



Terminology

Duration

The game is played over 20 minute quarters with 5 minute breaks between the first and second quarters and the third and fourth. A 10-minute break is allocated for half time. Injury time is not added for general round games – though it is for finals.

Subbing

Unlike men's rules which only permits 4 players to be part of the subbing interchange, SWAFL permits up to 6 players. If you are subbing, the player going on, waits until the player coming off has done so. Subbing is also done at a specific point of the field – usually at the halfway point on the boundary line. Subbing can be done at any time and you don't need the umpire's permission.

Runners

Each team is permitted two runners (with only one on the field at a time) – the only non-playing people who can give instructions to the players from the coach and receive instructions from players to the coach.

Water girls/boys

AFL is one of the most physically energetic sports and it is vital to keep up your liquid intake. Teams can have [3] water people who can pass out water – but not give instructions. Runners and water people need to ensure they don't accidentally get in the way of play (particularly for their own safety!).

Centre Throw

Centre Bounce/ Centre Throw/ Rucking At the beginning of each quarter, and after every goal, the ball returns to the centre circle to be thrown up and contested by the 2 opposing rucks. In men's AFL, you will probably have seen that the ball is bounced by the umpire. Note that you are only allowed 4 players from your team within the centre box, while this takes place. Other times that the umpire will throw the ball up between 2 contestants is when the ball has been unable to be played. It is not necessary for the same people to go up, but is usually someone with height.

Scoring

The object of AFL is to kick as many goals as you can – worth 6 points each. A goal is scored when it is kicked by an attacking player, through the middle posts, without the ball being touched by the opposition. If it is kicked by an attacking player through the outer posts, then it is worth only 1 point and known as a behind. Note that the ball can travel along the ground between the centre posts.

Behinds

If the opposition kick or touch or handball the ball as it goes through any of the posts, then it is also known as a behind and worth only 1 point also. A defender will deliberately put a ball through the goals they are defending if she feels that the risk of the opposition scoring a goal is too high. This is known as a 'rushed behind'. Each team is expected to supply their own goal umpire throughout the season with the exception

being the finals games. After a goal is scored, the ball goes back to the centre to be thrown up by the umpire for the rucks to contest.

After a Behind

After a behind has been scored, a player from the defending team kicks the ball back into play from within the goal square. One foot must be within any of the lines of the goal square when being kicked and no player may be closer than 5 metres of the goal square when this is being done.

Ball out of Bounds

If the ball is kicked over the boundary line on the full or if it is deliberately propelled otherwise, then the opposition gets to kick the ball in. If the ball goes over the boundary line in any other way, then it is thrown in. In men's footie, there are boundary umpires who do this. Presently with the SWAFL competition, 2 players (1 from each team) stands on the line with both their backs to the field and the player from the attacking half that play is in, will throw it in using both hands and over their head. Boundary umpires are supplied during some of the finals games as shown here.