

Youth Girls 16-18 years

15-a-side or 18-a-side: community club and school competitions

Purpose

Learning how to train and consolidate the basic skills is the focus at this age level. Advanced technical and tactical skills start to be introduced, including decision-making in games and training, positional skills (competency in a position), and basic performance-enhancing techniques, e.g. warm-up, cool-down, nutrition, hydration, recovery, goal-setting, pre and post-match routines.

It is important for players in this age group to feel an essential part of the team to develop self-efficacy, self-worth and an identity within their community, club and team. Commitment and loyalty to the club and team, social responsibility on and off the field in accordance with accepted community standards should be engendered and acknowledged.

Spirit of the game

Prior to the commencement of play:

- › all players, coaches and umpires should shake hands; and
- › the umpire and coaches should ensure players are aware of the rules and procedures to be followed in the conduct of the game.

The spirit and intention is to ensure that all games are played in a competitive and fair manner in an environment that:

- › permits a player whose sole objective is to contest and gain possession of the ball, to do so in a safe and fair manner;
- › rewards and acknowledges commitment and loyalty to the team, club and school;
- › allows all players to feel an essential part of the team while enabling each individual to develop self-efficacy, self-worth and an identity within their community, team, club and school; and
- › engenders and reinforces community values and social responsibility.

The player whose sole objective is to contest the ball must be permitted to do so. Ethically, it is the responsibility of coaches to provide the best possible teaching and learning conditions. Therefore, the use of negative defensive tactics, where the opposing player's sole objective is to prevent a player from gaining possession, is strongly discouraged at this age level. Tactics such as tagging and flooding are elements of the modern game, however, they are detrimental to the philosophy of providing an environment that maximises the desired fairness, fun, speed, skill and competitive elements of the game at this level.

Umpires should at all times:

- › endeavour to apply the laws of the game, while awarding free kicks to players in preference to calling for ball-ups; and
- › understand the spirit and intention of the laws is to ensure a match is played in a fair manner and to protect players from injury. For this reason restrictions are placed on tackling in this age group.

At the end of the game, all players and coaches should shake hands.

Laws of Australian Football

The Laws of Australian Football apply to all AFL Youth Girls' competitions in the 16-18 age group with the following modifications:

The ball

A size 4 leather or synthetic football made specifically for this age group should be used.

Tackling

Tackling is permitted per the Laws of Australian Football, however, no player shall be deliberately slung, dumped or thrown to the ground in a tackle.

Kicking off the ground

Not permitted unless accidental.

Order-off rule

To be applied at the umpire's discretion, or by the competition's controlling body where applicable. Bad language, poor sportsmanship and disputing umpiring decisions should be actively discouraged.

