

2025 Outer East Football Netball Junior Rules Session

Information Session - Sunday 16th February 2025



2025 Junior Competition Rules Matrix



| Age Group | UNDER 9/10 Girls & UNDER 9 Mixed | UNDER 10 Boys | UNDER 11 Mixed/Girls | UNDER 12 Boys/Mixed | UNDER 13 Girls | UNDER 13 Mixed | UNDER 14 Mixed | UNDER 15 Girls | UNDER 16 Bovs | UNDER 17 Girls |
|--|---|--|---|--|---|--|---|--|---|--|
| Phase | Introductory | Introductory | Development | Development | Development | Competition | Competition | Competition | Competition | Competition |
| Ground Size | Max: 75m x 45m | Max: 100m x 50m | Full | Full | Full | Full | Full | Full | Full | Full |
| Maximum Players per Team, per Game | 18 | 18 | 28 | 28 | 24 | 28 | 28 | 28 | 28 | 28 |
| Zones | 3 Zones | 2 Zones | х | x | х | х | x | х | х | х |
| Players on Ground | Min 9 : Max 12 | Min 9 : Max 12 | Min 14 : Max 18 | Min: 14 Max: 18 | Min: 12 Max: 18 | Min: 14 Max: 18 | Min: 14 Max: 18 | Min: 14 Max: 18 | Min: 14 Max: 18 | Min: 14 Max: 18 |
| Coaches | On Field | Bench | Bench | Bench | Bench | Bench | Bench | Bench | Bench | Bench |
| Runners | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Officials on Bench, Including Coach | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Evening up Rule | 1 | · | 1 | 1 | 1 | 1 | · | 1 | 1 | 1 |
| Ball | Size 2 (Synthetic) | Size 2 (Synthetic) | Size 3 (Synthetic) | Size 3 (Synthetic) | Size 4 (Leather) | Size 4 (Leather) | Size 4 (Leather) | Size 4 (Leather) | Size 5 (Leather) | Size 4 (Leather) |
| Start Time | See Fixtures | See Fixtures | See Fixtures | See Fixtures | See Fixtures | See Fixtures | See Fixtures | See Fixtures | See Fixtures | See Fixtures |
| Quarter Duration, Mins | 10 | 10 | 10 | 12 | 12 | 12 | 14 | 15 | 18 | 17 |
| Min Playing time per Player | 75% | 75% | 50% | 50% | 50% | 50% | 50% | 50% | 50% | 50% |
| Break Duration | 3,3,3 | 3,3,3 | 3,3,3 | 3,5,3 | 3,5,3 | 3,5,3 | 3,5,3 | 3,5,3 | 5,7,5 | 4,7,4 |
| Scoring/Results/Ladders | х | х | 1 | 1 | 1 | 1 | · | 1 | 1 | 1 |
| Finals | х | х | 2 week/Top4 | 2 Week/Top 4 | 2 Week/Top 4 | 2 Week/Top 4 | 3 Week/Top 4 | 3 Week/Top 4 | 3 Week/Top 4 | 3 Week/Top 4 |
| Tackling | Hold & Release | Hold & Release | • | 1 | 1 | 1 | · | 1 | • | 1 |
| Barging/Stealing | × | х | 4 | 1 | 1 | 1 | · | 1 | 1 | 1 |
| Yellow Carded | Off for 10 Minutes | Off for 10 Minutes | Off for 10 Minutes | Off for 12 Minutes | Off for 12 Minutes | Off for 12 Minutes | Off for 14 Minutes | Off for 14 Minutes | Off for 18 Minutes | Off for 15 Minutes |
| Player | Can be replaced immediately | Can be replaced immediately | Can be replaced immediately | Can be replaced immediately |
| Red Carded | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game |
| Player | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min |
| Shepherding | × | × | • | * | - | • | * | * | | 1 |
| Bouncing | 1 max | 1 max | 1 max | 1 | , | , | 1 | 1 | - | 1 |
| Deliberate kick off the Ground | × | × | × | 1 | 1 | • | 1 | 1 | * | 1 |
| Marking | Any Distance | Any Distance | • | , | , | • | 1 | 1 | , | 1 |
| Playing on | × | × | • | 1 | 1 | • | 1 | 1 | 1 | 1 |
| Advantage | × | × | * | 1 | - | 1 | 1 | 4 | • | 1 |
| Ball-ups | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Throwins | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule |
| Behind Scored | Return to Centre Circle, and a free kick given to opposition team | Kick-in | Kick-in | Kidk-in | Kirk-in | Kick-in | Kick-in | Kick-in | Kick-in | Kick-in |
| Goal Scored | Return to Centre Circle, and a free kick given to opposition team | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle |
| Penalty Distance (m) | 10 | 10 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 |
| | | | | | | | | | | |



