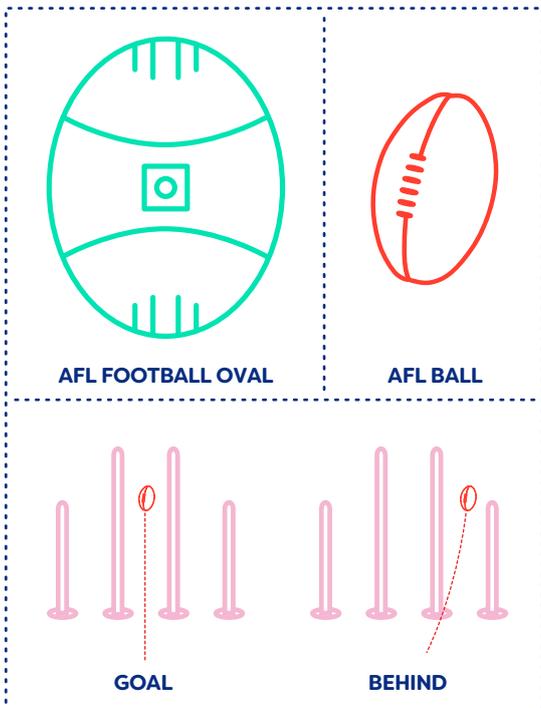
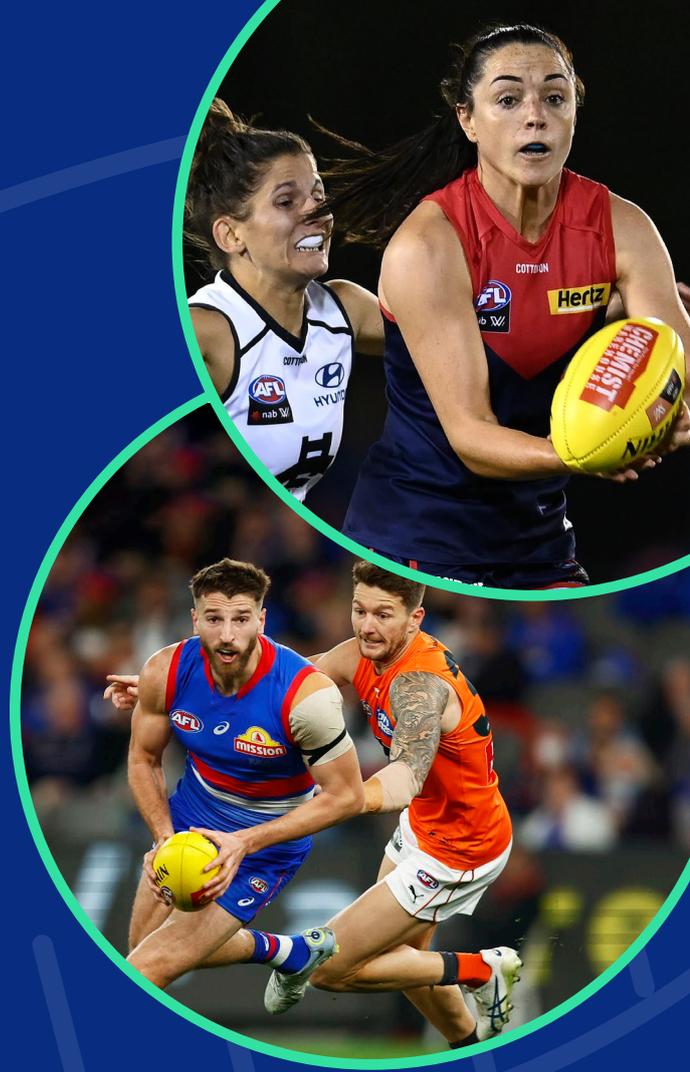


# WHAT IS AFL?

AFL stands for Australian Football League and the sport is commonly referred to as 'Footy' or 'Aussie Rules'. It is an indigenous sport that originated in Australia that has been played for over 150 years, and features elements from many different sports to create a unique and exciting game.



## THE GAME

Played over 4 separate quarters of approximately 20 minutes each, the game is fast-paced with plenty of high scoring and action! A match is played between two different teams and the objective is simple – kick the football between the two tall, inner posts (the goalposts) to kick a 'goal' and score 6 points for your team. If you kick the ball between the goalpost and either of the shorter outer posts (the behind posts), a behind is scored which is worth 1 point – at the end of the game, the team with the highest score wins!

The game is played with a unique ball that is oval shaped, resulting in a high degree of unpredictability around which way the ball will bounce.

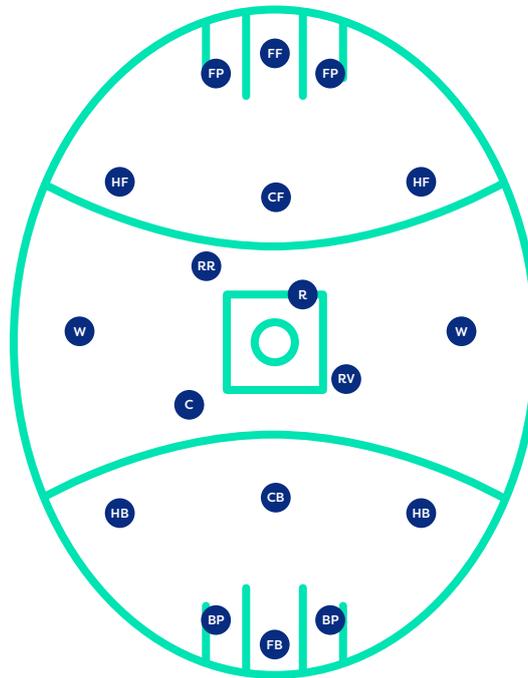
## THE GROUND

The game is played on a large grass oval/field commonly referred to as a 'ground'.

# THE TEAM

At the elite level, there are 18 players on the ground from each team at one time (36 in total) in the Men's competition, and 16 players on the ground from each team at one time (32 in total) in the Women's competition, + an additional amount of substitutes that start on the bench, although this number can vary at junior levels where player numbers are reduced to suit the size of the ground.

Generally a team is evenly split between forwards, midfielders and defenders, and across all positions players range in height & weight in line with the requirements of each position.



- FORWARDS**
- Centre Half-forward
- Half-forward flank
- Forward Pocket
- Full-Forward
- MIDFIELDERS**
- Ruck
- Centre
- Ruck-Rover
- Rover
- Wing
- FULLBACKS**
- Centre half-back
- Half-back flank
- Back Pocket
- Full-back

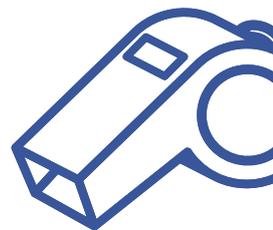
# THE RULES

## Players Can

- Pass with their feet (kick), or hands (handball)
- Mark (catch) the ball directly from the kick of another player
- Kick a goal from anywhere on the ground
- Tackle the opposition when they have the ball

## Players Cannot

- Throw the ball
- Tackle above the shoulders or below the knees
- Push an opponent in the back
- Run with the ball for too long without bouncing it



[Find out more at Play.AFL](https://www.afl.com.au/play)