



**2026 COMPETITION RULES & REGULATIONS  
MATCH DAY INFORMATION**



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## RATIONALE

This is a summary of *South West Junior Football League (SWJFL) Rules & Regulations* and aimed particularly at match day process and procedures. This summary should be read with the WA Football 2026 Junior Football Competition Policies, Rules & Regulations, with the main aim of upholding 'playing in the spirit of the game'.

Anything in this document supersedes *or* reinforces the WA Football Rules & Regulations. All Committees, Coaches, Players and Parents are to request interpretations, clarifications and explanations of the Competition Policies, Rules and Regulations via their respective Club's Aligned Executive Committee Member.

## SPIRIT OF JUNIOR FOOTBALL

**The Spirit of Junior Football exists to ensure every participant experiences a safe, inclusive and positive sporting environment where development is prioritised over results. It is incumbent on every participant irrespective of their place in the game, to ensure that they will;**

1. **Not focus on winning at all costs** and understand that the role of Junior and Youth Football is to foster the development of players, volunteers, umpires, coaches and officials. Learning to win and lose is part of the developmental journey of a participant but must remain secondary to the primary focus of player development.
2. Maximise the enjoyment and development of Junior and Youth footballers.
3. Provide our children with a game environment that is safe, fun and fair.
4. Encourage and celebrate the values that contribute to the spirit of the game, including fairness, equality, respect and teamwork.
5. Uphold, promote and protect the Rules, Laws, Codes, Policies and Spirit of Junior Football.
6. Not accept poor behaviours around our game and deter practices that undermine our game environments (coaching, playing, volunteering, spectating and umpiring).
7. Adhere to any directive issued by WA Football /CFWA and the SWJFL in the best interests of achieving the above.
8. Coaches should adopt an athlete centred coaching philosophy.
9. A Person, Club or Team must not engage in conduct which is unbecoming or likely to prejudice the interests or reputation of Junior Football in Western Australia or to bring the game of football into disrepute.
10. Any person attending or participating in a match, event or training session is required to behave in a manner that supports the values of the Spirit of Junior Football. For the avoidance of doubt, this includes spectators.

## CODE OF CONDUCT

As a participant in Junior Football, your behaviour both on and off the field, reflects not only on yourself but also on your team, Club and the sport as a whole. The WA Football Code of Conduct, when followed by all people involved in our game, helps ensure this important objective is achieved. Failure to adhere to this Code may result in penalties at the full discretion of the SWJFL.

***For avoidance of doubt, this Code of Conduct applies to all individuals involved, including Players, Officials, Volunteers, Umpires and Spectators.***

### 1. SPIRIT OF JUNIOR FOOTBALL

- All participants must understand and adhere to BYLAW #1 'The Spirit of Junior Football'.

### 2. FAIR PLAY

- Play by the rules and abide by the principles of fair play.
- Accept both victory and defeat gracefully.
- Players and Officials – shake hands with opponents, coaches and officials before and after the match.
- Always consider the welfare and safety of all participants.

### 3. SHOW RESPECT

- Spectators – refrain from instructing, coaching or distracting players during the match.
- Display and foster respect for all participants regardless of the outcome of the match.
- Contribute to a safe sporting environment and respectful culture which is accepting of individual differences.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Do not swear, criticise, sledge, use derogatory language or harass any other participant.
- All communications must be through the correct channels and must be positive, respectful, and constructive at all times, promoting a supportive environment for all participants.
- Stay in control of your emotions, regardless of the situation. Avoid verbal or physical outbursts and do not engage in behaviour that can harm others emotionally, mentally or physically.

### 4. SUPPORTING UMPIRES

- Accept the decision made by umpires and officials, even if you disagree. Show respect by not arguing or challenging their decisions during or after matches.
- Never abuse an umpire. Abuse is defined as any language, behaviour or gesture intended to insult, offend, intimidate, threaten or harm.
- Never approach an umpire unless you are a person authorised to do so under this handbook.
- Never publicly criticise an umpire – raise any concerns you may have with your Team Manager or Club.
- Respect the critical and very difficult role that umpires have in our game. Understand that umpires have varying levels of skill and experience and participate to the best of their ability.

### 5. HANDLING DISPUTES

- In the event of a dispute or concern, do not engage in confrontations, arguments or physical altercations. Address issues respectfully through appropriate channels (eg Team Manager or Club Officials)

### 6. ANTI DISCRIMINATION AND INCLUSION

- Treat all individuals with fairness and respect. Reject discrimination, bullying or harassment in any form, on or off the field and report any incident through appropriate channels.

### 7. LAWS, RULES, REGULATIONS, POLICIES AND BY-LAWS

- Maintain a working knowledge of and adhering to all relevant WA Football and SWJFL laws, regulations, policies, and by-laws.

## CORRESPONDENCE

All correspondence to SWJFL must be endorsed by your Club President and is required to be sent to [secretary@swjfl.com](mailto:secretary@swjfl.com) Any parent correspondence will be considered unofficial, not supported by their club and no response will be given.

## COMPETITION RULES MATRIX– MODIFIED RULES

MODIFIEDS	YEAR 3	YEAR 4	YEAR 5	YEAR 6
PLAYERS ON FIELD	15-a-side (unlimited bench)	15-a-side (unlimited bench)	15-a-side (unlimited bench)	15-a-side (unlimited bench)
MINIMUM PLAYERS	7	7	7	7
EQUALISATION	Even-up	Even-up	Even-up	Even-up
GROUND SIZE	80-100m (L) 50-75m (W)	80-100m (L) 50-75m (W)	90-110m (L) 70-85m (W)	90-110m (L) 70-85m (W)
MATCH LENGTH	4 x 15 min	4 x 15 min	4 x 15 min	4 x 15 min
BREAKS	Up to 5 mins Up to 10 mins Up to 5 mins	Up to 5 mins Up to 10 mins Up to 5 mins	Up to 5 mins Up to 10 mins Up to 5 mins	Up to 5 mins Up to 10 mins Up to 5 mins
BALL SIZE	Size 1 synthetic	Size 2 synthetic	Size 2 leather	Size 3 leather
COMPETITION DETAILS	No scores, ladders or finals. No Fairest & Best.	No scores, ladders or finals. No Fairest & Best.	No scores, ladders or finals. No Fairest & Best.	No scores, ladders or finals. No Fairest & Best.
CONTACT	Modified Wrap Tackle. No taking to the ground.	Modified Wrap Tackle. No taking to the ground.	Modified Wrap Tackle.	Modified Wrap Tackle.
BOUNCES	1 Bounce	1 Bounce	1 Bounce	1 Bounce
MARKING	Any reasonable attempt	Any reasonable attempt	Kick must have travelled 10m	Kick must have travelled 10m
OUT OF BOUNDS	Last Possession Rule	Last Possession Rule	Last Possession Rule	Last Possession Rule
KICKING OFF GROUND	Not permitted	Not permitted	Not permitted	Not permitted
STEALING, SMOTHERING, SHEPHERDING AND BUMPING	Not permitted	Not permitted	Permitted within 5m of the ball	Permitted within 5m of the ball

## COMPETITION RULES MATRIX– FEMALE COMPETITIONS

FEMALE	YEAR 3/4	YEAR 5/6	YEAR 7/8	YEAR 9/10	U20 (Y11/12/13)
PLAYERS ON FIELD	12-a-side (unlimited bench)	12-a-side (unlimited bench)	15 a-side (6 on bench)	15-a-side (6 on bench)	16-a-side (6 on bench)
MINIMUM PLAYERS	7	7	10	10	10
EQUALISATION	Even-up	Even-up	Even-up	Even-up	Even-up
GROUND SIZE	80-100m (L) 50-75m (W)	80-100m (L) 50-75m (W)	110-140 (L) 70-110 (W)	110-140 (L) 70-110 (W)	Full Size
MATCH LENGTH	4 x 15 min	4 x 15 min	4 x 15 min	4 x 15 min	4 x 15 min
BREAKS	Up to 5 mins Up to 10 mins Up to 5 mins	Up to 5 mins Up to 10 mins Up to 5 mins	Up to 5 mins Up to 10 mins Up to 5 mins	Up to 5 mins Up to 10 mins Up to 5 mins	Up to 5 mins Up to 10 mins Up to 5 mins
BALL SIZE	Size 1 synthetic	Size 2 synthetic	Size 3 leather	Size 4 leather	Size 4 leather
COMPETITION DETAILS	No scores, ladders & finals. No Fairest & Best.	No scores, ladders & finals. No Fairest & Best.	Scores, ladders & finals. Fairest & Best. E-Points apply.	Scores, ladders & finals. Fairest & Best. E-Points apply.	Scores, ladders & finals. Fairest & Best. E-Points apply.
CONTACT	Modified Wrap Tackle. No taking to the ground.	Modified Wrap Tackle.	As per AFL Laws of the Game	As per AFL Laws of the Game	As per AFL Laws of the Game
BOUNCES	1 Bounce	1 Bounce	2 Bounces	Unlimited	Unlimited
MARKING	Any reasonable attempt	Kick must have travelled 10 m	Kick must have travelled 15 m	Kick must have travelled 15 m	Kick must have travelled 15 m
OUT OF BOUNDS	Last Possession Rule	Last Possession Rule	Last Possession Rule	Last Possession Rule	Last Possession Rule (50m arcs Exclusion)
KICKING OFF GROUND	Not Permitted	Not Permitted	Permitted	Permitted	Permitted
STEALING, SMOTHERING, SHEPHERDING AND BUMPING	Not Permitted	Permitted within 5 m of the ball	Permitted within 5 m of the ball	Permitted within 5 m of the ball	Permitted within 5 m of the ball

## COMPETITION RULES MATRIX – YOUTH COMPETITIONS

OPENS	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11/12
PLAYERS ON FIELD	18-a-side (6 on bench)	18-a-side (6 on bench)	18-a-side (6 on bench)	18-a-side (6 on bench)	18-a-side (6 on bench)
MINIMUM PLAYERS	12	12	12	12	12
EQUALISATION	Even-up	Even-up	Even-up	Even-up	Even-up
GROUND SIZE	Full Size	Full Size	Full Size	Full Size	Full Size
MATCH LENGTH	4 x 15 min	4 x 15 min	4 x 20 min	4 x 20 min	4 x 20 min
BREAKS	Up to 5 mins Up to 10 mins Up to 5 mins	Up to 5 mins Up to 10 mins Up to 5 mins	Up to 5 mins Up to 10 mins Up to 5 mins	Up to 5 mins Up to 10 mins Up to 5 mins	Up to 5 mins Up to 10 mins Up to 5 mins
BALL SIZE	Size 3 leather	Size 4 leather	Size 4 leather	Size 4 leather	Size 5 leather
COMPETITION DETAILS	Scores, ladders & finals. Fairest & Best. E-Points apply.	Scores, ladders & finals. Fairest & Best. E-Points apply.	Scores, ladders & finals. Fairest & Best. E-Points apply.	Scores, ladders & finals. Fairest & Best. E-Points apply.	Scores, ladders & finals. Fairest & Best. E-Points apply.
CONTACT	As per AFL Laws of the Game	As per AFL Laws of the Game	As per AFL Laws of the Game	As per AFL Laws of the Game	As per AFL Laws of the Game
BOUNCES	2 Bounces	2 Bounces	Unlimited	Unlimited	Unlimited
MARKING	Kick must have travelled 15 m	Kick must have travelled 15 m	Kick must have travelled 15 m	Kick must have travelled 15 m	Kick must have travelled 15 m
OUT OF BOUNDS	Last Possession Rule	Last Possession Rule	Last Possession Rule	Last Possession Rule (50m Arcs Exclusion)	Last Possession Rule (50m arcs Exclusion)
KICKING OFF GROUND	Permitted	Permitted	Permitted	Permitted	Permitted
STEALING, SMOTHERING, SHEPHERDING AND BUMPING	Permitted within 5 m of the ball	Permitted within 5 m of the ball	Permitted within 5 m of the ball	Permitted within 5 m of the ball	Permitted within 5 m of the ball

## COACHING STAFF/ROLES



COACH	ASSISTANT COACH	TEAM MANAGER	RUNNER	MEDIC	INTERCHANGE STEWARD	GROUND MANAGER	UMPIRE SUPERVISOR
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### 1. Match Day Roles

#### Coaches Box

Each coaching staff member shall wear assigned coloured vests issued by the SWJFL during Match Day and must be listed on the team sheet, identifying them of their role. This is to assist Umpires & Officials with who should be in the playing arena/Coaches Box. No person can hold more than one role ie, Runner cannot also be the Team Manager.

