



AFLSE Coaching
Wednesday 13 March, 2024

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Game Plan

- Protect the ball player.
- Work for the team.
- Do the one percenters.
- Take control when needed.
- Blend into the game.
- Have Fun (before, during and after match).

Marking Contests. Rule 18.5.2

- Holds or blocks.
- Pushes or bumps.
- Deliberately interferes with the arms.
- Makes contact front on when the objective is not to contest the ball.
- Unrealistic attempt to contest or spoil and interferes with an opposition player.

Marking Contests. Rule 18.5.2

The player whose sole objective is to contest the ball shall be permitted to do so.

Marking Contests.

Talk to me about positioning.

What aspects of positioning make it easier to detect marking contest infringements?

Marking Contests.

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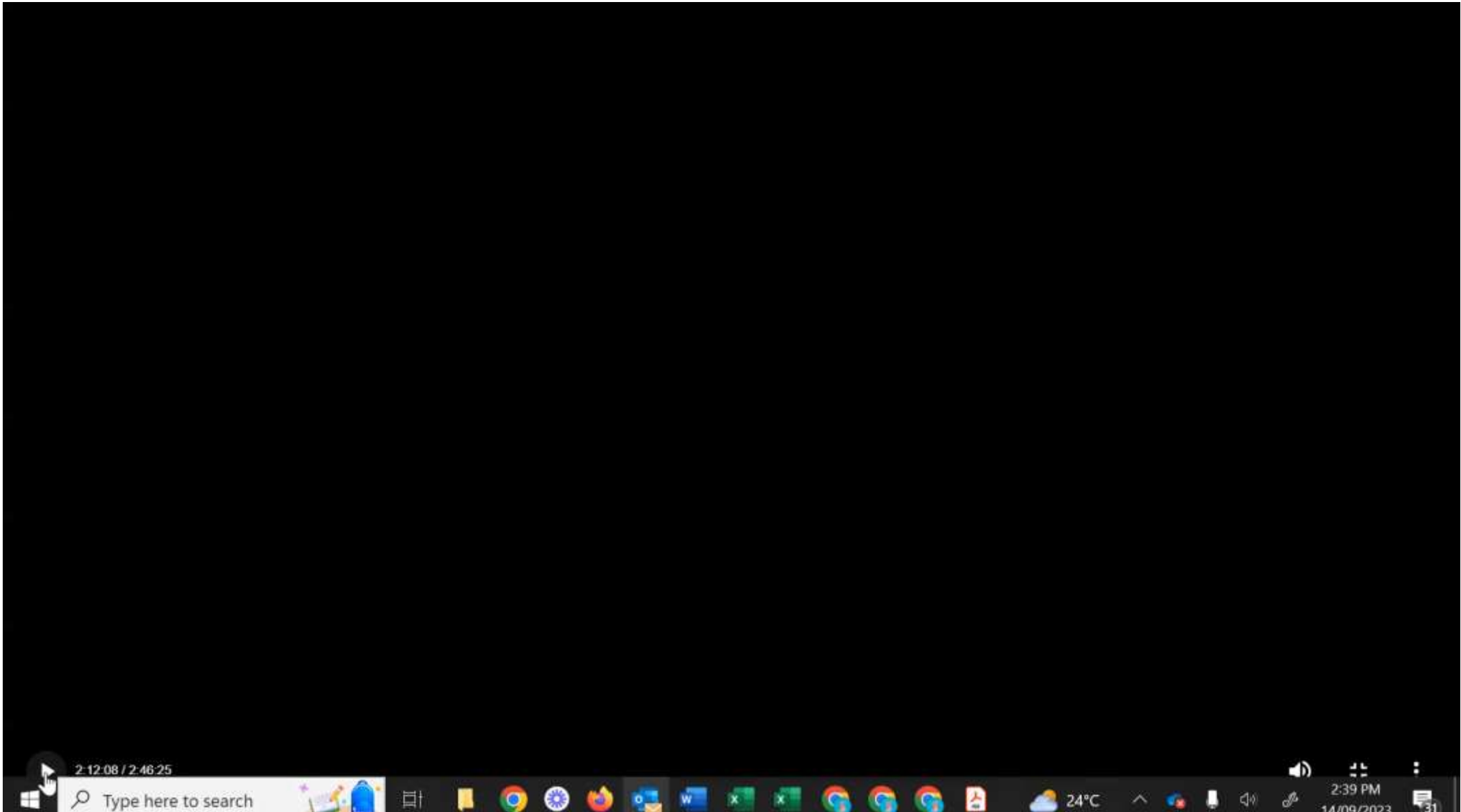
- Width always wins
- Side on – just short or parallel to the contest.
- Forward observation. (Don't watch the MZ kicker)

Marking Contests.

Some notes;

- The action of the FK (hold etc) does not have to have an influence on the outcome of the contest for it to be a FK.
- Incidental contact is permitted provided the sole objective is to contest the footy.
- Studs up – only pay if considered dangerous.
- Deliberately interferes with arms : watch for spoiling hand not near ball, spoiling arm is in a sweeping motion, player out of position.

