

FOOTY 7's



Greetings, sports enthusiasts! We genuinely anticipate you will enjoy this taste of Australian Rules Football, most commonly known by participants as Footy. This modified version of the game you are undertaking will be fast and engaging, it will be demanding of your physical and mental attributes, and most of all, we are sure you will have fun. A great part of our game is anyone can play. Even in the professional leagues there are players ranging in size from 5ft to 7ft, ages 18 to 37 and with bodies of all shapes and sizes. While Footy is traditionally (since 1858) played on a large field with many participants, the game you will be participating in has strong parallels with the traditional game. We will be using all the skills, techniques and scoring of the conventional game, however this version will be played on a modified field with modified rules to help introduce you while not overwhelming you.

Rosters/Field/Scoring

- Each team consists of seven players on the field (plus any additional interchange players), with at least two females on the field at any one time. Substitutions can be made at any point on-the-fly.
- The required field is a soccer/rugby field. The field is divided into three zones; a mid-zone and two scoring zones.
- At the start and restart of play, the seven players on each team must be divided so that 2 players of each team are in each scoring zones of the field and 3 players are in the mid-zone. After each start/restart of play there are no restrictions on player movement around the field.
- A kick between the goal posts at any height is a "goal" and worth six (6) points.
- A kick between a goal post and a point post at any height is a "point" and is worth one (1) point.

Game Play

- A game consists of two 20 minute halves (with no stoppage time) and a 5-minute half time. Ties are allowed in the regular season.
- The game will start with a ball up, with the Umpire throwing the ball into the air in the center of the field. Two centerline players will contest toe to toe (similar to a basketball jump-ball). The ball must be tapped (cannot be taken directly by either player contesting the ball up).
- Any player within the forward third can kick for goal. This can be during general play by receiving a kick or handball; or upon marking the ball and taking a set shot for goal. To be eligible to shoot from a set shot, the mark (or where an infringement occurs) must be inside the scoring zone.
- If the ball is touched prior to going through the goal posts, hits an upright goal post, or is hand passed, only one point will be awarded and the opposing team will kick out from the goals. If the ball passes between a goal and point posts, one point will be awarded and the opposing team will kick out from the goals.

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Game Play (cont'd)

- After a goal, play is restarted in the center of the field via a ball up.
- The ball must be disposed of by a handball or kick. Players are not permitted to throw or hand the ball to another player or a free kick will be awarded to the opposing team.
- A player in possession of the ball may carry the ball for 15 meters (only if not "touched by the opposition) but must bounce or touch the ball on the ground to receive another 15 meters.
- A Mark is awarded if a player catches or takes control of the football after it has been kicked by another player, without touching the ground or another player, and has travelled 15 meters. After a Mark has been taken, that player cannot be "touched" and has five seconds to either kick, hand pass or play-on. They can move back from the Mark (the spot on the ground where the Mark/catch was taken) in a direct line from their goals, however if they move off that line, it is play on and they can be "touched".

Penalties and Violations

A turnover occurs and a Free Kick is awarded when:

- The ball goes out of bounds, with the Free Kick being awarded against the last team that touched the ball. Scoring will not be permitted from an out of bounds Free Kick.
- Players may not kick the ball off the ground.
- Players may attempt to intercept the ball in flight, however must not make contact with an opposing player or a Free Kick will be awarded.
- A player is not permitted to touch an opponent unless the player is in possession of the ball.
- When a player in possession of the ball is touched by an opponent (the defending player should also call out "TOUCH") the player must kick or hand pass within two seconds. Failure to do so will result in a free kick being awarded to the opposing team. If a player is touched, they must dispose of the ball to a team mate.
- If a turnover occurs the game stops and the opposing team gains possession of the ball for a Free Kick from where the ball went out of bounds or the infringement occurred.