The Team Manager OR Nominated Team Captain (clearly indicated by © next to the player's name on the Team Sheet) are the only personnel permitted to approach an umpire. Please note, they may only clarify rules, not question the free kick count, or dispute any decisions. On this, please ensure all members of your team are aware of this rule, including your parents/spectators. Encroachment penalties can occur for this breach to the rules.

All coaching staff must remain within the Coaches Box, where specified. Coaches & Assistant Coaches must remain in the Coaches Box during game play.

A maximum of Five (5) coaching staff per team may be permitted in the Coaches Box for Junior and Youth Competitions. These include the roles of Coach, Assistant Coach, Team Manager, Runner and Medic. Note that for all Female age groups, one additional Coach is permitted in the Coaches Box taking the maximum to Six (6). For all age groups, the Interchange Steward, if required, may liaise with the Coach, and is permitted to float between the Coaches Box and the Interchange Area, but not lingering inside the Coaches Box.

Staff may only exit the Coaches Box at authorised quarter changes, half time and at the conclusion of the match.

<b>COACHES (BLUE VEST)</b>	<ul style="list-style-type: none"> <li>i. A team for any match shall have an accredited Coach who is subject to the same investigations and penalties as a player, including suspensions, sanctions, and fines. All Coaches must wear a <b>BLUE</b> vest supplied by the SWJFL and Coaches must be listed on the Team Sheet.</li> <li>ii. Coaches must play all eligible and able players up to the Maximum allowed in all home and away matches.</li> <li>iii. Coaches must adhere to the <b>Equal Opportunity &amp; Fair Play Policy</b> for all players in all games.</li> <li>iv. <b>All head Coaches and Assistant Coaches must at minimum be accredited as an age-appropriate Foundation Coach via CoachAFL prior to coaching their first fixtured match.</b></li> <li>v. <b>If a Coach is not a CoachAFL member and does not hold at minimum, an age-appropriate Foundation Coach Accreditation, they will not be permitted to coach. Only accredited Coaches can be listed on the Team Sheet, selected as per the drop-down box on PlayHQ, and must not be handwritten.</b></li> <li>vi. The Coach's role is to provide support to the umpire in maintaining players in their correct positions, should refrain from "commentating" the game and must not influence the umpires.</li> <li>vii. It is also the responsibility of the Coach for coaching staff, player &amp; spectator behaviour. Always be mindful a Coach and Coaching Staff must set a good example to their team members.</li> <li>viii. For Y3 and Y3/4F competitions, Coaches are permitted to be on field. No runners are permitted.</li> </ul>
<b>ASSISTANT COACH (RED VEST)</b>	<ul style="list-style-type: none"> <li>i. Assistant Coach must wear the <b>RED</b> vest supplied by the SWJFL and are permitted in the Coach's Box. <b>All Assistant Coaches must be accredited as an age-appropriate Coach, and listed on the team sheet, using the drop-down box option.</b> Assistant Coaches must be listed on the Team Sheet and adhere to the above-mentioned information listed under the Coaches role.</li> </ul>
<b>TEAM MANAGER (WHITE VEST)</b>	<ul style="list-style-type: none"> <li>i. Each team is required to have a Team Manager who will act as the primary point of contact to liaise with Umpires, between competing teams and Match Day Officials. A team manager must wear a <b>WHITE</b> vest supplied by the SWJFL, and the Team Manager must be listed on the Team Sheet.</li> <li>ii. The Team manager is permitted in the Coaches Box, but may leave if there is an issue to attend to.</li> </ul>

	<ul style="list-style-type: none"> <li>iii. The Home Team Manager is responsible for the welfare of the umpires on match day.</li> <li>iv. Both the Home and Away Team Managers should convene with the Field Umpire at breaks to ensure a safe and positive game day environment is being maintained. They should also meet with Goal Umpires to ensure game scores are accurate.</li> <li>v. The Team Manager must be listed on the team sheet, and correctly update the Team Sheet by Sunday evening. This is applicable for both hard copies and submitting online.</li> <li>vi. The Team Manager is responsible for entering their team's scores on PlayHQ. For all Y3-Y6 teams (Female age groups included) full scores should be entered as per score cards. Please ignore the 60 point margin rule for these age groups as the SWJFL requires full scores to be entered so teams can be monitored. These scores do not become public on PlayHQ. <b>For all points playing competitions there must not be more than 60 points margins entered.</b></li> <li>vii. Team Managers are responsible for any person not listed on the Team Sheet during Match Day and remind them to stay outside of the spectator line.</li> <li>viii. Please ensure as the Team Manager these rules and policies are shared.</li> </ul>
<b>RUNNERS (PINK VEST)</b>	<p><b>Year 3 &amp; Y3/4 Female:</b> Year 3 &amp; Y3/4 Female teams are not permitted to have a runner, as the Coach is permitted on the playing arena during match time.</p> <p><b>Year 4 through to 11/12 &amp; U20's Female</b></p> <ul style="list-style-type: none"> <li>i. Teams are only permitted to have one runner who must be listed on the Team Sheet, and are permitted in the Coaches Box (includes finals).</li> <li>ii. Team runners shall be clearly identified by wearing a <b>PINK</b> vest supplied by the SWJFL.</li> <li>iii. Runners are not permitted to carry water or supplies on to the playing surface during game play.</li> <li>iv. Team runners are not permitted to remain on the playing surface. Team runners are to deliver one message from the coach to a player and return immediately to the coach's box. Maximum of 7 minutes per quarter on ground is permitted.</li> <li>v. Team runners are not permitted to 'coach' or barrack whilst on the ground.</li> <li>vi. Team runners do not always have to enter and exit the playing field through the interchange area.</li> <li>vii. Team runners must be 18 years or older.</li> <li>viii. Team runners are not to carry out any other team official duties during a match.</li> <li>ix. Team runners are under no circumstances allowed to make physical contact with umpires, opposition players or officials.</li> <li>x. Runners are not permitted to question, talk to, or give instruction to the field umpires.</li> <li>xi. Runners are not permitted to enter the 50 m arc during kick outs or shots on goal – nor are they permitted to enter the centre square during ball ups.</li> </ul>
<b>MEDIC (GREEN VEST)</b>	<ul style="list-style-type: none"> <li>i. Each team shall provide a team medical officer/sports trainer with a current minimum First Aider (HLTAID011) or Qualified Medical Professional, and must be of a suitable age, where the Medic can apply first aid is required. The Team Medic must be listed on the Team Sheet. Recommended – Level 1 Sports Trainer or Level 2 Sports Trainer or Qualified Medical Professional.</li> <li>ii. The team Medical Officer/Sports Trainer shall be clearly identifiable by wearing a <b>GREEN</b> vest supplied by SWJFL and must be listed on the Team Sheet. The Medic may remain in the Coaches Box, and if a player is injured, the Medic must be called on by the Field Umpire.</li> <li>iii. The team Medical Officer/Sports Trainer must not remove a player on a stretcher unless they have necessary formal training and qualifications to do so. (e.g., <b>SMA Level 1 Sports Trainer</b>). It is expected all venues must have a stretcher for first aid requirements, to be placed behind the interchange area. Should there be multiple ovals at the venue, recommended to supply one stretcher per oval, or if only one available, to be placed centrally between all ovals in use.</li> <li>iv. Should a team fail to provide a qualified medical officer/sports trainer, then the opposing teams suitably trained medical officer/sports trainer may assume control of injured players for both teams.</li> <li>v. Each team shall provide an appropriately and adequately stocked first aid kit and well-maintained sport-specific rescue/transport equipment are accessible at all training and competition venues.</li> <li>vi. If a Medic is not supplied, the Runner may assist the injured player. If the injured player cannot be moved from the field, and a trained person in stretcher use is not present, an Ambulance must be called. If the match has more than half time remaining, the match is a DRAW. If the match has played half time or more, the score is entered at the end of play. Please remind ALL coaching staff, parents &amp; spectators that they may not enter the playing field unless indicated by the Field Umpire that they may approach, otherwise this is classified as an Encroachment.</li> <li>vii. Upon an injured player requiring assistance, the Field Umpire shall stop play at the earliest opportunity, blowing their whistle once.</li> <li>viii. Field Umpire will blow their whistle twice to indicate that authorised personnel are now permitted to enter the playing surface to assist the injured player. Only authorised persons are permitted to enter the playing surface, no team meetings or coaching is permitted during this time. Players are to remain in their positions.</li> <li>ix. The Team Medic can ascertain if an injured player can resume playing for the current match, and has final say.</li> <li>x. All Field Umpires &amp; Team Managers are to report all stretcher/ambulance incidents on the match report.</li> <li>xi. If an injured player cannot be moved from the playing surface due to the severity of injury, play may be abandoned at the discretion of a meeting between the two Team Managers, the Field Umpire and any appointed official. The care and well-being of the injured player is in due regard and is a duty of care. It is expected Ice should be available at each venue; however, it is the team's responsibility to ensure ice is available for their team members. The timekeeper does not stop the timer for Junior matches when injuries occur. If a match is stopped by the field umpire due to safety for the injured player or others, a score is only recorded if the match has exceeded half-time.</li> </ul>

<b>FIELD UMPIRES</b>	<p>Clubs are to appoint field umpires for all matches from Y3 to Y8 (Female age groups included). The SWJFL can appoint umpires where it is deemed necessary.</p> <p>Should a field umpire not be available to officiate at any match, the opposing coaches or team officials may agree to appoint an adult to act in that capacity. Any such appointed umpire shall have the same responsibilities and authority as any umpire appointed by the SWJFL. In this instance, the Club's Official HQ appointed person must submit the match report on OfficialsHQ.</p> <p>Any umpire not appointed by the SWJFL under this rule must be:</p> <ul style="list-style-type: none"> <li>i. Eighteen (18) years or older.</li> <li>ii. Named on match documents.</li> <li>iii. Suitably attired for the match as approved by the SWJFL.</li> <li>iv. Compliant with all Working with Children (WWC) legislation.</li> </ul>
<b>UMPIRE SUPERVISOR (LIME GREEN VEST)</b>	<ul style="list-style-type: none"> <li>i. Perform a supervisory role for developing umpires and must wear the <b>LIME GREEN</b> vest supplied by the SWJFL.</li> <li>ii. In the interest of transparency, Umpire Supervisors are encouraged to attend the umpires address at the commencement of the match and they should also introduce themselves to both Team Managers so there is an awareness of their role.</li> <li>iii. Have the ability to amend a card issued by Field Umpires if warranted. This must occur at an interval and not during play. Both Team Managers must be approached and informed.</li> <li>iv) Permitted to enter the field of play when deemed necessary to assist field umpires in the management of players and team runners.</li> </ul>
<b>GOAL UMPIRES (WHITE GOAL UMPIRE VEST)</b>	<p>Each competing team shall supply a Goal Umpire with sufficient knowledge and competency to carry out all responsibilities of the position, as in AFL Laws of the Game. SWJFL provide Goal Umpires during Preliminary &amp; Grand Finals. Goal Umpires must be listed on the Team Sheet.</p> <ul style="list-style-type: none"> <li>i. The Goal Umpires will have a minimum of two signalling flags and be provided with a score card.</li> <li>ii. The Goal Umpires will endeavour to keep the area immediately behind the goal line clear of spectators and other obstructions.</li> <li>iii. The Goal Umpires are not permitted to coach or encourage players.</li> <li>iv. Goal Umpires are not permitted to enter the playing field during the game unless instructed to do so by the Field Umpire.</li> <li>v. The goal umpire will keep a record of each team's score during the game, will compare score cards at the end of every quarter and will change ends at half time.</li> <li>vi. At the conclusion of the game the Goal Umpire will date and sign the scorecards and hand them to the field umpire.</li> <li>vii. Goal Umpires are the only official permitted within six metres behind the goals, within the spectator line, keeping the area clear of spectators.</li> <li>viii. Goal Umpires must be over the age of 14 years and must be listed on the team sheet. Goal Umpires are to keep scores for ALL competitions and wear a <b>WHITE GOAL UMPIRE</b> vest supplied by the SWJFL.</li> </ul>
<b>WATER CARRIERS</b>	<p>Water carriers are <u>not</u> permitted in Junior Community Football in Western Australia.</p>
<b>INTERCHANGE STEWARD (BLACK VEST)</b>	<p>As per the <b>Equal Opportunity &amp; Fair Play Policy</b> each team must track player game time.</p> <ul style="list-style-type: none"> <li>i. Teams may utilise 1 Interchange Steward per team and they must wear a <b>BLACK</b> vest supplied by the SWJFL. Are permitted inside the interchange area and the Coaches Box if there are less than 5 Team Officials. Please do not utilise an Interchange Steward if you do not have a bench, as this role is deemed unnecessary.</li> <li>ii. Monitor and keep accurate record of game time of your team's players throughout the match on <b>Rookie Me Play</b> app or player rotations to be kept manually on paper.</li> <li>iii. In the event an Interchange Steward is not in attendance the appointed timekeeper/s &amp; both Team Managers will be responsible for the recording of the send-off details and make notes of any issues that would usually be the responsibility of the Interchange Steward.</li> <li>iv. The Interchange Steward also times any player issued with a Green, Yellow or Red Card penalty time, along with the Team Managers.</li> <li>v. Please utilise the Interchange area for all age groups from Y5 upwards including Female age groups.</li> <li>vi. Ensure the match is conducted withing the Spirit of Junior Football.</li> <li>vii. Ensure the Team's Coach is aware of player game times to receive their minimum <b>50% game time</b>.</li> <li>viii. Ensure that players do not prematurely enter the playing surface until their teammate has exited the playing surface.</li> </ul>
<b>GROUND MARSHALL (ORANGE VEST)</b>	<ul style="list-style-type: none"> <li>i. The Ground Marshall is identified by wearing an <b>ORANGE</b> vest supplied by the SWJFL at each venue.</li> <li>ii. Are required to inspect the playing surface and surrounding areas prior to the commencement of matches to ensure the venue is appropriately set up for safe use. <b>Ground Marshall is to ensure that the Marsh Match Day Checklist has been completed and signed by the first matches Team Managers on Match Day. This document is to be kept by Clubs.</b></li> <li>iii. Ensure all required equipment for the conduct of the match is available prior to the first match of the day, including (but not limited to) goal post padding, stretcher and siren.</li> <li>iv. Ensure Coaches Boxes, interchange areas, spectator exclusion zones and behind-the-goals areas are clearly marked and set up. Grounds should have a clearly marked spectator line of 10 m boundary surrounding the Coach's Box, 6 m exclusion line at the goals, and a 2 m spectator line surrounding the rest of the playing field.</li> </ul>