| Age Group | UNDER 9/10 Girls & UNDER 9 Mixed | | | | | |
|--|---|--|--|--|--|--|
| Phase | Introductory | | | | | |
| Ground Size | Max: 75m x 45m | | | | | |
| Maximum Players per Team, per Game | 18 | | | | | |
| Zones | 3 Zones | | | | | |
| Players on Ground | Min 9 : Max 12 | | | | | |
| Coaches | On Field | | | | | |
| Runners | No | | | | | |
| Officials on Bench, Including Coach | 4 | | | | | |
| Evening up Rule | ✓ | | | | | |
| Ball | Size 2 (Synthetic) | | | | | |
| Start Time | See Fixtures | | | | | |
| Quarter Duration, Mins | 10 | | | | | |
| Min Playing time per Player | 75% | | | | | |
| Break Duration | 3,3,3 | | | | | |
| Scoring/Results/Ladders | x | | | | | |
| Finals | x | | | | | |
| Tackling | Hold & Release | | | | | |
| Barging/Stealing | × | | | | | |
| Yellow Carded | Off for 10 Minutes | | | | | |
| Player | Can be replaced immediately | | | | | |
| Red Carded | OFF for the Remainder of the game | | | | | |
| Player | Can be Replaced after 20min | | | | | |
| Shepherding | × | | | | | |
| Bouncing | 1 max | | | | | |
| Deliberate kick off the Ground | × | | | | | |
| Marking | Any Distance | | | | | |
| Playing on | × | | | | | |
| Advantage | × | | | | | |
| Ball-ups | 4 | | | | | |
| Throw-ins | Free kick against, last possession rule | | | | | |
| Behind Scored | Return to Centre Circle, and a free kick given to opposition team | | | | | |
| Goal Scored | Return to Centre Circle, and a free kick given to opposition team | | | | | |
| Penalty Distance (m) | 10 | | | | | |

Under 9 & U9/10 Girls

Minimum players 9 : Maximum 12
 Less players / more touches

Every player should play at least 75% of game time.

These age groups are about participation not game outcomes.

Hold & Release Tackle is basically do not bring the player to the ground (stand in the tackle) Video next slide.

New rule for 2025 is that after any score the ball will return to the centre and a free kick will be given to the opposition team from the centre circle. This rule has been implemented to give every team a chance to score.

Modified Tackling





| Age Group | UNDER 10 Boys | | | | | |
|--|---|--|--|--|--|--|
| Phase | Introductory | | | | | |
| Ground Size | Max: 100m x 50m | | | | | |
| Maximum Players per Team, per Game | 18 | | | | | |
| Zones | 2 Zones | | | | | |
| Players on Ground | Min 9 : Max 12 | | | | | |
| Coaches | Bench | | | | | |
| Runners | Yes | | | | | |
| Officials on Bench, Including Coach | 5 | | | | | |
| Evening up Rule | ~ | | | | | |
| Ball | Size 2 (Synthetic) | | | | | |
| Start Time | See Fixtures | | | | | |
| Quarter Duration, Mins | 10 | | | | | |
| Min Playing time per Plaver | 75% | | | | | |
| Break Duration | 3,3,3 | | | | | |
| Scoring/Results/Ladders | x | | | | | |
| Finals | x | | | | | |
| Tackling | Hold & Release | | | | | |
| Barging/Stealing | x | | | | | |
| Yellow Carded | Off for 10 Minutes | | | | | |
| Player | Can be replaced immediately | | | | | |
| Red Carded | OFF for the Remainder of the game | | | | | |
| Player | Can be Replaced after 20min | | | | | |
| Shepherding | × | | | | | |
| Bouncing | 1 max | | | | | |
| Deliberate kick off the Ground | × | | | | | |
| Marking | Any Distance | | | | | |
| Playing on | × | | | | | |
| Advantage | × | | | | | |
| Ball-ups | ~ | | | | | |
| Throw-ins | Free kick against, last possession rule | | | | | |
| Behind Scored | Kick-in | | | | | |
| Goal Scored | Return to Centre Circle | | | | | |
| Penalty Distance (m) | 10 | | | | | |

Under 10 Mixed/Boys

Minimum players 9 : Maximum 12 Less players / more touches



Hold & Release Tackle is basically do not bring the player to the ground (stand in the tackle) Video next slide.

