



# League 11s Rules

## Preamble

Trials of League 11s were introduced because research showed there was a clear need to develop another level of football for players who do not have the time or ability to play serious, senior football as well as to arrest the decline in senior player registrations.

League 11s was specifically designed for players who have limited time to train; players who do not have the capacity to play at the intensity required at the semi-professional level; and new players to the game

League 11s is an unpaid competition; it has significant rule modifications regarding safety; and it is easy for players and match officials to understand.

Generally, teams will be from clubs already affiliated to a district, group or division, but there may be cases where teams can form a competition directly within a district, group or division.

Districts, groups and divisions that run League 11 competitions must establish rules in relation to player movement between grades as it relates to finals qualification

League 11's can be played by men or women of any age.

## Rules

The International Laws of the Games will apply except for the following amendments:

### Team Makeup

- a) On field team to consist of 11 players (5 forwards and 6 backs)
- b) There is a 5 man serum
- c) Unlimited interchange is allowed, however players who are replaced for any reason in a period or quarter cannot play again in that period or quarter
- d) The maximum game-day squad size is 15; however teams may register up to a maximum of 20 players

### Game Time

The maximum game duration is 60 minutes with no time off for injury

The game can be played over 4 x 15 minute quarters or 3 x 20 minute periods (note, this is at the discretion of local leagues)

The suggested maximum number of rounds that can be played is 10, with 2 rounds for finals

The competition can be played weekly, fortnightly or in blocks - for instance, the first 6 rounds, a break, and then the second 6 rounds

The season can be split with byes or Gala Days

### Game Rules

- a) The full provisions of the National Safe Play Code will apply
- b) There is 5 metres at the play-the-ball
- c) The non-scoring team will restart play with a tap restart from half way
- d) There is only one marker at the play-the-ball, but the marker cannot move until the first receiver has received the ball or the dummy half runs