



2020 JUNIOR UMPIRING HANDBOOK

Table of Contents

SECTION A: WELCOME & INTRODUCTION	3
SECTION B: COMMUNICATIONS, CONTACTS & TRAINING INFORMATION.....	3
SECTION C: SEASON CALENDAR	4
SECTION D: UNAVAILABILITY / CONFIRMATION OF APPOINTMENTS:	4
SCHEDULE.....	4
PROCESS	4
ACCEPTING APPOINTMENTS.....	5
SECTION E: STANDARDS OF BEHAVIOUR / CODE OF CONDUCT.....	5
BEHAVIOUR	5
DRESS.....	5
USE OF APPROPRIATE INTERPERSONAL SKILLS	6
GENERAL CONDUCT	6
SOCIAL MEDIA POLICY.....	6
ATTITUDE TO UMPIRING.....	6
SECTION F: ACCREDITATION & REGISTRATION PROCESS:	7
SECTION G: UNIFORM AND MATCH DAY ROUTINE:	7
THE ROLE OF THE UMPIRE ON MATCH DAY	8
SECTION H: UMPIRE POSITIONING	11
POSITIONING.....	11
CENTRE BALL UP	11
FIELD BALL UP	12
BOUNDARY THROW-IN	12
GENERAL PLAY.....	12
SETTING PLAY – ONE UMPIRE.....	12
KICK-IN AFTER A BEHIND.....	13
SIGNALS.....	13
SECTION I: REPORTING PROCESS:	15
ACTUAL INCIDENT.....	15
PAPERWORK	15
FILLING OUT NOTICE OF REPORT.....	16
SECTION J: GIRLS FOOTBALL SPECIAL REQUIREMENTS.....	19
PLAYING NUMBERS	19
YELLOW CARDS	20
WATER CARRIERS AND TRAINERS	20

Section A: Welcome & Introduction

The supply of quality umpires by the YRUA is critical to the success of the competition. This booklet contains helpful information for all junior umpires and should be carried with your match gear each week. It is not intended to cover all aspects of field umpiring, but rather to provide new umpires with a basic knowledge of field umpiring allowing them to build a solid foundation to their umpiring.

We encourage all umpires to attend the weekly training and coaching sessions which will give you the best opportunity to umpire to your full potential.

All the umpires in the AFLOE competition are members of the Yarra Ranges Umpires Association (YRUA). The association has a committee that represents the umpiring body and its dealings with the Commission. They also co-ordinate uniform supply, trainers for finals, etc. and various social functions throughout the year. A small annual fee is calculated to cover these costs which is deducted from one of the umpire payments.

The YRUA now have a Junior Umpiring section on their website; go to www.yarrarangesumpires.com.au plus check out all the other resources & information available on registrations, news, contacts and training.

Section B: Contacts, Communications & Training

Contact: Scott Van Noordennen, AFLOE Umpiring Operations
Manager Mbl: 0447 721 253 umpires@afloutereast.com

- **Training** will be held from 5.30pm each Monday night (public holidays excluded) at Morrison Reserve Athletics Track, Burdap Drive, Mt. Evelyn. Melways Ref. 118 C9. *If venue's or dates change they will be communicated via the website and Team APP notifications so keep an eye on these communication platforms!*
- Junior umpires are always welcome to attend senior umpire training on Wednesday nights Wednesday nights are not compulsory for junior umpires but anyone who wants to attend will be warmly welcomed.
- **Communication of information / news / events** is important, and we have a number of tools that umpires should become familiar with:
 - **Website:** www.yarrarangesumpires.com.au
 - **TeamApp** - refer to the Rego's and Comms page on the www.yarrarangesumpires.com.au website for downloading & using the AFLOE Umpire Team APP.

- **Facebook** – search for Yarra Ranges Umpires and send a friend request.
- **Email** – please ensure that your current email address is always supplied. If you do not have an email address, please supply a parent or guardian's email address so that you don't miss out on any important information.

Section C: Season Calendar

The 2020 season comprises 14 rounds of home and away matches plus 4 weeks of finals. **Refer to the 'training' section of the website for details of dates/times plus Team APP.**

Section D: Unavailability / Confirmation of appointments:

Your match appointments will be handed out every Wednesday evening after every training session and meeting. Appointments will then be posted on Schedula and Team APP.