This rule remains the same for U10 Mixed/Boys

Under 11 Mixed & Under 11 Girls



| Age Group | UNDER 11 Mixed/Girls | | | | | |
|--|---|--|--|--|--|--|
| Phase | Development | | | | | |
| Ground Size | Full | | | | | |
| Maximum Players per Team, per Game | 28 | | | | | |
| Zones | x | | | | | |
| Players on Ground | Min 14 : Max 18 | | | | | |
| Coaches | Bench | | | | | |
| Runners | Yes | | | | | |
| Officials on Bench, Including Coach | 5 | | | | | |
| Evening up Rule | ✓ | | | | | |
| Ball | Size 3 (Synthetic) | | | | | |
| Start Time | See Fixtures | | | | | |
| Quarter Duration, Mins | 10 | | | | | |
| Min Playing time per Player | 50% | | | | | |
| Break Duration | 3,3,3 | | | | | |
| Scoring/Results/Ladders | ✓ | | | | | |
| Finals | 2 week/Top4 | | | | | |
| Tackling | 1 | | | | | |
| Barging/Stealing | * | | | | | |
| Yellow Carded | Off for 10 Minutes | | | | | |
| Player | Can be replaced immediately | | | | | |
| Red Carded | OFF for the Remainder of the game | | | | | |
| Player | Can be Replaced after 20min | | | | | |
| Shepherding | * | | | | | |
| Bouncing | 1 max | | | | | |
| Deliberate kick off the Ground | \sim | | | | | |
| Marking | * | | | | | |
| Playing on | * | | | | | |
| Advantage | ~ | | | | | |
| Ball-ups | ~ | | | | | |
| Throw-ins | Free kick against, last possession rule | | | | | |
| Behind Scored | Kick-in | | | | | |
| Goal Scored | Return to Centre Circle | | | | | |
| Penalty Distance (m) | 25 | | | | | |



