

	NAB AFL Auskick Program for 5-7 Year Olds	NAB AFL Auskick SupaRulz 8 year Olds
1. Playing Field	Half senior size. Approx. 80m. Divide into three zones –30/20/30m	Half senior size. Approx. 90m x 40m Grid with centre circle. Divide into three zones –30/30/30m
2. The Team	6 or 9-a-side preferred – no rucks and rovers. Unlimited reserves. Rotate players every quarter.	9 or 12 a-side preferred – no rucks and rovers. Unlimited reserves. Rotate players every quarter.
3. Playing Time	Up to 4 x 10 minute maximum quarters	Up to 4 x 10 minute maximum quarters
4. Start of Play	A. Ball up between 2 centre players B. Players should be approximately equal size C. Players cannot take full possession out of ruck contests.	A. Ball up between 2 centre players B. Players should be approximately equal size. C. Players cannot take full possession out of ruck contests.
5. After a goal	As in 4. Different players contest the ruck each time. Goals can only be kicked by players in forward zone.	As in 4. Different players contest the ruck each time. Goals can only be kicked by players in forward zone.
6. Scrimmage	No diving on ball. Umpire stops play. Free kick awarded to nearest opponent.	No diving on the ball. Umpire stops play. Free kick awarded to nearest opponent.
7. Out of Bounds	A. From a kick. Kick awarded to nearest opponent. B. If doubt as to which team kicked the ball. Ball up 5m in C. Off hands or body - ball up 5m in from boundary D. Full possession rule.	A. From a kick. Kick awarded to nearest opponent. B. If doubt as to which team kicked the ball. Ball up 5m in. C. Off hands or body - ball up 5m in from boundary. D. Full possession rule.
8. Tackling	Players cannot hold with hands, knock out of hands, push in side, steal the ball. Players given every opportunity to deliver ball i.e. No harassing.	Modified hand tackle rule. Hold and release the “jumper only” with one or two hands. Strictly no slinging or deliberately bringing the opposition player to the ground. Grabbing the arms or applying a wrap around tackle is not permitted. Players once tackled and released have 3 seconds to dispose of the ball.
9. Bumping	No deliberate bumping. No deliberate contact is permitted. Incidental contact only.	Strictly no bumping allowed, except for incidental contact when players go for the ball.
10. Barging	Barging, fending off or chopping with hands passed opponents is NOT allowed. A free kick shall be awarded.	Barging, fending off or chopping with hands passed opponents is NOT allowed. A free kick shall be awarded.
11. Stealing/ Smothering/ Harassing/ Possession rule	Not allowed. The ball is possessed by the act of catching it, grabbing it or placing two hands on it when it is on the ground. Once the ball is possessed, all other players must back off to allow the player with the ball to kick or handball uncontested.	Not allowed. Modified hand tackle only.
12. Shepherding	Player not permitted to push, shoulder or block opponent not in possession of the ball.	Player not permitted to push, shoulder or block opponent not in possession of the ball.
13. Mark	Any reasonable attempt to catch ball directly from kick irrespective of distance travelled. No standing on the mark. No playing on allowed.	Any reasonable attempt to catch the ball directly from kick irrespective of distance travelled. Opposition player encouraged to stand on the mark. Playing on is allowed.
14. Bouncing the Ball	Player is permitted to bounce the ball only once then dispose of the ball.	Player is permitted to bounce the ball only once then dispose of the ball.
15. Kicking off the Ground	Not permitted to deliberately kick the ball off the ground.	Not permitted to deliberately kick the ball off the ground.
16. Order-off Rule	To be applied. Penalty time is umpire discretion	To be applied. Penalty time is umpire’s discretion
17. Staying in Position	To stop congestion, umpire to instruct players to stay in zone.	To stop congestion, umpire to instruct players to stay in zone.
18. Coaches	Coach is allowed on the ground to teach.	Coach is allowed on the ground to teach.
19. Spirit of the Game	Players and coaches to shake hands. Umpire to instruct players.	Players and coaches to shake hands. Umpire to instruct players.
20. The Game	No premiership points, no finals, no ladders, no match results, names of players published	No premiership points, no finals, no ladders, no match results, names of players published.
21. Awards	Participation, effort and skill achievement scheme.	Participation, effort and skill achievement scheme.
22. Clearances	Automatic clearance.	Automatic clearance.
23. Tribunals	No tribunal, discipline is the responsibility of the club.	No tribunal, discipline is the responsibility of the club.