



FREO HOUSE FOOTY

Secondary School In-School Competition

Rules

1. The game is non-contact or a touch in place of a tackle.
2. The ground is 100m x 50m wide and divided into three sections
 - a. Forward/Scoring zone (30m),
 - b. Midfield zone (40m)
 - c. Defensive zone (30m).
3. Games are 2 x 20 minute halves with a 2-5 minute interval. No time on.
 - a. The game begins with a ball-up between two centre players in the centre zone.
4. Teams of 9 players comprise of 3 forwards, 3 centres and 3 backs.
 - a. Players to be in their respective zones at the start of the game and after each goal.
 - b. Players may move freely across all zones or remain in their zone or a combination.
 - c. In mixed competitions there must be a minimum of three female participants on the ground at any one time, one in each line e.g. Forward, Centre, Back.
5. Optional 9 points for a female's goal, 6 points for a male's goal.
6. A mark is awarded irrespective of the distance travelled.
7. Turnovers occur if the ball touches the ground.
8. Players have 2 seconds or 2 steps to dispose of the ball after being 'tagged'.
9. Only forwards can kick for goal after marking the ball in his/her scoring zone.
 - a. The player must take a set shot for goal (not play on).
10. Nearest opposition kicks in from 'out of bounds'.
11. A player may take a maximum of 10 steps before disposing of the ball correctly.
 - a. Only 1 bounce is permitted
 - b. Opposition must be a minimum 5 metres from the player with the ball
12. Interchanges may take place at any time and are unlimited.
13. The ball must not be deliberately kicked off the ground.
14. Penalties
 - a. A 15 metre penalty will be paid for contravening a rule, bad conduct.
 - b. Red card for reportable offences. Player may be replaced.
 - c. Yellow card for minor offences – 10 minute cooling off period.