2025 Junior Competition Rules Matrix



| Age Group | UNDER 9/10 Girls & UNDER 9 Mixed | UNDER 10 Boys | UNDER 11 Mixed/Girls | UNDER 12 Boys/Mixed | UNDER 13 Girls | UNDER 13 Mixed | UNDER 14 Mixed | UNDER 15 Girls | UNDER 16 Bovs | UNDER 17 Girls |
|--|---|--|---|--|---|--|--|--|---|--|
| Phase | Introductory | Introductory | Development | Development | Development | Competition | Competition | Competition | Competition | Competition |
| Ground Size | Max: 75m x 45m | Max: 100m x 50m | Full | Full | Full | Full | Full | Full | Full | Full |
| Maximum Players per Team, per Game | 18 | 18 | 28 | 28 | 24 | 28 | 28 | 28 | 28 | 28 |
| Zones | 3 Zones | 2 Zones | х | x | х | х | x | х | х | х |
| Players on Ground | Min 9 : Max 12 | Min 9 : Max 12 | Min 14 : Max 18 | Min: 14 Max: 18 | Min: 12 Max: 18 | Min: 14 Max: 18 | Min: 14 Max: 18 | Min: 14 Max: 18 | Min: 14 Max: 18 | Min: 14 Max: 18 |
| Coaches | On Field | Bench | Bench | Bench | Bench | Bench | Bench | Bench | Bench | Bench |
| Runners | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Officials on Bench, Including Coach | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Evening up Rule | 1 | · | 1 | 1 | 1 | 1 | · | 1 | 1 | 1 |
| Ball | Size 2 (Synthetic) | Size 2 (Synthetic) | Size 3 (Synthetic) | Size 3 (Synthetic) | Size 4 (Leather) | Size 4 (Leather) | Size 4 (Leather) | Size 4 (Leather) | Size 5 (Leather) | Size 4 (Leather) |
| Start Time | See Fixtures | See Fixtures | See Fixtures | See Fixtures | See Fixtures | See Fixtures | See Fixtures | See Fixtures | See Fixtures | See Fixtures |
| Quarter Duration, Mins | 10 | 10 | 10 | 12 | 12 | 12 | 14 | 15 | 18 | 17 |
| Min Playing time per Player | 75% | 75% | 50% | 50% | 50% | 50% | 50% | 50% | 50% | 50% |
| Break Duration | 3,3,3 | 3,3,3 | 3,3,3 | 3,5,3 | 3,5,3 | 3,5,3 | 3,5,3 | 3,5,3 | 5,7,5 | 4,7,4 |
| Scoring/Results/Ladders | х | х | 1 | 1 | 1 | 1 | · | 1 | 1 | 1 |
| Finals | х | х | 2 week/Top4 | 2 Week/Top 4 | 2 Week/Top 4 | 2 Week/Top 4 | 3 Week/Top 4 | 3 Week/Top 4 | 3 Week/Top 4 | 3 Week/Top 4 |
| Tackling | Hold & Release | Hold & Release | • | 1 | 1 | 1 | · | 1 | • | 1 |
| Barging/Stealing | × | х | 4 | 1 | 1 | 1 | · | 1 | 1 | 1 |
| Yellow Carded | Off for 10 Minutes | Off for 10 Minutes | Off for 10 Minutes | Off for 12 Minutes | Off for 12 Minutes | Off for 12 Minutes | Off for 14 Minutes | Off for 14 Minutes | Off for 18 Minutes | Off for 15 Minutes |
| Player | Can be replaced immediately | Can be replaced immediately | Can be replaced immediately | Can be replaced immediately | Can be replaced immediately | Can be replaced immediately | Can be replaced immediately | Can be replaced immediately | Can be replaced immediately | Can be replaced immediately |
| Red Carded | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game | OFF for the Remainder of the game |
| Player | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min | Can be Replaced after 20min |
| Shepherding | × | × | • | * | - | • | * | * | | 1 |
| Bouncing | 1 max | 1 max | 1 max | 1 | , | , | 1 | 1 | - | 1 |
| Deliberate kick off the Ground | × | × | × | 1 | 1 | • | 1 | 1 | * | 1 |
| Marking | Any Distance | Any Distance | • | , | , | • | 1 | 1 | , | 1 |
| Playing on | × | × | • | 1 | 1 | • | 1 | 1 | 1 | 1 |
| Advantage | × | × | * | 1 | - | 1 | 1 | 4 | • | 1 |
| Ball-ups | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Throwins | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule | Free kick against, last possession rule |
| Behind Scored | Return to Centre Circle, and a free kick given to opposition team | Kick-in | Kick-in | Kidk-in | Kirk-in | Kick-in | Kick-in | Kick-in | Kick-in | Kick-in |
| Goal Scored | Return to Centre Circle, and a free kick given to opposition team | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle | Return to Centre Circle |
| Penalty Distance (m) | 10 | 10 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 |
| | | | | | | | | | | |

Proposed Changes to Classification table for Junior Football



| | | The second second | | | |
|-------------|--------|-------------------|-------------------------------------|--------------------------|--|
| Conduct | Impact | Contact | Base Sanction | Early Guilty Plea | |
| | Severe | High/Groin/Chest | 6 or more Matches (Tribunal)* | N/A | |
| | Severe | Body | 5 or more Matches (Tribunal)* | N/A | |
| Intentional | High | High/Groin/Chest | 5 Matches | 4 Matches | |
| | High | Body | 4 Matches | 3 Matches | |
| | Medium | High/Groin/Chest | 4 Matches | 3 Matches | |
| | | Body | 3 Matches | 2 Matches | |
| | Low | High/Groin/Chest | 3 Matches | 2 Matches | |
| | Low | Body | 2 Matches | 1 Match | |
| | Severe | High/Groin/Chest | 4 or more Matches (Tribunal)* | N/A | |
| | | Body | 3 or more Matches (Tribunal)* | N/A | |
| | High | High/Groin/Chest | 3 Matches | 2 Matches | |
| Careless | riigii | Body | 2 Matches | 1 Match | |
| | | High/Groin/Chest | 2 Matches | 1 Match | |
| | Medium | Body | 1 Match | Fine and/or Reprimand | |
| | Low | High/Groin/Chest | 1 Match | Fine and/or Reprimand | |
| | Low | Body | 1 Match | Fine and/or Reprimand | |

As requested by numerous Junior Clubs We have proposed all base sanctions for Intentional conduct be increased and we have removed the reprimand for an early guilty plea (Intentional Conduct only).

This Change still needs to be ratified by the OEFN Board.

^{*}Refer to Clause 2(b)(vi) of Appendix 1.



2025 Outer East Football Netball Junior Rules Session

Thank you for attending. Drive home safely.