



AFLX Women's Challenge Rules

As per the [Laws of Australian Football](#) with the following variations:

Game Length	2 x 10 min halves with a 5-min half-time break. There is NO time on.
Field Dimensions	The field will be 100m in length and 60m wide and divided into thirds 25m x 50m x 25m.
Player Numbers	10 vs.10 on the field with up to 10 players on the interchange. Each team must submit their team sheet to the ground manager 30 minutes prior to the scheduled commencement of Pool Games. This team sheet will cover the whole carnival, please do not print one per game.
Interchange	No restriction on rotations.
Starting Halves	Centre ball up (as per basketball tip-off). At least 3 players from each team must start inside each 25m arc. A Centre Circle with a diameter of 10m will be marked and cut in half, only one player from each side are permitted inside this circle on their defensive half during the ball up.
Marks	<p>As per Law 14.1, however must be kicked a distance of at least 10 metres (not 15 metres).</p> <p>Players are not awarded marks from backwards kicks except in the forward 25m area.</p> <p>Players have 5 seconds to move the ball on. 'Play-on' will be called by the umpire after 5 seconds.</p>
Out of bounds	<p>A free kick will be awarded against the player who last touches the ball prior to it crossing the boundary line.</p> <p>Any opponent on the mark must set up at least 5m from the boundary line or 5m from the goal line</p> <p>Players have a maximum of 10 seconds to bring the ball into play once they receive the ball.</p> <p>The ball must be kicked to be brought back into play. A player can kick the ball to themselves into the field of play (similar to a kick in).</p>
Scoring	<p>AFLX is designed to be modified based on available resources.</p> <p>Players have 20 seconds for a set shot on goal.</p> <p>Scoring is not permitted from OOB (including after the siren). Should this occur, a free kick will be awarded to the opposition from where the ball originally crossed the boundary line.</p>
Kicking In	<p>The ball shall be brought back into play from any score by a kick in from the 25m line, only after the goal umpire has signaled a score. Any opponent on the mark must set up at least 5m from the 25m line.</p> <p>A free kick will be awarded if the ball is not brought into play correctly.</p>



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- Deliberate rushed behind** One point shall be awarded and the attacking team awarded a free kick 25m out directly in front for a shot on goal.
- Bouncing** The ball must be bounced every 10 metres (not 15 metres). Players are permitted a maximum of two (2) bounces after which they must dispose of the ball.
- Penalties** 25m penalties shall be awarded instead of 50m penalties.
- Runner/Water Carries** Teams are not permitted runners or water carriers. Only medical officials are permitted on the field of play.
- Umpires** There will be one field umpire (AFL to supply) and two goal umpires (clubs to supply). Goal umpires are to record scores, and supply results to ground management upon the completion of each game.

AFLX Field Dimensions

