

CONTENTS

SECTION A - ACTION INDOOR SPORTS	Page:
Philosophy _____	3
Management & Staff _____	3
Umpires _____	4
Opponents _____	4

SECTION B - ACTION INDOOR FOOTY PLAYING CONDITIONS	Page:
The Team _____	5
The Game _____	5
Officials _____	5
Uniforms _____	5
Game Fees _____	5
Teams Late On Court _____	5
Competition Points _____	6
Forfeits _____	6
Behaviour _____	6
Finals _____	6

SECTION C - RULES OF ACTION INDOOR FOOTY	Page:
General _____	7
Field Of Play _____	7
Nets _____	7
Roof _____	7
Goal Posts _____	7
Movement & Possession of the Ball _____	8
General Play _____	8
5 Metre Advancing Rule _____	9
Start of each Quarter _____	9
After a Goal _____	10
Free Kicks _____	10
Ball Ups _____	10
Marking Contest _____	10
Contesting The Ball _____	11
Blocking _____	11
Charging _____	11
Obstruction _____	11
Tackling Penalty _____	11
Player Conduct “Card” System _____	12

ACTION INDOOR SPORTS TULLAMARINE
Action Indoor Footy Rulebook – Version 4.1 (effective from July 2023)

SECTION D - INTERPRETATION OF RULES	Page:
Scoring _____	13
Advantage Rule _____	13
Substitutions _____	13
Player Qualification _____	13
 SECTION E - LADDER SCORING SYSTEM /	
COMPETITION POINTS _____	14



Section A: Action Indoor Sports

PHILOSOPHY

Action Indoor Sports are specialists at organising team sport competitions for all ages. Our competitions cater for men’s, women’s, juniors, masters, corporate and mixed teams in a wide variety of social sports.

All competitions organised by Action Indoor Sports are fully serviced by providing all playing equipment, Umpires, Public Liability insurance and complete competition management.

Whether you are a high grade player or a complete couch potato Action Stadiums have graded competitions so everyone competes on equal footing. With hundreds of teams competing each week in our facilities we are able to offer a fair competition to any team irrespective of their ability.

MANAGEMENT & STAFF

Duty Managers and Staff of Action Indoor Sports are here to assist you enjoy your use of the facility. They are, however, often called on to make decisions during the course of games where teams and/or players are at a disagreement.

Any decision made by a Duty Manager will be made according to the *Rules Of The Game* and the *Stadium Policies*. Any event which may occur that cannot be found in such policies will be based on what would be in the best interest of *“the spirit of fair play”*.

We ask that all players assist our Management & Staff by respecting their decisions and addressing them in a friendly and courteous manner.

Action Indoor Sports will not tolerate abusive and threatening behaviour to our staff and will ban and/or legally prosecute any persons engaging in such behaviour.

UMPIRES

Umpires are employed at each Stadium from people in your local community.

Umpiring is a difficult task at the best of times and players must remember that without a umpire to have the final decision in game circumstances there could be no order to a sporting environment.

While we can appreciate frustration occurs in situations where the Umpire's decision differ to that of player opinion, such an occurrence is a part of any sport. Whilst nobody pretends that Umpire's are always right, their decisions, however frustrating, must be accepted.

Action Indoor Sports asks all participants to assist the Umpire in their job by playing by the rules in a sportsmanlike manner and showing respect for others involved in the game.

Action Indoor sports will not tolerate abuse of its Umpires - if you are having difficulties with an Umpire or need further explanation of a rule or decision please approach the Duty Manager in a responsible manner so as any problems can be resolved. Management will not overrule any “judgement” decision an Umpire makes but may correct an incorrect rule interpretation.

OPPONENTS

Your opponents, like yourself, are here to enjoy a social game with friends and without an opponent there can be no game.

Action Indoor Sports ask that you respect your opponent at all times. Any player or teams who detract from others enjoyment of the facility with sledging, offensive or threatening behaviour, or unsportsmanlike conduct risk being banned from using the facility.

