

# Freo House Footy- Rules

## INTRODUCTION

Freo House Footy is a modified match play version of the game. It has been developed to provide an opportunity for all Australian Football enthusiasts, as well as those new to the game, for the purpose of participating in a match play experience that has strong parallels with the traditional game. Importantly, Freo House Footy is easier to play, less physically demanding and provides an environment whereby participation, enjoyment and safety are a priority.

Freo House Footy has application across Secondary School environments whereby structured competitions can be developed or alternatively, social formats created. Fundamentally, the game enables secondary students of all ages and ability levels to participate in male, female or mixed teams as determined by the individual competition.

The game is played between two teams of nine (9) with interchange players. The field has a maximum length of 100 metres (which can be modified depending on the age and ability level of participants) and is divided into three zones, a mid zone and two scoring zones. Teams score by kicking the football into their attacking scoring zone to designated forwards who are the only players permitted to score. A mark is awarded irrespective of the distance the ball has travelled and if the ball hits the ground it is an automatic turnover (selected competitions only). A touch option is available in more competitive competitions.



## REGULATIONS

### 1. The Playing ground:

The recommended playing field measures a maximum of 100 x 50 metres and is divided into three zones. The zones are advised to be set as 30m / 40m / 30m.



*Note: Alternative fields (indoor & outdoor) can utilise different field measurements as suitable for the competition played an appropriate for the skill level, availability of space and players on the field.*

### 2. The Team & Zones:

- Nine (9) players to take the field at any one time with unlimited interchange players.
  - *Player numbers can be either reduced or increased dependent on the individual requirements of the competition*
- Interchange of players may take place at any time, and be unlimited in number.
- Teams consist of three forwards, three centres and three backs distinguished by either bibs, wristbands or arm bands.
- Players must be in their zones at the start of the match and a after a goal has been scored. Once the game is in progress, the following transition options are available based on the competition:
  - *Players must stay in their allocated zone until either interchanged or a match break*
  - *Players can move freely across all 3 zones*
  - *A combination of the two can be applied*
- In mixed competitions there must be a minimum of three female participants on the ground at any one time, one in each line eg Forward, Centre, Back.

### 3. The Ball

A “Freo House Footy” football is to be used; this ball has been specially designed to make it easier to handle for recreational participants and limit the kicking length due to the ground size.

### 4. Duration of the Game

The game can consist of 2 x 20minute halves with no time on. The halftime interval will be 5 minutes in duration. The controlling body may vary the duration of the match and intervals depending on the age and fitness level of participants.

### 5. Start of Play

- Choice of Goal/End – The umpire shall toss a coin, before the toss the away or first named team captain shall call “the fall of the coin”. The captain of the team who wins the toss shall choose the end to which their team kicks.

- The game shall be started by a ball up between two centreline players in the centre of the ground; players must stand shoulder to shoulder in the ball up.
- The two competing players in the ball up cannot grab the ball or take possession of it until it has been touched by one of the centre players not involved in the ball up. The centre players not involved in the ball up may play the ball if the ball hits the ground, however in a touch version, contact is not permitted.

## **RULES**

**Two versions of Freo House Footy are applicable:**

### **No Contact**

No body contact of any kind is permitted. Incidental contact may occur. Umpire to control and make decisions accordingly.

### **Touch**

A semi-contact version that requires players to implement a touch in place of a tackle. In this form of the game, either a one handed or two-handed touch can be applied as determined by the individual competition rules.

### ***6. Disposal of the Ball***

The ball must be disposed of by a handball or kick (as per the Laws of Australian Football). Players are not permitted to throw or hand the ball to another player or a free kick will be awarded to the opposing player.

### ***7. Scoring***

Only forward (Fwd) players can shoot for goal within his/her scoring zone. This can be during general play by receiving a kick or handball; or upon marking the ball and taking a set shot for goal. The player standing the mark must be inside the scoring zone. The field umpire will be the sole judge of whether the kick for goal was successful.

Penalty in the scoring zone– A penalty is awarded when the umpire believes a forward would have taken a mark inside his/her scoring zone however was illegally infringed in the marking contest. The player may take a set shot for goal.

*\* In selected mixed competitions, a goal scored by the female forward is worth 9 points*

### ***8. Ball Transition***

When the ball is in transition from the back zone to the team's scoring zone, it must be possessed by a player in the mid zone. Failure for this to occur will see a free kick awarded to the opposition team at the point in which the ball entered the scoring zone.

### ***9. Out of Bounds***

- When the ball goes out of bounds (ball completely over the line) by hand or foot, the nearest opponent shall kick the ball back into play.
- If there is any doubt as to which team last touched the ball before it went out of bounds, the umpire shall call a ball-up five metres in from the boundary line.

### ***10. Restart of play***

- After a goal, play is restarted in the centre of the field via a ball up.
- If a behind (1 point) is scored the ball is required to be kicked back into play from between the goals by a defender.

### **11. Bumping/Tackling/Barging**

- Bumping/Tackling/Barging are not permitted.

