



AFL MASTERS – ADOPTED RULES

NEW CHANGES IMPLIMENTED FOR 2026

SHRUGGING IN THE TACKLE

‘Prior Opportunity’ A deliberate shrug or raising of the arms to break or draw a high tackle will now be considered prior opportunity. Once a player chooses to shrug, fend, or lift their arm and is tackled, failure to dispose of the ball correctly is likely to result in a holding the ball decision.

LAST DISPOSAL OUT OF BOUNDS

Kick or handball that goes out of bounds between the arcs = **free kick** to opponent.

RUCK NOMINATIONS

Rucks must nominate as per 2025, however the umpire may restart play without a nominated Ruck present. The intent is to get play started again as soon as possible once the area is clear.

Examples of the above can be found here:

[Shrug - Play AFL](#)

[Last Disposal - Play AFL](#)

[Ruck Nominations - Play AFL](#)

AFL Masters follows the Laws of Australian Football with exception to the rules below: [Laws of Australian Football 2026.pdf](#)

CHANGES **NOT** IMPLIMENTED FOR SEASON 2026

ALIGN KICK IN TIME

Not applicable in AFLVM - Must wait for umpires to wave flags prior to starting play again.

CENTRE BALL UP CONTESTS

No Change – See Page 2 for existing rules.

STAND RULE

AFLVM will not adopt the stand rule in 2026

6-6-6 STARTING POSITIONS

AFLVM will not adapt the 6-6-6 starting rule in 2026



AFL MASTERS VICTORIAN METROPOLITAN SUPERRULES FOOTBALL LEAGUE (INC.)

AFLVM MODIFIED RULES

NO KNEES UP

Ruck Contests

- Rucks **must not raise their knees or legs** into an opponent.

Marking Contests

- The **player in front must be protected**.
- No knees, boots, or unnecessary contact in marking contests.

RUCK CONTESTS

- Rucks **must nominate** at all ball-ups
- Only **one ruck per team** may contest the ball-up (**Third-up** will result in a free kick)
- Rucks must **start from within the centre circle on their side of the centreline**.
- Rucks **cannot take the ball directly out of the ruck contest**.
- Players may engage in the ruck contest **only after the ball has been thrown into the air**.
- Engaging before the ball is in the air or from outside the designated area will result in a **free kick** to the opposing team.

PLAYER PROTECTION

- Players making the ball their sole objective must be protected.
- Only **legal side bumps** and **legal tackles (knee to shoulder)** are permitted.
- **Charges / shirt fronts** are banned → free kick or potential card.
- **Sling tackles** are banned → free kick or potential card.
- **Late contact** will result in a down-the-field free kick.
- **Chopping with a clenched fist** will result in a free kick.
- **Kicking at the ball when a player's hands are near it or when players are on the ground** will result in a free kick.

AUDIBLE BAD LANGUAGE

- Swearing that is audible beyond the boundary line → free kick.
- Continued behaviour → Blue Card.
- Further continued behaviour → Yellow Card.



AFL MASTERS VIC METRO - SEND OFF CARDS

BLUE CARD (10min COOL-OFF)

- **Player may be replaced.**
- Automatic send-off for 10 minutes of game time.
- Second Blue Card in the same match: Will result in a Yellow Card.

YELLOW CARD

- **Player may be replaced.**
- An automatic send-off for the duration of the current match and the remainder of the current game day.
- Second Yellow Card in the same season – results in a two-match suspension.

RED CARD

- **Player cannot be replaced.**
- Red Card Penalty – an automatic send-off for the duration of the current match and the remainder of the current game day.
- Incident on report – the matter will be formally reported for further review.
- Second Red Card in the same season – will be referred to the AFLVM Football Committee for review. Additional suspension may apply.

**ALL YELLOW & RED CARD INCIDENTS MUST BE RECORDED ON MATCH DAY UMPIRE REPORTS
INCLUDING INCIDENT GRADING ON RED CARDS**