PORT LINCOLN FOOTBALL LEAGUE Inc.
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WOMEN'S FOOTBALL COMPETITION RULES

January 2022

All matches must be conducted in accordance with the By Laws, regulations, rules, and directions of the Port Lincoln Football league unless otherwise stated below:

BALL SIZE
Under 16 and Open: Size 4 Leather Sherrin Match Ball

TEAM COMPOSITION

Under 16 – A team shall consist of nine (9) players on the ground, with an unlimited number of players available on the bench.

Open - A team shall consist of fourteen (14) players on the ground, with an unlimited number of players available on the bench.

TEAM SHEETS
▪ Team sheets must be submitted on PlayHQ at least five (5) minutes prior to the match scheduled start time. (In accordance with By-Law 26 (h))
▪ All players must be listed, including guernsey numbers, captains, coaches, runners, and water carriers.

REDUCED PLAYER NUMBERS

Forfeits
Teams having less than six registered (6) players in Under 16 and nine registered (9) players in Open matches to that club available for the match will forfeit the match.

Equitable Playing Numbers
Should a team be unable to field the required number of players, opposition players must be used to equate player numbers on the ground.

Starting Positions (applying the 666 Rule: the AFL Law 13.1),
▪ Where teams are unable to position the same number of players in each zone, both teams must agree to the number of players for each zone prior to the commencement of the match.
▪ The number of players per zone will remain the same for the duration of the match, where possible; Open, 4-6-4. Under 16, 3-3-3 or 3-2-3.

PLAYING-UP/DOWN PERMITS:
Permits may be applied for in accordance with PLFL By-Law 15

SEND-OFF RULE:
A Field umpire may send a player off the oval in accordance with PLFL By-Law 31.

PLAYING TIME

- Dependent on the program format, Open matches will consist of 4 x 12-minute quarter. U16 4 x 10-minute quarters. Both grades; 5-minute half time break, and 2-minute quarter breaks.
- No time-on.

LAST POSSESSION

- When the ball goes out of bounds by either kick or handball, the nearest opponent shall kick the ball in.
- If there is doubt as to which team forced the ball out of bounds, the umpire shall throw the ball up.

MARKING

Any player catching a ball directly from the kick of another player, provided the ball has travelled at least ten (10) metres, shall be awarded the mark.

RUNNERS

- A runner may enter the playing surface to deliver a message only.
- They must exit the playing surface as quickly as possible once the message has been conveyed.

TEAM MATCH DAY REQUIREMENTS

Field Umpires

Where field umpires cannot be provided by the PLFL Umpires Committee, both teams must provide one. Where only one additional field umpire is needed, the first listed team must provide one.

Goal Umpires

Both teams must provide a goal umpire who will record scores and goal kickers.

Trainers

Each team must have a qualified trainer available.

Coaches

Coaches must receive minimum accreditation as required by the AFL prior to coaching.

POLICY REMINDERS

COVID-19

Clubs must adhere to directions in relation to COVID-19 issued by SA Health, SANFL and PLFL.

Coaches are required to enquire as to the health of all participants upon arrival at a match day venue. All participants are expected to abide by the Venue Entry Assessment.

Heat Policy

Matches are to be conducted in accordance with the PLFL Heat Policy. A match will not proceed should the forecast temperature for the match scheduled start time be 34 degrees Celsius or higher as at 5 hours prior.

CONTACT

Further enquiries can be directed to PLFL Football Operations Manager, via the above number.