Rule Name	Summary of Change	All Competitions
1 Traditional playing positions at Centre Bounce	Implementation of a traditional set up at centre bounces. Clubs must have players inside both	·
	50 metre arcs, with one player required to be inside the goal square.	
	• 18 per side = 6/6/6 (6 forwards/ 6 centres (max 4 in centre square)/ 6 backs)	NO
	• 17 per side = 6/5/6 (6 forwards/ 5 centres (max 4 in centre square)/ 6 backs)	
	• 16 per side = 5/6/5 (5 forwards/ 6 centres (max 4 in centre square)/ 5 backs)	
	• 15 per side = 5/5/5 (5 forwards/ 5 centre (max 4 in centre square)/ 5 backs)	
	• 14 per side = 5/4/5 (5 forwards/ 4 centres/ 5 backs)	
2 Kick-In from a behind (no kick required) 3 Marks/Free kicks within 9m of own goal	For kick-ins from a behind, a player will no longer need to kick to themselves to play on out of	
	the goal square. Additionally, following a behind, the player on the mark will be positioned 10	
	metres from the top of the goal square (currently 5 metres). Existing By-Laws in junior	YES
	competitions requiring a defender to bring the ball back into play after the goal umpire has	
	waived the flag for a behind should remain in place.	
	For all defenders who take a mark or gain a free kick within 9 metres of their own goal, the	
	player on the mark for the attacking team will be brought in line with the top of the goal	YES
	square.	
Runners	Runners may only enter the playing surface once a goal has been kicked and must exit the	NO
	playing surface before play recommences. Water carriers are still permitted to enter the	
	playing surface during live play however must keep clear of play.	
5 Umpire Contact	Players will be prohibited from setting up behind the umpire at each centre bounce/ball up.	YES
	Free kicks may also be paid by a non-controlling field umpire.	
6 50-Metre Penalty	Stricter on the infringing player, allowing the player with the ball to advance the mark by 50	
	metres without the infringing player delaying the game. In addition, the player with the ball	
	will be able to play on during the advancement of the 50 metre penalty The priority for	YES
	community umpires is to effectively manage the game, whilst increasing the speed of game is	
	a secondary consideration. This is consistent with the existing practice where a community	
	umpire may not pay advantage after a reportable offence has occurred to ensure effective	
	management of the game and player safety.	
7 Kicking for Goal post-siren (ability to commence off line of kick)	A player who has been awarded a mark or free kick once play has ended will now be able to	YES
	kick across their body using a snap or check-side kick. The player shall dispose of the ball	
	directly in line with the player on the mark and the goal.	
8 Marking Contests (hands in the back rule repealed)	'Hands in the Back' rule interpretation to be repealed, allowing a player to place their hands on	YES
	the back of their opponent to protect their position in a marking contest but not to push the	
	player in the back.	
Ruck contests (Prior Opportunity)	A ruck who takes possession of the ball while contesting a bounce, ball up or boundary throw	YES
	in will not be regarded as having had prior opportunity. Where there is uncertainty over who is	
	the designated ruck, the ruck for each team will continue to nominate to the field Umpire.	