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Ruck Contests

The ruck whose sole objective is to contest the ball shall be permitted to do so.

Each team must have no more than one ruck contesting any centre bounce, throw up or boundary throw in.

Ruck Contests

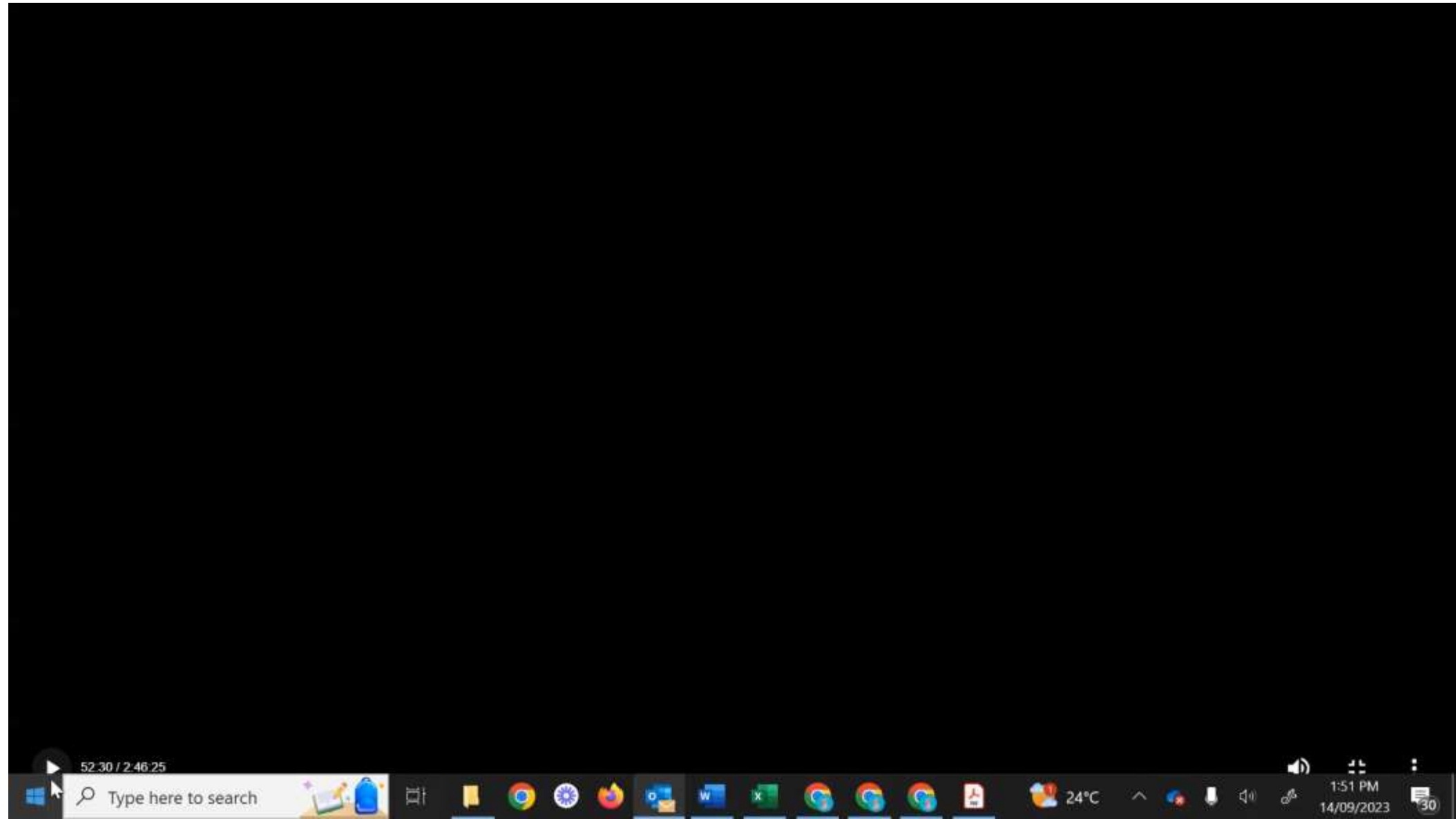
Free kicks are paid for?

Ruck Contests

Free kicks are paid for?

- Non designated ruck
- Pushes or bumps
- Blocks
- Makes contact with an opposition ruck prior to leaving the umpires hand.
- Enters the opponents attacking half or steps outside the centre circle prior to the ball being bounced at a centre bounce.
- Hits the ball out on the full from a ball up or boundary throw in.

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Ruck Contests

New ruck interpretation

- All that has changed is that previously if one ruck put out a straight arm to block, it would be a FK.
- In 2024, provided the ruck contests the ball, it is a legal contest.

2024 Interpretation Adjustments



Reminders

- **Officials HQ availability (regular season) in particular Easter and ANZAC Day.**
- **[Club Hub](#)**
- **Practice Matches next 2 weeks.**
- **Next week : Yellow and Red cards.**

Questions?

Russell Davidson

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