#### Touch

There is to be no contact or spoiling, **players cannot:**

- Hold an opponent with their hands
- Knock the ball out of an opponent's hands
- Push the player in the side
- Steal the ball from another player
- Deliberately bump another player
- Smother an opponent's kick by trying to block the kicking motion at the point of impact.
- Barge, fend off or shepherd opponents
- Touch the ball while another player has possession

### **12. Gaining possession of the ball**

#### Tackle

- Not permitted.

#### Touch

*A turnover occurs when the ball touches the ground as a result of a poor kick or handball and when the ball goes out of bounds.*

- If a turnover occurs the game stops and the opposing team gains possession of the ball from where the ball first made contact with the ground/went out of bounds.
- Players may attempt to intercept the ball in flight, however must not make contact with an opposing player.
- An opposing player is not permitted to touch a player (unless the player is in possession of the ball. (One or two hand touch)
- Players are not permitted to dive on the ball; a free kick will be awarded against the player diving on the ball.

*Note – competitions can choose to play the game where the play is continuous despite it touching the ground from a disposal. It should be accepted that in this case, it is very difficult to limit incidental contact whereby two or more players attempt to pick up the ball off the ground at once.*

### **13. Possession**

A player may stay in possession of the ball for a maximum distance involving one bounce unless

- the player is touched with one or two hands (touch)
- directed to dispose of the football by the umpire

### **14. Dispossessing the player in possession**

### Tackle

- Not permitted.

### Touch

- When a player in possession of the ball is touched by an opposing player, they must dispose of the ball by hand or foot within two steps or two seconds or a turnover will occur. The umpire will count out aloud so that the player in possession is aware of the time allocated to dispose of the ball.

### **15. Bouncing the ball**

Where a player is moving whilst in possession of the ball he/she must bounce the ball or touch it on the ground after fifteen metres, irrespective of whether such a player is running in a straight line or otherwise. A player in possession may bounce the ball only once. He/she must dispose of it by hand or foot and may not touch it again until it has been touch by another player.

### **16. Mark**

#### Touch

- A Mark is taken if, in the opinion of the umpire, a player catches or takes control of the football after it has been kicked by another player irrespective of the distance travelled.
- It is not a mark if the ball touches the ground or has been touched by another player during the period when the ball was kicked until it was caught or controlled by the player.
- When a player is awarded a Mark or Free Kick an opposing player may stand at the position on the playing surface where the mark or free kick was awarded know as “the mark”.
- No opposition player (except for the player on the mark) maybe closer than 5 metres away in any direction.
- There is to be absolutely no contact in a marking contest. The player in the front position has every opportunity to mark the ball.
- The player taking the mark will have a reasonable opportunity to dispose of the ball or play on. If he/she delay the umpire will place a five-second count for play to resume.

### **17. Playing On**

The umpire shall call “Play On” in the following:

- When a player after taking a mark runs around or over the spot “the mark” where he/she caught the ball.
- When a player after a turnover has occurred runs around or over the spot “the mark “where the ball made contact with the ground due to the turn over.
- The ball after being kicked has been touched in transit.

### **18. Playing the Advantage**

- The field umpire instead of awarding a free kick may allow play to continue by calling “Advantage Play On” in the case that the individual player in possession of the ball initiates the advantage.

### **19. Kicking off the ground**

A player is not permitted to deliberately kick the ball off the ground.

### **20. Field Bounces/Ball Ups**

The ball shall be thrown up when the umpire is unsure which team touched the ball before it went out of bounds.

### ***21. Fifteen Metre Penalty***

A fifteen metre penalty may be awarded when a player:

- Over steps the Mark
- Engages in time wasting
- Uses abusive, insulting, threatening or obscene language or behaviour towards an umpire
- Enters the protected 5metre area around a player which has been awarded a mark or free kick.
- Has not returned the football directly and on the full to the player awarded the Free Kick or Mark
- Engages in any other conduct for which a Free Kick would originally be awarded

### ***22. Injured Player***

If a player cannot take a free kick that has been awarded due to injury or illness then the teammate that was closest to the incident may take the kick.

### ***23. Player's Boots, Jewellery and Protective Equipment***

A player shall not wear during a Match:

- Any form of jewellery
- Boot studs, plates/cleats or protective equipment unless the field umpire is satisfied that the item does not constitute a danger or increases the risk of injury to other player completing in the match.
- A field umpire may inspect a player's boots or hands or any protective equipment that a player intends to wear or use during the match.

### ***24. Send Off Rule***

A send off rule will operate as follows:

- A player may be sent off at the discretion of the umpire for any reportable offence. The player sent off may be replaced. They shall take no further part in the remainder of the game. (Umpire issues a Red Card)
- Players may also be sent off by the umpire for minor breaches for a "cooling off" period of 10 minutes (Umpire issues a Yellow card), they may be replaced.
- If a player accumulates two yellow cards over the course of the competition the player will receive an automatic one-match suspension.