



PLAY

Superkick

SUPERKICK RULES

**QUICK REFERENCE GUIDE
TO AFL SUPERKICK RULES**



YEAR LEVEL

2, 3/4, 5/6

GROUND SIZE

70m x 50m (optimal) 80m x 60m (max - if older participants)

SESSION TIME

60 minutes including 15 minutes of game-based skill activities and up to 45 minutes of match play. Suggestion of 4 x 10 min quarters. All timings are flexible and can be modified to suit local programs.

BALL SIZE

Size 2 - Synthetic



ZONES

Field should be divided into three equal zones identified by markers or lines on the ground

Kicks must be within or forward one zone only. Kicking over zones = free kick.

TEAM NUMBERS

5-9 players per side (9 optimal with no bench)

MARKING

Awarded to any player who catches the ball, any distance, any reasonable attempt.

BOUNCES

No bouncing permitted



TURNOVER ON BALL TOUCHING GROUND

No

BALL OUT OF BOUNDS

Last touch rule - free kick awarded against the last team to touch the ball (hands and feet).

KICKING OFF GROUND

No

SCORING, LADDERS, FINALS

No

SCORING

Only forward positioned players may kick for goal and must kick from forward zone. Players are unable to kick for goal from out of bounds free kick.



SEASON LENGTH

6-8 weeks

AGE POLICY

Aged 8 - 12 in that calendar year

TACKLING

No - One handed touch as tackle

No prior opportunity = three seconds to dispose of the ball

Prior opportunity = turnover

TRAINING

No additional training session

PLAYER ROTATION

No subs - everyone plays



GAME DAY ENVIRONMENT

Participants, spectators and officials to follow Code of Behaviour

DROP ZONE

Where possible, the umpire will call "Drop zone (Team name/colour)" to let players know who has priority of the mark.

****Should matches be one sided, be confident to make changes as you go. This can include changing positions of players, or even changing up the teams. Your role is to ensure all participants touch the footy as much as possible, grow their skills and have fun whilst doing it!**