



American Football South Australia (AFSA)

Competition Rules Policy

Policy Owner: AFSA Board of Management

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1. Policy Overview and Purpose

This policy establishes the official rules framework for all American Football South Australia (AFSA) competitions.

It confirms the use of the International Federation of American Football (IFAF) Rulebook and outlines AFSA-approved local modifications to support safety, participation, and competition integrity.

2. Underlying Principles

- Player safety and welfare is the highest priority
 - Rules must be applied consistently across all competitions
 - Competition integrity must be maintained
 - Modifications should support development and participation
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3. Scope and Application

This policy applies to all AFSA competitions, including:

- Senior competitions
- Junior competitions
- Representative matches under AFSA control

This policy applies to all participants, including players, coaches, officials, and clubs.

4. Core Policy Requirements

4.1 Governing Ruleset

- All competitions are conducted under the current IFAF & AFA Rulebook
 - AFSA-approved rule modifications take precedence where applicable
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4.2 Senior Competition Rules

Rules of Play

- Senior competitions are played under standard IFAF rules unless otherwise approved by AFSA

Field Dimensions

- Matches are played on a 90-yard field plus end zones
- Adjustments may be made where required, provided safety is not compromised

Game Structure

- Matches follow standard IFAF timing rules unless otherwise advised by AFSA
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4.3 Junior Competition Rules

Junior competitions include modifications to support safety and development.

Team Format

- Games are played as 9-a-side (9v9)

Field Dimensions

- Matches are played on a 90-yard field plus end zones
- Adjustments may be made where required

Game Structure

- Four 12 minute quarters
 - Running clock for majority of the game
 - Final 2 minutes of each half played under stoppage time
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4.4 Modified Rules

Dynamic Kickoff

- A modified kickoff structure is used to reduce high-speed collisions
- Players must remain in designated zones until the ball is in play
- Officials will control the start of play in accordance with AFSA directives

more info

Field Goals

- Field goal attempts are conducted as 11-a-side (11v11)
 - This ensures correct spacing and player safety
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4.5 Rule Application and Authority

- The IFAF Rulebook is the primary reference
 - AFSA modifications override where specified
 - Match officials are responsible for consistent application
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5. Procedures / Processes

5.1 Interpretation and Disputes

- Officials apply IFAF rules as the baseline authority
 - AFSA modifications take precedence where applicable
 - Disputes may be referred to AFSA competition management or Tribunal
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6. Breaches and Penalties

Failure to comply with competition rules may result in:

- Match forfeiture
 - Competition penalties
 - Suspension of participants
 - Disciplinary action under AFSA governance
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7. Enforcement and Responsibility

This policy is enforced by:

- AFSA Board of Management
- Competition management
- Match officials

All decisions must be applied consistently and fairly.

8. Related Policies

- Game Day Policy
- Tribunal Policy

- Member Protection Policy
 - Grievance & Dispute Resolution Policy
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9. Policy Review and Approval

This policy will be reviewed every two (2) years or earlier if required.

It will be assessed to ensure alignment with competition standards, safety requirements, and AFSA governance.