



# RULEBOOK



RULEBOOK CODE OF CONDUCT RULEBOOK

ALL AGES  
ALL POOL MATCHES  
UPDATED 2025



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# THE GAME

The Kick It 4 Kids rule book will be applied to training and Game Day matches.

## **Game Duration:**

Pool A: 40-minutes

All other matches are 30-minutes

## **Team numbers:**

Teams will take the field with a maximum of seven players. There is no limit to the number of substitutions.

## **Constituting a game:**

Teams will take the field with a minimum of five original players to constitute a game.

## **Interchange:**

Teams are entitled to unlimited interchanges. Interchanging will take place 10m either side of the halfway line.

## **Try scoring**

Male and female tries are worth one point.



# FIELD OF PLAY

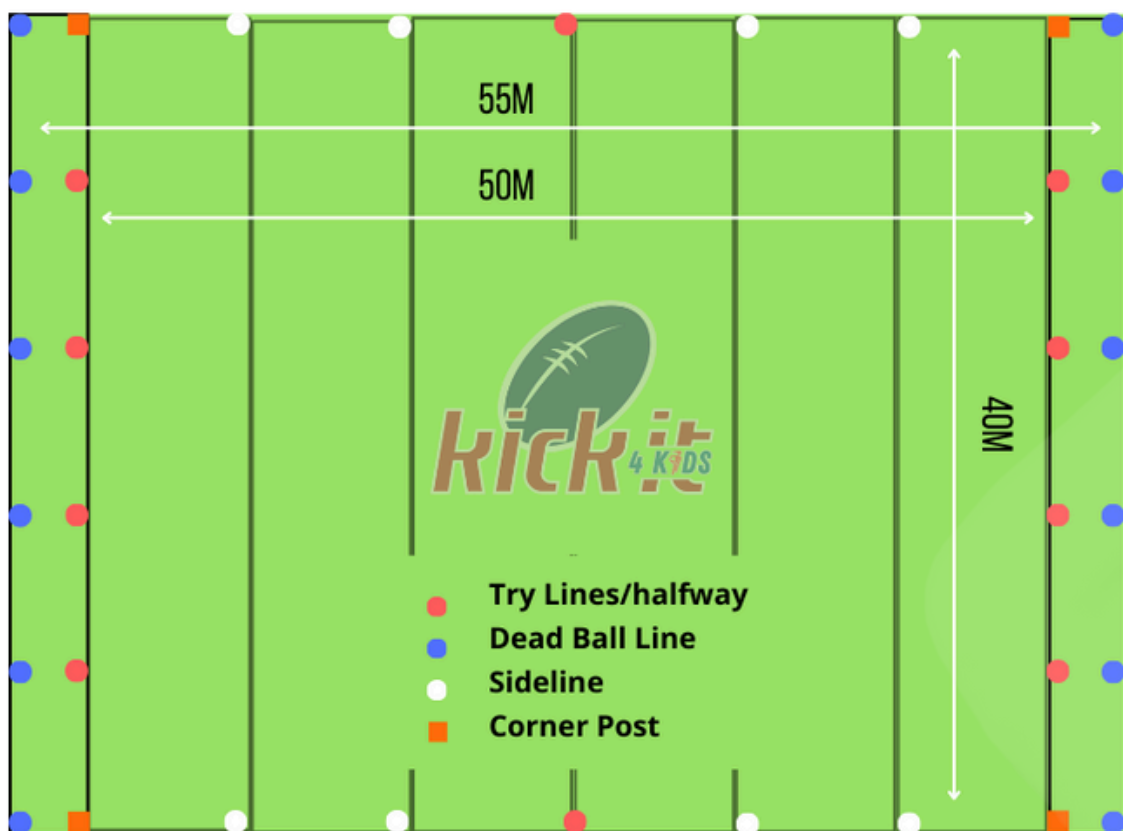
Kick It 4 Kids fields will vary in sized based on the location and age group.

A typical field will feature coloured markers and corner posts.

