

# METRO SOUTH JUNIOR FOOTBALL LEAGUE INC.

## Brand of Football and Sizes

In Metro South we use only Sherrin or Burley Footballs.

<b>Grades</b>	<b>Size</b>	<b>Type</b>	<b>Brand</b>
Under 8's	Size 2	Synthetic	Sherrin or Burley
Under 9's	Size 2	Synthetic	Sherrin or Burley
Under 10's	Size 2	Synthetic	Sherrin or Burley
Under 11's	Size 3	Synthetic	Sherrin or Burley
Under 12's	Size 3	Synthetic	Sherrin or Burley
Under 13's	Size 4	Leather	Sherrin or Burley
Under 14's	Size 4	Leather	Sherrin or Burley
Under 15's	Full Size	Leather	Sherrin or Burley
Under 16.5's	Full Size	Leather	Sherrin or Burley

## Time of Quarters plus Breaks

All times must be adhered to at all times.

No Teams are to leave the ground at Half Time.

<b>Grade</b>	<b>Time of Quarters</b>	<b>¼ &amp; ¾ Time</b>	<b>½ Time</b>
Under 8's	10 minute quarters	3 minutes	5 minutes
Under 9's	10 minute quarters	3 minutes	5 minutes
Under 10's	10 minute quarters	3 minutes	5 minutes
Under 11's	14 minute quarters	3 minutes	5 minutes
Under 12's	14 minute quarters	3 minutes	5 minutes
Under 13's	18 minute quarters	5 minutes	8 minutes
Under 14's	18 minute quarters	5 minutes	8 minutes
Under 15's	20 minute quarters	5 minutes	10 minutes
Under 16.5's	20 minute quarters	5 minutes	10 minutes