



DEVELOPMENT PHILOSOPHY



- ★ **Aim is to open the game up by reducing player numbers at stoppages and kick ins; to give all players a greater opportunity to showcase their talent and increase game flow and scoring**
- We are strongly against tagging/run with players whose sole responsibility is to prevent an opposition player from gaining possession by holding, shepherding, physical intimidation, and making contact after disposal. Umpires will be encouraged to pay free kicks for these negative tactics.
- Avoid a 7th defender behind the ball to congest the opposition's forward half and deny them an opportunity to score
- We aim to encourage players to be responsible for their opponent instead of setting up a rolling zone or press.



ANTI DENSITY RULES



At all stoppages and kick ins forwards and defenders must re-set to a starting position:

- To reduce the number of players around the football in order to provide opportunity for less physically developed players to display their skill.
- To promote one on one football to underage players.
- To improve the players learning environment increasing players ability to perform fundamental skills (kicking, hand passing, marking, etc)
- To avoid coaches implementing a “Full Ground Press” which prevents forwards and defenders developing a broader skill set required for senior football



ANTI-DENSITY RULE

#18



CENTRE BOUNCE STOPPAGE

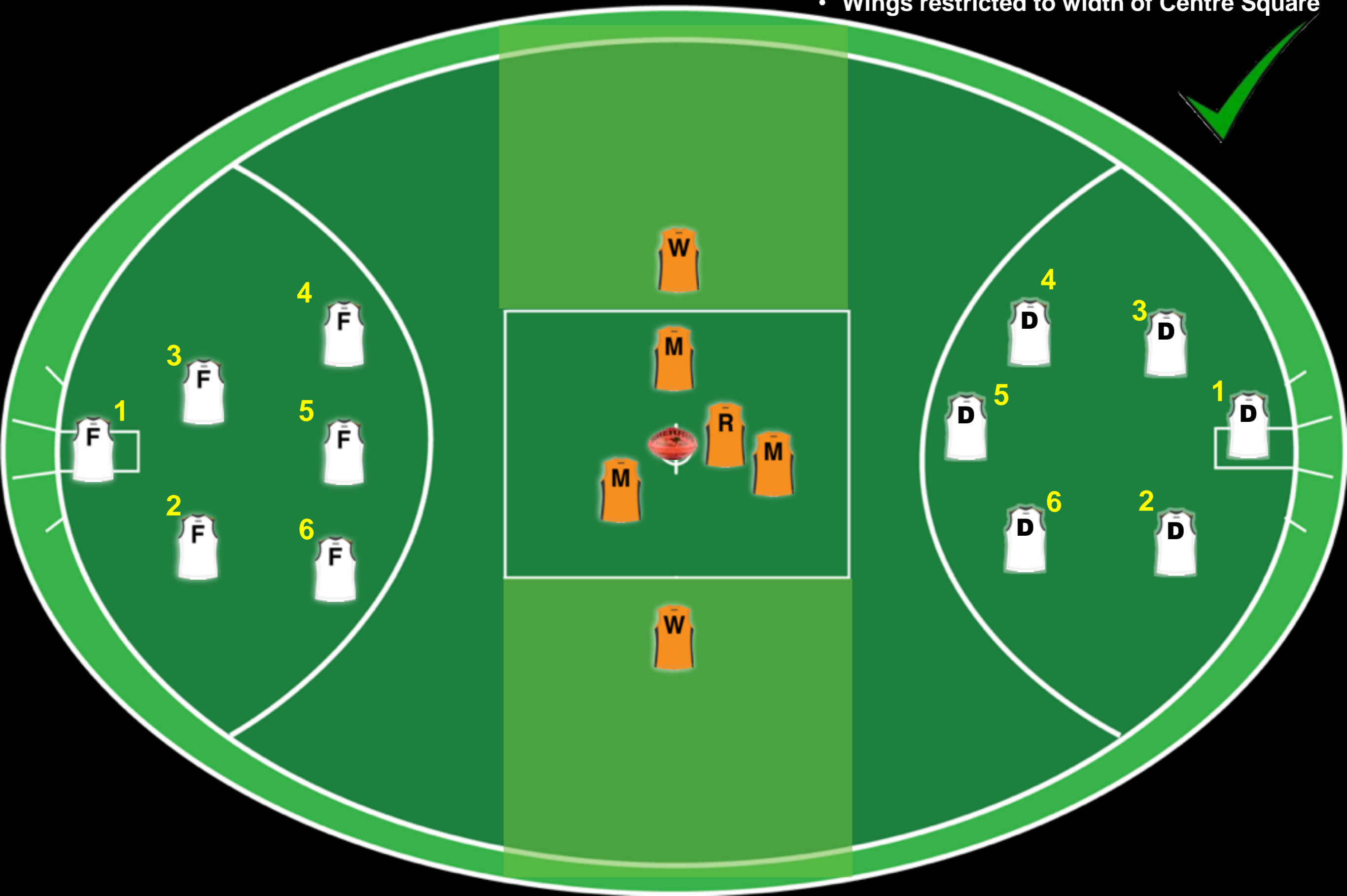
Starting Position 6 / 6 / 6
18 per side

- 6 forwards and 6 defenders must start inside each 50m arc.
- 1 forward and 1 defender must start inside each goal square.
- Wings must start either side of the centre square and teams aren't allowed to start both wings on same side. To aid with rotations the wing closest to interchange ideally is the last position filled.
- Refer to Centre Bounce 6 / 6 / 6 slide to confirm positioning.

*** A warning or **free kick** will be given by the umpires if a team doesn't have 6 players inside each forward 50, 1 player inside each goal square and one player on each wing

CENTRE BOUNCE 6 / 6 / 6

- 6 forwards inside Forward 50m Arc
- 1 forwards inside Goal Square
- 6 Defenders mirror the forwards positioning
- Wings restricted to width of Centre Square





ANTI-DENSITY RULE

#16



CENTRE BOUNCE STOPPAGE

Starting Position 5 / 6 / 5
16 (or less) per side

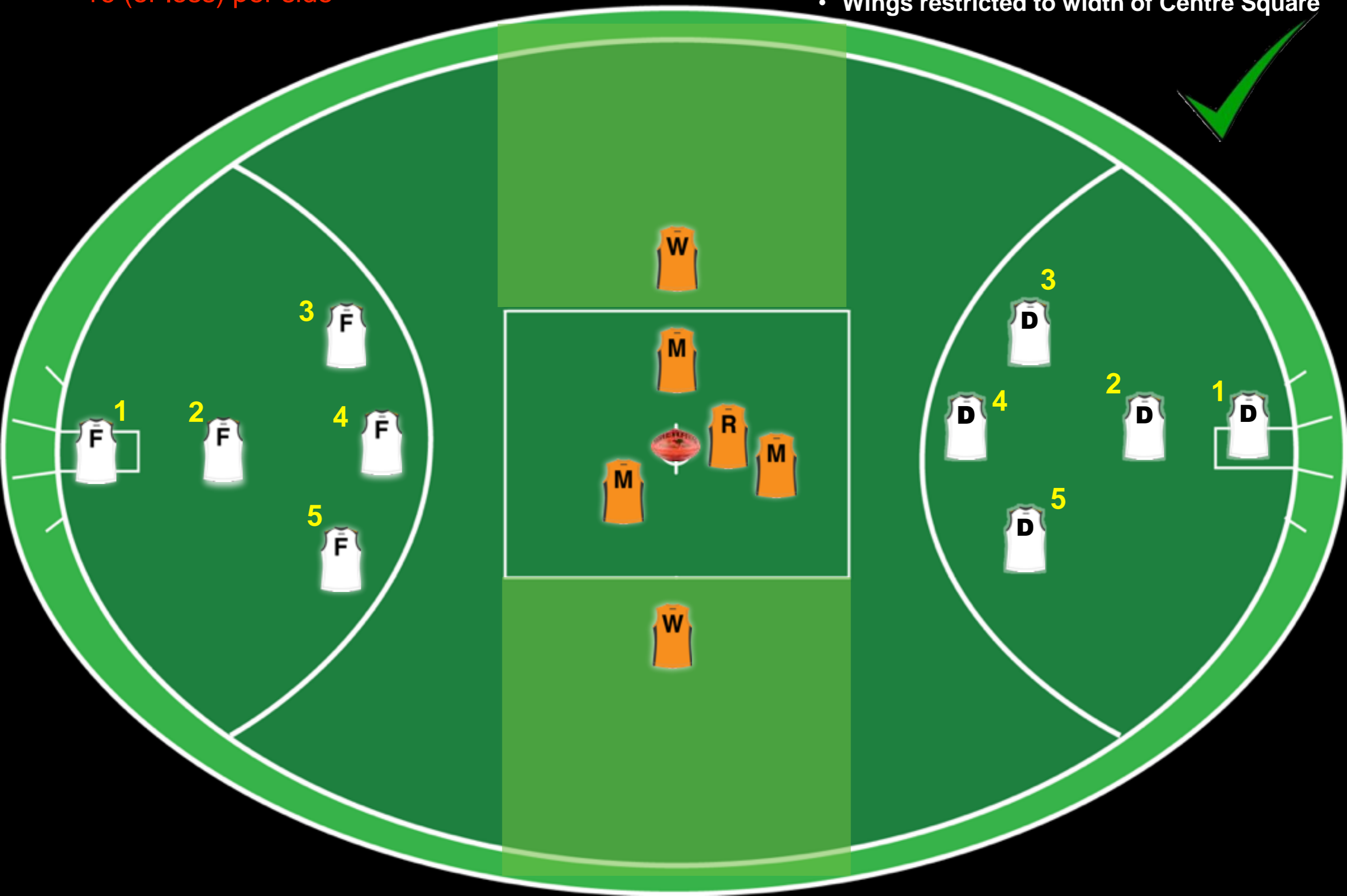
- 5 forwards and 5 defenders must start inside each 50m arc.
- 1 forward and 1 defender must start inside each goal square.
- Wings must start around either side of the centre square and teams aren't allowed to start both wings on same side. To aid with rotations the wing closest to interchange ideally is the last position filled.
- Refer to Centre Bounce 5 / 6 / 5 slide to confirm positioning.