Schedula

All appointments to games are made through the Schedula online system. After registration you will receive login details for this program and will be able to specify your availability for games generally and specifically (e.g. you may be going to a family event one Sunday and are unavailable to umpire).

Process

Appointments are allocated in the following manner:

- Developmental appointments – where the coaching team believes certain appointments will benefit the umpire developmentally.
- Mentoring appointments – umpires are allocated to specific grounds to provide mentoring.
- General appointments – where games are yet to have an umpire allocated, and umpires are yet to be appointed, a general appointment process will be adopted.

In all situations it is assumed that umpires will be available for appointment unless they mark themselves "UNAVAILABLE".

It is the responsibility of each individual umpire to ensure their availability on the Schedula system is current.

Accepting appointments

Again, this occurs on the Scheduling system by "ACCEPTING" appointment. Take note of the time, the venue and the teams of the game to which you have been appointed – it can sometimes get confusing when there are multiple games occurring over a number of grounds.

If, an umpire is unable to attend an appointed game, they are to contact the Appointments Coordinator IMMEDIATELY. If you wake up sick or are injured on a please ring the Junior Umpire Head Coach ASAP in case we can get someone to cover the game.

Please note: Inability to accept/officiate an appointed game due to failure to update personal availability on the Scheduling system is viewed poorly by the Umpiring Department and can result in being given low preference in the appointment of the following week's games.

Section E: Standards of Behaviour / Code of Conduct

Signing up to become a field umpire with the YRUA does not merely mean that you arrive at your appointed match and officiate; you also always have a responsibility to perform your duties in a professional manner. As a YRUA umpire you are being paid well and are expected to abide by the following guidelines:

Behaviour

Should be courteous and respectful, and that includes the language used.

Dress

Should be clean, neat and tidy and appropriate.

These are specific occasions when consideration of dress standards is important:

- On-field on match day.
- Off-field on match day.
- When attending a tribunal hearing.
- Several junior umpires also play with junior clubs or have strong ties with some of the clubs. Please refrain from wearing club attire prior to an umpiring appointment and keep the club wear for when you are travelling to your match as a player.

Use of appropriate interpersonal skills

- When meeting with coaches, officials or other umpires for the first time, introduce yourself and shake hands. Stand straight up and look the person in the eye, and use words like "My name is ..., I'm the umpire for today's match". Use a strong, firm grip when shaking hands. Smile.
- When visiting the team change rooms before the match, if you haven't met the coach, seek him out, and introduce yourself. Be relaxed and smile, saying "all the best for today" is an effective way of creating an opportunity to get about your business. Maintain eye-contact with people when talking to them.
- Use words like "please" when making requests eg. "Could you arrange for the footballs to be brought to our rooms, please?" Use words like "thank-you" when people assist you, eg. "Thank-you for the drinks." Be polite, show respect.

General Conduct

- All YRUA umpires are always expected to conduct themselves in a professional manner. This includes at umpiring functions, training and on match day before, during and after the match. Remember, you are not just representing yourself but the entire umpiring group and the League as well.
- All umpires who also play football in the competition are expected to be respectful of the officiating umpires. Any umpire that receives a yellow or red card whilst playing or who is suspended by the Tribunal will automatically be suspended from umpiring at any level for a period of time proportional to the severity of the offence.

Umpires shall not make derogatory comments about any other umpire, player, coach or official through any medium whether verbally, online, in print etc. These kinds of comments are unacceptable from any umpire and will be treated with the utmost seriousness.

Social Media Policy

- Umpires must always comply with the AFLOE Social Media Policy.
- The digital world can record any comments / photographs permanently no matter how temporary the intention may have been. The policy will provide guidance on what constitutes professional behaviour when using all forms of social media. Refer to the 'resources' section on the www.yarrarangesumpires.com.au website for a copy of the policy.

Attitude to Umpiring

- Attitude is often the reason why some people are successful, and some are unsuccessful.
- Most successful sportspeople say that a positive, enthusiastic and responsible attitude was a key factor in achieving success. Certainly, most successful umpires say that.

