



**What girls only age groups do you have?**

In 2016 the YJFL will be running girls' competitions for U10s, U12s, U15s & Youth Girls (U18s).

**How old do I have to be to play?**

The player will need to have turned 7 years old by the 16<sup>th</sup> April 2016 to be able to register with a club. The dates to determine what age group a player is eligible to play in are as follows:

U10 – Born on or after 1<sup>st</sup> January 2006

U12 – Born on or after 1<sup>st</sup> January 2004

U15 – Born on or after 1<sup>st</sup> January 2001

Youth Girls – Born on or after 1<sup>st</sup> January 1998

**Do I have to have played Auskick before?**

There is no requirement to have played Auskick before participating in YJFL competitions.

**How much does it cost to play and how do I register?**

The cost to play varies from club to club but most clubs have a lower fee for girls. Please contact your local club for cost and registration details.

**When and where are games played?**

Most of the games are played on Sundays throughout the season, however clubs may request a Saturday or weeknight game but this needs to be agreed by both clubs. Teams will play half of their games at their home ground and the other half at their opponents home grounds.

**What time will games be played?**

Usually the younger age groups will play earlier in the day, but this is dependent on your clubs requests that are made at the start of the season.

**When and where are trainings held?**

Please contact your local club for all the details regarding day, location and time of trainings.

### When is the season played?

Season dates for 2016 are as follows:

Date	U10	U12	15 & Youth Girls	Holidays
17/04/2016	Round 1	Round 1	Round 1	
24/04/2016	Round 2	Round 2	Round 2	
1/05/2016	Round 3	Round 3	Round 3	
8/05/2016	Round 4	Round 4	Round 4	
15/05/2016	Round 5	Round 5	Round 5	
22/05/2016	Round 6	Round 6	Round 6	
29/05/2016	Round 7	Round 7	Round 7	
5/06/2016	Round 8	Round 8	Round 8	
13/06/2016	No Games			Queen's Birthday
19/06/2016	Round 9	Round 9	Round 9	
26/06/2016	Round 10	Round 10	Round 10	School Holidays
3/07/2016	No Games			
10/07/2016	Round 11	Round 11	Round 11	
17/07/2016	Round 12	Round 12	Round 12	
24/07/2016	Round 13	Round 13	Round 13	
31/07/2016	Round 14	Round 14	Round 14	
7/08/2016	Round 15	Round 15	Round 15	
14/08/2016		Semi Finals	Semi Finals	
21/08/2016		Prelim Finals	Prelim Finals	
28/08/2016		Grand Finals	Grand Finals	

### What if my local club doesn't have a girls team in my age group?

All the clubs in YJFL who currently have girls teams are listed below. However, if you want to create a girls team at a club that currently doesn't have one, contact your local club and help them recruit. All it takes is a couple of friends to recruit a couple more friends!

### How many players are needed for a team?

15 players are needed to field a team. There is a maximum of 21 players per team on game days with 6 on the bench. 11 players are needed to start an official game. If one team has fewer than 15 players, then both teams must play with equal numbers on the field.

### Is there scoring and finals?

U10s girls' games have scoring but will not play finals as the focus is on learning the game and developing their skills. Scoring, ladders and finals are permitted in U/12. Scoring, ladders and finals are permitted in U15s and Youth Girls as well as records of best players and best goalkickers. U/15s and Youth Girls also have representative teams.

### Footy can be physical, are there many injuries in the girls' competition?

Girls playing football are at risk of injury no more than a girl playing netball or basketball. Football is a contact sport and can be a physical game which is why different age groups play with different modified rules, tailored to their different stages of development.

**What are the modified rules?**

	<b>U/10</b>	<b>U/12</b>	<b>U/15</b>	<b>Youth Girls</b>
<b>Players</b>	15 a side plus up to 5 interchange.	15-18 a side plus up to 6 interchange. 21 players in total. 11 players needed to start an official match.	15-18 a side plus up to 6 interchange. 21 players in total. 11 players needed to start an official match.	15-18 a side plus up to 6 interchange. 21 players in total. 11 players needed to start an official match.
<b>Maximum ground sizes/use of zones</b>	100m x 80m 3 equal zones	Full Size	Full Size	Full Size
<b>Match Length</b>	4 x 12min	4 x 15 min ¼ & ¾ time- 5mins ½ time – 10mins	4 x 20min ¼ & ¾ time- 5mins ½ time – 10mins	4 x 20min ¼ & ¾ time- 5mins ½ time – 10mins
<b>Contact</b>	Modified tackle*/no bump. Players cannot bump/push an opponent, knock/steal the ball out of their hands or smother an opponents kick.	Tackling is permitted. (no sling tackling)	Full tackling is permitted	Full tackling is permitted.
<b>The ball</b>	Size 2 Synthetic	Synthetic or leather size 3	Synthetic size 4	Sythetic or leather size 4
<b>Umpiring</b>	1 field, 2 goals. Parents.	1 field, 2 goal and 2 boundary umpires. Club/association	1 field, 2 goal, 2 boundary umpires. Club/association.	1 or 2 field, 2 goal umpires, 2 boundary Club/association
<b>Coaching</b>	Onfield (1)	Sideline	Sideline	Sideline
<b>Bounces</b>	2 bounces before disposing	Unlimited	Unlimited	Unlimited
<b>Marking</b>	A mark is awarded, irrespective of the distance the ball has travelled, to any player who catches it or makes a reasonable attempt to mark it.	A mark is awarded when a player catches the ball directly from another players kick that has travelled at least 10 metres	A mark is awarded, irrespective of the distance the ball has travelled, to any player who catches it or makes a reasonable attempt to mark it.	A mark is awarded when a player catches the ball directly from another players kick that has travelled at least 15 metres.
<b>Out of Bounds</b>	From a kick, a free kick is awarded against the player who last kicked the	Boundary throw-in.	As per laws of Australian Football.	As per laws of Australian Football.

	ball. From hands, or if there is doubt, the umpire shall call a ball-up 10m in from boundary.			
<b>Kick off the ground</b>	Not permitted unless accidental.	Not permitted unless accidental.	Not permitted unless accidental.	Not permitted unless accidental.
<b>Stealing, smothering, shepharding, barging</b>	No stealing, smothering, shepharding or barging.	Permitted	Permitted	Permitted
<b>Penalties</b>	10m	25m	25m	40m

**\*Note :** Modified Tackling – A player in possession of the ball may be tackled by an opponent wrapping both arms around the area below the top of the shoulders and on/above the knees. The tackle may be from either side of from behind, providing the tackle

#### **Can I play with the boys in a mixed team if I want to?**

Girls can play in mixed teams with boys up to and including U14s. After this, girls must play in girls only competitions.

#### **Are there other ways to be involved in girls footy if I don't want to play?**

Absolutely. Girls/Womens football is the fastest growing area of AFL football in Australia and there are always roles for women and girls. You can become a coach, an umpire, a trainer, a team manager or a club administrator. There are plenty of voluntery and paid roles in the AFL for females so conact your local club to find out how you can get involved.

#### **What is the pathway for girls if they want to keep playing beyond youth girls?**

Once you are over 18 and can no longer play Youth Girls, you can start playing senior womens football. There are many senior womens football teams throuhgout Victoria that play in the Victorians Womens Football League (VWFL). The AFL has also announced that their will be a National Womens Competition starting in 2017.

#### **What clubs in the YJFL have girls teams and how can I contact them?**



**Ashburton JFC**  
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**Blackburn FC**  
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**Camberwell JFC**

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