

Rule	U10 Youth Girls	U12 Youth Girls	U14 Youth Girls	U16 Youth Girls	U18 Youth Girls
Playing Field (Min-Max)	100m (L) x 80m (W)	100-140 (L) x 75-95 (W)	120 – Full (L) x 95 – Full (W)	Full Field	Full Field
Ball Size	Size 2 - Synthetic	Size 3 Syn/Leather	Size 3 - Leather	Size 4 - Leather	Size 4 - Leather
Player Allocation	Min - 9	Min - 9	Min – 9	Min - 12	Min - 12
	Max - 12	Max - 12	Max – 15	Max - 16	Max - 16
	Bench - Unlimited	Bench - 6	Bench – 6	Bench - 6	Bench - 6
Playing Times	4 x 10 Mins Quarters	4 x 13 Min Quarters	4 x 15 Min Quarters	4 x 15 Min Quarters	4 x 16 Min Quarters
	4/5/4 intervals	4/5/4 Intervals	4/5/4 Intervals	4/5/4 Intervals	4/5/4 Intervals
Smothering, Sheparding, Barging and Fending	X	✓	✓	✓	✓
Tackling	Modified Tackle	As per the laws of the game			
Zones	3 Zones. Only Forwards can score	As per the laws of the game			
Starting and Restarting Play	No Full possession allowed from ruck.		As per the laws of the game		
Out of Bounds	Last Kick – Ball given to nearest opponent Off hands or body – Ball up 5m from boundary		Ball Up 10m from boundary	As per the laws of the game	
Marking (Distance)	Any Distance	10m	15m	15m	15m
Run and Bounce	10m & 1 Bounce	15m & 2 Bounces	As per the laws of the game		
Distance Penalties	10m	25m	As per the laws of the game		
Kicking off the Ground	X (unless accidental)		As per the laws of the game		
Deliberate out of bounds / Rushed Behind	Not Applied				
Playing On & Advantage	X	✓	✓	✓	✓
# of Umpires – Field	1	2	2	2	2
Boundary	N/A	N/A	Club to supply	Club to supply	Club to supply
Goal	Club to supply	Club to supply	Club to supply	Club to supply	Club to supply
Officials allowed (Max.8)	Coach*, Ass. Coach Manager, Runner	Coach*, Ass. Coach Manager, Runner 4 x Water carrier	Coach*, Ass. Coach Manager, Runner 4 x Water carrier	Coach*, Ass. Coach Manager, Runner 4 x Water carrier	Coach*, Ass. Coach Manager, Runner 4 x Water carrier