

2025 SEASON

ABANDONED MATCH

- Umpires and team captains come together.
- Umpires record the quarter, time and score when the match was abandoned.
- Refer the matter to the League.

BENCHES (COACH/INTERCHANGE)

Only players and team officials are permitted within coaching/interchange bench area.

BLEEDING

- Umpire stops the match and signals.
- Player may leave at any point around the ground.
- Replacement player enters via interchange.
- Injured player returns via interchange.

CONCUSSION

A player suspected of having suffered a head injury/concussion or is knocked unconscious shall be assessed by the team's trainer, preferably within 10 minutes of the incident and record the result of the test by the conclusion of the match.

Any player who FAILS an assessment is not permitted to return to the playing surface.

The player **cannot** return to matches for a **minimum of 21 days. (2 Playing matches)**

The player can return to training after providing a medical clearance **and being symptom-free for 14 days.** A medical clearance must be provided to the League before the player is eligible to return.

'EVEN UP RULE'

- Applies to C5R, Colts, Womens, Integrated.
- Teams even up when between 14 and 17 players.
- Remaining opposing players may act as reserves.
- With the exception of the Integrated competition, players are not loaned to the opposition.
- If, after the start of the match, the team starting with fewer players loses a player for any reason, no further even up is required.

HEAD COUNT

- Only team captains, Vice Captains and Team Runner can request a head count.
- Umpire to stop time and co-ordinate head count.
- No players permitted to enter or leave the ground.
- Umpires shall record the quarter, time and score when match was stopped.
- Offending team shall lose all points scored in the match in that quarter. Scoreboard will be adjusted accordingly.
- Where incorrectly called, the field umpire will award a free kick to be taken at the centre circle or where play was stopped whichever is greater and a 50-metre penalty shall then be imposed.
- If in the opinion of the field umpire, the head count is called to delay play, a red card shall be issued to the captain for time wasting.

LIGHTNING

Suspension and resumption of play should follow the "30/30" rule: play should stop when the flash-to-bang count approaches 30 seconds and should not resume until 30 minutes after the last sight of lightning or sound of thunder.

PLAYER ARRIVING LATE

- Team manager or coach to advise opposition of each player who will be arriving late.
- Player to be selected on team sheet before match.
- When player arrives, team manager to advise opposition prior to the player taking the field.
- Players who are not ready to play before the half time break shall not be permitted to play.

PLAYING TIMES AND BREAKS

A-C2 (League): 4x25 min quarters with no time on.

Breaks - $\frac{1}{4}$ time 5 mins, $\frac{1}{2}$ time 15 min, $\frac{3}{4}$ time 5 mins

C3-C5 (League), Reserves/E/Colts: 4x20 min quarters with no time on.

Breaks - $\frac{1}{4}$ time 5 mins, $\frac{1}{2}$ time 15 mins, $\frac{3}{4}$ time 5 mins

Womens: 4x18 min quarters, with no time on.

Breaks - $\frac{1}{4}$ time 5 mins, $\frac{1}{2}$ time 12 mins, $\frac{3}{4}$ time 5 mins

Integrated: 4x15 min quarters, with no time on.

Breaks - $\frac{1}{4}$ time 5 mins, $\frac{1}{2}$ time 10 mins, $\frac{3}{4}$ time 5 mins

- Teams are not permitted to leave the playing surface except at the half time break and full-time, or as permitted in the by-laws (ie. lightning).
- Time keepers and Umpires should be timing breaks to ensure the game and quarters are commencing on time.
- A team not ready to commence play within 15 minutes of the scheduled start time shall forfeit the match.

PLAYING UNIFORM

- Each player shall wear the playing uniform which will comprise a club jumper, shorts and socks together with football boots.
- Players on the same team are not permitted to wear the same jumper number.
- The away team is required to wear an alternative jumper for a match where team jumpers clash in design or colour.
- The home team shall wear black or coloured shorts.
- The away team must wear white shorts (men only)
- Each player shall wear football socks which are uniform in colour and design.

RED CARD

- Player off for remainder of match.
- Replacement is permitted straight away.

RUNNERS

- Only 2 runners permitted.
- Must be dressed in the official pink shirt emblazoned with the Toyota logo and black shorts/pants.
- Where a team uses two runners, the runners must enter and leave the playing surface through the interchange area.
- Runners must escort umpires from the ground at half and full time.

STRETCHER

- If a stretcher is called onto the field, time must be stopped as directed by the field umpires.
- Player must leave the ground on the stretcher at the nearest point.
- Where a stretcher enters the ground but the player elects to walk off, the player must go to the Interchange Bench.
- The player for whom the stretcher was called shall not resume playing for a period of 20 minutes (excluding intervals between quarters) whether they left the field on the stretcher or not.

TEAM COMPOSITION

Senior Mens: 14 min/22 max players

Senior Womens: 14 min/23 max players

Colts: 14 min/25 max players

Integrated: 12 min/no max players

TIMEKEEPERS

- The home team is responsible for siren.
- To avoid time discrepancies, both teams are to provide a timekeeper for the match who should sit together to verify start and finish times, and any umpire directions.

TIME ON

- No time on except where there is undue delay such as a seriously injured player requiring a stretcher, a melee, a head count, lost or damaged ball.
- Umpires to direct timekeepers when to apply time on.

TRAINERS

Each team must provide a qualified sports trainer dressed in the official grey shirt.

VILIFICATION

- Where vilification is alleged or occurred, the clubs and individuals concerned will take immediate action to resolve the matter on the day.
- An umpire may report a player, club official or a club, or the matter may be investigated by the League.

UMPIRES

- Field and boundary umpires must be dressed in the green umpire shirt, grey shorts and green socks.
- Goal umpires may either be dressed in the green umpire shirt or yellow vest.
- Where a team's field, boundary and/or goal umpire is not provided for a match, the respective team shall forfeit the match except where both teams agree for the match to proceed. Where both teams mutually agree to play, the final result of the match will stand.
- Boundary and goal umpires must be at least 13 years of age.
- No field, boundary or goal umpire shall advise or coach a team by word or signal.

UMPIRE APPROACH AND ESCORT

- A runner from both teams shall escort the umpires from the playing surface to the change rooms at half time and at the conclusion of the match.
- The runner's role is to ensure umpire safety and welfare, and they shall not engage physically or verbally with an umpire.
- Only team captains are permitted to approach the umpires during the quarter time and three-quarter time breaks.
- An umpire must not be approached by a team captain at half-time; or by a coach, club official or support personnel at any time.
- Players may talk to umpires during the match at a time convenient to both player and umpire.

- An official should meet with the field umpires at the conclusion of the match to confirm match day administration and receive any reports or confirm prescribed penalty offers from the field umpires.

WATER CARRIERS

- Up to 4 water carriers permitted. Must be dressed in the official yellow t-shirt and wear enclosed footwear.
- Minimum age 13.

YELLOW CARD

- Player off for 15 minutes of playing time.
- Replacement is permitted straight away.
- A player or official issued with 2 yellow cards in the same match cannot take further part in the match.
- Where a player or Club Official has been issued three yellow cards during the year, they shall be automatically suspended from playing for one playing date.
- If the player or Club Official is issued a further two yellow cards after serving this suspension, they shall be suspended for a further two playing dates.
- If the player or Club Official is issued a further yellow card after serving the second suspension in, they shall be suspended for a further four playing dates.

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WOMEN'S RULE VARIATION

- Last disposal free kick awarded between the arcs.
- Boundary umpires should come in off the boundary line 10 metres to throw the football in.