	<p>v. Act as the primary point of contact at the venue for visiting Clubs, Team Officials &amp; SWJFL Executive Members, including assisting with directions to playing surfaces, warm up areas, change rooms and amenities.</p> <p>vi. Be familiar with emergency access points, evacuation procedures, and the location of First Aid equipment (including defibrillators) at the venue.</p> <p>vii. Being a visible and active observer at the venue to promote a positive, safe and respectful game day environment.</p> <p>viii. Assist members, parents, spectators and visiting Clubs with general enquiries and information in a courteous and welcoming manner.</p> <p>ix. Help support the safety and welfare of players, umpires, officials and volunteers, including promptly escalating concerns to the appropriate person where required.</p> <p>x. Have access to a copy of this document and the WA Football Policies, Rules and Regulations.</p> <p>xi. Abide by the WA Football Code of Conduct at all times.</p> <p>xii. <b>Please be aware that Ground Marshalls are not responsible for taking disciplinary action, issuing sanctions, or removing individuals from the playing surface or venue. Any serious concerns or incidents must be referred to the appropriate Club Official, Field Umpire or SWJFL Executive Member. Ground Marshalls are expected to de-escalate situations where appropriate through calm communication and by directing matters to the correct authority, rather than intervening directly. Where an issue cannot be resolved through information or redirection the Ground Marshall must refer the matter to the appropriate Club Official, Field Umpire or SWJFL Executive Member.</b></p> <p>xiii. Prior to a match commencing, the Ground Marshall should also ensure that Team Managers have entered all coaching staff and officials on the Team Sheet.</p> <p>xiv. <b>The Ground Marshall is responsible for ensuring all match day paperwork is uploaded to OfficialsHQ at the end of each match by the Field Umpire. Team Sheets, Even-Up Rule sheet, score &amp; vote cards and any Report by Umpire of Authorised Person must be uploaded via OfficialsHQ after each match along with the Match Report.</b></p> <p>xv. Oversee Time Keeping of matches is the responsibility of the Ground Marshall. The Timekeeper will have a means of keeping time and indicating the end of each quarter to the field umpire and be deemed to be the official timekeeper.</p>
<b>TIMEKEEPER</b>	<p>The Timekeeper role is responsible for ensuring the accurate game and intervals are adhered to.</p> <p>i. Ensuring that the clock is not stopped/paused during the quarter.</p> <p>ii. Each home team is required to supply a Timekeeper for each match fixtured.</p>

## PLAYER'S ATTIRE

All male Year 10 -12 Teams and are to wear **WHITE shorts for AWAY matches, and their coloured shorts for HOME matches.**

Jumper Clashes – **the AWAY Team is to wear the alternative Clash Strip/Set**, unless your club has derby clash sets which can be set by your own club. Player jumper numbers must be legible to the Field Umpire/s at all times during Match Day.

All player jumpers must be approved by the SWJFL Executive and design proofs provided to the League.

Please refer to the table below for Protective Equipment for players within the SWJFL.

Competition Age	Equipment	Competition Age	Equipment
<b>Junior Football</b> Years 3 -6	Compression undergarments are permitted of any colour and length Non-compression wear may be worn underneath, no hoods or loose fitting No jumpers, hooded garments or jackets are permitted	<b>Youth Football</b> Years 7 - 12	Short length compression undergarments are to be of a neutral colour, beige, black or white colour only. Full length compression garments must only be of beige colour without applying for a permit.
<b>ALL COMPETITIONS</b>	<b>MOUTHGUARDS</b> are strongly recommended to be worn by all	<b>HEADGEAR</b> must be soft, lightweight padded material and suitable for football. Inspection may be requested by officials prior to each match to ensure the headgear is not dangerous to any player on field.	<b>EYEWEAR</b> No permit is required, however must be made with plastic frames and lenses, held in place securely with a band
			<b>JEWELLERY</b> No jewellery is permitted, taping is not permitted of piercings Medical bracelets must be taped if work and marked 'MEDIC'

## TIMEKEEPING

Siren shall sound **once**, five (5) minutes prior to scheduled match start time. Siren is then sounded twice for the two (2) minutes 1<sup>st</sup> interval – up to 5 minutes, half time – up to 10 minutes (5 mins for up to Y6), ¾ interval up to 5 minutes. 2-minute warning sirens to be sounded players to be ready for soft set positions on the field. For younger/minor age groups, please be mindful in wetter/colder days and shorten the interval times.

Coaches must ensure that they respond to both sirens and the Field Umpire's whistles, managing players to be in the reset positions on the field in a timely manner, and time-wasting penalties such as a free kick can be awarded.

Timer is not stopped during Junior matches.

## OFFICIAL TEAM SHEET – PLAYERS & OFFICIALS LISTING

Each club or team shall:

1. Complete an official team sheet on the PlayHQ system from the Game Day menu for every match in which the club or team participates - three (3) Copies are required for each round and team sheets are supplied to; Ground Marshall, Opposition Team Manager & your copy.
2. At all venues Team Managers must hand the completed, correct *official team sheet* to the Ground Marshall no later than 15 minutes prior to the scheduled commencement of the match.
3. Players arriving late may still be entered on to the Team Sheet up to half time. Please ensure the Ground Marshall's & Opposition Team Sheets are altered to reflect Game Day.
4. The Team Sheet represents who is utilised on Match Day and is updated on PlayHQ after the match to reflect personnel involved. Team Managers must ensure that each Team Sheet lists the **Coach, Assistant Coach, Runner, Team Manager, Interchange Steward, Medic, Goal Umpire & all players** for your team (where applicable). Please refer to Coaching Staff Roles for details.

## PLAYER ELIGIBILITY, QUALIFICATIONS & AWARDS

PLAYER ELIGIBILITY, QUALIFICATIONS & AWARDS	
<p>The SWJFL has finals in the Male Y7 - Y12 and the Female Y7/8, Y9/10 and U20'S (Y11/12/13) Competitions. A 3, 2 &amp; 1 voting system is used to determine the F&amp;B and Runner Up player for each round by the Field Umpires which are tallied after the home &amp; away season. Y3-6 (Female age groups included) do not score, don't have ladders, don't play in finals and don't have Fairest and Best Awards.</p>	
PLAYER MOVEMENTS	<p>i. Players (male and female) are not permitted to move from one team to another team in the same Club and age group after Round One of the current season unless directed to do so by the SWJFL. <i>*This rule does not apply for "Temporary Play Ups"</i>.</p> <p>ii. In points playing competitions, if a player does play for another team in the same Club and age group after Round One, they will be deemed an ineligible player and the game deemed a forfeit.</p> <p>iii. Each team is to be treated as a separate entity.</p>
AGE DISPENSATION - PERMANENT PLAY UP OR PLAY DOWNS.	<p>i. Any player who is repeating Year 12 at school is not eligible to play in the Year 11-12 Male competition and should be encouraged to join the SWFL competition.</p> <p>ii. On application to the SWJFL, a player may be eligible to play up a MAXIMUM of one year group only.</p> <p>iii. On application to the SWJFL, a player may be eligible to play down a MAXIMUM of one year group only.</p> <p>iv. All play up and play down applications must be submitted by the Club and supported by a parent/guardian. The application must clearly state the reason for the request. The granting of any such request shall apply only to the current season and can be subject to review by the SWJFL during the current season.</p> <p>v. A player will play in whatever the year they are in at school. If a player is older than the normal age for their school year, and wishes to play in their school year, they are classified as an AUTOMATIC PLAY DOWN. Clubs need to have listed these players on play down request forms under the Automatic Play Down section prior to the season commencing.</p> <p>vi. Anyone who is in the year above (ie a Year 8 students wishing to play in a Year 7 team) are classified as a play down and they must apply through a play down request form issued by their club to the SWJFL. If Clubs have multiple play downs approved within one team, teams can only play a maximum of three (3) play downs on the field at any given match time.</p> <p>vii. Club Presidents will be supplied with a list of all approved play downs at the start of each season. Team Managers should have access to this list of play downs.</p> <p>viii. A player can only play up a Maximum of one year group only. NO Year 2 students are allowed to play junior football. They must register at an Auskick centre.</p>
TEMPORARY PLAY UPS	<p>i. No Y3-5 Male player is permitted to be a temporary play up (round by round) and must be a SWJFL approved permanent play up, by one year group only. Temporary play ups are permitted in the Y3/4 and Y5/6 Female age groups where only Y4 Females can play up into the Y5/6 Female age group. A Y6 male can be a temporary play up into Y7 and a Y6 female can be a temporary play up into Y7/8F.</p> <p>ii. No player may play more than 4 games across the teams of an older year group.</p> <p>iii. Once a player has been approved by the SWJFL to play a 5th game in an older year group, they shall be deemed to be a part of that older year group for the remainder of the season (including finals). They will not be eligible to play any further regular season games or finals in the younger year group.</p> <p>iv. If a player has played for multiple teams in the higher age group, the SWJFL will determine which team that player is now a part of.</p> <p>v. If a player plays a 5th game without SWJFL approval, the player will be deemed ineligible, and the match forfeited.</p>
PERMITS & MULTIPLE COMPETITIONS	<p>i. Any player who plays a match at WAFL / WAFLW level, is deemed ineligible to play in a Junior Community Competition on the same weekend.</p> <p>ii) Any player who plays a match at Senior Community level, excluding the SWFL and LSWFL (Warren Blackwood only) is deemed ineligible to play in the SWJFL on the same weekend /corresponding round.</p>

FINALS ELIGIBILITY	<p>i. Players may only compete in one finals series with one team.</p> <p>ii. To be eligible to take part in any finals match, all players must have played a minimum number of matches for that team in the qualifying rounds of that season. This minimum number of matches is;</p> <ul style="list-style-type: none"> <li>• <b>non-WAFL / WAFLW Players must have played a minimum of five (5) matches.</b></li> <li>• <b>WAFL / WAFLW Players must have played a minimum of seven (7) matches.</b></li> </ul> <p>iii. Additionally, any WAFL / WAFLW Players who have played at least three quarters of the total matches of the qualifying rounds of the relevant WAFL/WAFLW season will be ineligible to play with a Junior Club / team during junior finals. <i>For the avoidance of doubt, this equates to twelve (12) matches.</i></p> <p>iv. Upon application to the SWJFL, a Player may receive one (1) finals eligibility credit for each Junior qualifying match they miss due to participating in a WA Football State Program match. Credits are for finals eligibility only and are applied to the grade in which the Player has played the most matches.</p> <p>v. In regards to Long Term Injuries please submit any players who have not qualified for finals to the SWJFL Competition Coordinator for consideration, along with a letter of support from the Club outlining the injury and medical approval to play.</p> <p>vi. In relation to players participating in the SWFL, the number of games a player plays in the SWFL will directly affect the number of games the player needs to play in SWJFL to be eligible to play finals.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">SWFL GAMES PLAYED</th> <th style="text-align: left;">SWJFL GAMES FOR QUALIFICATION</th> </tr> </thead> <tbody> <tr> <td>0-5 GAMES</td> <td>5 GAMES</td> </tr> <tr> <td>6-10 GAMES</td> <td>8 GAMES</td> </tr> <tr> <td>11 + GAMES</td> <td>10 GAMES</td> </tr> </tbody> </table> <p>vii. <b>The SWJFL, in its absolute discretion, may grant an exemption to players in extenuating circumstances.</b></p>	SWFL GAMES PLAYED	SWJFL GAMES FOR QUALIFICATION	0-5 GAMES	5 GAMES	6-10 GAMES	8 GAMES	11 + GAMES	10 GAMES
SWFL GAMES PLAYED	SWJFL GAMES FOR QUALIFICATION								
0-5 GAMES	5 GAMES								
6-10 GAMES	8 GAMES								
11 + GAMES	10 GAMES								

### MATCH ON-FIELD EQUALISATION (EVEN UP)

Teams must have the same number of players on the playing surface during a match at all times.

