

NFL Junior Football Rules: Mixed & Male Competitions

	MIXED						MALE		
AGE GROUP	Under-9	Under-10	Under-11	Under-12	Under-13	Under-14	Under-15	Under-16	Under-17
PHASE	Development	Development	Competition	Competition	Competition	Competition	Competition	Competition	Competition
REGULATIONS									
Ground Size	100m x 80m	2/3 full size	Full size	Full size	Full size	Full size	Full size	Full size	Full size
Zones	✓	✓	✗	✗	✗	✗	✗	✗	✗
Players on Ground	Max: 15 Min: 9	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14	Max: 18 Min: 14
Players on Bench	9	6	6	6	6	6	6	6	6
Evening Up Rule	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ball	Size 2 Synthetic	Size 2 Synthetic	Size 3 Synthetic	Size 3 Leather	Size 4 Leather	Size 4 Leather	Size 5 Leather	Size 5 Leather	Size 5 Leather
Quarter Duration (mins)	12	12	15	15	15	15	20	20	20
Break Duration (mins) 1/4 - 1/2 - 3/4	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5	5 - 10 - 5
Scoring & Finals	No scores, ladders or finals	No scores, ladders or finals	✓	✓	✓	✓	✓	✓	✓
Results	No recording of best players or goal kickers	No recording of best players or goal kickers	No recording of best players or goal kickers	No recording of best players or goal kickers	✓	✓	✓	✓	✓
Mercy Rule	✗	✗	✗	✗	✗	✗	✗	✗	✗
Coach Position	On-field Field: 1 (NFL)	On-field Field: 1 (NFL)	Bench Field: 1 (NFL)	Bench Field: 1 (NFL)	Bench Field: 1 (NFL)	Bench Field: 1 (NFL)	Bench Field: 2 (NFL)	Bench Field: 2 (NFL)	Bench Field: 2 (NFL)
Umpires	Boundary: 0 Goal: 2	Boundary: 0 Goal: 2	Boundary: 2 Goal: 2	Boundary: 2 Goal: 2	Boundary: 2 Goal: 2	Boundary: 2 Goal: 2	Boundary: 2 Goal: 2	Boundary: 2 Goal: 2	Boundary: 2 Goal: 2
LAWS									
Tackling	Modified	Modified	✓	✓	✓	✓	✓	✓	✓
Bumping	✗	✗	✓	✓	✓	✓	✓	✓	✓
Stealing	✗	✗	✓	✓	✓	✓	✓	✓	✓
Barging	✗	✗	✓	✓	✓	✓	✓	✓	✓
Smothering	✗	✗	✓	✓	✓	✓	✓	✓	✓
Shepherding	✗	✗	✓	✓	✓	✓	✓	✓	✓
Fending	✗	✗	✓	✓	✓	✓	✓	✓	✓
Bouncing	1 max	1 max	✓	✓	✓	✓	✓	✓	✓
Kicking Off Ground	✗	✗	✗	✗	✓	✓	✓	✓	✓
Marking (m)	Any distance	Any distance	10	10	15	15	15	15	15
Playing On	✗	✗	✓	✓	✓	✓	✓	✓	✓
Advantage	✗	✗	✓	✓	✓	✓	✓	✓	✓
Ball-ups	Nominated players of equal size / must tap	Nominated players of equal size / must tap	✓	✓	✓	✓	✓	✓	✓
Throw-ins	✗	✗	✓	✓	✓	✓	✓	✓	✓
Behind Scored	Ball returned to centre	Ball returned to centre	Kick in	Kick in	Kick in	Kick in	Kick in	Kick in	Kick in
Penalty Distance (m)	10	10	25	25	25	25	25	25	25
Deliberate Out of Bounds	✗	✗	✗	✗	✓	✓	✓	✓	✓
Deliberate Rushed Behind	✗	✗	✗	✗	✓	✓	✓	✓	✓