Here are some guidelines to facilitate success

At Training & Coaching Sessions

- Regular Attendance.
- Provide advice of non-attendance.
- Display an enthusiastic attitude to coaching sessions.
- Pay close attention to the person conducting the session.
- Participating in sessions and activities willingly.

General

- Accepting any feedback/criticism in good spirit, recognising that there is an opportunity to identify areas to improve and methods to rectify them.
- Accepting all appointments in a positive manner.
- Encouraging and supporting colleagues on match days.
- Never criticise colleagues, coaches or observers.
- Always do your best – remembering the match that you are officiating in is the most important match that day for all involved.
- Always try to promote umpiring to friends, family and acquaintances who you consider may have potential to umpire.

Section F: Accreditation & Registration

To ensure a consistent level of quality training amongst the umpiring community, the AFL has developed the NUAS (National Umpire Accreditation Scheme). Umpires at all levels are expected to participate in the scheme which recognises training at the local competition level culminating with an umpire being awarded a Level 1 or Level 2 certificate.

The certificates are valid for a number of years and the majority of our current umpires already have this certification. More information on the details of the certification and the registration process will be provided by your coaches during the year.

Section G: Uniform and Match Day Routine:

All umpires are expected to arrive at their match in a neat manner and suitable footwear (no thongs).

Your umpiring uniform should also be clean and well-presented with clean white boots or runners, a tucked-in shirt and possibly tape to hold up your socks.

The following items should be part of your checklist for your bag on match day:

- Umpire Shirt
- Wristbands
- Towel
- Whistle + 1 Spare
- Umpire Shorts
- Clean Boots and Runners
- Red and Yellow Cards
(plus blue card for Juniors)
- AFL Laws of Game book
- Umpire Socks
- Garters/Tape
- Drink Bottle
- Pens

AFL Grand Final field umpire Shane McInerney recommends the following items go into the kit bag of any well-prepared umpire:

- ✓ The law book
- ✓ Administration/booklet
- ✓ Correct umpiring uniform, including clean shoes or runners and official socks
- ✓ Sweat-bands
- ✓ Two whistles
- ✓ A pencil (ink pens sometimes don't work)
- ✓ A drink bottle
- ✓ A piece of card to write on (with your pencil) – paper gets damp
- ✓ Electrical tape to keep your socks up
- ✓ Reporting book/note-pad – for writing out your reports
- ✓ Relevant paperwork for your competition
- ✓ Towel

The Role of the Umpire on Match Day

- Interpret and apply the laws according to the spirit of the laws/game;
- Attend administrative requirements necessary for the staging of the game;
- Ensure a safe environment for all players and officials

The range of duties and responsibilities required of an umpire varies from discipline to discipline. The umpire is expected to do a range of tasks on match day – before, during and after match. Contacting and liaising with clubs and their officials and the handling of paperwork related to their match. It is essential that umpires familiarise themselves with these requirements before the season.

Pre Match

1. Arrive at the ground at least 30-45 minutes before the commencement of your match.
2. If possible, it is always a good idea to check the ground condition before the game starts to determine if runners or boots are required. Half-time or three-quarter-time of the game before is the best time to check the ground.
3. At least 20 minutes before the start of the match, visit both clubs and request the two footballs from the home club. The away team captain will select which ball to use for the match.

4. Introduce yourself to each coach and/or team manager and ask to meet the captain. Make sure you remember the captain's name and number so that you can call them into the coin toss by name.
5. Ensure that no players are wearing boots with sharp edges that could be dangerous or that have any metal on them. Under no circumstances are players allowed to take the field whilst wearing dangerous boots.
6. Players must also completely remove all jewellery that they are wearing. No player may play with jewellery. Placing tape over the top of their piercing is not acceptable.