Please refer to Competition Matrixes for the maximum number of players permitted on field. **FOR ALL AGE GROUPS**, when a team cannot meet the required number, teams with higher number of players must offer additional players to play for the opposition team. Players must be rotated so that no single player plays more than one (1) quarter per match for the opposition team.

The only exceptions where teams are not required to match player numbers on the playing surface are:

- i. In the instance where a player has been sent off with a yellow card and there is no replacement player available, no even-up is required during the penalty period. *For avoidance of doubt, once the 15-minute penalty has been served, teams must return to an even number of players on the playing surface.*
- ii. In the instance where a player has been sent off with a red card, and there is no replacement player available, no even-up is required for the remainder of the match.
- iii. During final matches, teams are not required to lend players but must even up the field number.

If during the match, a player has to leave the playing surface due to an injury and there are no replacement players in that team, the following applies:

- i. The team with the injured player must notify the Opposition Team that they have no replacement player available.
- ii. The opposition team is to remove one of their players from the playing surface immediately to keep the numbers on the playing surface even. *For avoidance of doubt, the player removed should be the closest to the interchange area.*
- iii. If the injured player is subsequently able to return to the playing surface, the team must notify the opposition team and then players from both teams should re-enter the playing surface together.

Where matches are played with less than the maximum as per age specific competition rules, Coaches must ensure that field positions remain even. The below tables explain how to adjust teams on the playing surface in this scenario.

12-a-side			
On Field	Defenders	Mids / Wings	Forwards
12	4	3 / 1	4
11	4	2 / 1	4
10	3	3 / 1	3
9	3	3 / 0	3
8	2	3 / 1	2
7	2	3 / 0	2

15-a-side			
On Field	Defenders	Mids / Wings	Forwards
15	5	3 / 2	5
14	5	3 / 1	5
13	4	3 / 2	4
12	4	3 / 1	4
11	4	3 / 0	4
10	3	3 / 1	3

16-a-side			
16-a-side	Defenders	Mids / Wings	Forwards
16	5	4 / 2	5
15	5	3 / 2	5
14	4	4 / 2	4
13	4	3 / 2	4
12	4	4	4
11	4	3	4
10	3	4	3

18-a-side			
18-a-side	Defenders	Mids / Wings	Forwards
18	6	4 / 2	6
17	6	3 / 2	6
16	5	4 / 2	5
15	5	3 / 2	5
14	4	4 / 2	4
13	4	3 / 2	4
12	4	4	4

## EQUAL OPPORTUNITY AND FAIR PLAY

The SWJFL will ensure that equal opportunities for participation in football are made available to all children, regardless of ability, size, shape, gender identity, age, disability or ethnic origin.

FEMALE PARTICIPATION	
a	Single sex (all male / all female) competitions are preferred by the SWJFL.
b	Female players can participate with males until and including Year 9.
c	The SWJFL has an expectation that Clubs will provide equal access to facilities for all participants and officials, regardless of gender.
d	Female only competitions are given equitable scheduling of fixtures to mixed and / or male only competitions.
PLAYER ROTATION	
e	All players, regardless of their age, size, gender, ability or the competition they are playing in, are to be given an equal opportunity to play in a variety of positions on the field. This is important in allowing players to gain experience and learn and develop the skills of each position. Adhering to this policy and its intent ensures all players and parents feel they are getting a fair go and are a part of the team, enhancing overall participation in Junior Football.
f	Every player in a team must play at least <b>fifty percent (50%)</b> of any match they are named as playing in. SWJFL highly recommend that good record keeping is managed during match day. <b>Clubs must be able to produce evidence of player rotation and management system when requested by the WA Football Competition Specialist. The Rookie Me Play App is the SWJFL approved electronic platform.</b>
g	The 50% match time rule only applies to the first game a player plays in a weekend, e.g., if a player has completed a match with their team and then plays up for another team who is short of players, that player is not required to play 50% game time in the second match.
h	All players must play equal game time across the season.
i	The SWJFL advises each team to track player game time utilising the <b>'Rookie Me Play' app</b> .
j	Breaches of the <b>Equal Opportunity and Fair Play Policy</b> may result in penalties being issued. Penalties will be at the absolute discretion of the SWJFL and may include fines, Code of Conduct Breaches, loss of E-points or the match being deemed a forfeit.
MAXIMISE PARTICIPATION OPPORTUNITIES	
k	Coaches must utilise all places in the team for each match and play the maximum number of players available to them (including bench spaces). This includes finals, but only refers to players that are qualified to play in finals.

l	Teams with excess players must have an equal and fair player roster that ensures wherever possible, that all players have an equal number of matches played across the season. Teams with excess players must ensure different players are rostered off each week. Players should not be excluded from multiple matches in a row without a valid reason ie injury, disciplinary reasons. <i>For the avoidance of doubt, this also includes Finals matches.</i>
m	Breaches of the <b>Equal Opportunity and Fair Play Policy</b> may result in a Code of Conduct breach being issued or the game being deemed a forfeit.

## RED, YELLOW & GREEN CARDS – REPORTABLE OFFENCES

**Umpires and SWJFL Executive Members can issue Green, Yellow and Red cards to any player, official or spectator as deemed necessary.**

**All reportable offences must be completed by the Field Umpire in detail directly after the match on OfficialsHQ. The Ground Marshall must ensure this occurs.** This means that any penalty can be administered by the South West Competitions Co-ordinator in a the time frame permitted.

**Red and Yellow cards can be issued to any player, official or spectator during Match Day. Please see Page 14 on E-points.**

**It is the responsibility of both Team Managers and/or Interchange Stewards to time any penalties. Any abuse towards an Umpire will not be tolerated and penalties will be issued if Codes of Conduct are breached.**

### **A Player ordered off under a GREEN CARD:**

Please note a **Green Card** is only used in age groups Y3 – Y7, including Y7/8 Females and is focussed on behaviour management. Green cards are not reportable, they are simply used as a ‘reset’ tool to promote the correct behaviour during junior community football. Coaches should take the responsibility in addressing the behaviours of players sent off under the Green Card. The following applies:

- i) Required to leave the Playing Surface immediately through the interchange.
- ii) Not permitted to resume playing for three (3) minutes of playing time.
- iii) May be replaced on the Playing Surface by a benched player immediately.

### **A Player ordered off under a YELLOW CARD:**

- i) Required to leave the Playing Surface immediately through the interchange.
- ii) Not permitted to resume playing for fifteen (15) minutes of playing time.
- iii) May be replaced on the Playing Surface by a benched player immediately.

### **A Player ordered off under a RED CARD:**

- i) Required to leave the Playing Surface immediately through the interchange.
- ii) Not permitted to sit on the bench or enter the Playing Surface for the remainder of the match (including breaks).
- iii) May be replaced on the Playing Surface by a benched player after fifteen (15) minutes of playing time.

**A Team Official or Spectator ordered off under a Yellow or Red Card is required to leave the vicinity of the Playing Surface immediately. They are not permitted to enter the Playing Surface, Coaches Box, change rooms or spectate for the duration of their penalty period. The Penalty period is fifteen (15) minutes for Yellow Cards and the remainder of the match for Red Cards.**

In the event an individual is issued with two (2) Yellow Cards in the one match, the individual will take no further part in the match and will receive an automatic one (1) match suspension. Any player who receives their third Yellow Card during the same season, every card issued is deemed a Red Card at the conclusion of the match, resulting in an automatic one-week suspension.

In the event an individual is issued with three (3) Yellow Cards over the duration of the season, then the third and every subsequent Yellow Card received will be upgraded to a Red Card at the conclusion of the match, resulting in an automatic one (1) match suspension.

Any individual who is ordered off for a Yellow Card and fails to to leave the Playing Surface immediately will then be further reported and consequently deemed to have to have committed a Red Card offence.

Any individual who fails to leave the leave the Playing Surface or Arena immediately when directed to do so shall be reported, the match terminated, and the individuals Team will forfeit the match.

Any individual receiving a Red Card should be assisted by their Club to remove themselves from the Venue as soon as practicably possible. A Red Carded player may either leave the playing arena under adult supervision immediately, or if this can't be done the Player must remain behind the bench area under supervision until the team has left the playing arena.

## OFFENCES & PENALTIES

All Clubs, players, parents, spectators, officials and volunteers are bound by the WA Football's Rules, Regulations, Policies and Code of Conduct. All individuals are subject to penalties at the discretion of the SWJFL for any breaches. Very clear Grading and Penalty Ranges exist for Classifiable Offences, Verbal Abuse Offences and Social Media Offences.

Umpire abuse will not be tolerated. If an Umpire hears swearing, they will issue either a free kick, 25/50 m penalty (depends on oval size) or a Green/Yellow/Red Card can be paid against the player. A Red Card is an automatic reportable offence.

**A reminder to all that any Social Media offences will not be tolerated. Not only is this unlawful, but it is also a breach of WA Football/SWJFL policies and penalties will apply as listed under the WA Football Social Media Offences. Remember to be kind, and to Choose Respect.**

## ENVIRONMENT POINTS (E-POINTS)

The purpose of the E-Point system is to weight game day behaviour with the same importance as winning a match and reward teams for displaying positive game day behaviour. The system deters players, coaches, and parents from engaging in negative game day behaviour prior to it taking place. The E-Point model applies to all competitions from Year 7 and Y7/8 Female above.

### RULES

1	A Maximum of four E-Points will be allocated per team per game for each completed regular season match. The team's behaviour (including that of players, team officials, support staff or spectators) will determine the non-allocation of E-points. The maximum number of non-allocation of E-points in one match is four (4).
2	For every Yellow Card received by a participating team on game day, this results in non-allocation of one (1) E-point.
3	For each Red Card received by a participating team on game day, this results in non-allocation of two (2) E-points.
4	Any team who has a player, parent/spectator or official who is issued a prescribed penalty with a base sanction of one match or more will result in non-allocation of two (2) E-points for each person charged.
5	Any team who has a code of conduct, policy or rules and regulations breach relating to inappropriate game day behaviour will result in non-allocation of up to four (4) e-points. This is at the sole discretion of the SW Competition Coordinator and the SWJFL.
6	If any breach occurs during a break of play or after the final siren, the non-allocation of E-points may be doubled as the umpire does not have the ability to award a free kick.
7	During Finals, the SWJFL can substitute financial fines in the place of E-Point penalties.

### PROCEDURES

1	The SWJFL in consultation with the South West Competition Coordinator, holds the overall responsibility to approve all allocation and non-allocation of E-points.
2	In the case of non-allocation of E-points, the club will be informed by the South West Competition Coordinator by 5pm on the Wednesday following the weekends round.
3	In accordance with WA Football Policies, Rules and Regulations, non-allocation of E-Points cannot be appealed if aligned to a Red or Yellow Card infringement.
4	In the case where an incident is deemed to be a breached code of conduct, policy or rules and regulations relating to inappropriate game day behaviour (including that of players, team officials, support staff or spectators) and is not reported on by umpires on the match day report, <b>ONLY</b> the club President can inform the SWJFL via the CFWA online incident report. This must be received within 48 hours of the match ending. The South West Competition Coordinator will then contact the opposition Club and provide them 48 hours to respond. If a non-allocation of E-points is to be applied, then the SWJFL in consultation with the South West Competition Coordinator will make this decision prior to the commencement of the following round and the clubs involved will be informed accordingly.
5	It will be the responsibility of the South West Competition Coordinator to apply e-points to all competition ladders and keep them updated accordingly.