SECTION B - PLAYING CONDITIONS

THE TEAM

A team consists of seven(7) players on court and two(2) substitutes. No team can start with less than five (5) players.

THE GAME

The duration of the game is 4 x 8 minute quarters with an immediate change of ends at $\frac{1}{4}$ and $\frac{3}{4}$ time and a one(1) minute break at half time.

OFFICIALS

The Stadium shall provide the Umpire who shall control the game, operate the scoreboard and act as a timekeeper. The Umpire's interpretation of the rules shall be final and teams have no choice in Umpires. The result at the end of a game will stand and no further discussion will be entered into.

UNIFORMS

- **Team members are required to wear matching coloured Shirts.** Shirts must be of a similar shade. *ie Navy blue and Royal blue tops are NOT a matching colour. Gold and Lemon are NOT a matching colour etc.*
- **Shirts are NOT required to be the same material, brand, and/or style – just matching in colour.** *Each INDIVIDUAL must have their own shirt – NO SWAPPING or SHARING of shirts mid game is allowed.*
- **Teams wearing STRIPED SHIRTS must ALL wear striped shirts.** *ie a black and white striped shirt CANNOT be counted as a WHITE shirt, nor a BLACK shirt.*
- **Teams who do not have matching coloured shirts MUST wear the matching coloured training BIBS provided by the Stadium.**
- **COLOUR CLASHES** – When opposing teams are in the same colour tops the ***team named second on the scoresheet*** (away team) will be required to wear different coloured bibs provided by the Stadium.
- **No HATS** are to be worn during the game.
- Runners are the only acceptable playing shoe.

GAME FEES

It is the captain's responsibility to ensure that complete game fees are paid before the game, otherwise the game cannot commence. The correct procedure is for the captain (or representative) to pay the game fee, Register who is playing this week on the Touch Screen Logins at reception, get a receipt from the Duty Manager once you have paid and then show it to the Umpire.

TEAMS LATE ON COURT

If a team does not have at least Five (5) players on court and have shown the Umpire a paid receipt, a penalty of one goal for every minute late shall apply. If eight minutes have elapsed, the game is then forfeited. It is for this reason that we recommend teams to arrive, complete their registration and be ready to play at least ten minutes prior to the scheduled game time.

ACTION INDOOR SPORTS TULLAMARINE
Action Indoor Footy Rulebook – Version 4.1 (effective from July 2023)

COMPETITION POINTS

The position of each team in the competition shall be determined by the accumulated points awarded, based on the results of the game. The competition points shall be awarded as follows:

- 4 competition points for a win
- 2 competition points for a draw

In the event of a forfeit:

- the non-forfeiting team shall receive 4 competition points.
- the forfeiting team shall be deducted 4 competition points.

Byes:

- All Teams on a BYE shall receive 4 competition points for that Round.

In the event of a team entering late into the competition, or being regraded at some stage during the season, they shall be awarded average points for those games missed and those games will then be denoted as draws on the appropriate divisional ladder. (***Refer Stadium Policies***).

FORFEITS

Teams are expected to play in their Fixtured spot each week. Teams are deducted four(4) Competition Points if a game is forfeited (*If you need some players for a game, Stadium Staff can generally assist in getting some “fill ins”*).

If Teams give more than 72 hours' notice of unavailability the Stadium will endeavour to organize a new timeslot (*subject to availability*).

If a team does NOT GIVE 72 NOTICE of a Forfeit a \$75.00 Cancellation Fee applies – this charge is to cover the cost of organizing changes for your opposition and staff already rostered.

Forfeiting “on the day” of your game OR not turning up to a game is unacceptable and can result in your team’s removal from competition.

BEHAVIOUR

For the enjoyment of all, games are expected to be played in a sportsmanlike manner. The Stadium reserves the right to dismiss any team or member thereof for threatening, offensive or abusive behaviour. The team shall be held responsible for the action of its members and spectators both on and off the court.

Note: Swearing on Court is NOT considered appropriate behaviour.

(Refer – Player Conduct “Card System”)

FINALS

At the end of the competition there will be a finals series for the top four or five teams depending on the number of teams in each grade. Players **MUST** qualify to play in finals as per ***Stadium Policies***.