**White** - Sideline.

**Red** - Try lines and halfway.

**Blue** - Dead-ball line.





# GAME DAY

## POOL A | FINALS STRUCTURE

Pool A results will accumulate across multiple Game Day events each term. Finals matches will be based off team standings as followed;

1 v 2

3 v 4

5 v 6

7 v 8

The results table will include total points, points for, points against and the difference.

In the event of a tiebreaker, a count back of in order; total points, points differential, points for and points against will take place to decide placings.

In the event of a complete tie breaker, a separate match using extra time rules will played to decide placings.

## POOL B/C/D | ROUND ROBIN

All Pool B, C and D teams will play round robin matches at each Game Day event, with no finals.



# GAME DAY

## POOL A | EXTRA TIME

Extra time will be permitted in pool A finals matches and will take place when scores are tied at the end of regulation.

Extra-time rules are as follows:

- Teams take the field with a maximum of seven players.
- If a try is scored by a team on their first attacking possession (*including any repeat sets*) of extra time, the opposition team will have one attacking set to equalise.
- Golden Point will follow the first attacking possession if no try is scored.
- At the 3<sup>rd</sup> minute mark, teams will be required to drop one player each.
- This will continue at one-minute intervals until teams are left with four players.
- All tries are worth one point.
- Teams are entitled to unlimited substitutions.
- All other existing rules apply.



# OFFENCE

## KICK-OFF

Kick-off is a drop kick centred on the halfway. The kick can be any height and must travel 10m.

Kick-offs that do not travel 10m or are kicked out of the field of play on the full will result in a penalty to the receiving team on halfway.

Players who are less confident performing a drop kick will be allowed to produce a grubber kick along the ground.

**Pool C:** Players on the kicking team will be required to remain on the halfway line until a player on the receiving team touches the ball.

Kick-off rules apply to goal line drop outs.

## RE-GAINING POSSESSION

The kicking team is allowed to re-gain possession from the kick-off if a drop kick is performed.

The kicking team can re-gain possession if the ball bounces out of play (*over the sideline or dead-ball line*), an error is made by the receiving team in gathering the ball, or when possession of the ball is gathered in the field of play beyond 10m.

No contact is permitted when re-gaining possession from a kick-off.

**Safety:** if the ball is touched by any player before travelling 10m, it will still result in a penalty to the receiving team on halfway.

## PLAY THE BALL

Players are permitted to initiate the touch on a defensive player to start a ruck, without excessive contact.

Once a touch has been initiated, the player in possession must perform a play the ball on the mark of the touch.

A correct play the ball following a touch involves placing the ball on the ground and stepping over the ball, while facing the opponents goal-line.

**Note:** Playing the ball with your foot is not required.





## THE 'MARK'

The 'mark' is the spot where the ball carrier has been touched. The player in possession is to play the ball on the mark following a touch.

## 'OVER THE MARK'

'Over the mark' is when a player in possession has taken more than two steps in any direction following the touch.

If the player plays the ball off the mark, the ball carrier will return to the mark and re-roll the play the ball. The touch count continues.

Possession is never lost for playing the ball over the mark. The defence will get an opportunity to get onside and set before play re-starts.

## INCORRECT PLAY THE BALL

An attacking player that performs an incorrect play, will retain possession and will be required to perform a correct play the ball on the mark. The touch count will continue.

A play the ball error occurs when;

- the ball carrier does not place the ball between their legs to roll or step over.
- the play the ball is not facing forward or 'square' to the opposition's goal line.
- The ball carrier loses control, kicks or drops of the ball when attempting to play the ball.
- Playing the ball before a touch is initiated or made.

## DUMMY HALF

The dummy half cannot score.

The dummy half cannot get touched with the ball.

Should a dummy half be touched with the ball or ground the ball in the in-goal to score, this will result in a changeover.

The dummy half is encouraged not to deliberately stand over the ball in a bid to slow defenders moving off the line. If deliberate, the referee may prompt defenders to move early.

