



2022 AFL Switzerland Rules & Regulations

Of the 9 rule changes made by the AFL in 2019, we've implemented the following 6:

Kick-Ins: Kick-Ins from a Behind, a Player will no longer need to kick to himself to Play On out of the Goal Square

- Whilst the AFL have positioned the Man on the Mark 10 meters from the top of the Goal Square – for 9-a-side matches in Europe, this will remain at 5 meters given our pitches are only 100m in length.

Marks/ Free Kicks Deep Inside Defensive 50:

- For all defenders who take a Mark or gain a Free Kick within 9 metres of their own Goal, the man on The Mark for the attacking team will be brought in line with the top of the Goal Square.

Marking Contest Hands in the Back:

- 'Hands in the Back' rule interpretation to be repealed, allowing a Player to place his hands on the back of his opponent to protect his position in a Marking contest but not to push the Player in the back.

Kicking for Goal post-siren:

- A Player who has been awarded a Mark or Free Kick once play has ended will now be able to Kick across their body using a Snap or Check-side Kick. The Player shall dispose of the football directly in line with the man on The Mark and the Goal.

Ruck Contests – Prior Opportunity:

- A Ruck Player who takes possession of the football while contesting a bounce or throw up by a field Umpire or boundary throw in by a boundary Umpire, will not be regarded as having had prior opportunity. Where there is uncertainty over who is the designated Ruck, the Ruck for each team will continue to nominate to the field Umpire.

Umpire Contact at Centre Bounces / Throws:

- Players will be prohibited from setting up behind the Umpire at each Centre Bounce / Throw.



Match Duration:

- Reserves matches are played in 4 quarters of 15 minutes. Quarter time breaks are 5 minutes. Half time is 10 minutes.
- Seniors matches are played in 4 quarters of 18 minutes. Quarter time breaks are 6 minutes. Half time is 12 minutes.
- Women's matches are played in 4 quarters of 10 minutes. Quarter time breaks are 5 minutes. Half time is 5-10 minutes.

Minimum Age

- The minimum permitted age to play in AFL Switzerland Reserves, Seniors or Women's matches, is 16.

Mixed Competition Amendments

Games will be mixed, so rules have been introduced regarding men tackling women.

The rules do not apply for one on one interactions between opposing female players.

- Wrapping tackles and blocking are allowed. The female player may be restrained by the jumper but cannot be thrown or dragged to the ground by the jumper. The player may be taken to ground only once a wrapping tackle has been applied.
- No forceful taking to the ground or shoulder hits.
- No free kicks will be awarded to a female player deemed to have deliberately or incidentally fallen to the ground during a tackle from a male opponent.

Maximum Squad Size

- The maximum permitted number of players per team for a Seniors match is 14, plus one medical sub who can only come onto the field if a player is injured, The medical sub must be listed on the team sheet prior to the commencement of the match. The replaced player may no longer take part in the match.
- There is no upper limit on the number of players on a list for Reserves matches.

Top up Players / Forfeits (Seniors)

- If a team has less than 11 of their own players available for a match, they can use players from another team to top up their list to a maximum of 11 players (+ one medical sub as described above).
- Top up players must be agreed upon by both coaches and the league secretary (2022: James Malar) prior to the commencement of the match. In the absence of the league secretary, any AFLCH committee member can sign off instead (verbally).
- All top up players must be listed on the team sheet of the team they wish to play for, before the



commencement of the match.

- Ideally, top up players are fringe Seniors players or Reserves players looking for a chance to play Seniors. However, it is ultimately up to the coaches and the league secretary to agree on who fills in.
- If a team cannot field 7 of their own players, the match is forfeited. In case of a forfeit, the winning team receives 4 premiership points and a score of 100 - 0. In this case, the players of the forfeiting team and their opposition are encouraged to travel to the round for a friendly match, where no premiership points are up for grabs and no team lists are required.
- As soon as possible, a forfeiting team should inform the league and they, along with their opposition team, should give an indication of how many players plan on coming for a friendly match.

Top up Players / Forfeits (Reserves)

- There are no restrictions on top up players in the reserves. The only requirement is that both coaches agree on the top up players and they are listed on the team sheets.
- There is no minimum requirement of own players, but if a reserves team cannot field a total of 7 players, including top ups, the game is forfeited. In case of a forfeit, the winning team receives 4 premiership points and a score of 75 - 0. In this case, the players of the forfeiting team are strongly encouraged to travel to the round for a scratch match, where no premiership points are up for grabs and no team lists are required.
- As soon as possible, a forfeiting team should inform the league and they, along with their opposition team, should give an indication of how many players plan on coming for a friendly match.

Switching Teams (Seniors)

Players are not permitted to switch clubs during the season, meaning that they can only play for one seniors team per season, unless they are filling in as a top up player, as outlined in the rules on top up players above.