## PLAYER POINTS SYSTEM (PPV)

A Player Points System exists in the SWJFL from Year 7 to Year 10 for both Male and Females. A Player Points Value (PPV) has been assigned to each player. For all Y7-10 teams, each must operate round by round and during finals under a points cap. 15-a-side teams will have a points cap of 30 points and 18-a-side teams will have a points cap of 33 points. Regardless of the total players registered, teams with 15-a-side will automatically start with 21 points and 18-a-side will start with 24 points.

For any breach of the points cap in points playing competitions the match will be deemed a forfeit by the offending team. The opposing team will receive the four (4) premiership points. For the offending team a non-allocation of four (4) e-points will also occur.

## ENCROACHMENT

Spectators are not to attend huddles during  $\frac{1}{4}$ ,  $\frac{1}{2}$  &  $\frac{3}{4}$  intervals, however, may stand at least 5 m from the huddle. Please ensure players pay attention, respecting & listening to their coaches and not being distracted by parents.

Any Club whose officials, players and club spectators are found to be responsible for the unauthorised encroachment of any playing arena shall be liable for penalty. Penalties can include but are not limited to, yellow or red cards, fines, match suspensions and deregistration. The home club (or the team mentioned first in the fixture) is responsible for ground security on the match day.

## REMOVAL OF PLAYERS FROM THE PLAYING FIELD

No Coach or Club / Team Official may remove a Team from the playing field during play.

Any Coach or Club / Team Official who has concerns for safety during a match, should have their Team Manager speak with the Field Umpire at the next interval. Should the safety concerns continue, the Team Manager should contact their Club President who will in turn notify the SWJFL Competitions Coordinator or Club Aligned Executive Member for appropriate action.

## MATCH RESULTS

Clubs are responsible for ensuring match results involving their teams, are entered into the PlayHQ system promptly after the completion of each match. If a winning Team's margin exceeds sixty (60) points, the Team will only be credited with a maximum margin of sixty (60) points. Scores must reflect this when being entered into PlayHQ.

If a winning Team's margin exceeds sixty (60) points, with the exclusion of official match day paperwork (ie teamsheets, score cards and PlayHQ results), the publishing of match scores in print or electronic media is NOT permitted.

Scoring in Junior Competitions Y3-6 (Female age groups included) are for competition purposes only and with the exclusion of official match day paperwork (ie teamsheets, score cards and PlayHQ results), the publishing of match results in print or electronic media is also NOT permitted.

Any match will not be determined as abandoned until the match is officially called off by the Field Umpire, Umpire Coach or SWJFL Executive Committee Member. Where a match is unable to commence or continue within the time scheduled, for reasons beyond the control of either team, the following will apply:

CIRCUMSTANCE	RESULT
Match not commenced	Match result determined by the SWJFL.
Game is abandoned <u>prior</u> to halftime	If a match has commenced but is not able to proceed at any time prior to halftime, the match shall be deemed to be drawn and the scores of the teams at the time the match was interrupted shall be used in calculating the percentage of each team.
Game is abandoned <u>after</u> halftime	If the halftime interval has been reached and the match unable to proceed, the scores of the Teams at the time the match was interrupted shall be deemed to be the final scores of the match.
Recommencing of play	If the field Umpire is unable to resume the match within a reasonable period of time, they shall terminate play at that time and report all circumstances to the SWJFL Competition Coordinator. The SWJFL at its absolute discretion, may award the result, declare the match abandoned or call a replay.

## FINALS SYSTEM

Number of teams	Divisions	Teams in Finals
4-7	A Only	1-4
8+	A and B	1-8
**Y11/12 & U20's (Y11/12/13) Female is Division A Final Series only, regardless of how many teams nominate for the season.		

## FINALS STRUCTURE

### Week 1 – Semi-Final Finals

A		B	
1 v 2 - 2nd Semi-Final	3 v 4 - 1st Semi-Final	5 v 6 – 2 <sup>nd</sup> Semi-Final	7 v 8 – 1 <sup>st</sup> Semi-Final
Home grounds of the higher ranked team			

**Week 2 – Preliminary Finals**

A	B
Loser 2nd Semi-Final v Winner 1st Semi-Final	Loser 2nd Semi-Final v Winner 1st Semi-Final
Grounds determined by the SWJFL.	

**Week 3 – Grand Finals**

A	B
Winner 2nd Semi-Final v Winner Preliminary Final	Winner 2nd Semi-Final v Winner Preliminary Final
<p>Grounds are determined by the SWJFL</p> <p>In the event of a draw during the Final Series....</p> <p>In any final round should the match be a draw at the end of the allocated time, the match shall be extended by two additional five minutes with no time on, alternating the direction of kicking. Should the scores still be tied at the end of those additional periods, Team Captains decides the direction in which they will kick by a toss of the coin and play will resume until the first score and that team is declared the winner.</p>	

**EXTREME WEATHER/ENVIRONMENTAL POLICY**

In the case of extreme weather or environmental conditions such as; Strong Winds, Flood, Fire Danger (smoke & air quality) Lightning, Hail, Extreme Heat, after assessment, consultation of all parties involved must take place to determine the safest outcome for all participants involved. Any matches on Game Day in doubt of being played safely, the Ground Marshall, Club President must advise the SWJFL. Please be mindful, training sessions also need to be conducted in a safe environment, however no notification to SWJFL is required.

In the case of Lightning, the 30/30 Safety Guideline must be used. If the time between the lightning flash and the thunder sound is less than 30 seconds then the match or training must be suspended.

**DRUGS, ALCOHOL AND SMOKING**

WA Football strictly prohibits illicit drugs and excessive alcohol consumption at any level of Community Football, and greatly appreciate the support of the wider football family by supporting the Smoke Free Environments at football grounds around WA.

Bringing your own alcohol to any Junior or Youth Football match or training session is strictly prohibited.

WA Junior Football Clubs support smoke free sporting venues for all members and supporters. Please observe the smoke free areas which include change rooms, club rooms, verandas, interchange benches, outdoor seated viewing areas and areas close to where juniors are coached or playing.



# QUICK GUIDE FEMALE MODIFIED RULES



## Y3/4F & Y5/6F

2026

**Umpires are to check ALL;**

- **Boots**                **No metal screw in**
- **Nails**                **Short or covered**
- **Jewellery**          **None – Medical ID covered**

**COMPETITION RULES YOUTH GIRLS**

All WA Football managed competitions are played as per the AFL Laws of the Game. The below modifications have been made to the Y3/4 and Y5/6 Female competitions to assist players with skill development and to develop an understanding of the game.

MATCH OPERATIONS		
	Y3/4 FEMALE	Y5/6 FEMALE
a. GROUND SIZE	80-100m (L), 50-75m (W)	80-100m (L), 50-75m (W)
b. BALL SIZE	Size 1 synthetic	Size 2 synthetic
c. PLAYER NUMBERS	12-a-side i. Unlimited reserves ii. Numbers on the field should always be even. Refer to Match On-Field Equalisation Section.	
d. MATCH LENGTH	4 x 15 min quarters. Breaks up to: 5-10-5	
GENERAL MATCH RULES		
e. START OF PLAY	Ball up in centre between two (2) players of approximate equal size. Players cannot take full possession out of ruck contest. Maximum of three (3) players from each team are permitted within fifteen (15) metres of ball up.	
f. POSITIONS	i. Soft zone resets at each stoppage. ii. No permanent rucks or rovers  12-a-side: (4x Defenders, 3x Mids, 1x Wing and 4x Forwards)	
g. OUT OF BOUNDS	<b>Last Possession Rule in Place</b> i. From a kick or handball, a free kick is to be awarded to the nearest opponent. ii. If the player runs the ball over the boundary line, a free kick is to be awarded to the nearest opponent. iii. If the ball is off hands or players body, a ball-up is to occur ten (10) metres in from the boundary line. iv. If the FU has any doubt, a ball-up is to occur ten (10) meters in from the boundary line.	
h. SCRIMMAGE	Field Umpire to stop play and with the help of the coaches ( <b>on field</b> ), instruct players to return to their positions before throwing the ball up. This is to teach players the positions and reduce congestion.	Field Umpire to stop play and with the help of the coaches ( <b>remaining in the Coaches Box</b> ), instruct players to return to their positions before throwing the ball up. This is to teach players the positions and reduce congestion.
i. MARKING	A mark is awarded for any reasonable attempt at catching the ball regardless of distance covered.	A mark is awarded for any kick that travels a minimum of ten (10) meters
j. BOUNCING	Players are only permitted to bounce (or touch the ball on the ground) once, before disposing of the ball.	
k. KICKING OFF THE GROUND	Players are not permitted to DELIBERATELY kick the ball off the ground or use their feet to control the ball whilst it is on the ground. Accidental contact should be play on.	
l. DELIBERATE RUSHED BEHIND	Deliberate rushed behinds will not apply at this level.	
m. PROTECTED AREA	The protected area at this level is five (5) meters.	
n. 50 m Penalties	Field Umpire may award a twenty-five (25) m penalty due to reduced field size.	
o. ORDER-OFF RULE	To be applied as per the Send Off Rule - RED, YELLOW & GREEN card system.	

CONTACT		
p. TACKLING	<p><b>Modified Wrap Tackle Rule:</b></p> <ul style="list-style-type: none"> <li>i. Players may wrap both arms around an opponent.</li> <li>ii. Players must not drop to the ground.</li> <li>iii. Strictly no slinging or bringing the opposition player to ground.</li> <li>iv. Grabbing the arm is not permitted.</li> <li>v. Once tackled legally, players have three (3) seconds to dispose of the ball, or a free kick for <i>holding the ball</i> will be awarded.</li> <li>vi. If the player being tackled deliberately goes to ground, a free kick for <i>holding the ball</i> will be awarded to the tackling player.</li> </ul>	<p><b>Modified Wrap Tackle Rule:</b></p> <ul style="list-style-type: none"> <li>i. Players may wrap both arms around an opponent.</li> <li>ii. Players may take their opponent to the ground by dropping their body weight.</li> <li>iii. Strictly no slinging or bringing the opposition player to the ground in an aggressive manner.</li> <li>iv. Once tackled legally, players have three (3) seconds to dispose of the ball, or a free kick for <i>holding the ball</i> will be awarded.</li> </ul>
q. HIGH CONTACT	All high contact shall be paid as a free kick regardless if the ball carrier was responsible for the high contact via a shrug, drop, arm lift or duck.	
r. BUMPING	<ul style="list-style-type: none"> <li>i. Strictly no bumping.</li> <li>ii. When in possession of the ball, no fending, pushing off or barging.</li> </ul>	Bumping is permitted as per laws of game.
s. SMOTHERING	Strictly no smothering, stripping, or stealing of the ball.	Stealing or smothering the football while the opponent is in the process of kicking or has possession in general play is permitted.
t. SHEPHERDING	Players not permitted to push, shoulder or block an opponent who is not in the possession of the ball.	Players are permitted to block opponents and bump within five (5) meters of the ball.
COMPETITION RESULTS		
u. COMPETITION	No match results, premierships points, ladders or finals.	
v. AWARDS	No awards (Best & Fairest etc) at this level.	
PLAYER ELIGIBILITY & FINALS		
w. PLAYER MOVEMENT	Players are not permitted to play for another team in their age group.	
x. AGE DISPENSATION	<p>If a child is born after 30/06/2018, they are not permitted to play in Year 3 or older competitions. These children instead participate in the Auskick Program. Permanent Play-Ups and Play Downs are permitted and must be approved by the SWJFL.</p>	Permanent Play-Ups and Play Downs are permitted and must be approved by the SWJFL.
COACHES		
y. COACHES	Coaches are permitted on field to direct players only. Runners are not permitted in this age group.	Coaches are to remain in the Coaches Box during game play as per the Match Day Roles Section.

