



What is Australian Rules Football?

Australian Rules Football (sometimes known as Aussie Rules) is a fast, exciting and athletic sport - but if you are a newcomer, it can be hard to follow exactly what is happening. But with a little basic information, it's easy to pick up. Here's a quick guide to the rules, skills and positions on a typical Welsh Australian Rules Football field.

The Welsh Australian Rules Football League (WARFL) is the Australian Rules Football competition in Wales. The WARFL season starts in late April, with 5 teams from across South Wales playing 10 rounds. The top two teams qualify for the Grand Final at the end of the regular season and compete for the Championship. In Wales the games are played on rugby pitches and are made into an oval shape by marking the boundary with small marker cones. Temporary posts are erected to provide the four that are required at each end of the pitch.

Positions

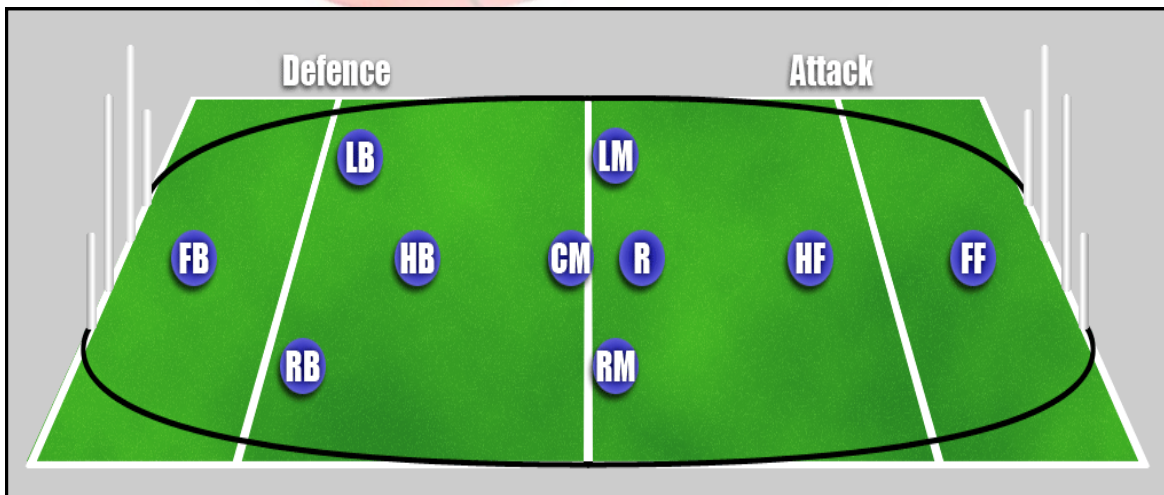
There are 10 players from each team on the field at any one time, with a number of players on the interchange bench. The interchange acts as a rolling substitutions system where players can be rotated an unlimited number of times. The 10 players on the field are divided into three groups – forwards, midfielders and defenders.

- FB—Full Back
- LB/RB—Left/Right Back
- HB—Half Back
- CM—Centre Midfield
- LM/RM—Left/Right Midfield
- R—Ruckman
- HF—Half Forward
- FF—Full Forward

TRAINING: TUES & THU @ 6pm, Uni. Rugby Pitch

MAGPIES FIXTURES 2010

DATE	OPPONENT	VENUE
8/5	Double Blues	(A)
15/5	Panthers	(H)
22/5	(Bye)	-
29/5	Tigers	(H)
5/6	Warriors	(A)
12/6	Double Blues	(H)
19/6	Tigers	(A)
26/6	Panthers	(A)
3/7	Brit Cup	-
10/7	Warriors	(H)
17/7	(Bye)	-
24/7	GRAND FINAL	-



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Forwards

The forwards are the **Full-Forward** and **Half-Forward**. The Full-Forward lines up close to goal and tries to help kick a winning score for his team. The Full-Forward shares that role with the Half-Forward, and often the attacking-minded midfielders. Half-Forward is considered one of the toughest positions on the ground because not only does that player have to deal with a top defender, he also has other players from the opposition midfield trying to stop him getting the ball.

Midfielders

One of the key players in the midfield is the **Ruckman**. The Ruckman is often the tallest player in the team and his primary job is to win the hit-outs from restarts and ball-ups around the ground and direct the ball to the more speedy midfielders. Midfielders are often small and skilful, and have the responsibility of setting up forward moves for their team.

Defenders

There are typically four defenders in each team. The key defenders are the **Full-Back** and **Half-Back**. The Full-Back is opposed to the Full-Forward and his main task is to stop him scoring. The same applies to the Half-Back playing on the Half-Forward.

Scoring

The winner is the team that has scored the most points at the end of the game. There are two ways of scoring points – by either a **goal** or a **behind**. A **goal** is worth six points and is scored when the ball is kicked between the two goal posts (the taller ones!). The ball does not have to go over the line on the full but can't be touched by any other player. A goal is signalled by the goal umpire with both hands, followed by waving both flags. A **behind** is worth one point and is scored in several ways. It can be scored if the ball touches the goal post; the ball passes over the line between the goal post and the smaller behind posts; it is touched by a player before it crosses over the line, or is carried over the line by a defending player. A behind is signalled by the goal umpire with one hand followed by waving one flag.

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Skills

Kicking is the most important skill in Australian Rules Football. There are many different types of kicks including the drop punt, the torpedo, the banana kick and the snap shot. The drop punt is the kick preferred by most players.

Marking is the Aussie Rules term for catching the ball on the full when kicked, and is one of the most spectacular features of Australian Football. Players can either mark the ball on their chest (by hugging it to their body) or in their hands. If a ball is kicked 15 metres or more without bouncing, and a player makes a mark, he is awarded a free kick from where it was caught.

Handball is an important part of Australian Rules Football, and is a great way of getting out of a tight situation or launching an attack. To handball, the ball is held in the palm of one hand and hit with a clenched fist by the other.

Tackling is an essential skill. Players tackle when an opponent has the ball. The best tacklers focus on the hips of their opponent and stay low to ensure that the tackle is made at the correct height (around the waist).

Bouncing the ball has become an important skill in recent years to break open the game and create space. Players must bounce the ball every 15 metres while running with it. The shape of an Australian Football makes this a difficult skill but good players are able to bounce the ball in their natural running stride and keeping one eye on who they should kick or handball to.



Rules

The game is controlled by a field umpire, who runs the game and awards free kicks. There are also two goal umpires who judge when goals and behinds have been scored.

The most common free kicks umpires award during a match include:
Holding the ball – A player is tackled with the ball and doesn't correctly kick or handball the ball away (as long as they have had a chance to!).

Push in the back – A player cannot be pushed in the back during the game, whether they have the ball or not.

High contact – Contact with an opposition player above the shoulders (or below the knees) is not permitted.

Out of bounds on the full – If a player kicks the ball over the boundary line on the full, the other team gets a free kick.

Come and Join us!

If you're interested in giving Aussie Rules a go, or want to come and watch us play, the get in touch with our President or via Facebook.

Training Times

Tuesday and Thursday Evenings @ 6pm
 Swansea University Rugby Pitch

Our home ground:
 Swansea University Sports Centre
 Sketty Lane
 SA2 8QB



For more information contact our President Frank James • frank.james@warfl.co.uk • 07851 719317