## TOUCHED INSIDE 10M

When touched inside the opponent's 10m, attacking players may take the spot of the play the ball backwards, up to 10m.

## KICKING IN GENERAL PLAY

Players are permitted to kick the ball at any height and on any touch in general play.

A kick off the knee or thigh, or drop kicks in general play are considered a knock-on and result in a change over.

## KICKING | INTO TOUCH

Kicking the ball into touch occurs when the ball bounces over the sideline following a kick.

This will result in a play the ball re-start to the opposition team at the point the ball went out of play, 5m in from the sideline.



## KICKING | OUT ON THE FULL

Kicking the ball over the side line and out of play on the full results in a changeover and a play the ball re-start to the opposition team at the spot of the kick.

## KICKING | DEAD IN-GOAL

Kicking the ball dead in-goal occurs when a player kicks a ball beyond the dead ball line (*either on the full or following a bounce*).

This results in a 10m tap restart to the opposition team.

## KICKING | SOCCERING

Players are permitted to kick or soccer more than once but must do so in a safe manor (*see contact/contested possession*).

## SCORING | GROUNDING

A player can score a try by placing the ball in their opponent's in-goal with downward pressure, while maintaining control.

A grounding can only occur with the hands, arms, chest or stomach.

The ball carrier can ground the ball short of the try line or slide into the in-goal to score provided they maintain control of the ball through the entire process.

The ball carrier cannot ground the ball while simultaneously touching the sideline or dead ball line.

This is deemed outside the field of play and will result a 10m tap restart to the opposition team.

## BENEFIT OF THE DOUBT

Benefit of the doubt favours the attacking team.

In situations where there is a touch/pass or simultaneous grounding with a touch made by a defender, advantage will be given to the attacking team.

Benefit of the doubt may be applied in general play to simultaneous touch/kick situations, when players touch a sideline, or in circumstances where the referee may have an obstructed view.

## PENALTY TRY

A penalty try occurs when there is an infringement by a defensive player, that is either dangerous to or deliberately prevents an attacking player from scoring.

To be considered a penalty try, the referee must have little doubt that if not for the actions of the offending player, a try would of been scored.

Players are strongly encouraged to uphold sportsmanship to help avoid any penalty try situations.

No extra points are awarded for a penalty try.



## FORWARD PASS

A pass that is propelled in a forward direction out of the hands of the ball carrier.

Passes that are thrown backwards and float forward with momentum are permitted.

A forward pass results in a changeover and play the ball re-start, if there is no advantage.

## PASSING | HITTING THE GROUND

Play will continue when the ball is passed or dropped into the ground and is backwards.

## PASSING | OFFSIDE DEFENDERS

Passing into offside defenders results in a penalty to the attacking team, provided its accidental.

Players are encouraged not to deliberately pass into passive offside defenders who are outside of the ruck.

The referee will call 'play on' if passing into an offside player is deemed deliberate.

## **KNOCK ONS**

A knock on is ruled when the ball is promoted in a forward direction towards the opponent's goal line, and touches the ground, another player or referee.

Knock-ons result in a change over and play the ball re-start at the spot of the infringement, if there is no advantage.

## **MAINTAINING CONTROL**

The ball carrier can be touched by a defender when in the process of juggling the ball, provided they gain possession.

## **INTENTIONAL GROUNDING**

Intention grounding in the field of play is the controlled and stationary grounding of any loose football to avoid contact with other players.

As a method of safety, the referee will call touch immediately.

## ADVANTAGE

Following an infringement, 'advantage' can be given to the opposition team to take possession of the ball and 'play on' without a play restart.

The team in possession will receive one free play to promote the ball forward. The touch count will start at zero.

**Safety:** Advantage can not be played if the ball is soccered off the ground following a knock-on or forward pass.

## ADVANTAGE | NOT TAKEN

Advantage is over if possession is lost, or an error is made by the team playing advantage.

The ball is taken back to the spot of the original infringement, with the team in possession to restart play with a play the ball.

The team attempting to take advantaged is required to collect the ball, if advantage is lost.



