



Playing in Age Group Policy

Superstars Football

Superstars Footy is a Development Program (not a competition) for kids in the 5-7 age groups. The program is an extension of NAB AFL Auskick, where participants play game-based activities leading into modified (non-contact) AFL matches.

As this is a program, not a competition AFLQ will not accept playing up or down consent forms. All participants must be born within the age groups designated by the AFLQ each year.

Juniors – Under 8 -11 (Boys and Girls)

All players are to sign-on within the age group appropriate to their age. MJ AFC strongly advocates for all players playing in their appropriate age group.

Players may only subsequently play in an older age group (maximum of one age group greater than that appropriate to their age) with the written permission of the MJ AFC Junior Football Co-ordinator and President.

No player can play up an age group if it results in a player in the older age group missing out on a game of football.

If players are willing to play two age groups up, then permission is needed from the AFLSEQ. (See AFLSEQ website for permission forms). MJ AFC do not envisage that players playing two age groups up will occur.

On match days, players may play up one age group without permission of the MJ AFC Junior Football Co-ordinator or President only if there are insufficient numbers in the older age group on a particular day.

Every effort should be made to ensure that all players can play as much football as possible in relation to:

- The number of games played in a season.
- The on field playing time each week. Every effort should be made to ensure each player plays at least 3 quarters per game.
- Opportunity to be involved in the game while on the field. Players **must** be rotated through differing positions to expand their knowledge of the game and positional play.

- All players **must** be on the field prior to half time and preferably by the beginning of the second quarter to ensure as close to 3 quarters of game time per player.
- In order to assist in this approach, team managers for these age groups may keep records of the interchange at the commencement of each quarter to assist coaches.

The Sibling Rule

If due to logistical issues players are unable to participate in their selected grade – e.g.:

- Children at different venues
- Pooled transport arrangements

Coaches are to engage with the Junior Football Coordinator to resolve these issues.

The final decision will rest with the Junior Football Committee.

Youth Under 12 - Under 16 Boys and Under 13-17 Girls

Players registering in Boys and Girls Youth Football are required to play within their age group as set by AFLQ guidelines.

This is deemed necessary given the following considerations to all parties:

- Playing in correct age group generally ensures the club has competitive teams across all age groups and individuals are allowed to develop appropriately within their age group.
- Undue pressure placed on player seeking to play higher age
- Pressure placed on team mates to cover underage player
- Correct age team are compromised in their ability to learn from player who is now “playing up”
- Undue pressure on correct age team covering for the player who is likely key contributor in that age group
- “Playing up” player likely taking team spot of a correct age player

Only in exceptional circumstances where size, height, weight, playing ability & all points made above are not impacted will an exception be considered with the final decision to be made by the Junior President & Vice President.

All players are to sign-on within the age group appropriate to their age & play within that age group.

Playing Down an Age Group

The AFLQ have strict rules regarding players playing up or down in Youth.

Please note applications for Youth Football (under 12-17) will only be considered on medical/health grounds, medical certificate required with application. (See AFLSEQ website for the appropriate forms).