



Rules Summary

Action Indoor Footy is a non-contact game that incorporates the ball handling and running skills of the “AFL” game, whilst combining non-contact rules from other ball sports to ensure it is a fun and friendly game for players of all ages, sex and ability.

PLAYING AREA

- ROOF and BACK NET are “out of bounds”
- SIDE NETS are “live” and in play.

REMEMBER the “5”s

- A Player MUST dispose of the ball legally by hand or foot **within 5 seconds** or **before advancing 5 metres forward** on the field.
- Opposition players standing the mark for a Fee kick or mark against the net must **come back 5 metres.**
- A mark is taken from any kick that **travels over 5 metres.**

GENERAL PLAY

- **NO** Kicking or attempt to kick the ball off the ground or out of mid-air
- **NO** Punching the Ball in a contest with a clenched hand.
- **NO** slapping or intentionally dislodging the ball from an opposing players hands.
- **NO** diving to the ground onto a ball to take possession
- **NO** Taking possession of a ball directly from own disposal by hand or foot until the ball is touched by another player.
- **NO** Throwing the ball.
- **NO** disposing or playing at the ball whilst not on your feet (ie kneeling or laying on ground)

CONTESTING the BALL

Minimal body on body contact that occurs in a “**Marking Contest**” will not be penalised, however a FREE KICK will be awarded in a Marking Contest for:

- Hands in the back or over the shoulder of an opponent
- Any contact to the head of an opponent
- Knees in the back of an opponent
- Tunnelling an opponent under the ball

Blocking

A BLOCK will be called against a player who:

- Makes contact with an opposing player prior to establishing their court position and setting both feet firmly on the ground
- moves toward the net with the intent of stopping a player who is already moving up the net with the ball.

Charging

A CHARGE will be called against a player who:

- Makes contact or attempts to push past an opposing player who has established their court position and has both feet firmly set on the ground.

Obstruction

OBSTRUCTION will be called against a player who:

- **instead of playing the ball**, places himself/herself between the ball and the opponent going for the ball, making themselves an obstacle to the opponent’s involvement in play.
- Makes contact by hand on a player in possession of the ball
- Attempts to put off an opponent through means of yelling or any verbal abuse.
- While in possession of the ball uses their hands to fend off an opponent.