accreditation and other permits.



Summary 10's
4 x 10 minutes
No Scores, ladders or finals permitted
No recording of best players and goal kickers are permitted at all(fine)
No representative teams
Players cannot bump/push an opponent, knock/steal the ball out of their hands or smother an opponents kick
"Hold and Release" rule is in place
Player can run 10m max. Incorporating a maximum of one bounce over that distance.
A mark is awarded irrespective of the distance the ball has travelled to any player who catches it or shows control
Out of bounds from a kick is awarded against the player who last kicked it
Out of bounds from hands or if there is any doubt, the umpire shall call for a ball up 10m in from the boundary
No kicking of the ground unless accidental
No Stealing, Smothering, Shepherding or Barging 10m penalty if a player has been hindered in any way.
Players can be ordered off at umpires discretion