

BASIC RULES OF AUSTRALIAN RULES FOOTBALL

HOLDING THE BALL – A free kick is awarded against a player caught in possession of the ball with a legitimate tackle. The umpire will definitely award this penalty if a player has prior opportunity to dispose of the ball if not he will usually order a ball up.

HOLDING THE MAN- A free kick is awarded to a player that has been tackled whilst not in possession of the ball.

TACKLING- A player may only be tackled whilst in possession of the ball. The tackle must be below the shoulder and above the knee. This law is strictly enforced especially high shots. We must be very disciplined in this area.

SHEPPARDING-An opposition player may be shepparded (blocked) from a contest provided he is within 5m of the contest. This is done by standing between the opposition player and your teammate with the ball. Arms are held out horizontal and palms facing backwards. Very important aspect of game, we will be working a lot on this at training. Shepparding along with talking are how we look after the ball carrier and enable quality disposal under the least possible pressure.

MARK- Awarded when a player catches a kick that has travelled at least 15m on the full and has not been touched by any player. As for a free kick the player may go back and dispose of the ball unimpeded by the opposition.

DISPOSAL – Must be via kick or handpass. Throwing or dropping of the ball is not permitted.

BOUNCING- A player running with the ball must bounce or touch the ball on the ground every 15m. Note- When taking possession of the ball make sure you run your full 10 to 15m, even experienced players sometimes forget this.

50m PENALTY- Awarded by the umpire when a player disputes umpires decision, abuses an umpire or does not return the ball to the opposition correctly after a penalty awarded (i.e. must give the ball back on the full –not place on the ground or throw away). In extremely late tackles or high tackles the umpire may award a free kick plus a 50m penalty.

This is an extremely costly penalty so we must be very disciplined in the areas mentioned above.

SCORING – 1 goal = 6 points, 1 behind = 1 point -Refer to illustration for further explanation.