Match time

1. Approximately 5 minutes prior to the start time, make a final check that you have whistle, wristbands, red / yellow cards and the football.
2. When you are about 20 metres inside the field, hold the ball up above your head until the timekeepers acknowledge you with a blast of the siren. If no siren is given, you can take the ball down after 10 metres or so and continue walking to the centre circle.
3. Where boundary and goal umpires have not been supplied by the YRUA, ensure that both team managers have supplied the required umpires as the game cannot start until the boundary and goal umpires are in position.
4. About 2 minutes before the start of the match, call both captains in to the centre square and ask someone close by (an umpire escort or goal umpire perhaps) for a coin to decide which end each team will kick towards. The away captain calls heads or tails and the winner of the toss chooses which end they will kick towards first.
5. After the coin toss, both teams should move into position. Make sure they don't prolong the warm-up drills. Once they are ready to commence, hold the ball above your head and when the siren is blown, blow your whistle and throw the ball up to commence the game.

After Match

1. At the conclusion of the match, you need to compile all the required paperwork for your match. This will consist of team sheets from both teams, timekeepers cards and goal umpires cards. For U11 / U12 / U14 / U16 age groups, Best & Fairest votes must also be included on the Match Report. *Note: Refer to your YRUA Umpiring Coaches and the website for any updated information on how to submit paperwork.*
2. If a report was made by yourself or any of the YRUA umpires, the tribunal report form must be completed with all relevant details. If possible, have another YRUA umpire check the details on the report form and then sign the page. When multiple reports are made, a separate report form must be completed for each report.
3. When the club delegates arrive with the paperwork, you should inform them that a report has been made and ask for a delegate of each club to be in attendance before the report is read out. The report must be read out by the umpire making the report and if the umpire chooses to give the option of a set penalty, the reported player has 15 minutes to either accept the offer or challenge the report at the tribunal. The reported player's delegate should then return with the opposite team's delegate to inform you of the decision. Finalise the paperwork and then have both delegates sign the report form.
4. Leave all paperwork together for the match and place neatly inside the large envelope left by the home club.
5. Where possible place any rubbish in the bin and aim to leave the umpires room as tidy as possible – especially if yours was the last game for the day.

Section H: Umpire Positioning

It is the goal of the field umpire to be side on to play at all times.

This is so that the umpire in control has the best view of the play whether it be a marking contest or an active session of play where the ball is moving along the field.

Unless the play is in the middle of the ground, the umpire shall always have their back to the centre circle/axis.

When the play is in the corridor the umpires back should be towards the boundary line.

The recommended distance from play for the umpire is 10-15 metres for our younger age groups under 13s and below and 15-20 metres for our older age groups under 14s and above. If the controlling umpire is too close to the play. His/her visibility can be restricted and there is an opportunity to miss free kicks as well as being caught up in the play.

Finally, the controlling umpire is too far away from the play (25+ metres) the umpire will in a pack situation will not be able to see clearly and as a result his view will be restricted by players and officials.

COME TO TRAINING TO LEARN THE SPECIFICS

Positioning

Maintaining the best possible position in relation to play from which to adjudicate is the most important skill in the Umpires' preparation.

Accurate and consistent decision making can only occur if the Umpire gets a "good look at the incident".

Centre ball up

The approach is along the minor axis (an imaginary line across the centre of the ground). After the ball up, back away quickly, aiming to obtain a position 10m–15m from the contest for our younger age groups under 13s and below and 15-20 metres for our older age groups under 14s and above.

Field ball up

Ball up with your back to the major axis (an imaginary line extending from the centre of the goal at both ends and passing through the centre). Or the centre of the ground. After the ball up, back away quickly, aiming to obtain a position 10m–15m from the contest for our younger age groups under 13s and below and 15-20 metres for our older age groups under 14s and above.