*** A warning or **free kick** will be given by the umpires if a team doesn't have 5 players inside each forward 50, 1 player inside each goal square and one player on each wing

CENTRE BOUNCE 5 / 6 / 5

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- 5 forwards inside Forward 50m Arc
- 1 forwards inside Goal Square
- 5 Defenders mirror the forwards positioning
- Wings restricted to width of Centre Square





ANTI-DENSITY RULE

#18



AROUND GROUND STOPPAGES

18 per side

- 5 forwards (minimum) are to be inside their attacking half and 2 forwards (minimum) are to be inside 50.

- 6th forward can be inside or outside stoppage but cannot set up behind ball. The defender playing on the 6th forward can make a decision on whether he follows this player or sets up elsewhere.

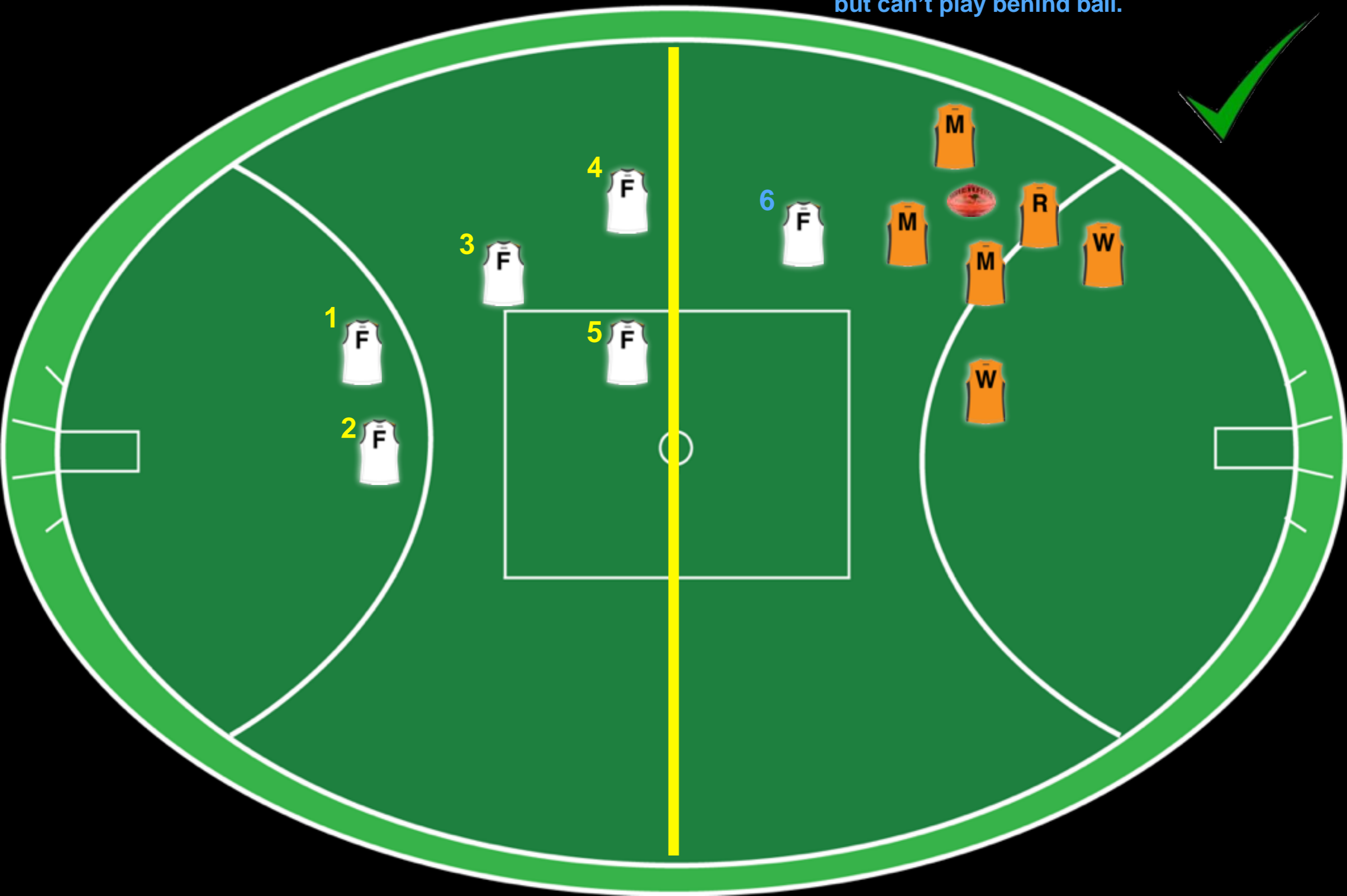
- Defenders must abide by the above principles (Note: They don't have to play man on man but 5 must start in their defensive half and 2 must be inside their defensive 50).

- At **Inside 50 stoppages** to reduce numbers around the stoppage, teams have the flexibility to pull players clear. Some examples of this would be a Ruck who sits behind the ball allowing a Tall Forward to take the ruck contest or Midfielders who come out to allow Forwards to go in.

**** Please note - a warning or free kick will be given by the umpires if a team doesn't have 5 players (minimum) inside each attacking half and 2 players (minimum) inside each 50.*