SECTION C - RULES OF ACTION INDOOR FOOTY

GENERAL

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.

With this in mind the following Rules and interpretations apply and result in a FREE KICK to the non-offending team -

FIELD of PLAY

NETS

- The **SIDE** nets form part of the playing area and the ball is considered “live” at all times off the SIDE nets, although a goal cannot be scored directly from the ball coming off the side net after being kicked – Any score from the ball coming directly off the side net and across the goal line will be deemed a POINT.
- The **BACK** net is “out of play”.
 - Any ball hitting the BACK net either on the full or on the bounce is considered “out of play” by the last team member to touch it.
 - The Opposition will receive a FREE KICK from the corner arc area.
 - If the FREE KICK is to an attacking player they may take a direct shot on goal.
- A “Mark” is awarded off the SIDE nets which are live, but not off the BACK net which is out of play.
- Opposing players must allow five(5) metres between the BACK net and the “on the mark” position for a FREE KICK from the BACK net.
- A player cannot hold onto the net or support himself by hand while playing the ball. A free kick shall apply.
- A player cannot deliberately run and jump into the surrounding nets – this “Net Abuse” will result in a Yellow Card to the player.

ROOF

- A ball touching the ROOF is considered “out of play” by the last team member to touch it.
 - The Opposition will receive a FREE KICK from where the ball lands after hitting the roof.
- The FAN is considered as part of the ROOF. In the event of a ball touching the Fan:
 - The Opposition will receive a FREE KICK from the defensive side of the Centre Bounce Logo area.

GOAL POSTS

- A player cannot deliberately run into, swing on or push against the Goal Posts – this will result in a Yellow Card to the player.
- Players may not interfere with the Goal Post in any way by shaking them or moving them whilst a player is taking a shot on goal.

MOVEMENT & POSSESSION of the BALL

GENERAL PLAY

A Player **MUST** dispose of the ball legally by hand or foot **within 5 seconds** or after **advancing 5 metres forward** on the field.

(Bouncing the ball **DOES NOT** give a player additional time or forward movement).

- The Umpire will “Ball Up” if play is congested or deemed to be in a dangerous situation. *(All Players except the nominate Ruckmen must be 3 metres from the Ball Up area as directed by the Umpire).*
- Any ball contacting the Umpire will be “Play On”.

A Player may **NOT**:

- Kick or attempt to kick the ball off the ground or out of mid-air:
 - Players cannot trap the ball or gain a possession advantage by using their feet on the ball.
 - A ball incidentally contacting a players feet with no advantage to the player or team will be “play On”
- Punch the Ball with a clenched hand.
- slap or intentionally dislodge the ball from an opposing players hand.
- dive to the ground onto a ball to take possession
- Take possession of a ball directly from their disposal by hand or foot until the ball is touched by another player.
- Lose control of the ball and pick it up again if it has not been touched by another player.
- Throw the ball.
- Dispose of the ball whilst they are on the ground (ie Players must be upright on two feet prior to disposing of the ball). If a player is lying, sitting or deemed to be on the ground, he/she cannot play the ball, regardless of whether it is unintentional. This also includes where a player has the ball kicked in to them while on the ground.

PENALTY for all the above is a FREE KICK to the opposing Team.