## ADVANTAGE | PLAY THROUGH

A player in possession of the ball can take advantage and “play through” a touch made by an offside defender.

Typically, a referee will call “play on” or “play through” following a touch by an offside defender.

Advantage is over if the attacking player takes the touch, stops moving or loses possession of the ball.

## OFFSIDE IN ATTACK

Players on the attacking team are deemed offside if they are in front of the play the ball on any given touch.

A penalty is awarded to the defending team should that offside player get involved in the play and gain an advantage.

To get onside and take part in the play, attacking player who is offside must then step behind the play the ball.

## OBSTRUCTION

Obstruction is when a player in possession of the ball runs behind one of their own teammates to promote the ball and disadvantages an approaching defender.

Obstruction results in a penalty against the team in possession. Referee discretion applies.

In loose ball situations, players are entitled to hold their position, but must not deliberately change their line or contact an opposition player to obstruct them from making a play on the ball.

## REFEREE OBSTRUCTION

When the ball contacts a referee, play is stopped, with the attacking team retaining possession at the point the ball touched a referee. The attacking team will not lose a touch on the ensuing play the ball.

Player/referee contact may occur when a referee inadvertently obstructs a player from making a touch or grabbing a loose ball.

At the referee's discretion, play will re-start at the point of an obstruction. The attacking team will retain possession and not lose a touch on the ensuing play the ball.

# PLAY RESTARTS

## **Tap ball restart occurs when:**

- A penalty is awarded.
- An infringement in-goal, resulting in a 10m tap.
- A ball is kicked dead in-goal, resulting in a 10m tap.
- 20/10 is kicked.

## **Roll ball occurs in the field of play following:**

- A knock on,
- A forward pass,
- Change of possession.
- A ball is kicked over the sideline.
- Referee obstruction

## **Quick tap restart:**

A quick tap will be allowed on 10m restarts only.

A player must run to the mark and not pass or kick to a teammate. Players must use their foot to tap the ball in the centre of field.

# DEFENCE

## MAKING A TOUCH

A legitimate touch can only be made with the hands or arms of a defender.

Defenders are encouraged to shout 'touch' when a touch has been made.

Under no circumstance can a defender attempt to or make a touch using their body or legs/foot. This is not considered a touch and can be dangerous to the ball carrier.

## THE MARK

The mark set by the referee is 8m.

All defenders must retreat to the mark set by the referee following each touch.

The defence can move off the mark once the dummy half touches the ball, or when prompted by the referee.

Note: Defenders only need one foot on the goal line, or on the mark set by the referee to be considered onside.



## TOUCH INFRINGEMENTS

### **‘Yes’, ‘No’ touch**

A ‘yes’, ‘no’ touch is when a defender calls “yes”, then “no” when attempting to make the touch.

Often, play is able to continue. Should the play breakdown as a result of a ‘yes’ ‘no’ touch call, the referee may play advantage or penalise the defending team.

### **Phantom Touch**

A phantom touch is when a defender claims to make a touch, only to clearly miss the player in possession. Referee discretion applies.

The referee may choose to ‘play on’ where possible, or penalise the defender.

## “NO TOUCH” & TOUCH PASS/KICK

Kick It chooses not to apply the ‘no touch’ and ‘touch pass’ rule as seen in traditional Touch Football.

Possession is retained by the attacking team in touch pass/kick or ‘no touch’ situations.

The touch will count and play will resume with a play the ball on the mark.

Note: The referee will encourage the attacking players to initiate the touch on a defender to avoid playing the ball early.

## TOUCH IN-GOAL

A player in possession is ruled to be touched in-goal when two feet are on or behind the try line at the point of the touch, or are touched while in the air after jumping from the in-goal.

Note: A player in possession of the ball is deemed inside the field of play when one foot is grounded in the field of play at the point of the touch.

## ‘SIX AGAIN’

‘Six Again’ is a new set of six touches given to the attacking team following a minor infringement. This form of advantage will often replace a penalty or game stoppage.