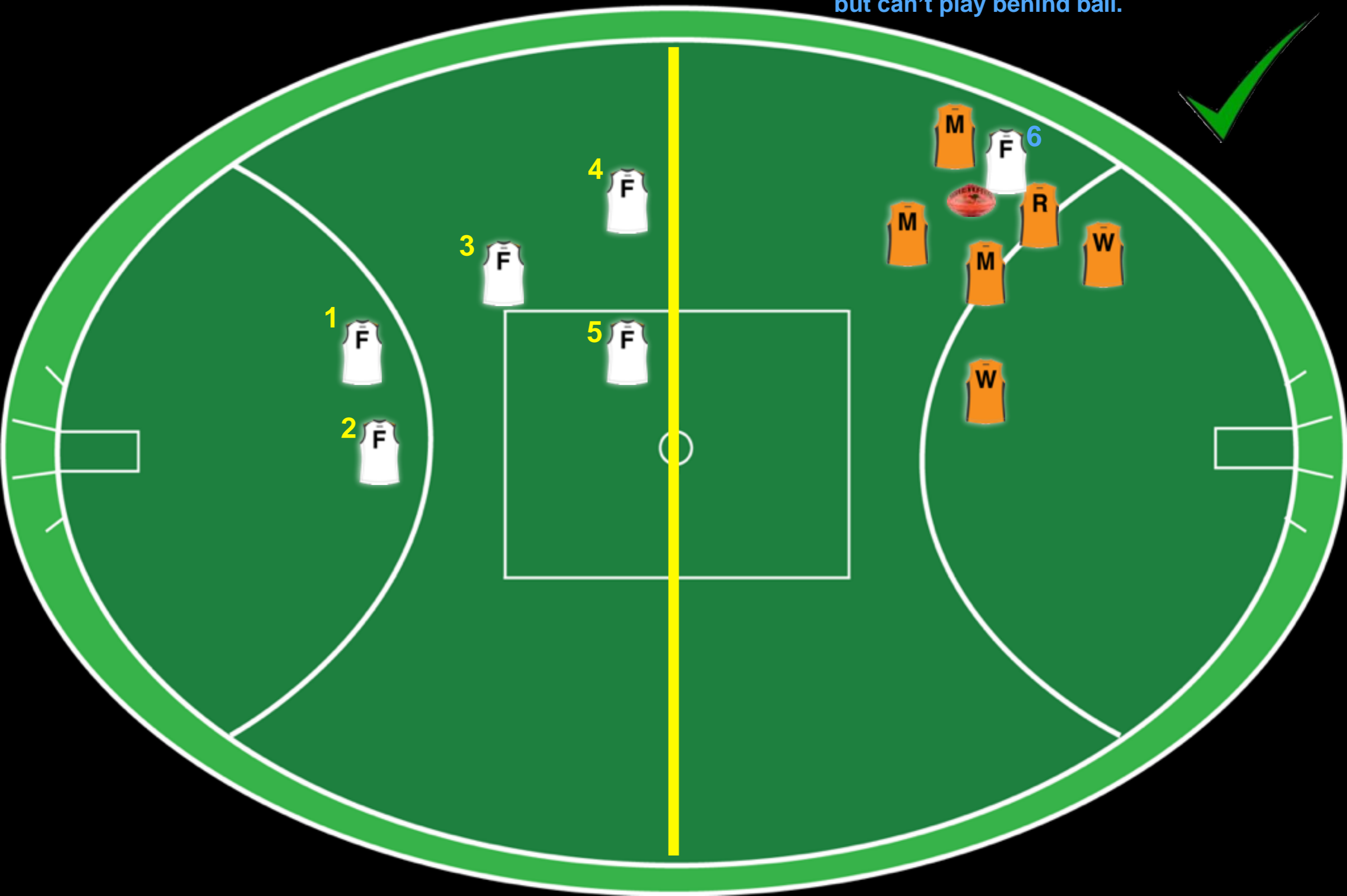
AROUND GROUND STOPPAGE

- 5 forwards in attacking half (minimum)
- 2 forwards inside 50 (minimum)
- 6th fwd can be inside or outside stoppage but can't play behind ball.



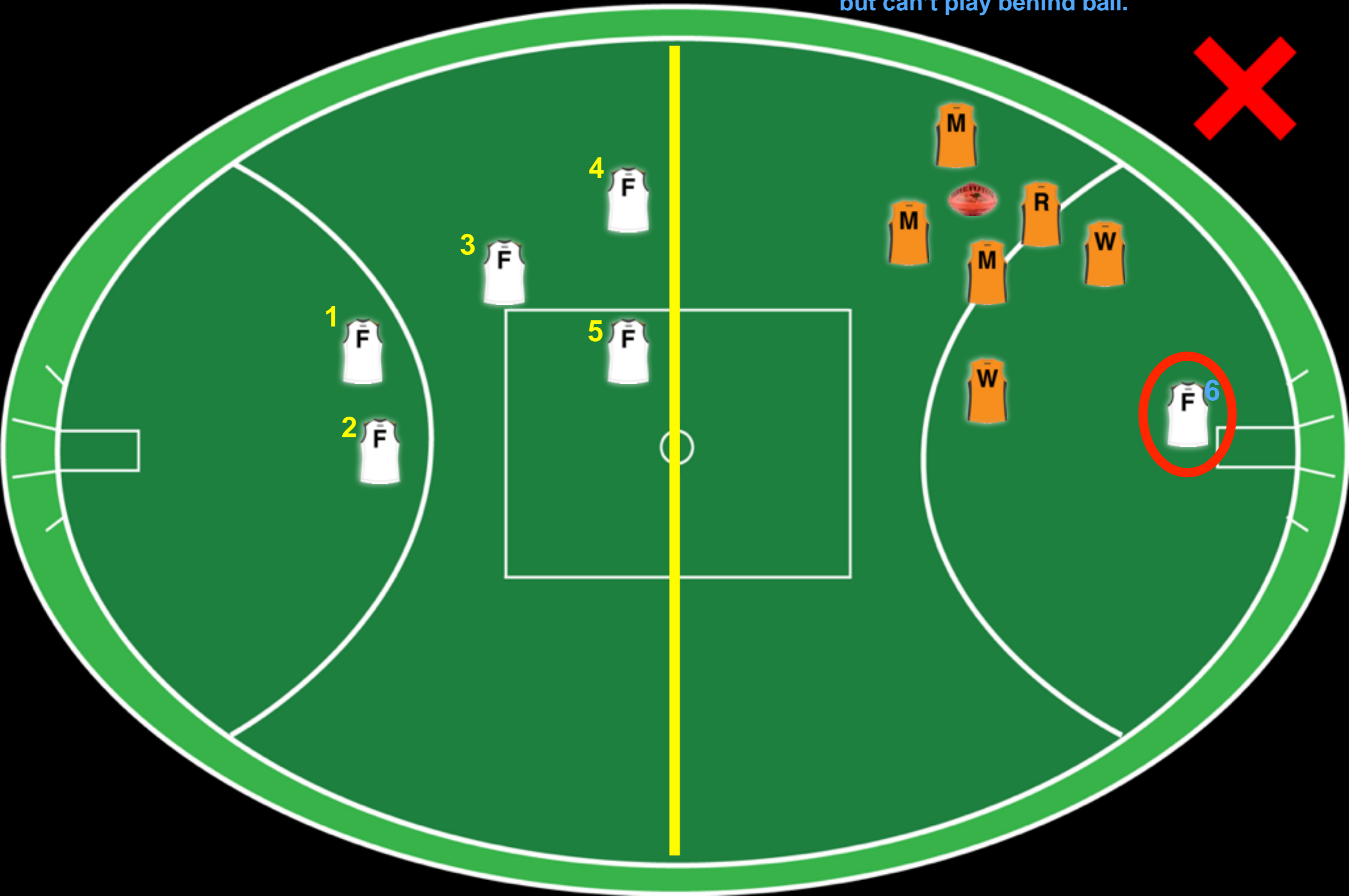
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ANTI-DENSITY RULE

