

Rule	Application
1. Zones	Players are positioned in three (3) equal zones to prevent ball chasing and subsequent congestion around the ball. Umpires should encourage players to stay in their correct zones
2. Transition of ball	The ball must be touched by a player in each zone it passes through
3. Out of Bounds	Kicked = Free kick Incidental = Throw up
4. Gaining Possession	A player's prime objective should be to gain possession of the ball
5. Scoring	Only players who are positioned as Forward Zone players may score – no exceptions. An accidental score by non-forward treated as Out of Bounds.
6. Modified tackle	<p>A player in possession of the ball may be tackled by an opponent wrapping both arms around the area below the top of the shoulders and on/above the knees. Player with ball must NOT be forcefully taken to ground.</p> <p><u>There is strictly:</u></p> <ul style="list-style-type: none"> ▪ NO knocking the ball out of an opponent's hands ▪ NO pushing the player in the side ▪ NO stealing the ball from another player ▪ NO bumping an opponent ▪ NO sling, pull or otherwise application of force when 'holding' a player.
7. Ball-ups	Field ball-ups are contested by 2 players of equal size selected by the umpire.
8. Smothering	Deliberate smothering not permitted and free kick to nearest opponent.
9. Barging	No barging, fending off or chopping past opponents is permitted
10. Shepherding	Not permitted. Free kick to the nearest opponent.
11. Marking	A mark is awarded irrespective of the distance the ball has travelled
12. Distance Run	A player running with the ball must bounce it within ten (10) metres.
13. Bouncing the Ball	A player is only permitted to bounce the ball once, during any single possession.
14. Kick off the Ground	Not permitted unless accidental
15. Distance penalty	10 metres, due to reduced ground sizes in modified rules

MODIFIED RULES: SUMMARY SHEET – more detail in handbook