Types of infringements that could result in a ‘six again’ call could include offside, in the ruck or excessive contact.

*Example: Touch 3 infringement by offside defender.  
Referee’s call: ‘Offside. Six Again. Touch zero.’*

## 'SAME TOUCH'

Pool B and C modification to 'Six again'.

'Same Touch' is a form of advantage used by the referee for minor infringements that replace a penalty or game stoppage.

In the event of an offside or infringement, the referee will call 'same touch' with the ensuring touch not counted towards the set of six.

*Example: Touch 2 infringement by offside defender.  
Referee's call: 'Offside. Same touch. Touch two.'*

## CLEARING THE RUCK

Following making the touch, defenders must clear the play the ball and not run into the dummy half or support player.

Should the play the ball breakdown as a result of a defender being in the ruck, the referee will look to re-start play and provide a warning to the defender.

Repeat ruck infringements will result in a penalty against the defensive team.

## SLOWING DOWN THE RUCK

A slow ruck could be a result of defenders who make a touch on the ball, or ball carrier's lower arm could result in the play the ball to breaking down.

Types of limitations could include touching/holding of the ball, late or improper contact, and slapping/striking at the hand or lower arm (below elbow).

In most cases, the referee will warn against defenders slowing down the ruck. Repeat, and deliberate defenders will be penalised.

Defenders are encouraged not to make heavy body contact and simply run into the ball carrier when attempting to make the touch.

## TOUCHING A KICKER

A touch can not be made on an attacking player once the ball is released from their hands in attempting a kick.

## CHARGE DOWNS

A charge down is a deliberate downwards action with the arms to block a kick.

Defensive players entitled to block a kick with their hands or body provided they do not play contact with the kicker or another attacking player.

**Pool B/C:** No charge downs are permitted.

## DEFENDING A KICK

Defenders are entitled to make a play on the ball following the kick but must do so without making contact on the kicker or another defender.

### **Types of contact:**

- Multiple defenders 'closing the gap' on the kicker.
- Striking/blocking the ball and inadvertently tripping the kicker.
- Running the kicker off the ball and making contact following a kick.

Advantage can be played for contact following a kick. The referee may award the attacking team with six again or a penalty if advantage isn't taken.



## ANKLE TAPS

Defenders are entitled to make a diving touch on an attacking player, provided there is a downwards movement with the hands.

Unnecessary ankle taps, or swiping sideways at an attacking player's the lower leg or foot is a dangerous form of contact, and will result in a penalty against the defender.

## PLAYING AT THE BALL

A defender is deemed playing at the ball when there is a reaction or movement towards the ball. Playing at the ball may result in a new set of six should the attacking team regain possession.

In a pass situation, this may include attempting a tag or an intercept and touching the ball.

In a kick situation, this may include catching, blocking and/or kicking at a loose ball.

Players are not considered playing at the ball when they are protecting themselves.

# CONTACT

Contact refers to touching another player in a physical manner. It is the responsibility of every player on and off field to limit physical contact for safety reasons and the promotion of the game.

## **Types of contact:**

- General / low impact contact
- Dangerous contact
- Anti-Social Contact

**Ruling:** The referee will also determine the severity of each infringement prior to making a decision.

In most cases the referee will give a player warning followed by a penalty against the repeat offending player & team. In severe cases, substitution, send offs and suspensions may occur.

**Warning:** General.

**Penalty:** General, Dangerous contact

**Substitution/Send-off:** General (*repeat offender*), Deliberate or repeat Dangerous contact, Anti-social behaviour.

# CONTESTED POSSESSION



A contested possession is when two or more players are equal distance from a loose ball and are competing for possession.

It's important in a contested possession situation that players involved use their hands to make a play on the ball.

Kicking or striking at the ball or making contact with another player could be penalised and deemed dangerous contact.

A contested possession infringement will result in a penalty against the offending team.

# PROFESSIONAL FOUL

A professional foul is the deliberate act of foul play aimed at disadvantaging a player/s on an opposing team. Kick It Touch has a focus on sportsmanship and the social atmosphere of its competitions. Any foul play will not be tolerated.