#16



AROUND GROUND STOPPAGES 16 (or less) per side

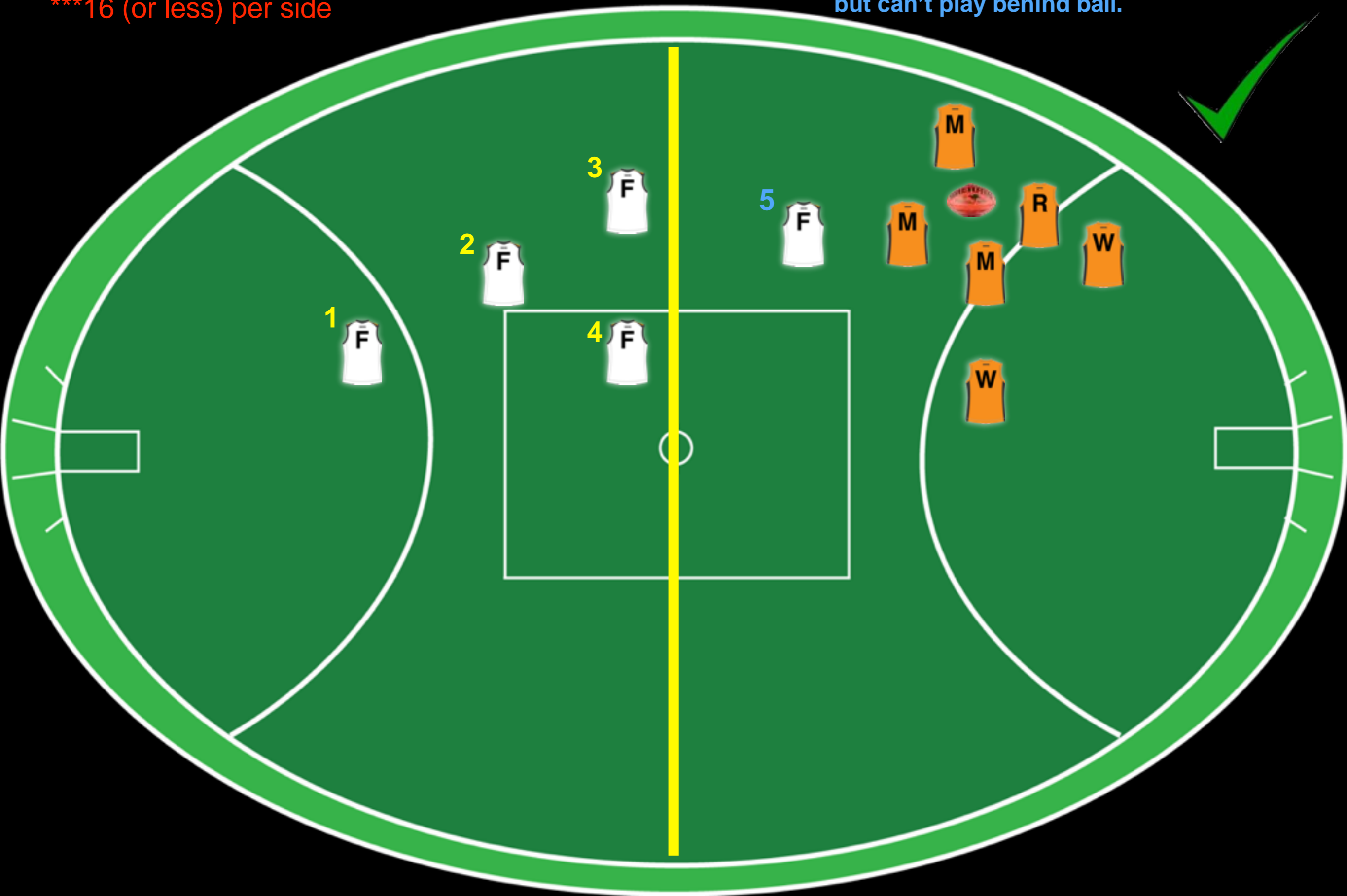
- 4 forwards (minimum) are to be inside their attacking half and 1 forwards (minimum) are to be inside 50.
- 5th forward can be inside or outside stoppage but cannot set up behind ball. The defender playing on the 5th forward can make a decision on whether he follows this player or sets up elsewhere.
- Defenders must abide by the above principles (Note: They don't have to play man on man but 5 must start in their defensive half and 2 must be inside their defensive 50).
- At **Inside 50 stoppages** to reduce numbers around the stoppage, teams have the flexibility to pull players clear. Some examples of this would be a Ruck who sits behind the ball allowing a Tall Forward to take the ruck contest or Midfielders who come out to allow Forwards to go in.

**** Please note - a warning or free kick will be given by the umpires if a team doesn't have 4 players (minimum) inside each attacking half and 1 player (minimum) inside each 50.*

AROUND GROUND STOPPAGE

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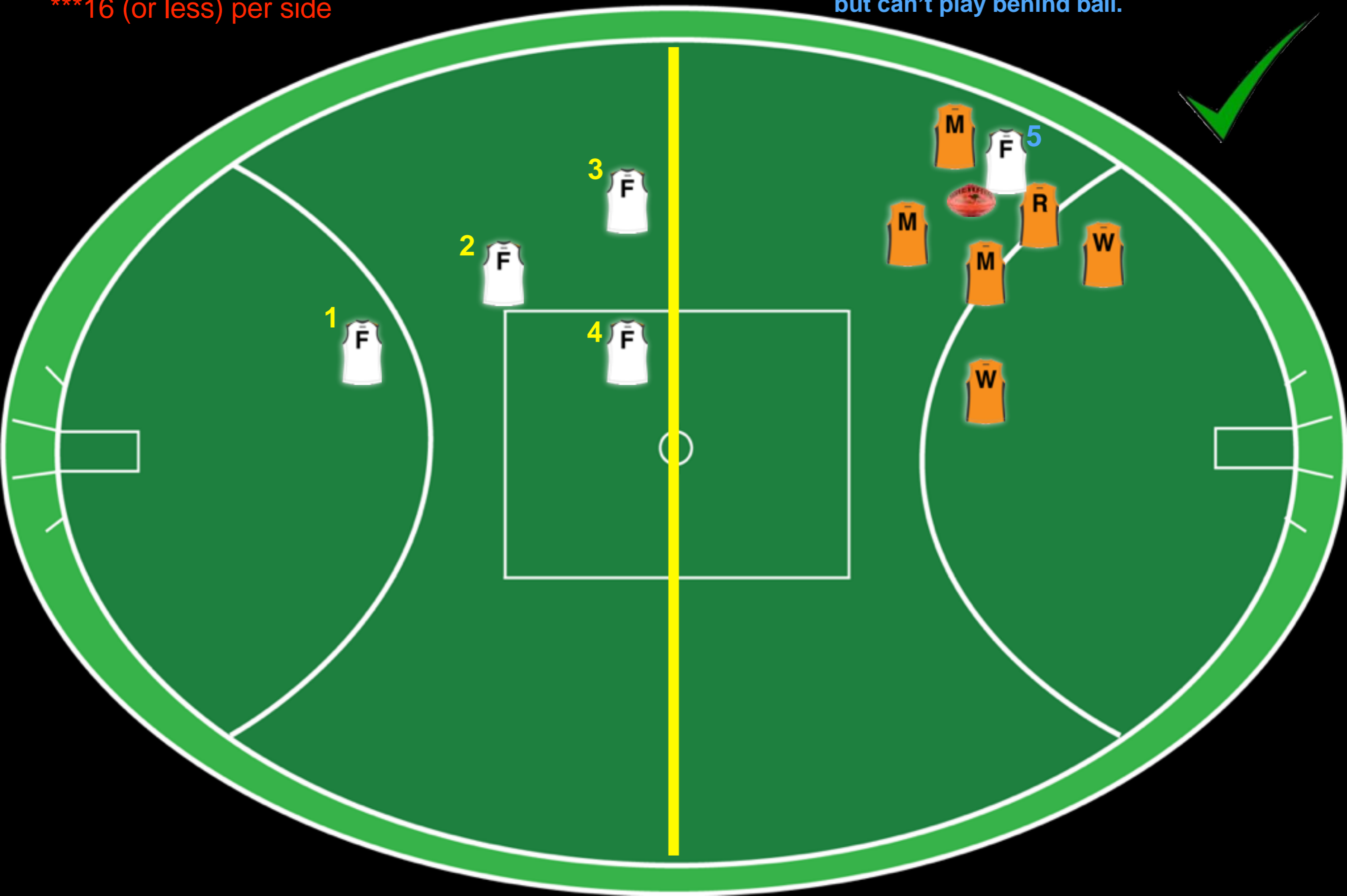
- 4 forwards in attacking half (minimum)
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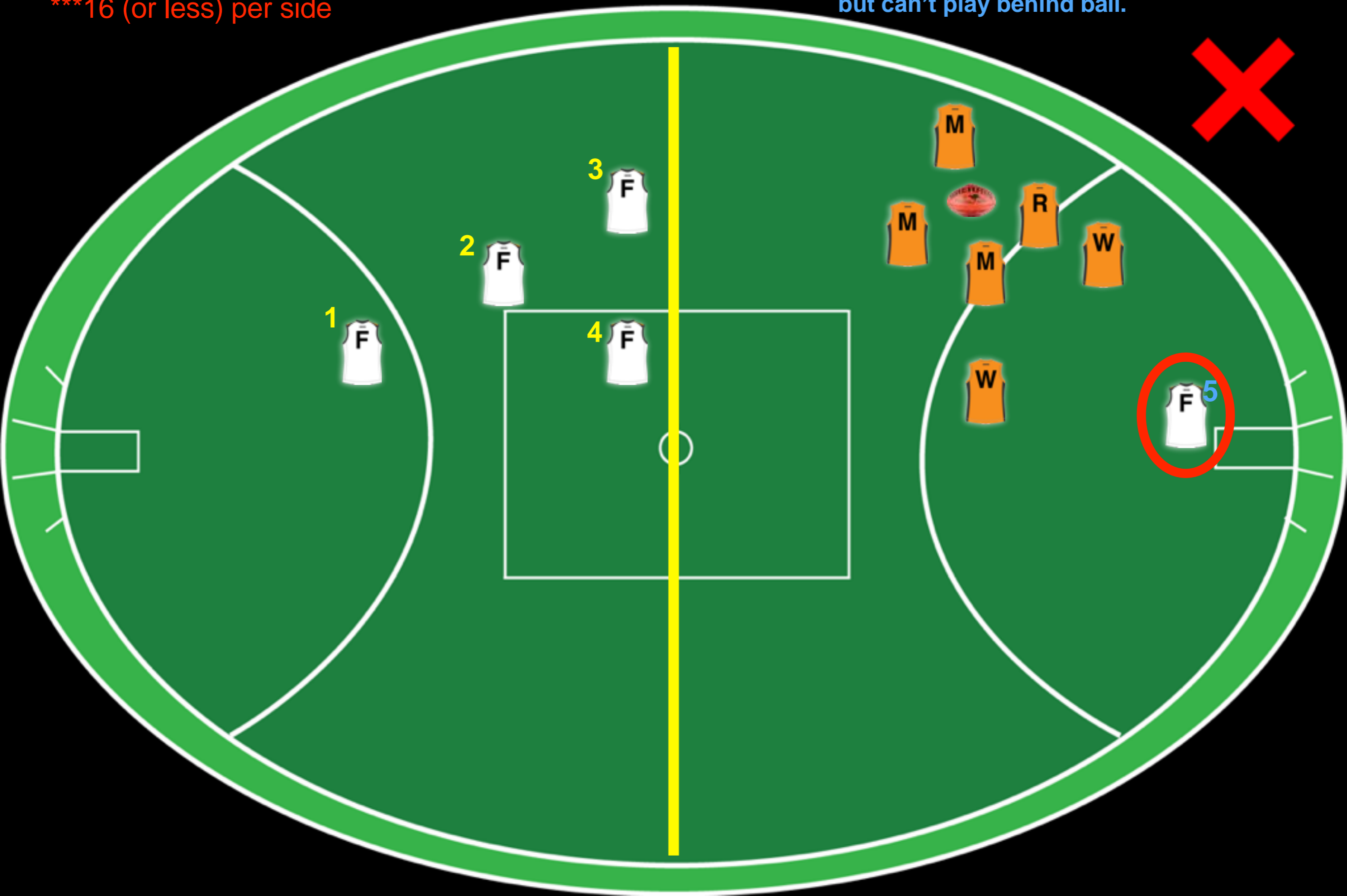
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ANTI-DENSITY RULE

