



# HILLS FOOTBALL LEAGUE



## MODIFIED FOOTBALL

**HFL MODIFIED FOOTBALL IS A PROGRAM WHERE CHILDREN HAVE FUN, MEET NEW FRIENDS AND DEVELOP TEAMWORK AND FOOTBALL SKILLS IN CLUBS LOCATED ACROSS THE BEAUTIFUL ADELAIDE HILLS.**

### WHAT IS MODIFIED FOOTBALL?

Modified Football is a program where players can transition from Auskick to Junior Football. It has modified rules that allow players to learn the game in a safe environment that introduces skills and game rules gradually as they progress through the age groups.

### WHO CAN PLAY MODIFIED FOOTBALL?

Modified Football is for boys and girls from the ages of 7 through to 11 years. The team age brackets range from under 8 through to under 11. Age group is determined by the player's age on the 1st January.

### WILL THERE BE TACKLING INVOLVED?

Tackling in games is allowed at the Under 10 level once they have had some time to learn the skill. Modified football rules allow for increased possession, more space to run and time to learn and grow into the game (and their guernseys!).

### IS THERE TRAINING?

Yes, teams train once a week to further develop their skills and their game knowledge. Speak to your club about training times.

### WHEN ARE THE GAMES?

The modified football season goes for approximately 12 rounds with a few bye weekends along the way. Games are played once a week. The majority of games are played Friday evening or Saturday morning. A carnival is held at the end of the season (usually on a Sunday).

### WHERE ARE THE GAMES?

Teams are grouped geographically so that they travel locally to play games.

### WHAT COST IS INVOLVED?

You may need to pay an annual subscription fee to your club. You will be able to use your Sports Voucher toward the fee. Fees go directly to your club and cover things like insurance, utilities, maintenance and equipment. You will also need to purchase things like football boots and a mouthguard. Clubs will usually provide you with a guernsey.

### HOW CAN I BE INVOLVED?

Modified football is a great time to get involved with your child's team and club. Volunteers solely run the Modified Program so there are plenty of opportunities for you to be involved. Clubs are always looking for coaches, team managers, committee members, canteen and BBQ service and many many more roles. Training opportunities are available to build your skills whilst being part of your child's sport.

### WHERE DO I GET MORE INFORMATION?

You can talk to the Modified Football Coordinator or the Junior Director at your club. You can also contact the Hills Football League.

### WHO IS THE HILLS FOOTBALL LEAGUE?

Your Auskick club is a member of the Hills Football League. The HFL is one of the largest Australian Rules Football leagues in South Australia. It has approximately 4000 players belonging to 19 clubs and is situated in the Adelaide Hills, ranging from Kangarilla to Kersbrook, and Blackwood to Callington.