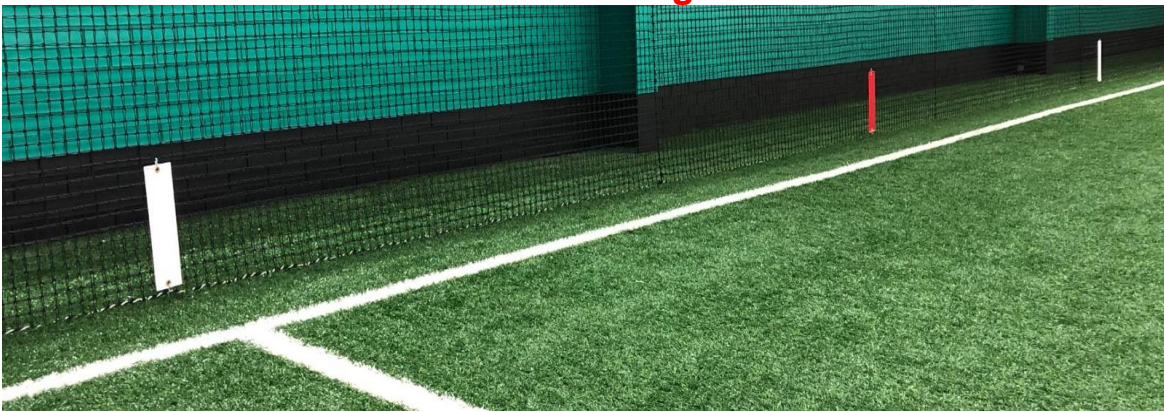


FIVE(5) METRE ADVANCING RULE

“A Player MUST dispose of the ball legally by hand or foot **within 5 seconds or after **advancing 5 metres forward** on the field.”**

- One of the most difficult “*judgement calls*” for Umpires and Players alike is the **FIVE(5) metre Advancing Rule**. In an effort to assist both Umpires and Players and create a more consistent point of reference for FIVE(5) METRES we have added court markers on the side of the court at FIVE(5) METRE intervals. (*Refer: Diagram Below*).

Court Markings



Please note the following Points apply to this Rule:

- The 5 Metre rule only applies to ADVANCING FORWARD on the court. It does not apply to *sideways* or *backwards* movement by the player with the ball.
- A player may move *sideways* or *backwards* as far as they can provided they do not retain possession of the ball for more than the 5 SECONDS allowed.
- The UMPIRES judgement of what is FIVE(5) METRES still applies at all times with the markers only to assist as a guide and point of reference.
- As the rule states a Player must dispose of the ball AFTER advancing FIVE(5) metres, Umpires will show tolerance for extra steps involved in the kicking(disposal) of the ball.

START OF EACH QUARTER

- A Centre Square “Ball Up” will start each quarter.
- A nominated Ruckman from each team will jump and contest the Ball Up. The Ruckman must tap the ball to another player and cannot grab the ball out of the ruck contest or touch the ball again until touched by another player (excluding the opposing Ruckman).
- Only three(3) Players from each Team (including the Ruckmen) can be inside the Centre square for the ball Up.

ACTION INDOOR SPORTS TULLAMARINE
Action Indoor Footy Rulebook – Version 4.1 (effective from July 2023)

AFTER A GOAL

- The game will restart on the Umpires whistle by the Opposing team “Kicking out” from the Goal Square. The ball must be “Kicked” in and cannot restart with a Handball.
- If the player comes out of the Goal Square whilst “kicking in” the ball the Umpire will contest a Ball Up on the 15 Metre arc directly in front of goal.

FREE KICKS

- Where a free kick has occurred, the Umpire may elect not to award a free kick and to allow play to continue under the ADVANTAGE RULE. The Umpire’s decision is final.
- When a Free Kick is awarded against the net the Opposing player on the mark must come back 5 metres while the player with the ball must stay on their angle towards goal.
- Players may elect to play on by hand ball or kick from a Free Kick.
- A 15metre penalty can be applied by the Umpire for misdemeanours after a free kick has been awarded. These include but are not limited to:
 - Time wasting
 - Not returning the ball to the opposition
 - Umpire abuse

MARKING CONTEST

- A mark is taken from any kick that travels over 5 metres.
- A mark is awarded off any side net.
- When a Mark is taken against the net the Opposing player on the mark must come back 5 metres while the player with the ball must stay on their angle towards goal.
- Players may elect to play on by hand ball or kick from a Mark.
- 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

BALL UPS

- The Umpire may elect to do a “Ball Up” between two opposing players in the following circumstances:
 - Where players simultaneously infringe each other
 - When two(2) or more players go to ground to contest a ball
 - When an area of play is dangerous due to congestion of players
 - After stopping play for an injury or blood rule



CONTESTING 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 is in legal guarding position.