A professional foul could be committed to prevent a player in possession from scoring, dangerous contact, time wasting, an incorrect substitution or the deliberate act of impeding the ruck.

Result: Should the referee deem a player has committed a professional foul, that player will be substituted without a replacement for five (5) sets.

At the completion of the fifth set, that player will be allowed to return to the field.

# CAPTAIN & COACH ROLE

At Kick It Touch, we believe in a strong social atmosphere both on and off the field.

All coaches pride themselves on maintaining a fun, balanced and competitive playing environment where the spirit of the game and sportsmanship is upheld by all players.

Team captains play a role in upholding a positive environment. Captains are the voice of their team and have the power to speak up and consolidate their team.

Team captains are permitted to chat to the referee before the match, at halftime and after the match.

Please refer to the Code of Conduct PDF.



# RESPECT THE REFEREE

The referee's decision is final. The referee uses their knowledge and vantage point to make the best decision.

It is imperative to note that not all aspects of the game will be sighted or correctly ruled by our referees, which is why we place a high emphasis on the social and honest nature of our games.

At Kick It we will do the best within our power to provide enthusiastic referees who have the most up to date training, and correct rule clarifications for our players and staff to ensure the best possible game.

Referees have the power to stop any game or to remove any player at any time from the field if they undermine the code of conduct.

Please refer to the Kick it Code of Conduct for expectations and information regarding rulings.

# ANTI-SOCIAL BEHAVIOUR

## **Expectations at Kick It 4 Kids**

All players and spectators are to respect each other, as well as referees, and staff to promote a positive environment when participating in weekly sessions or Game Day events.

## **Types of anti-social behaviour**

- Offensive language.
- Dangerous contact.
- Dissent.
- Unnecessary entry to the field of play.

## **Procedure**

Under no circumstance is any form of anti-social behaviour tolerated at Kick It sessions or events.

Players or spectators who exhibit anti-social behaviour will be immediately removed from the field, session and/or event.

## **Full code of conduct**

# SAFETY

Players must wear enclosed footwear.

It is against Health and Safety regulations to let any player play barefoot, or any non-protective footwear.

- Runners and sand shoes are permitted.
- Moulded tag boots are allowed.
- Metal tags, running spikes, cricket/golf shoes, sandals/flip flops and socks is not permitted.

It is highly recommended that all players take care of long fingernails and remove any type of jewellery or accessories that could be deemed dangerous prior to taking the field (e.g., necklaces, watches, rings, earrings, piercings etc).

The referee or coach may instruct a player to leave the field to remove or tape a dangerous item if it poses a risk to other players.

# INSURANCE

Kick It Touch Football is not responsible for any injury or loss, whether bodily or to property.

Parents/guardians accept that when their child is participating in a Kick It 4 Kids competition, they do at their own risk.

Participants are encouraged to visit their doctor before playing in the Kick It Touch Footy competition as any pre-existing medical condition may put a player at risk of physical injury.

Under no circumstances are pre-existing injuries covered by the Kick It Touch Footy insurance policy, which is administered by Arthur J Gallagher.

Additional loss of income is the player's responsibility to take extra cover if they feel that is necessary.

Visit our **insurance page** for full breakdown on the insurance provided by Arthur J Gallagher, or **contact us** for more details.

# WET WEATHER

Kick It 4 Kids is played in all conditions except thunderstorms or when it is unsafe to do so.

Kick It 4 Kids coaches will notify parents when games will be postponed in extreme cases of weather.

At most venues, the fields are out of our control and could be closed independently due to wet weather or field maintenance.

No sessions or Game Day events are ever lost due to weather conditions or extraordinary circumstances.

Games are simply postponed to the following week or alternate date.



# GLOSSARY OF TERMS

**20/10:** A kick made by an attacking player inside their 20m zone, and bounces over the sideline between the opponents 10m and try line.