#18



KICK-INS (SLOW PLAY)

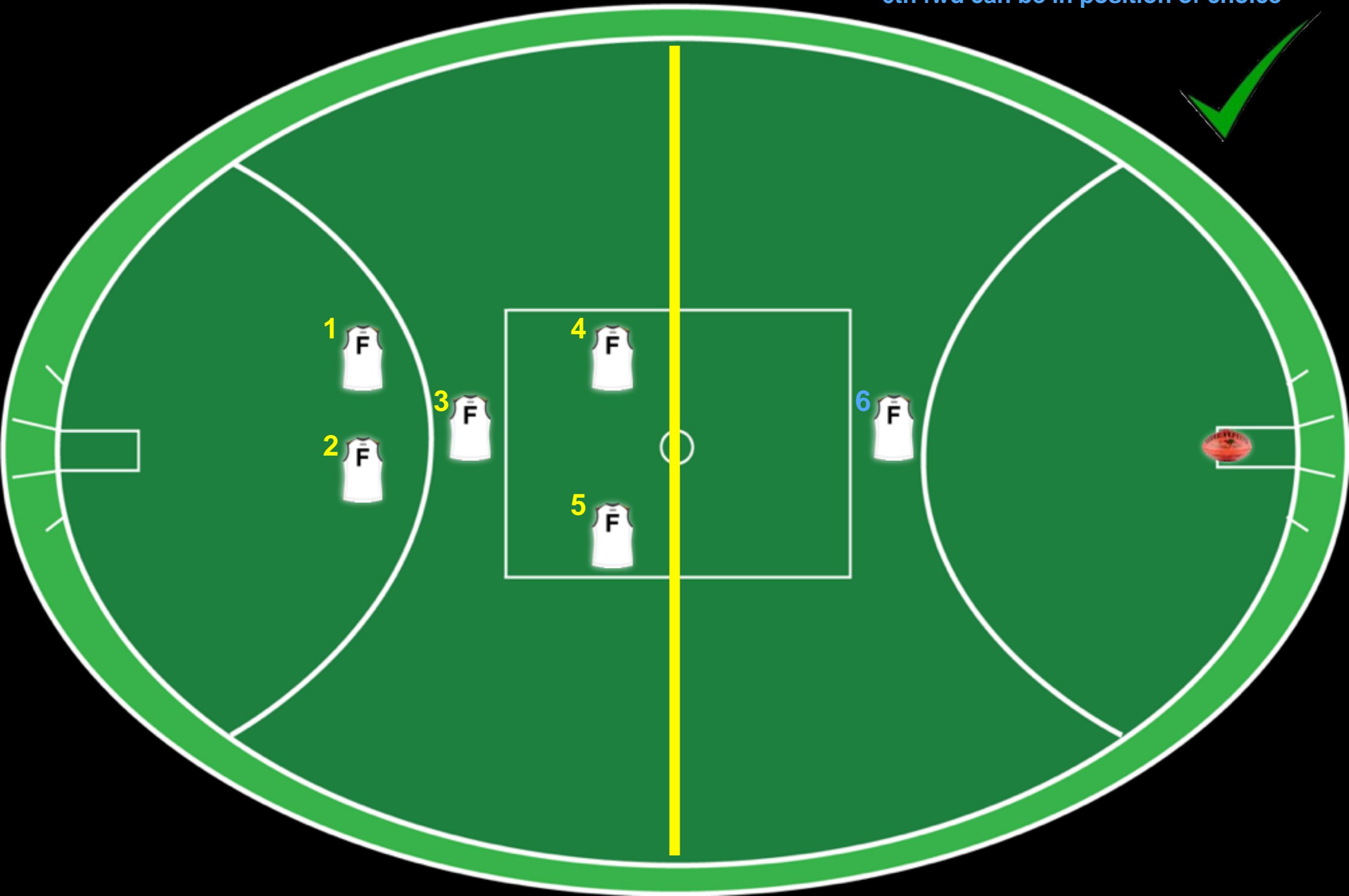
18 per side

- 5 forwards (minimum) are to be inside their attacking half and 2 forwards (minimum) are to be inside 50.
- 6th forward can set up in position of choice.
- Defenders must abide by the above principles (Note: They don't have to play man on man but 5 must start in their defensive half and 2 must be inside their defensive 50. Maximum 13 players allowed in forward half) .
- *If the team kicking in plays on without giving players the opportunity to reset into position then play on will be called.*

*** Please note - a warning or **free kick** will only be given by the umpires if a team doesn't have 5 players (minimum) inside each attacking half and 2 players (minimum) inside each 50