**South West Junior Football League highly recommends players should use mouthguards during play/training.**

**Players & Umpires with longer hairstyles are required to secure the hair up.**



# QUICK GUIDE YOUTH FEMALE COMPETITION RULES Y7/8F, Y9/10F & U20F (Y11/12/13)



2026

**Umpires are to check ALL;**

- **Boots**                **No metal screw in**
- **Nails**                **Short or covered**
- **Jewellery**        **None – Medical ID covered**

**COMPETITION RULES YOUTH GIRLS**

All WA Football managed competitions are played as per the AFL Laws of the Game. The below modifications have been made to the Y7/8, Y9/10 and U20 (Y11,12,13) Female competitions to assist players with skill development and to develop an understanding of the game.

MATCH OPERATIONS			
	Y7/8 FEMALE – Scoring/Finals	Y9/10 FEMALE - Scoring/Finals	U20 (Y11/12/13) FEMALE - Scoring/Finals
a. GROUND SIZE	110-140m (L), 70-110m (W)	110-140m (L), 70-110m (W)	Full Size
b. FOOTBALL	Size 3 leather	Size 4 leather	Size 4 leather
c. PLAYER NUMBERS	15-a-side i. Maximum of 6 players on the bench. ii. Numbers on the field should always be even. Refer to Match On-Field Equalisation Section.		16-a-side i. Maximum of 6 players on the bench ii. Numbers on the field should always be even. Refer to Match On Field Equalisation Section.
d. MATCH LENGTH	4 x 15 min quarters Breaks up to: 5-10-5		
GENERAL MATCH RULES			
e. START OF PLAY	Players are not permitted to take full possession out of a ruck contest.	Rules as per AFL Laws of the Game.	
f. POSITIONS	15-a-side: 5 forwards, 3 midfielders, 2 wings and 5 defenders.		16-a-side: 5 forwards, 4 midfielders, 2 wings and 5 defenders.
g. OUT OF BOUNDS	<b>Last Possession Rule;</b> i. From a kick or handball, a free kick is to be awarded to the nearest opponent. ii. If the player runs the ball over the boundary line, a free kick is to be awarded to the nearest opponent. iii. If the ball is off hands or a player’s body, a ball-up is to occur ten (10) metres in from the boundary line. iv. If there is any doubt as to who’s free kick it is, a ball-up is to occur ten (10) metres in from the boundary line. v. <b>U20 (Y11/12/13) - An exception: if the ball goes out inside the 50m arc, it is a ball-up as above.</b>		
h. SCRIMMAGE	Field Umpire to stop play and with the help of the Coaches <b>(remaining in the Coaches Box)</b> , instruct players to return to their positions before throwing the ball up. This is to teach players the positions and reduce congestion.		
i. MARKING	A mark is to be awarded for any kick that travels a minimum of 15 metres.		

j. BOUNCING	Players are only permitted to bounce (or touch the ball to the ground) twice and then must dispose of ball. This must occur after a player has run for fifteen (15) metres.	Players are not restricted by the number of bounces when in possession.
k. KICKING THE BALL OFF THE GROUND.	Players are permitted to kick the ball off the ground or use their feet to control the ball whilst it is on the ground, as per laws of game.	
l. DELIBERATE RUSHED BEHINDS	Deliberate Rushed Behinds will be paid as per the AFL Laws of the Game.	
m. PROTECTED AREA	The protected area at this level is five (5) meters.	
n. ORDER-OFF RULE	To be applied as per the Send Off Rule – RED, YELLOW and GREEN card system.	To be applied as per the Send Off Rule - RED and YELLOW card system.
<b>CONTACT</b>		
o. CONTACT	Tackling, bumping, smothering & shepherding is permitted as per AFL Laws of the Game.	
p. HIGH CONTACT	All high contact shall be paid as a free kick regardless if the ball carrier was responsible for the high contact via a shrug, drop, arm lift or duck.	Where a tackle is reasonably applied and the ball carrier is responsible for the high contact via a shrug, drop, arm lift or duck, play on shall be called.
<b>COMPETITION RESULTS</b>		
t. COMPETITION	<ul style="list-style-type: none"> <li>i. Scoring and match results are permitted.</li> <li>ii. Premiership points and ladders are permitted.</li> <li>iii. E-Points will be awarded.</li> <li>iv. Finals are played.</li> </ul>	
u. AWARDS	Best players & goal kickers may be recorded and awarded at this level.	
<b>PLAYER ELIGIBILITY &amp; FINALS</b>		
v. PLAYER MOVEMENT	Players are not permitted to play for another team in the same age group. Y10-Y13 Players are eligible to play across multiple competitions (ie WAFL, WAFLW, SWFL)	
w. AGE DISPENSATION	Permanent Play Ups and Play Downs are permitted and must be approved by the SWJFL.	
x. FINALS	Refer to Player Eligibility, Qualifications and Awards section.	

***South West Junior Football League highly recommends players should use mouthguards during play/training.***

***Players & Umpires with longer hairstyles are required to secure the hair up.***



# QUICK GUIDE MODIFIED COMPETITION RULES Y3 & Y4



**2026**

**Umpires are to check ALL;**

- Boots                      No metal screw in
- Nails                        Short or covered
- Jewellery                 None – Medical ID covered

**COMPETITION RULES**

All WA Football managed competitions are played as per the AFL Laws of the Game. The below modifications have been made to Year 3 & 4 competitions to assist players with skill development and to develop an understanding of the game.

**MATCH OPERATIONS**

	Y3	Y4
a. GROUND SIZE	80-100m (L), 50-75m (W)	
b. FOOTBALL	Size 1 synthetic	Size 2 synthetic
c. PLAYER NUMBERS	15-a-side i. Unlimited reserves ii. Numbers on the field should always be even. Refer to Match On-Field Equalisation Section.	
d. MATCH LENGTH	4 x 15 min quarters Breaks up to: 5-10-5	

**GENERAL MATCH RULES**

e. START OF PLAY	i. Ball-up in the centre of the ground between two (2) players, approximately of equal size. ii. Players are not permitted to take full possession out of a ruck contest. iii. Maximum of three (3) players from each team permitted within fifteen (15) meters of ball up.	
f. POSITIONS	i. Soft zone resets at each stoppage. ii. No permanent rucks or rovers 15-a-side: (5x Defenders, 3x Mids, 2x Wings, and 5x Forwards)	
g. OUT OF BOUNDS	<b>Last Possession Rule;</b> i. From a kick or handball, a free kick is to be awarded to the nearest opponent. ii. If a player runs the ball over the boundary line, a free kick is to be awarded to the nearest opponent. iii. If the ball is off hands or a player's body, a ball-up is to occur ten (10) meters in from the boundary line. iv. If the Field Umpire has any doubt as to whose free kick it is, a ball-up is to occur ten (10) meters in from the boundary line.	
h. SCRIMMAGE	Field Umpire to stop play and with the help of the Coaches ( <b>on field</b> ), instruct players to return to their positions before throwing the ball up. This is to teach players the positions and reduce congestion.	Field Umpire to stop play and with the help of the coaches ( <b>remaining in the Coaches Box</b> ), instruct players to return to their positions before throwing the ball up. This is to teach players the positions and reduce congestion.
i. MARKING	A mark is awarded for any reasonable attempt at catching the ball, regardless of distance covered.	
j. BOUNCING	Players are only permitted to bounce (or touch the ball on the ground) once, before disposing of the ball. This must occur after a player has run for ten (10) metres.	
k. KICKING THE BALL OFF THE GROUND.	Players are not permitted to deliberately kick the ball off the ground or use their feet to control the ball whilst it is on the ground. Accidental contact to the ball, the umpire will call play on.	
l. DELIBERATE RUSHED BEHIND	Deliberate rushed behinds will not apply at this level.	
m. PROTECTED AREA	The protected area at this level is five (5) meters.	
n. PENALTIES	Due to the size of playing field, umpires may award a 25 m penalty.	
o. ORDER-OFF RULE	To be applied as per the Send Off Rule - RED, YELLOW & GREEN card system	

**CONTACT**

p. TACKLING	<b>Modified Wrap Tackle Rule.</b> i. Player may wrap both arms around an opponent and hold feet. ii. Players must not drop to the ground. iii. Strictly no slinging or bringing the opposition player to ground in an aggressive manner. iv. Grabbing the arm is not permitted. v. Once tackled legally, players have 3 seconds to dispose of the ball, or a free kick for holding the ball will be awarded. vi. If the player being tackled deliberately goes to ground, a free kick for holding the ball will be awarded to the tackling player.	
q. HIGH CONTACT	All high contact shall be paid as a free kick regardless if the ball carrier was responsible for the high contact via a shrug, drop, arm lift or duck.	

r. BUMPING	i. Strictly no bumping ii. When in possession of the ball, no fending, pushing off or barging.	
s. SMOTHERING	Strictly no smothering, stripping, or stealing of the ball.	
t. SHEPHERDING	Players are not permitted to push, shoulder, or block an opponent who is not in possession of the ball.	
<b>COMPETITION RESULTS</b>		
u. COMPETITION	No match results, no premiership points, no ladders and no finals.	
v. AWARDS	No awards (F&B etc) at this level.	
<b>PLAYER ELIGIBILITY</b>		
w. PLAYER MOVEMENT	Players are not permitted to play for another team in the same age group.	
x. AGE DISPENSATION	If a child is born after 30/06/2018, they are not permitted to play in Year 3 or older competitions. These children instead participate in the Auskick Program. Permanent Play Ups and Play Downs are permitted and must be approved by the SWJFL.  <b>Please note Round by Round Play Ups are not permitted in the Y3-6 Age Groups.</b>	
<b>COACHES</b>		
y. COACHES	Coaches are permitted on field to direct players only. Runners are not permitted in this age group.	Coaches are to remain in the Coaches Box during game play as per the Match Day Roles Section.

***South West Junior Football League highly recommends players should use mouth guards during play/training.  
Players & Umpires with longer hairstyles are required to secure the hair up.***



# QUICK GUIDE MODIFIED COMPETITION RULES Y5 & Y6



**2026**

**Umpires are to check ALL;**

- **Boots**                **No metal screw in**
- **Nails**                **Short or covered**
- **Jewellery**           **None – Medical ID covered**

**COMPETITION RULES**

All WA Football managed competitions are played as per the AFL Laws of the Game. The below modifications have been made to Year 5 & 6 competitions to assist players with skill development and to develop an understanding of the game.

**MATCH OPERATIONS**

	Y5	Y6
a. GROUND SIZE	90-110m (L), 70-85m (W)	
b. FOOTBALL	Size 2 leather	Size 3 leather
c. PLAYER NUMBERS	15-a-side i. Unlimited reserves ii. Numbers on the field should always be even. Refer to Match On-Field Equalisation Section	
d. MATCH LENGTH	4 x 15 min quarters Breaks up to: 5-10-5	

**GENERAL MATCH RULES**

e. START OF PLAY	i. Ball-up in the centre of the ground between 2 players, approximately of equal size. ii. Players are not permitted to take full possession out of a ruck contest. iii. Maximum of 3 players from each team permitted within fifteen (15) meters of ball up.
f. POSITIONS	i. Soft zone resets at each stoppage. ii. No rucks or rovers 15-a-side: (5x Defenders, 3x Mids, 2x Wings, and 5x Forwards)
g. OUT OF BOUNDS	<b>Last Possession Rule;</b> i. From a kick or handball, a free kick is to be awarded to the nearest opponent. ii. If a player runs the ball over the boundary line, a free kick is to be awarded to the nearest opponent. iii. If the ball is off hands or a player’s body, a ball-up is to occur ten (10) meters in from the boundary line. iv. If the Field Umpire has any doubt as to whose free kick it is, a ball-up is to occur ten (10) meters in from the boundary line.
h. SCRIMMAGE	Field Umpire to stop play and with the help of the Coaches ( <b>remaining in the Coaches Box</b> ), instruct players to return to their positions before throwing the ball up. This is to teach players the positions and reduce congestion.
i. MARKING	A mark is awarded for any kick that travels a minimum of ten (10) meters.
j. BOUNCING	Players are only permitted to bounce (or touch the ball on the ground) once, before disposing of the ball. This must occur after a player has run for ten (10) metres.
k. KICKING THE BALL OFF THE GROUND.	i. Players are not permitted to deliberately kick the ball off the ground or use their feet to control the ball whilst it is on the ground. ii. Accidental contact to the ball, the umpire will call play on.
l. DELIBERATE RUSHED BEHIND	Deliberate rushed behinds will not apply at this level.
m. PROTECTED AREA	The protected area at this level is five (5) meters.
n. PENALTIES	Due to the size of playing field, umpires may award a 25 m penalty.
o. ORDER-OFF RULE	To be applied as per the Send Off Rule - RED, YELLOW & GREEN card system.