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.

Tackling Penalty

Action Footy is a non-contact game - Any Player Tackling an opponent will receive an automatic BLUE CARD and substituted out of the game for five(5) minutes. (Refer – Player Conduct “Card System”)

- A tackle is considered to be any time both arms are wrapped around an opponent.
- The Umpire will have no choice in interpreting the severity of the tackle – a BLUE CARD is automatically awarded with the Free Kick.

ACTION INDOOR FOOTY CARD SYSTEM



The following behaviour Card System applies to all Footy games at Action Indoor Sports Tullamarine to ensure all players are able to enjoy their game in a safe friendly environment

- ▶ **These cards can be issued by either the on-court Umpire or Reserve Umpire or Stadium Management from off the court.**
- ▶ Players are responsible for their actions to other players and Stadium Staff, both on the court, and off court, and can be 'Carded' and/or suspended for their behaviour off the court.
- ▶ **All players are subject to scrutiny by video surveillance that is in place at the facility.**

YELLOW CARD

- ▶ A **Yellow** Card is a caution from the **Umpire**. This notifies the player concerned that they must refrain from committing the penalty called by the **Umpire**. This card is generally used for 'non intentional' incidents.
- ▶ A Yellow Card warning **need not precede** a **Blue** or **Red** Card.
- ▶ **Three (3) Yellow or Blue Cards (or any combination of) by a player in any one season will result in an automatic ONE(1) WEEK suspension from the Stadium.**

BLUE CARD

- ▶ A **Blue** Card will result in the offending player being **SUBSTITUTED FROM THE COURT FOR FIVE(5) MINUTES**.
- ▶ This player must be replaced by a substitute player and may not re-enter the game until instructed by the referee that their Five(5) minute penalty has elapsed.
- ▶ This card is used for continual intentional fouls, rough play, abusive or disruptive conduct etc.
- ▶ **Three (3) Yellow or Blue Cards (or any combination of) by a player in any one season will result in an automatic ONE(1) WEEK suspension from the Stadium.**

RED CARD

- ▶ A **Red** Card will result in the offending player being **SUBSTITUTED FOR THE REMAINDER OF THE GAME**
- ▶ This player may be replaced by a substitute player and may not take any further part in the game.
- ▶ **Red** Cards will result in an automatic **ONE(1) WEEK suspension from the Stadium.**

SECTION D - INTERPRETATION OF RULES

Scoring

- A score is only registered if the whole ball has passed over the goal line.
- GOALS and BEHINDS may only be scored from a kick within a Team's FORWARD HALF. A ball passing through the goal or behind posts from an untouched kick in the Defensive half will not count as any score and result in a "Kick Out" by the defending team.
- Any score from the ball coming directly off the side net and across the goal line will be deemed a BEHIND.

Advantage Rule

- In the event that the Umpire believes the team receiving a free kick will receive a distinct advantage by calling play on, the advantage rule will apply.

Substitutions

- A Team can substitute players at any time via the designated court entrances.
- The player being substituted must leave the court prior to the new player entering the court area.
- Players in possession of the ball taking a shot on goal or free kick cannot be substituted.
- The Umpire will hold play and enforce the substitution of a player that is bleeding. Players will not be allowed back on court until the Umpire is satisfied the flow of blood has ceased and the wound covered.

Player Qualification

Refer: ***Stadium Policies.***



Section E: LADDER SCORING SYSTEM / COMPETITION POINTS
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• **Points System:**

WIN = 4 POINTS DRAW = 2 POINTS LOSS = 0 POINTS
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LOSS ON FORFEIT = - 4 PREMIERSHIP POINTS WIN OF FORFEIT = 4 PREMIERSHIP POINTS

• **Ladder Terminology**

FF = Forfeits For
For = POINTS scored
FA = Forfeits Against
Agst = POINTS scored by opposition
% = Percentage FOR / AGAINST * 100
BP = Bonus Points – not applicable
TP = Total Premiership Points in Competition:



Captain's Notes