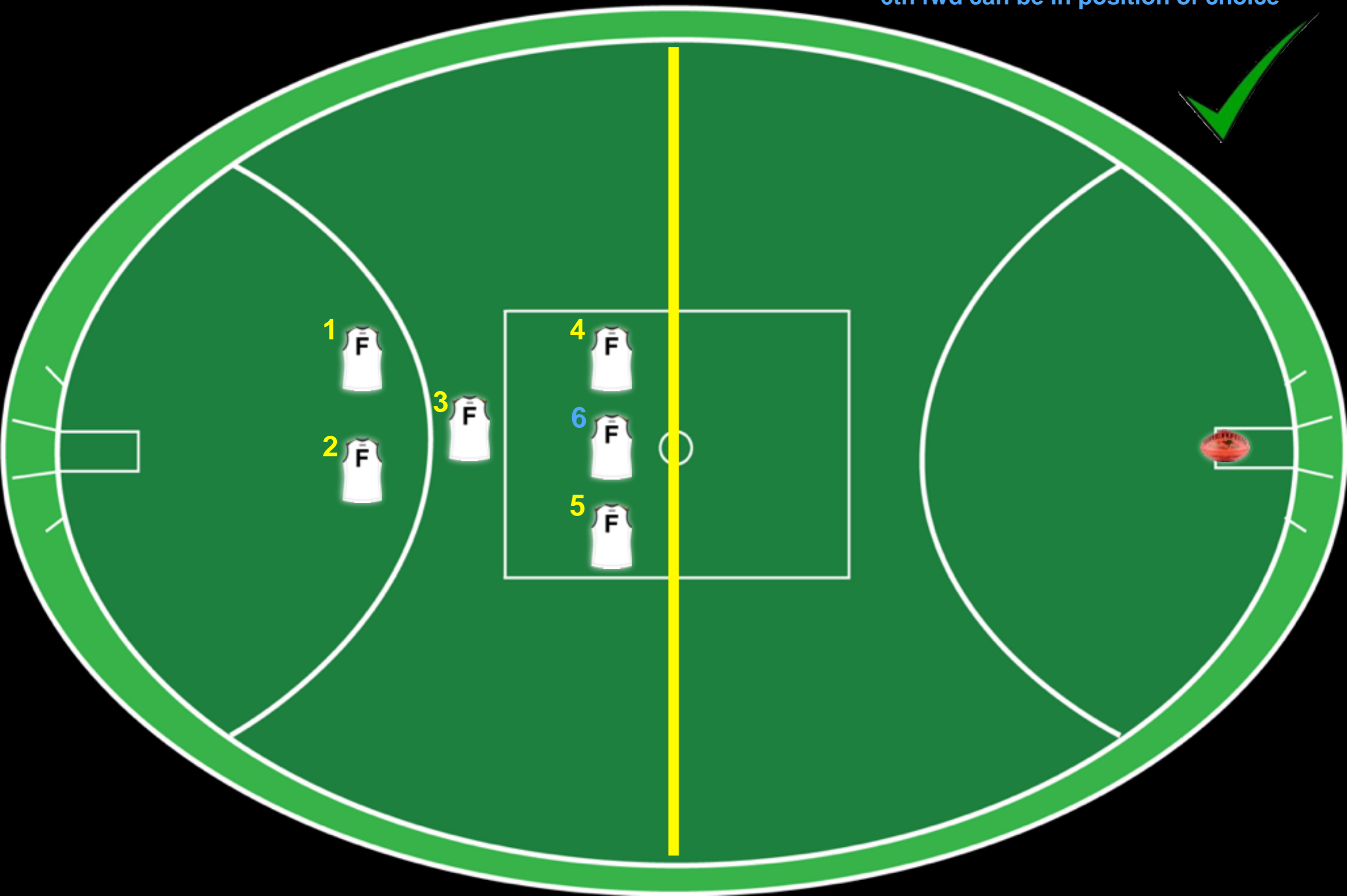
KICK INS (ATTACKING TEAM)

- 5 forwards in attacking half (minimum)
- 2 forwards inside 50 (minimum)
- 6th fwd can be in position of choice



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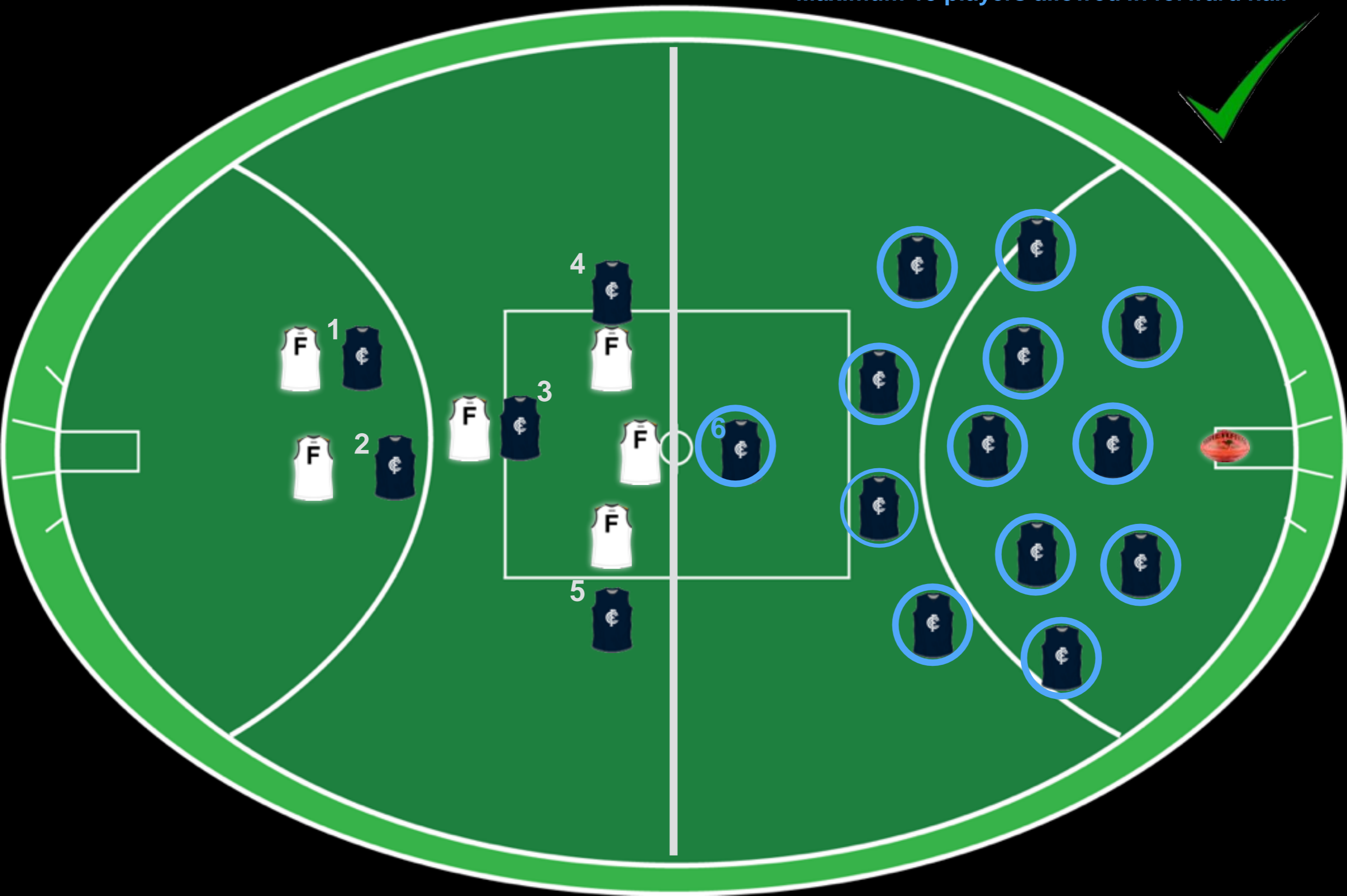
KICK INS (DEFENSIVE TEAM)

- 5 backs in defensive in half
- 2 backs in defensive 50 (minimum)
- Maximum 13 players allowed in forward half



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- 5 backs in defensive in half
- 2 backs in defensive 50 (minimum)
- Maximum 13 players allowed in forward half





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KICK-INS (SLOW PLAY)