**CONTACT**

p. TACKLING	<b>Modified Wrap Tackle Rule.</b> i. Player may wrap both arms around an opponent and hold feet. ii. Players may take their opponent to the ground by dropping their body weight. iii. Strictly no slinging or bringing the opposition player to ground in an aggressive manner. iv. Once tackled legally, players have 3 seconds to dispose of the ball, or a free kick for holding the ball will be awarded.
q. HIGH CONTACT	All high contact shall be paid as a free kick regardless if the ball carrier was responsible for the high contact via a shrug, drop, arm lift or duck.
r. BUMPING	Bumping is permitted as per AFL Laws of the Game.

s. SMOTHERING	Stealing or smothering the football while the opponent is in the process of kicking or has possession in general play is permitted.
t. SHEPHERDING	Players are permitted to block opponents and bump within five (5) meters of the ball.
<b>COMPETITION RESULTS</b>	
u. COMPETITION	No match results, no premiership points, no ladders and no finals.
v. AWARDS	No awards (F&B etc) at this level.
<b>PLAYER ELIGIBILITY</b>	
w. PLAYER MOVEMENT	Players are not permitted to play for another team in the same age group.
x. AGE DISPENSATION	Permanent Play Ups and Play Downs are permitted and must be approved by the SWJFL.  <b>Please note Round by Round Play Ups are not permitted in the Y3-6 Age Groups</b>

*South West Junior Football League highly recommends players should use mouth guards during play/training.  
Players & Umpires with longer hairstyles are required to secure the hair up.*



# QUICK GUIDE YOUTH COMPETITION RULES Y7 & Y8



2026

**Umpires are to check ALL;**

- Boots                      No metal screw in
- Nails                        Short or covered
- Jewellery                 None – Medical ID covered

**COMPETITION RULES**

All WA Football managed competitions are played as per the AFL Laws of the Game. The below modifications have been made to Year 7 & 8 competitions to assist players with skill development and ensure fair and even competitions.

**MATCH OPERATIONS**

	Y7- Scoring/Finals	Y8 – Scoring/Finals
a. GROUND SIZE	Full Size	
b. BALL SIZE	Size 3 leather	Size 4 leather
c. PLAYER NUMBERS	18-a-side i. Maximum of 6 players on the bench. ii. Numbers on the field should always be even. Refer to Match On-Field Equalisation Section.	
d. MATCH DURATION	4 x 15 min quarters Breaks up to: 5-10-5	

**GENERAL MATCH RULES**

e. START OF PLAY	Players are not permitted to take full possession out of a ruck contest.	
f. POSITIONS	18-a-side: 3 groups of 6 (6x forwards, 4x midfielders & 2x wings, 6x defenders)	
g. OUT OF BOUNDS	<b>Last Possession Rule:</b> i. From a kick or handball, a free kick is to be awarded to the nearest opponent. ii. If a player runs the ball over the boundary line, a free kick is to be awarded to the nearest opponent iii. If the ball is off hands or a player's body, a ball-up is to occur ten (10) metres in from the boundary line. iv. If the Field Umpire has any doubt as to whose free kick it is, a ball-up is to occur ten (10) metres in from the boundary line.	
h. SCRIMMAGE	Field Umpire to stop play and with the help of the Coaches ( <b>remaining in the Coaches Box</b> ), instruct players to return to their positions before throwing the ball up. This is to teach players the positions and reduce congestion.	
i. MARKING	A mark is awarded for any kick that travels a minimum of fifteen (15) metres.	
j. BOUNCING	Players are only permitted to bounce (or touch the ball on the ground) twice, before disposing of the ball.	
k. KICKING OFF THE GROUND	Players are permitted to deliberately kick the ball off the ground or use their feet to control the ball whilst it is on the ground.	
l. DELIBERATE RUSHED BEHIND	Deliberate Rushed Behinds will be paid as per the AFL Laws of the Game.	
m. PROTECTED AREA	The protected area at this level is five (5) meters.	
n. ORDER OFF RULE	To be applied as per the Send Off Rule - RED, YELLOW & GREEN card system.	To be applied as per the Send Off Rule – RED & YELLOW & card system only.

**CONTACT**

o. CONTACT	Tackling, bumping, smothering and shepherding is permitted as per AFL Laws of the Game.	
p. HIGH CONTACT	All high contact shall be paid as a free kick regardless if the ball carrier was responsible for the high contact via a shrug, drop, arm lift or duck.	

**COMPETITION RESULTS**

q. COMPETITION	i. Scoring and match results are permitted. ii. Premiership Points and Ladders are permitted. iii. E-Points will be awarded. iv. Finals are played.	
r. AWARDS	Best Players and Goal Kickers may be recorded and awarded at this level.	

**PLAYER ELIGIBILITY**

s. PLAYER MOVEMENT	Players are not permitted to play for another team in the same age group.	
t. AGE DISPENSATION	Permanent Play Ups and Play Downs are permitted and must be approved by the SWJFL.	
u. FINALS ELIGIBILITY	Refer to Player Eligibility, Qualifications and Awards section.	



# QUICK GUIDE YOUTH COMPETITION RULES Y9, Y10 & Y11/12



2026

**Umpires are to check ALL;**

- Boots                      No metal screw in
- Nails                        Short or covered
- Jewellery                 None – Medical ID covered

**COMPETITION RULES**

All WA Football managed competitions are played as per the AFL Laws of the Game. The below modifications have been made to Year 9 and 10 competitions to assist players with skill development and ensure fair and even competitions.

MATCH OPERATIONS			
	Y9 – Scoring/Finals	Y10 – Scoring/Finals	Y11/12 – Scoring/Finals
a. GROUND SIZE	Full Size		
b. BALL SIZE	Size 4 leather		Size 5 leather
c. PLAYER NUMBERS	18-a-side i. Maximum of 6 players on the bench. ii. Numbers on the field should always be even. Refer to Match On-Field Equalisation Section.		
d. MATCH LENGTH	4 x 20 min quarters Breaks up to: 5-10-5		
GENERAL MATCH RULES			
e. GENERAL	Rules as per AFL Laws of the Game.		
f. POSITIONS	18-a-side: 3 groups of 6 (6x forwards, 4x midfielders & 2x wings, 6x defenders)		
g. OUT OF BOUNDS	<b>Last Possession Rule;</b> i. From a kick or handball, a free kick is to be awarded to the nearest opponent. ii. If the player runs the ball over the boundary line, a free kick is to be awarded to the nearest opponent. iii. If the ball is off hands or a player's body, a ball-up is to occur 10 metres in from the boundary line. iv. If there is any doubt as to who's free kick it is, a ball-up is to occur 10 metres in from the boundary line. <b>v. Y10 &amp; Y11/12 ONLY - An exception: if the ball goes out inside the 50m arc, it is a ball-up as above.</b>		
h. DELIBERATE RUSHED BEHINDS	Deliberate Rushed Behinds will be paid as per the AFL Laws of the Game.		
j. PROTECTED AREA	The protected area at this level is five (5) metres.		
k. ORDER-OFF RULE	To be applied as per the Send Off Rule – RED & YELLOW & card system.		
CONTACT			
l. HIGH CONTACT	All high contact shall be paid as a free kick regardless if the ball carrier was responsible for the high contact via a shrug, drop, arm lift or duck.	Where a tackle is reasonably applied and the ball carrier is responsible for the high contact via a shrug, drop, arm lift or duck, play on shall be called.	
COMPETITION RESULTS			
m. COMPETITION	i. Scoring and match results are permitted. ii. Premiership Points and Ladders are permitted. iii. E-Points will be awarded. iv. Finals are played.		
n. AWARDS	Best players and Goal Kickers may be recorded and awarded at this level.		
PLAYER ELIGIBILITY			
o. PLAYER MOVEMENT	Players (male and female) are not permitted to play for another team in the same age group. Players are eligible to play across multiple competitions (ie WAFL, WAFLW, PFL) as per section 9 <a href="#">Permits and Multiple Competitions</a> .		
p. AGE DISPENSATION	Permanent Play Ups and Play Down are permitted and must be approved by the SWJFL.		
q. FINALS ELIGIBILITY	Refer to Player Eligibility, Qualifications and Awards section.		

**South West Junior Football League highly recommends players should use mouth guards during play/training. Players & Umpires with longer hairstyles are required to secure the hair up.**



Even Up Rule Applied

Date \_\_\_/\_\_\_/\_\_\_

MATCH \_\_\_\_\_ v \_\_\_\_\_

GRADE \_\_\_\_\_

**First Quarter (1)**

No.	Player Name	Team (from)	Team (to)	New Jumper No.

**Second Quarter (2)**

No.	Player Name	Team (from)	Team (to)	New Jumper No.

**Third Quarter (3)**

No.	Player Name	Team (from)	Team (to)	New Jumper No.

**Fourth Quarter (4)**

No.	Player Name	Team (from)	Team (to)	New Jumper No.

## ⚡ MARSH SPORT MATCH DAY CHECKLIST

This document must be completed prior to the first match of the day, and to be signed off by both Team Managers, or Match Day Officials. Print version: <https://au.marsh.com/content/dam/marsh-affinity-pacific/documents/afl/match-day-checklist.pdf> or Online Form: <https://info-pacific.marsh.com/acton/media/44357/afl-matchday-checklist-marsh>

Match Venue:  Date of Inspection:  Time:   
DD/MM/YYYY HH:YY (24)

Home Team:  Away Team:

Yes (Acceptable) If you are satisfied the conditions are safe to start play please mark (x) the "YES" column.

No (Action Required) If you find a safety concern please mark (x) the "NO" column and record your actions in the space provided

Please refer to the Match Day Checklist Guidelines for further information, terms and conditions.

(Acceptable)

(Action Required)

YES

NO

### 1. Weather Conditions:

1.1 In regard to player safety, are the weather conditions satisfactory for play to commence?  YES  NO

### 2. Field of Play:

2.1 In regard to player safety, are the playing surfaces satisfactory for play to commence?  YES  NO

2.2 Has all visible debris, that may affect player safety, been removed?  YES  NO

2.3 Are the game formats and ground markings in-line with the AFL "Laws of the Game"?  YES  NO

2.4 Are all sprinkler covers intact and level with the playing field?  YES  NO

2.5 In regard to player safety, are the perimeter fences and/or signs free from visible hazards?  YES  NO

### 3. Facilities:

3.1 In regard to safety, are the public areas (e.g. seating and walkways) free of visible hazards?  YES  NO

3.2 In regard to safety, are the player's areas (e.g. change rooms) free from visible hazards?  YES  NO

3.3 Are First Aid facilities (e.g. First Aid Kit, qualified personnel and Ice) on site and accessible?  YES  NO

### 4. Other Factors (please insert details of safety areas specific to your circumstances):

4.1 Are the following area/s (below) satisfactory for play to commence?  YES  NO  N/A

### 5. Please provide details of actions taken to address your safety concerns.

### 6. Declarations

I / We declare that I / We are authorised representatives of the nominated Teams.

I / We declare that after reasonable inquiry, the following statements are true and accurate

A. the above inspection (Match Day Checklist) was completed as per the above date and time

B. all hazards, risks and safety concerns have been addressed to an acceptable level and recorded on this form (Sec. 5)

C. both teams are satisfied that the playing conditions are acceptable prior to the commencement of play

#### Who Signs the Checklist?

As the home club is responsible to ensure the greater environment of the venue is safe for members and guests, an authorised (18+ years of age) home club representative signs the form. As the away team players and entourage participate in the game under the same conditions, an authorised (18+ years of age) away team representative also signs the form.

<p>Home Team Authorised Representative's Name (please print)</p> <input type="text"/> <p>Position at Club <input type="text"/></p> <p>Home Team Authorised Representative's Signature</p> <input type="text"/>	<p>Away Team Authorised Representative's Name (please print)</p> <input type="text"/> <p>Position at Club <input type="text"/></p> <p>Away Team Authorised Representative's Signature</p> <input type="text"/>
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The advice in this form is general advice only. To help you decide if the cover suits you, please read the Product Disclosure Statement. We can provide you with further information. Please contact us to request. This Insurance is arranged by Marsh Advantage Insurance Pty Ltd (ABN 31 081 358 303, AFSL 238 369) ('MAI'). MAI are not the Insurer.

**Marsh recommend a copy of this Game Day Checklist is retained on file for seven (7) years by the home team.**

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## CONCUSSION POLICY & GUIDELINES

The SWJFL advises all Clubs to take a very cautious approach to the management of concussion. All head injuries, suspected concussion incidents must be reported to the SWJFL Competition Coordinator, who will immediately change the player's status on PlayHQ as 'Suspended' for the three week / 21 day concussion management duration. This suspended status for any injured player can only be changed upon notification of clearance from a General Practitioner prior to the concussion management duration.

