



Set Rules

Match Duration	4x8min quarters
Goal Post	2.4m
Ball	Size 4
Time to pass ball	Up to 5 seconds
Footwork	1-2 steps (to regain balance) allowed
Defending	One on one defence
Centre Pass	Taken by the non scoring team
Substitutions	<p>Game time evenly distributed amongst all players</p> <p>Unlimited substitutions at any time</p> <p>Players should try all positions during the program/season</p>
Coaching	<p>Coach may enter the field of play and give players immediate feedback</p> <p>If the game is one sided, coaches must make sure that all players have a good experience by:</p> <ul style="list-style-type: none"> - Rotating players into different positions - Resting skilled players
Awards and Scoring	<p>No scores</p> <p>No finals</p> <p>No best and fairest award decided by the coach</p>