**Advantage:** A free play provided to the team in possession that allows play to continue without a stoppage.

**Benefit of the doubt:** Benefit of the doubt applies to simultaneous try situations and favours the attacking team.

**Contact:** the physical touching, either minor, heavy or dangerous on another person.

**Dead in-goal:** When the ball or a person travels beyond the dead-ball line.

**Drop-kick:** A kick that touches the ground before contact with the foot.

**Forward pass:** A pass that is propelled in a forward direction out of the hands.

**Grounding:** When a ball is placed on the ground with downward pressure.

**Grubber kick:** A low kick that travels along the ground.

**Initiating the touch:** When an attacking player reaches out to touch a defender, and then performs a play the ball.

**Intentional grounding:** When a player grounds the ball in the field of play in an attempt to gain possession, and avoid contact.

**Knock on:** A ball that is promoted in a forward direction towards the opponent's goal line, and touches the ground, another player or referee.

**Maintaining control:** The difference between being in possession and a knock on. Players need to re-grip a lost ball to re-gain possession.

# GLOSSARY OF TERMS

**Play the ball:** Following the touch, the ball carrier will place the ball on the ground and step over the ball.

**Penalty try:** A type of try that is awarded to the attacking team after a deliberate infringement by a defender that stops a try being scored.

**Quick tap:** Permitted on 10m tap restarts when an attacking player retrieves the ball and runs it to the centre of the 10m to re-start play. Must wait for the referee's whistle.

**Obstruction:** When an attacking player runs behind one of their own teammates to promote the ball and disadvantages an approaching defender.

**Offside:** When a defender has not retreated to the mark set by the referee

**Onside:** When a defender has retreated to the mark set by the referee

**Over the mark:** An attacking player who plays the ball more than two steps from the spot of the touch.

**In the ruck:** A defender who impedes the player attempting to play the ball or the dummy half.

**The mark:** The mark is the point at which the attacking player is touched by a defender.

**The ruck:** The ruck includes the play the ball, dummy half and the space in between.

**Substitute:** A player who is on the sideline and is able to swap with another player who is on the field.

# GLOSSARY OF TERMS

## KEY PHRASES

**Advantage:** A free play provided to the team in possession that allows play to continue without a stoppage.

Note: The referee will often state the type of infringement.

**Clear the ruck:** An instruction given to defensive players who may impede the play the ball, or dummy half.

**Double knock on:** A sequence of play where there is a knock on from both teams. The infringement goes against the first team to knock on.

**Dummy half:** Name given to the player who picks up the ball following the play the ball.

**First receiver:** Name given to the player who receives the pass from the dummy half.

**Five and last:** Final touch call made by the referee.

**Gone:** A referee prompt in a close touch/pass or touch/kick situation for play to continue.

**Grounded:** What a ball is placed on the ground to score a try.

**In the juggle:** When an attacking player is touched while juggling or maintaining possession of the ball.

**Line's up:** Prompt made by the referee for defending players to make a line to be onside.

**Link:** Name given to the player inside the winger on both sides of the field.

**Middle:** Name given to the three players in the middle of the field.

# GLOSSARY OF TERMS

## KEY PHRASES

**Play on:** A call made by the referee to prompt play to continue without a stoppage

**Play the ball/roll ball:** Following the touch, the ball carrier will place the ball on the group and step over the ball.

**Play Through:** A form of advantage when the attacking player can play on after a touch by an offside defender.

**Same Touch:** The current touch is not counted due to an infringement made by a defensive player (*pool B/C*)

**Six Again:** A new set of six touches given to the attacking team after an infringement by the defence.

**Simultaneous:** A close touch/pass, touch/kick or touch/grounding scenario that favours the attacking team.

**Square:** Ensuring the player playing the ball is facing straight, towards the opposition's in-goal.

**Touch In-goal:** When an attacking player is touched in their own in-goal area.

**Toucher:** Name given to the player who makes the last touch.

**Winger:** Name given to the player closest to each sideline

**Zero touch:** When playing advantage, the attacking team will start at zero touch.