Head impacts can be associated with serious and potentially fatal brain injuries. In the early stages of injury, it is often not clear whether you are dealing with a concussion or there is a more severe underlying structural head injury. For this reason, the most important steps in initial management include:

1. Recognising a suspected concussion.
2. Removing the player from the game.
3. Referring the player to a medical doctor for assessment.

Any player who has suffered a concussion or is suspected of having a concussion must be medically assessed as soon as possible after the injury and **must NOT** be allowed to return to play in the same game/practice session.

There must be an accredited first aider at every game and the basic rules of first aid should be used when dealing with any player who is unconscious or injured. **IF IN DOUBT, THEN SIT THEM OUT!**

### HEADCHECK CONCUSSION APP

The **Headcheck Concussion App** continues to help Trainers, Coaches and Parents/Guardians recognise the symptoms of a suspected concussion and its severity through a series of concise questions and observations to quickly identify whether a child's head injury requires an ambulance, hospital, or a GP visit. The App also assists Parents/Guardians in managing their child's recovery program based on the symptoms displayed as well as guide the Parents/Guardians on their child's safe return to school, training, and games.

The Headcheck Concussion App can be downloaded for free on both Apple and Android devices. For more information about the app, please visit [www.headcheck.com.au](http://www.headcheck.com.au)

### MANAGEMENT GUIDELINES FOR SUSPECTED CONCUSSION

1. Assess for presence of any concussion symptoms or signs (e.g., stunned, confusion, memory problems, balance problems, headache, dizziness, not feeling right)
2. Implement first aid management protocol, including cervical spine immobilisation.
3. Remove from the ground and assess using pocket CRT (Concussion Recognition Tool).
4. Presence of any factors for urgent hospital referral (e.g., confusion, vomiting, worsening headache)  
If YES – Call for an ambulance and refer to hospital.  
If NO – Do not allow player to return to play. Refer to a medical doctor for assessment.

### REPORTING & RECORD KEEPING

All confirmed and suspected concussions are to be reported to the SWJFL Competition Coordinator as soon as possible but no later than 9am on the Monday following the game.

The relevant medical report to allow the player to return to training and matches must also be supplied to the SWJFL Competition Coordinator before resuming training.

All medical reports will be confidentially held by SWJFL Competition Coordinator and not shared with anyone.

### RETURN TO TRAIN AND PLAY PROCEDURE

The minimum requirement for returning to full training and playing matches is outlined in the AFL Nation Community Concussion Guideline as per the diagram on the following page. Players must follow the graded loading program and supply a medical certificate to local SWJFL Competition Coordinator before returning to full training and playing games.

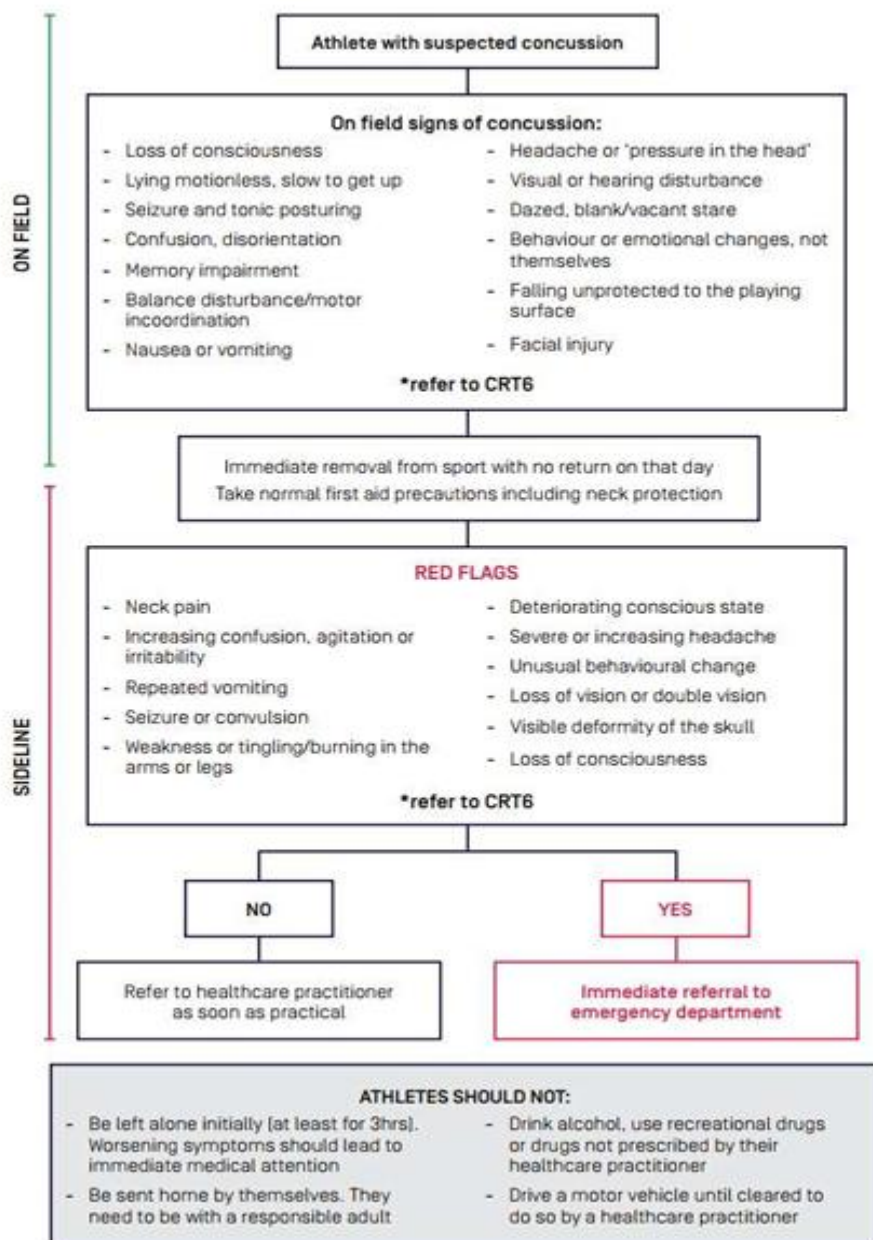
A more conservative approach should be adopted for any player who has had a history of concussion or if there is any reoccurrence of symptoms. The referenced 21 days is not standard *wait and play*, it is the minimum requirement, and all concussions should be treated as unique and assessed independently.

### MULTIPLE CONCUSSIONS IN A SEASON

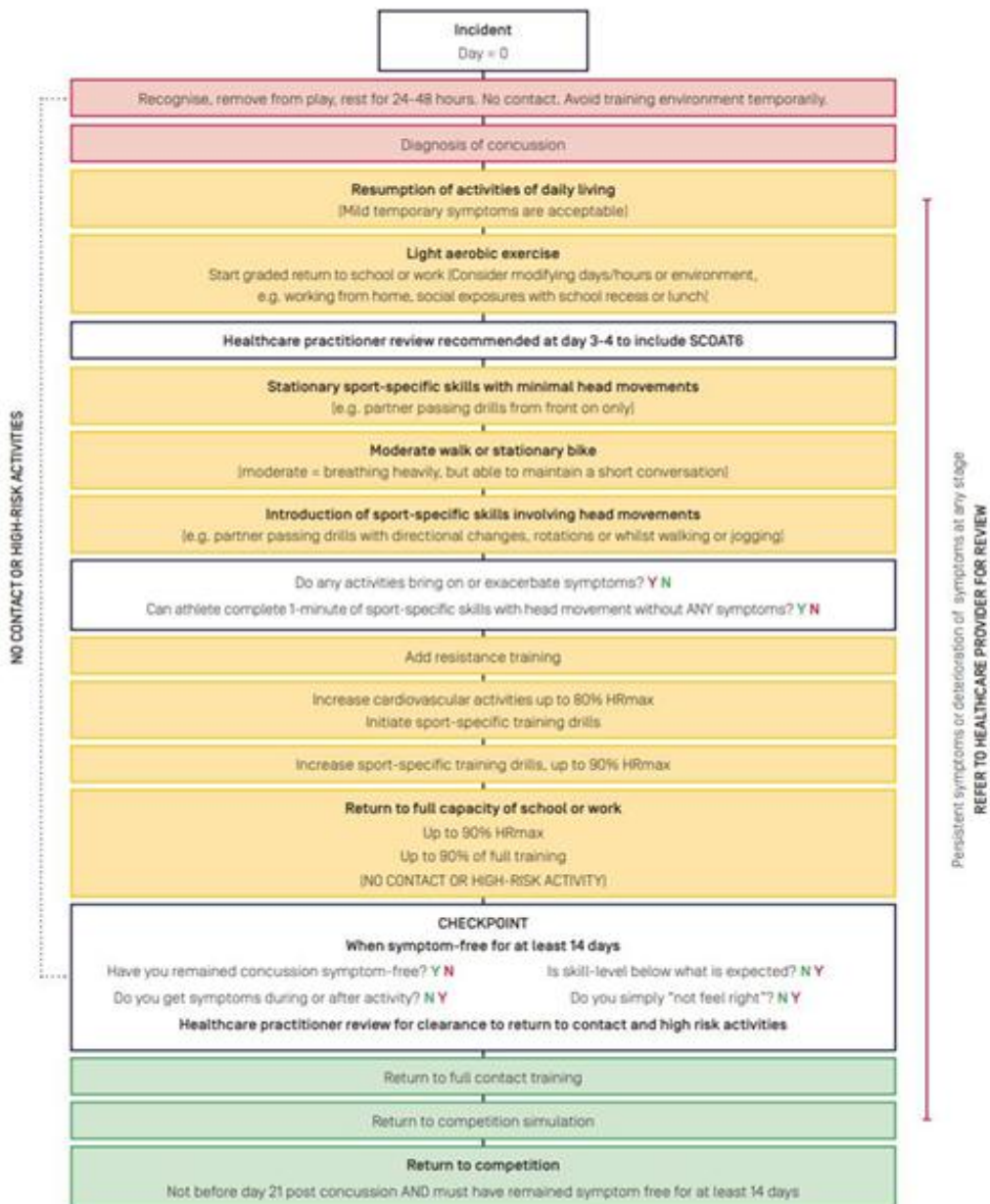
Following any concussion, a player must receive a medical clearance to Return to Play as per the National Concussion Guidelines. If a player receives a second concussion in a season, then the player **must** be assessed by a doctor or medical practitioner who specialises in concussion management, and be medically cleared by them in order to Return to Training or Play. WA Football can assist clubs and families in identifying doctors who specialise in the field of concussion.

If a player receives a third concussion within a season (combined across any competition i.e., club, school, AFL9's, etc) then it is highly recommended by the WA Football /SWJFL, that the player does not play for the remainder of the season, and should continue to be assessed / monitored by a medical specialist in Concussion Management.

### Recognising a Suspected Concussion



**Return to Play Protocols**



## Examples of return to sport timeframes

### Note:

- > Day of concussive incident is considered 'Day 0'
- > Examples below assume a sport where competition occurs weekly on a Saturday
- > The 14 day symptom free period does not start until the first day that the athlete is symptom free

### Key:

Incident
Symptomatic
Symptom-free
Contact training
Full competition

Athlete symptom-free on day 3 (Tuesday of the 1st week)				
Saturday	5. Saturday	12. Saturday	Saturday	Saturday
Sunday	6. Sunday	13. Sunday	Sunday	Sunday
Monday	7. Monday	14. Monday	Monday	Monday
1. Tuesday	8. Tuesday	Tuesday	Tuesday	Tuesday
2. Wednesday	9. Wednesday	Wednesday	Wednesday	Wednesday
3. Thursday	10. Thursday	Thursday	Thursday	Thursday
4. Friday	11. Friday	Friday	Friday	Friday

Athlete symptom-free on day 7 (Saturday of second week)				
Saturday	1. Saturday	8. Saturday	Saturday	Saturday
Sunday	2. Sunday	9. Sunday	Sunday	Sunday
Monday	3. Monday	10. Monday	Monday	Monday
Tuesday	4. Tuesday	11. Tuesday	Tuesday	Tuesday
Wednesday	5. Wednesday	12. Wednesday	Wednesday	Wednesday
Thursday	6. Thursday	13. Thursday	Thursday	Thursday
Friday	7. Friday	14. Friday	Friday	Friday

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