

Welcome to Australian Football

THE AIM OF THE GAME

It's all about kicking GOALS. That means kicking the footy through the tall inner sticks (the goalposts) to score six points for your team.

If the footy goes between a goalpost and either of the smaller outer sticks, then a BEHIND (worth one point) is scored.

The team that finishes with the biggest total of goals and behinds is the winner.

TO START THE GAME

The captains flip a coin and the winner chooses which end his team will kick to. The teams then swap ends after each quarter. The game starts when a siren sounds and a field umpire bounces the ball in the middle of the ground. The ball is also bounced in the centre to start each quarter and after a goal has been scored. Games are divided into four quarters of 20 minutes, plus extra time.

HOW THE GAME IS PLAYED

How to Keep Score. When it comes to reading or writing the scores, the goals go first, then the behinds, then the total points. For example a score

of 10 goals and six behinds is a total of 66 and is written 10.6 (66).

Ball out of bounds. Play stops when the ball bounces over the boundary line. The boundary umpire then throws the ball over their head - back into play. If the ball is kicked over the boundary line on the full the opposing team is awarded a free kick.

A Mark is taken if a player catches or takes control of the football after it has been kicked by another player a distance of at least 15 metres and has not touched the ground or been touched by another player during the period when the football is in the air.

A handball involves holding the football in one hand and disposing of the football by hitting it with the clenched fist of the other hand.

Tackling. A player who is tackled illegally while in possession of the ball will be awarded a free kick. A legal tackle is grabbing an opponent who has the ball below the shoulders or above the knee. You are not allowed to push an opponent in the back or

allowed to hold the ball for too long when tackled

50m penalty. After a mark or free kick has been awarded, a 50-metre penalty will be awarded against the opposing team which unduly delays the play or abuses an umpire.

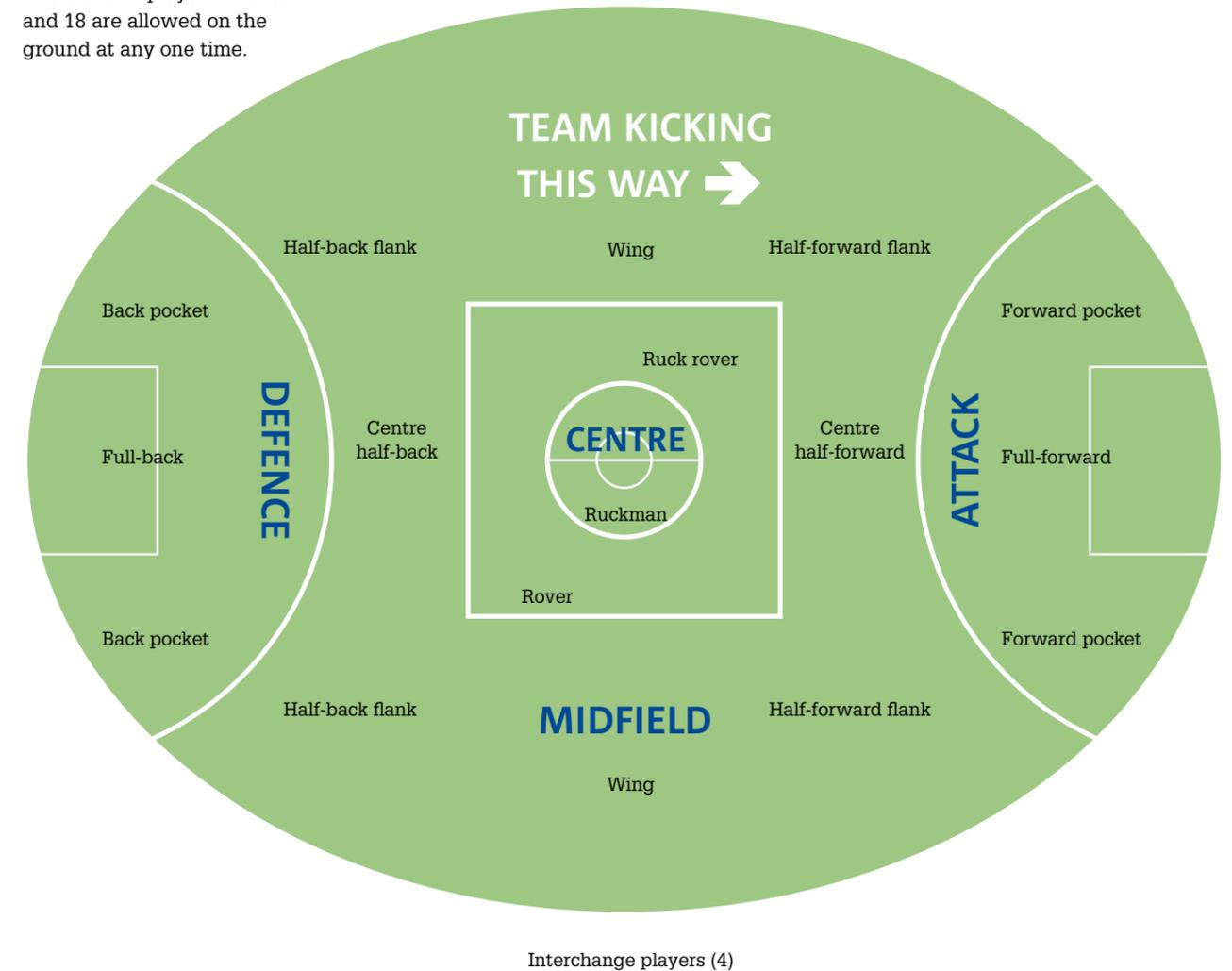
Running with the ball. Where a Player is moving whilst in possession of the football, he or she must bounce or touch the football on the ground at least once every 15 metres.

THE AFL SEASON

The AFL premiership season runs over 22 rounds, with an extra four rounds of finals, from March until the last Saturday in September when about 100,000 fans pack the MCG to watch the Grand Final. Clubs play for points – four points for a win, two for a draw and none for a loss. At the end of the home and away season, the top eight teams play off in the finals.

WHO'S ON THE GROUND

There are 22 players in a team and 18 are allowed on the ground at any one time.



THE RULES

What players CAN do

- Kick, handball or tap the football to move it closer to goal.
- Mark the ball, that is, take a screamer, or a specky!
- Kick goals!
- Tackle and chase.

What players CAN'T do

- Push an opponent in the back.
- Trip an opponent.
- Tackle too high (above the shoulders) or too low (below the knees).
- Run too far with the footy – that's more than 15 metres – without bouncing it, touching it on the ground, kicking or handballing.
- Hold the ball for too long when tackled.



TOO HIGH



TOO LOW



CORRECT