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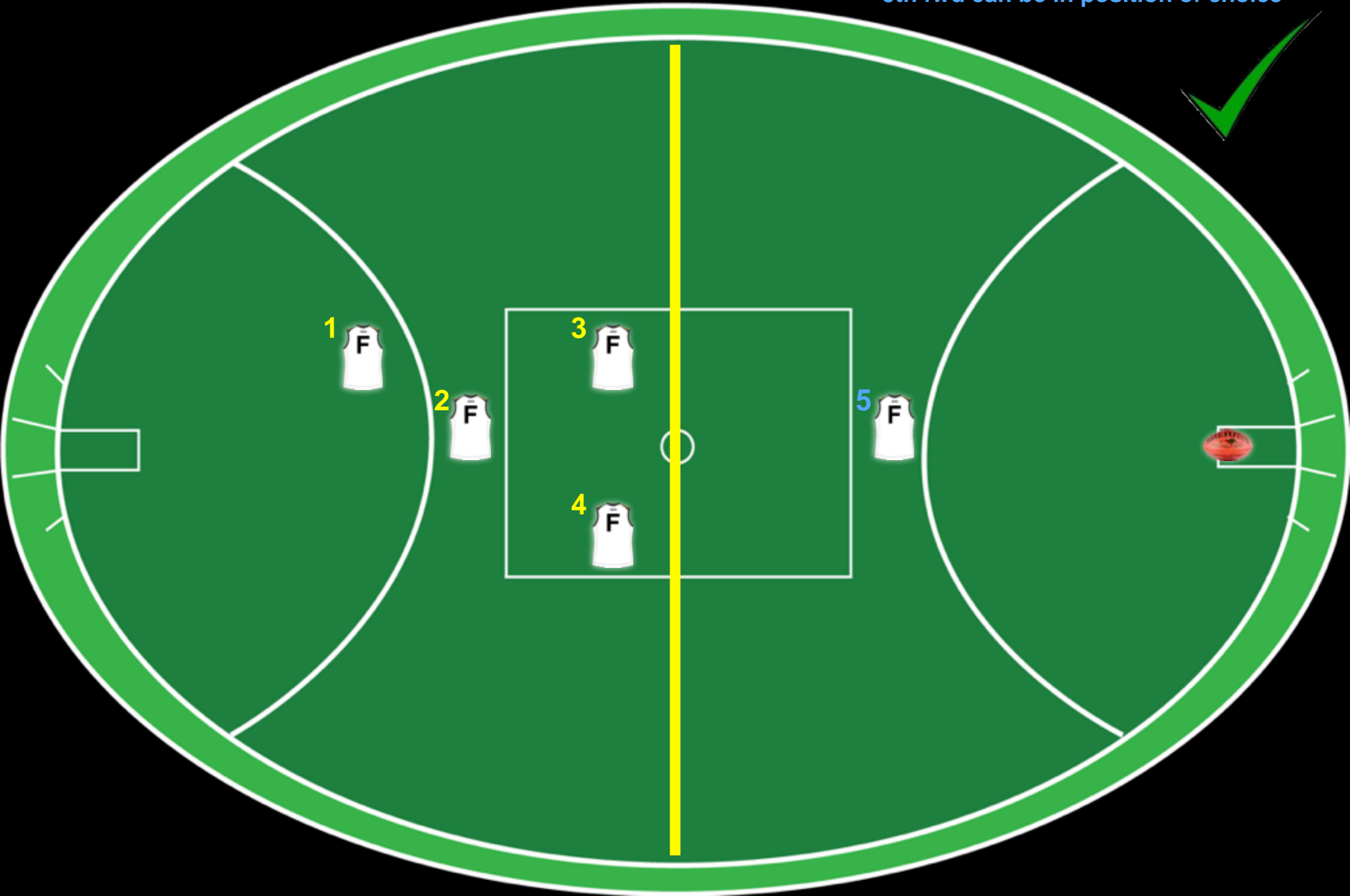
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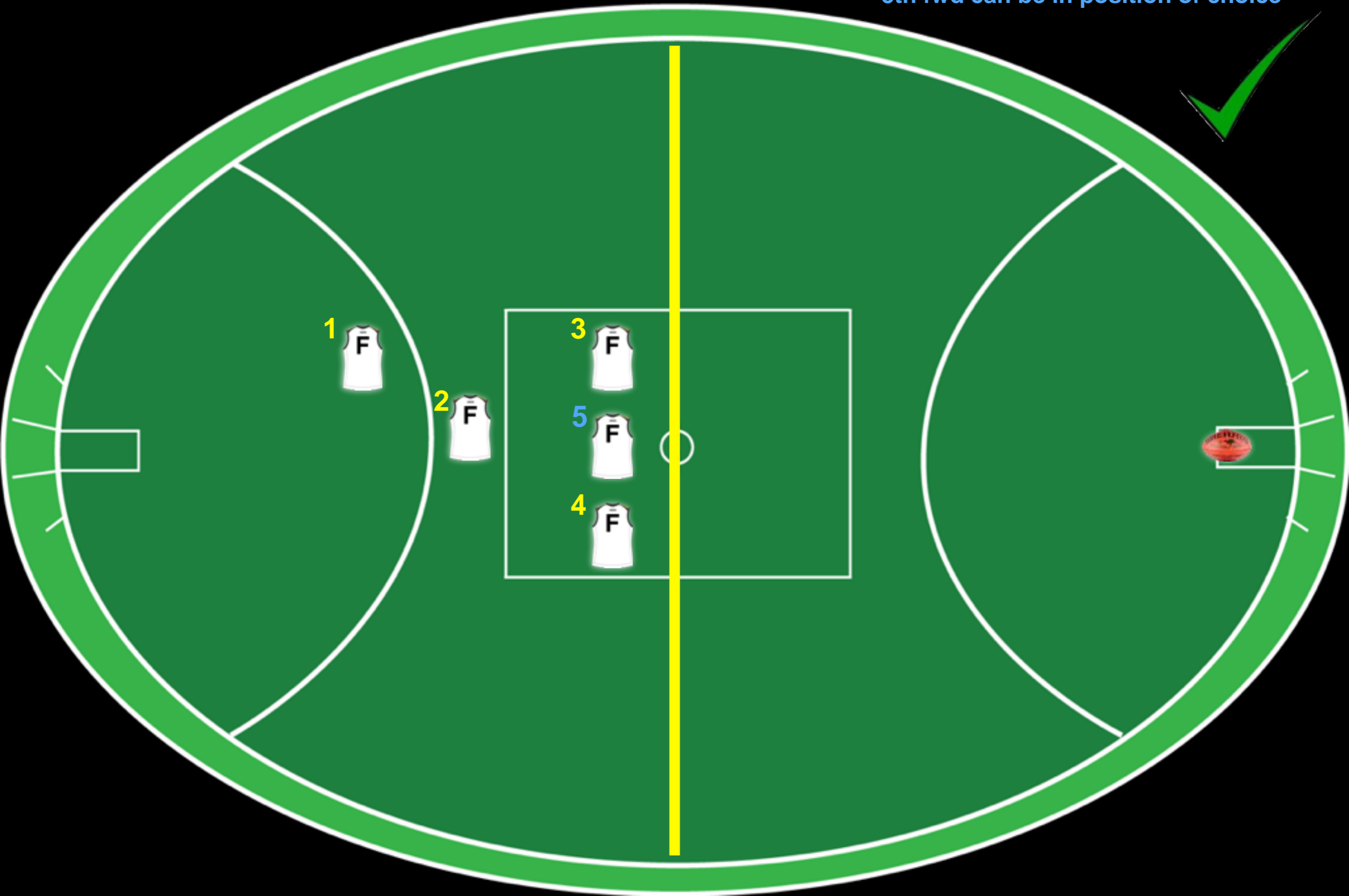
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- 1 forwards inside 50 (minimum)
- 5th fwd can be in position of choice



KICK INS (ATTACKING TEAM)

