



MODIFIED FOOTBALL RULES 2025

ACTION	UNDER 8	UNDER 9	UNDER 10	UNDER 11
Players on ground	9 a side max Zoning mandatory	12 a side max Zoning mandatory	15 a side max Coach/Umpire managed	18 a side max Coach/umpire managed
Goal kickers	Only players in the forward zone can kick a goal		Anyone	Anyone
Oval size	80 metres max	100 metres max	100 metres max	110 metres min
Match length	4x10min	4x10min	4x10min	4x12min
Breaks	1 st and 3 rd quarter – 3min. Halftime–5min.			
Ball size	Size 2 synthetic	Size 3 synthetic	Size 3 synthetic	Size 3 synthetic
Recording match details	No ladders. No finals. Scores, best players and goal kickers may be submitted in Play HQ only. All players to be registered in Hills Football League SA PlayHQ .			
Coaching position	On field	On field	Off field with runner	Off field with runner
Out of bounds	Last possession			
Contact	No tackle or bump. No contact or spoiling except when accidental in nature.	Modified tackle. No bumping.	“Normal” tackle. No bumping.	As per the Laws of Australian Football.
Stealing, smothering, shepherding, barging	NO stealing, smothering or shepherding	As per the Laws Australian Football		
Holding the ball (HTB)	1 bounce allowed. Able to run 10metres			
Marking	A mark is awarded irrespective of the distance the ball has travelled to any player who marks it or who makes a reasonable attempt to mark it.	A mark is awarded irrespective of the distance the ball has travelled to any player who catches it or shows control.	A mark is awarded when a player catches the ball directly from another player’s kick that has travelled at least 10m.	
Kick off the ground	Not permitted unless clearly accidental			
Ruck	No designated ruckman. Umpire chooses ruckman contest. Ruckman stand opposing each other (no check side rucking). They must not contact the opposing ruckman with their knee. Ruckman must palm or punch the ball and cannot take possession until another player has touched the ball.			
Penalties	Player can be ordered off at umpire’s discretion. No distance penalty.			Player can be ordered off at umpire’s discretion. 10m distance penalty.