Boundary throw-in

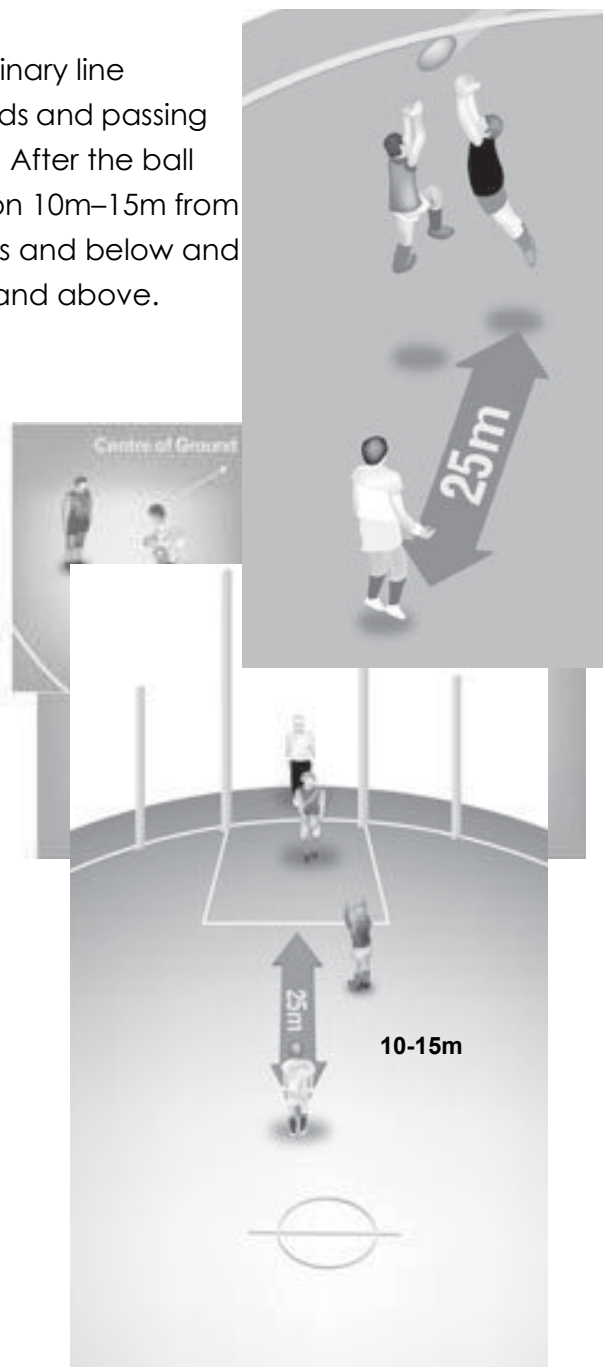
Initial position should be 10m-15m side-on to and slightly in front of the contest on the long side of the ground (play between Umpire and nearest goal). Umpire should ask the teams to nominate a ruckmen and tell the boundary umpire to throw the ball in. Then at the throw-in, the Umpire should be on the move and be side on to the ruckmen as they contact the ball, then moving quickly inside play (play will be between the Umpire and the nearest boundary line).

General play

The Umpire should always be inside play, about 10m-15m from the contest for our younger age groups under 13s and below and 15-20 metres for our older age groups under 14s and above, always aiming to be side on to the contest. This allows the Umpire a clear view of the contesting players and correct positioning for the next act of play.

Setting play – one umpire

After placing the player on the mark and ensuring the kicker is on the correct line of kick, the Umpire should back off at 45 degrees from the mark, to a position half way between the mark and the anticipated destination of the kick. After the kick the Umpire should run to a position side on to the contest about 10m-15m inside the play for our younger age groups under 13s and below and 15-20 metres for our older age groups under 14s and above.



Kick-in after a behind

After giving "all clear" the Umpire should position himself on the major axis, 15m from the kick off line. Before the kick being taken, the Umpire must immediately clear all players (other than the player kicking the football into play) from the area within 5m of the goal square.

After the kick, the Umpire should run to a position side on to the contest some 10m-15m inside the play for our younger age groups under 13s and below and 15-20 metres for our older age groups under 14s and above.

NB: A defender can only kick the ball in once the goal umpire has finished waving the flags, signalling a behind.

Signals



Start game



Holding the ball



High tackle



Trip



Push in the back



Run too far



All clear goal



All clear behind



End of game



Illegal shepherd/block



Holding the man



Kicking in danger



Advantage



Abuse



Field bounce/throw up



Deliberate out of bounds



Blood rule

Section I: Reporting Process:

On the rare occasion that an official YRUA umpire must report a player / official, there is a strict process that must be followed.

