

NFL Junior Football Rules: Female Competitions

	FEMALE				
AGE GROUP	Under-10	Under-12	Under-14	Under-16	Under-18
PHASE	Development	Competition	Competition	Competition	Competition
REGULATIONS					
Ground Size	80m x 60m	2/3 full size	Full size	Full size	Full size
Zones	✓	✗	✗	✗	✗
Players on Ground	Max: 15 Min: 9	Max: 15 Min: 11	Max: 15 Min: 11	Max: 18 Min: 11	Max: 18 Min: 11
Players on Bench	9	9	9	6	6
Evening Up Rule	✓	✓	✓	✓	✓
Ball	Size 2 Synthetic	Size 3 Synthetic	Size 4 Synthetic	Size 4 Leather	Size 4 Leather
Quarter Duration (mins)	12	12	15	15	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
Scoring & Finals	No scores, ladders or finals	✓	✓	✓	✓
Results	No recording of best players or goal kickers	No recording of best players or goal kickers	✓	✓	✓
Mercy Rule	✗	✓	✓	✓	✓
Coach Position	On-field	Bench	Bench	Bench	Bench
Umpires	Field: 1 (NFL) Boundary: 0 Goal: 2	Field: 1 (NFL) Boundary: 2 Goal: 2	Field: 1 (NFL) Boundary: 2 Goal: 2	Field: 1 (NFL) Boundary: 2 Goal: 2	Field: 2 (NFL) Boundary: 2 Goal: 2
LAWS					
Tackling	Modified	✓	✓	✓	✓
Bumping	✗	✓	✓	✓	✓
Stealing	✗	✗	✓	✓	✓
Barging	✗	✗	✗	✓	✓
Smothering	✗	✓	✓	✓	✓
Shepherding	✗	✓	✓	✓	✓
Fending	✗	✓	✓	✓	✓
Bouncing	1 max	2 max	2 max	✓	✓
Kicking Off Ground	✗	✗	✗	✗	✓
Marking (m)	Any distance	10	10	15	15
Playing On	✗	✓	✓	✓	✓
Advantage	✗	✓	✓	✓	✓
Ball-ups	Nominated players of equal size / must tap	Must tap	Must tap	✓	✓
Throw-ins	✗	✓	✓	✓	✓
Behind Scored	Ball returned to centre	Kick in	Kick in	Kick in	Kick in
Penalty Distance (m)	10	25	25	25	25
Deliberate Out of Bounds	✗	✗	✗	✓	✓
Deliberate Rushed Behind	✗	✗	✗	✓	✓