

**NORTHERN FOOTBALL  
NETBALL LEAGUE  
INCORPORATED**



**SCHEDULE 32:  
JUNIOR FOOTBALL RULES  
MATRICES**

**Adopted  
December 2017**

# NFL Junior Football Rules: Mixed & Male Competitions

	MIXED						MALE		
AGE GROUP	Under-9	Under-10	Under-11	Under-12	Under-13	Under-14	Under-15	Under-16	Under-17
PHASE	Development	Development	Competition	Competition	Competition	Competition	Competition	Competition	Competition
<b>REGULATIONS</b>									
Ground Size	100m x 80m	2/3 full size	Full size	Full size	Full size	Full size	Full size	Full size	Full size
Zones	✓	✓	✗	✗	✗	✗	✗	✗	✗
Players on Ground	Max: 15 Min: 9	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14
Players on Bench	9	6	6	6	6	6	6	6	6
Evening Up Rule	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ball	Size 2 Synthetic	Size 2 Synthetic	Size 3 Synthetic	Size 3 Leather	Size 4 Leather	Size 4 Leather	Size 5 Leather	Size 5 Leather	Size 5 Leather
Quarter Duration (mins)	12	12	15	15	15	15	20	20	20
Break Duration (mins) 1/4 - 1/2 - 3/4	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5
Scoring & Finals	No scores, ladders or finals	No scores, ladders or finals	✓	✓	✓	✓	✓	✓	✓
Results	No recording of best players or goal kickers	No recording of best players or goal kickers	No recording of best players or goal kickers	No recording of best players or goal kickers	✓	✓	✓	✓	✓
Mercy Rule	✓	✓	✓	✓	✓	✓	✓	✓	✓
Coach Position	On-field Field: 1 (NFL)	On-field Field: 1 (NFL)	Bench Field: 1 (NFL)	Bench Field: 1 (NFL)	Bench Field: 1 (NFL)	Bench Field: 1 (NFL)	Bench Field: 2 (NFL)	Bench Field: 2 (NFL)	Bench Field: 2 (NFL)
Umpires	Boundary: 0 Goal: 2	Boundary: 0 Goal: 2	Boundary: 2 Goal: 2	Boundary: 2 Goal: 2	Boundary: 2 Goal: 2	Boundary: 2 Goal: 2	Boundary: 2 Goal: 2	Boundary: 2 Goal: 2	Boundary: 2 Goal: 2
<b>LAWS</b>									
Tackling	Modified	Modified	✓	✓	✓	✓	✓	✓	✓
Bumping	✗	✗	✓	✓	✓	✓	✓	✓	✓
Stealing	✗	✗	✓	✓	✓	✓	✓	✓	✓
Barging	✗	✗	✓	✓	✓	✓	✓	✓	✓
Smothering	✗	✗	✓	✓	✓	✓	✓	✓	✓
Shepherding	✗	✗	✓	✓	✓	✓	✓	✓	✓
Fending	✗	✗	✓	✓	✓	✓	✓	✓	✓
Bouncing	1 max	1 max	✓	✓	✓	✓	✓	✓	✓
Kicking Off Ground	✗	✗	✗	✗	✓	✓	✓	✓	✓
Marking (m)	Any distance	Any distance	10	10	15	15	15	15	15
Playing On	✗	✗	✓	✓	✓	✓	✓	✓	✓
Advantage	✗	✗	✓	✓	✓	✓	✓	✓	✓
Ball-ups	Nominated players of equal size / must tap	Nominated players of equal size / must tap	✓	✓	✓	✓	✓	✓	✓
Throw-ins	✗	✗	✓	✓	✓	✓	✓	✓	✓
Behind Scored	Ball returned to centre	Ball returned to centre	Kick in	Kick in	Kick in	Kick in	Kick in	Kick in	Kick in
Penalty Distance (m)	10	10	25	25	25	25	25	25	25
Deliberate Out of Bounds	✗	✗	✗	✗	✓	✓	✓	✓	✓
Deliberate Rushed Behind	✗	✗	✗	✗	✓	✓	✓	✓	✓

# NFL Junior Football Rules: Female Competitions

	FEMALE				
AGE GROUP	Under-10	Under-12	Under-14	Under-16	Under-18
PHASE	Development	Competition	Competition	Competition	Competition
<b>REGULATIONS</b>					
Ground Size	80m x 60m	2/3 full size	Full size	Full size	Full size
Zones	✓	✗	✗	✗	✗
Players on Ground	Max: 15 Min: 9	Max: 15 Min: 11	Max: 15 Min: 11	Max: 18 Min: 11	Max: 18 Min: 11
Players on Bench	9	9	9	6	6
Evening Up Rule	✓	✓	✓	✓	✓
Ball	Size 2 Synthetic	Size 3 Synthetic	Size 4 Synthetic	Size 4 Leather	Size 4 Leather
Quarter Duration (mins)	12	12	15	15	15
Break Duration (mins) 1/4 - 1/2 - 3/4	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5
Scoring & Finals	No scores, ladders or finals	✓	✓	✓	✓
Results	No recording of best players or goal kickers	No recording of best players or goal kickers	✓	✓	✓
Mercy Rule	✗	✓	✓	✓	✓
Coach Position	On-field	Bench	Bench	Bench	Bench
Umpires	Field: 1 (NFL) Boundary: 0 Goal: 2	Field: 1 (NFL) Boundary: 2 Goal: 2	Field: 1 (NFL) Boundary: 2 Goal: 2	Field: 1 (NFL) Boundary: 2 Goal: 2	Field: 2 (NFL) Boundary: 2 Goal: 2
<b>LAWS</b>					
Tackling	Modified	✓	✓	✓	✓
Bumping	✗	✓	✓	✓	✓
Stealing	✗	✗	✓	✓	✓
Barging	✗	✗	✗	✓	✓
Smothering	✗	✓	✓	✓	✓
Shepherding	✗	✓	✓	✓	✓
Fending	✗	✓	✓	✓	✓
Bouncing	1 max	2 max	2 max	✓	✓
Kicking Off Ground	✗	✗	✗	✗	✓
Marking (m)	Any distance	10	10	15	15
Playing On	✗	✓	✓	✓	✓
Advantage	✗	✓	✓	✓	✓
Ball-ups	Nominated players of equal size / must tap	Must tap	Must tap	✓	✓
Throw-ins	✗	✓	✓	✓	✓
Behind Scored	Ball returned to centre	Kick in	Kick in	Kick in	Kick in
Penalty Distance (m)	10	25	25	25	25
Deliberate Out of Bounds	✗	✗	✗	✓	✓
Deliberate Rushed Behind	✗	✗	✗	✓	✓