Actual Incident

1. When the umpire observes an incident that they deem to be reportable, the player should be advised at the time if there is a suitable break of play. e.g. Ball up, free kick, score.
2. The player will also need to be shown a red or yellow card and asked to leave the ground.
3. If there is not a suitable break in play, the player should be advised during the next quarter time break.
4. The process would be to let the coaches have their usual quarter time address but as the teams break up to take position, approach the reported player and advise him of the report and show the red / yellow card.
5. If the incident happened in the last quarter and there was no opportunity to advise the player, you would advise the team manager of the report when they come to the umpires room after the game.
6. If a player from the opposing team was involved in the report (was struck, kicked, etc.) you must also advise that player that you have reported the other player.
7. When telling the player of a report, make sure you are specific. Don't say "You have been reported" – say "I am reporting you for striking (or whatever the offence is)".

Paperwork

1. After the team managers have dropped off team sheets, make sure nobody else is in the room (friends / other non-officiating umpires, etc.) until the report process is finished.
2. Remember that each report form can only cover one offence.
3. If a player was reported for striking and abusive language, 2 sets of forms would have to be completed.
4. Report forms are kept in the umpire's room and consist of a pad where each form has carbon copies.

5. If a player has the option of taking a set penalty but you feel a set penalty doesn't match the severity of the offence, you can tick the box to ensure the case goes to tribunal. Example 1. A frustrated player drops a mark and strikes a nearby player without causing much distress. A set penalty of 1 week is probably appropriate. Example 2. A player kicks the ball down the ground and his opponent lunges at him after the kick punching him in the head and knocking him to the ground unconscious. In this case a 2 week set penalty is probably not appropriate and would be worthwhile taking to tribunal.
6. Make sure you sign and print your name.
7. Where possible (e.g. 14's / 16's / finals) have your partner check the form after you have filled it out to make sure everything is correct. Clubs will look for any small detail that could get the case thrown out.
8. Once you are happy that the form is complete, call the team managers in and show them all the sections of the form that have been completed.
9. The team manager for the offended player (if there is one) signs the next section and they also have an option to take the case to tribunal by ticking the box.
10. The team manager for the reported player will then take the forms away and decide if they want to accept the set penalty or go to tribunal. They will tick the appropriate box and sign the sheet in the last section.
11. Once everyone has signed the sheets, the white copy goes with match paperwork, the yellow copy is kept by the umpire, the pink copy goes to the offended player (if there is one) and the blue copy goes to the reported player.
12. The umpire will also need to inform the League of the report by 8pm on the Sunday night of the game. Have your yellow copy handy when calling to provide the report details.

Region General Manager, Aaron Bailey

W: 9735 5448

M: 0408 997 005

E: aaron.bailey@afl.com.au

Section J: Girls Football Special Requirements

To be used as a guide only – refer to the website for any updated information or your YRUA Junior Coaching Team.

- Under 10 Sherrin – Size 2 (Synthetic)
- Under 12 Sherrin – Size 3 (Synthetic)
- Under 14 Sherrin – Size 3 (Synthetic)
- Under 16 Sherrin – Size 4 (Leather)
- Under 18 Sherrin – Size 4 (Leather)
- All footballs used must have the EFL approved sponsors logo.
- In age groups (under 10 - 14) two synthetic footballs in good condition must be supplied.
- In the age groups (under 16 -18) two approved leather footballs in good condition
- must be supplied. At least one of the two balls supplied must be a red leather football.

PLAYING NUMBERS

1. Teams require the following number of players to constitute a game.

Age Group	Starting player Numbers	Minimum Numbers	Maximum playing numbers
Under 12	12	9	16
Under 12	12	9	16
Under 14	16	12	18
Under 16	16	12	18
Under 18	16	12	18

2. A team must start the game with the minimum number of players, as per guideline 4.1
3. Failure to do so will see the team forfeit the game. Teams that fall below the number during a game will forfeit the game.
4. If teams agree, teams may play up to the maximum number on the field for their age group. If no agreement can be reached no more than starting player numbers can be on the field at any one time.
5. No team can start a game with more players than the opposition on the field.
6. Team numbers on field must be equal. No team can play with a numerical advantage on field.
7. A maximum of 8 players can be on the bench in competitive age groups. See guideline.
8. Players can play for opposition clubs to ensure games are played or to provide a maximum number of players a game.