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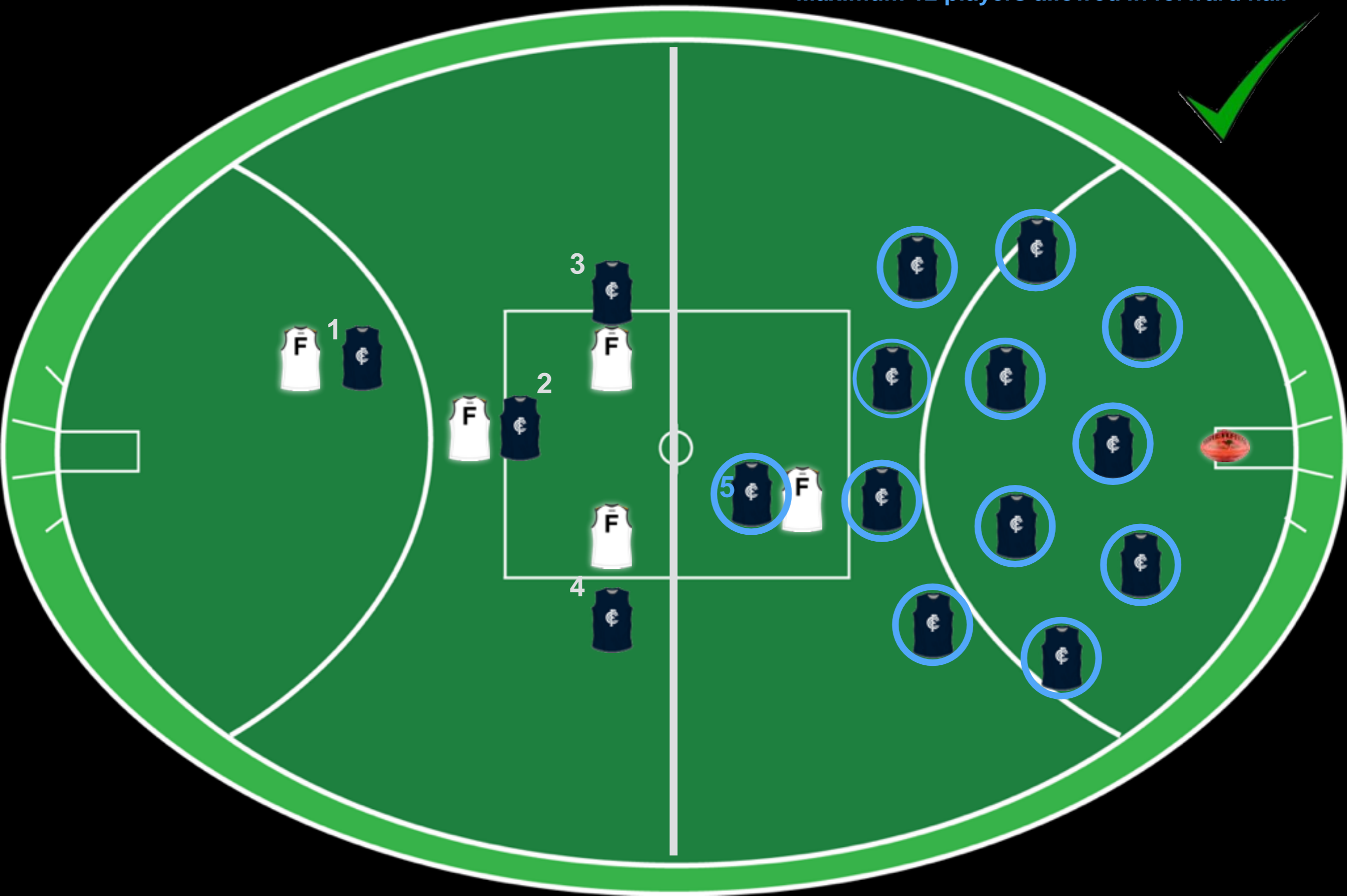
- 4 forwards in attacking half (minimum)
- 1 forwards inside 50 (minimum)
- 5th fwd can be in position of choice



KICK INS (DEFENSIVE TEAM)

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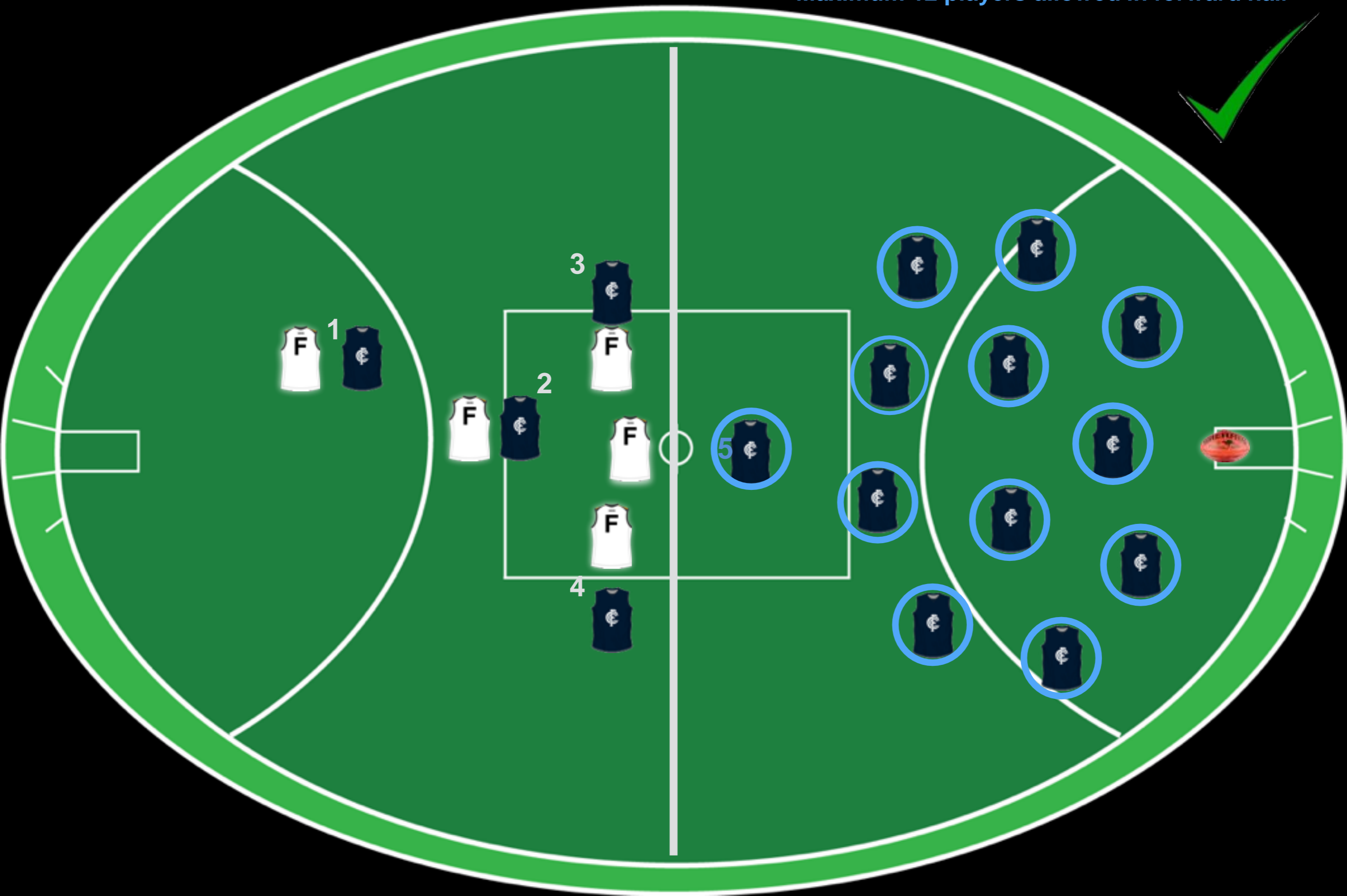
- 4 backs in defensive in half
- 1 backs in defensive 50 (minimum)
- Maximum 12 players allowed in forward half



KICK INS (DEFENSIVE TEAM)

***16 (or less) per side

- 4 backs in defensive in half
- 1 backs in defensive 50 (minimum)
- Maximum 12 players allowed in forward half





ANTI-DENSITY RULE

UMPIRE PROCESS & PENALTY



- The support umpires (off ball) to check compliance / positioning at centre bounce and around the ground stoppages. Umpires are encouraged to communicate with the players on correct positioning.

- If players are not in/or ***not showing intent*** to get into position, then **one** warning for each team can be issued per ***quarter***. The warning should be communicated by the umpire to the players and the bench at the next stop in play.

- If a warning has been issued to a team and the density rule is not adhered to a second time in the ***quarter*** (by that team) a free kick will be awarded at the top of the 50metre arc, directly in line of goals.

******Nearest player on the nominated team to the free kick position is awarded the kick***

- A common sense approach is recommended. If a player is showing genuine intent to get back it will be taken into consideration. The match manager will communicate with the umpires at breaks on compliance of respective teams & communicate back to the team managers if there are concerns. Consideration also made for less skilled players lower youth age games