



## NTJFA YOUTH ANTI DENSITY POLICY

### Purpose

- Anti-Density is best practice approach giving players more time to make better decisions allowing more free flowing games
- Will reduce “full ground press” providing forwards and defenders (tall, medium, or small) the ability to develop their craft in leading to or defending the ball entering the 50.
- To promote and teach the art of one-on-one football
- To promote positive learning environments that encourage players to develop and showcase their repeatable skills (kicking, hand passing, decision making, marking, speed, lateral movement, etc.) without relying on their physical size.

### Guiding Principles

- At stoppages 5 Forwards set-up inside their attacking half (2 Inside Forward 50) *Note: Defenders must also abide by the same principle though not necessarily one-on-one.*
- If playing 14 a side, 2 forwards must be inside attacking forward 50 and 2 forwards in their attacking half. This also applies to defenders.
- No “Tagging” players whose **sole purpose** is to prevent an opposition player gaining possession
- No rolling zone or press is permitted at any time.** When the ball is in general play coaches are to encourage players to be responsible for their opponent only, creating more one-on-one football.

### Centre Set-up

18 a side	6-6-6	back – mid – forward	4 inside centre square + 2 wings outside square
17 a side	5-6-6 or 6-6-5	back – mid – forward	4 inside centre square + 2 wings outside square
16 a side	5-6-5	back – mid – forward	4 inside centre square + 2 wings outside square
15 a side	5-5-5	back – mid – forward	4 midfielders + 1 wing outside square
14 a side	4-6-4	back – mid – forward	4 inside centre square + 2 wings outside square
12 a side	4-4-4	back – mid – forward	4 forwards + 4 midfielders + 4 defenders

All **Forwards** are to start inside the 50m arc. Wings are the only players to start around the sides of the square.

**Defenders must abide by the same principle.** (Note: They don’t necessarily have to play one-on-one however they must start in the same zone.)

### Interpretation of Rule

- The rule applies at all Stoppages – Ball-Ups and Boundary Throw-ins.  
*Note: Set shots for goal, last possession out of bounds rule & out of bounds on the full are not included.*
- At Kick-Ins.
- A Breach will occur when one team fails to reset into the position either the forward or the defender**
- Teams will not be penalised if there is a clear intent by the player to reset back to position. i.e. clear movement back to position with urgency.
- In the first instance each quarter, the umpire will issue a warning to the offending team/player to reset. This warning should be communicated to both the players on the ground and the benches.
- Common sense approach for less skilled games/younger age groups

### Penalty

- If a warning has been issued to a team and the density rule is not adhered to a second time in the quarter (by that team) a free kick will be awarded at the top of the 50metre arc, directly in line of goals, to the non-offending team.
- The free kick will be awarded to the nearest player to the 50m arc spot at the time of the infringement.
- The umpire’s decision will be final. However, the umpires will have the discretion to restart play if an immediate error is recognised by any of the controlling umpires.

### Post-Game

- Any post-game clarification to be directed to Match Manager who will liaise with controlling umpire if required.
- A consistent and systematic breach of the rules during any match or matches will be reported post-game by the Umpires on OfficialsHQ.
- If a Team is found to be in continual breach of above, at the discretion of the Competition Manager, E-points may be deducted.
- Coaches of teams persistently not following the rules may be suspended from the Competition.

*Coaches are crucial in creating fun and engaging games and NTJFA appreciate your support in educating teams in this philosophy.*