9. Any player playing for an opposition club must be entered on the team sheet. Players are to be entered on the team sheet as
"23 Sarah Smith (Loan player Club A)"

YELLOW CARDS

1. Any player who receives a yellow card will be ordered off for a duration of play. The offending player can be replaced. The duration of play shall start from the time play recommences following the yellow card being issued. Under 10/12 players will be sent off for 10 minutes. Under 14 and up will be sent off for the duration of 15 minutes
2. If a player is sent off for a second time in the same match, the offending player will be ordered off the ground for the remainder of the match. The field umpire shall signal to the Interchange Steward the players second order off by holding up a red card.
3. A coach or any official in the Match may be issued a yellow or red card by an umpire. In such circumstance, the coach/official may not be involved in the game in any official capacity for the duration of penalty applicable to the yellow or red card.
4. Any player receiving a more than one yellow card during the season will receive an automatic 1-week suspension. Any further yellow cards will be an additional week's suspension
5. No jewellery is to be worn under any circumstances. Taped jewellery is NOT allowed. The process for non- compliance:
6. Umpire stops play – issues Yellow Card to player
 - Offending player must remain off the field for 15 minutes
 - Player CAN be replaced
 - Free kick is awarded to the opposition team
 - A second yellow card incurred by the player should incur a Red Card

WATER CARRIERS AND TRAINERS

1. Each team shall be permitted a maximum of three (3) persons to perform each duty of water carriers and trainers. A team may have no more than a combined total of six trainers and water carriers
2. Drink Carriers and trainers officiating in matches shall wear:
Top: club polo, or club jacket. Approved League drink carrier bib.
Bottom: club tracksuit pants or club shorts.
3. No more than four (4) officials can be on the bench during a game. Additional trainers can be positioned inside the teams' bench when treating a player. Once treatment is complete the trainer must move back to the designated boxes around the ground should official numbers exceed four.
4. Drink carriers must be a minimum of twelve (12) years of age. The maximum age of water carriers is eighteen (18) years of age.

Girls Football Guideline

(Refer to the website and your YRUA Coaching Team for more specific information)

Regulations	10 Girls	12 Girls	Under 14	Under 16	18 Girls
Ground size	Modified (approved)	Modified (approved)	Standard	Standard	Standard
# players on ground	12 [^]	12 [^]	16	16	16
Ball type	Syn only	Syn only	Syn only	Leather	Leather
Ball size	2	3	4	4	4
Quarter duration (mins)	10	12	15	20	20
Break length 1/4 - 1/2 - 3/4 time	5-5-5	5-10-5	5-10-5	5-10-5	5-10-5
Scoreboard	✘	✓	✓	✓	✓
Best & Fairest/Goals	✘	✓	✓	✓	✓
Coaching Position	Sideline	Sideline	Sideline	Sideline	Sideline
Interchange	8 Maximum	8 Maximum	8 Maximum	8 Maximum	8 Maximum
Laws					
Tackling	Modified	✓	✓	✓	✓
Bumping	✘	✓	✓	✓	✓
Stealing the ball	✘	✓	✓	✓	✓
Barging	✘	✓	✓	✓	✓
Smothering	✘	✓	✓	✓	✓
Fending off	✘	✓	✓	✓	✓
Shepherding	✘	✓	✓	✓	✓
Bouncing the ball	1 max	1 max	2 max	Unlimited	Unlimited
Kicking off the ground	✘	✘	✘	✓	✓
Ball ups	✘	✓	✓	✓	✓
Throw-ins	✘	✘	✓	✓	✓
Distance over which marks are paid	0m (reasonable attempt)	0m (shows control)	10m	15m	15m
Distance penalty	10m	10m	25m	25m	25m
Zones	✘	✘	✘	✘	✘
Deliberate out of bounds	✘	✘	✘	✘	✘
Deliberately rushed behind	✘	✘	✘	✘	✘
Wait for flag after point	✓	✓	✓	✓	✓

* if both teams agree, teams may play up to 18 players each. If no agreement can be reached no more than 16 players can be on the field at any one time.

[^] if both teams agree, teams may play up to 16 players each. If no agreement can be reached no more than 12 players can be on the field at any one time.