



St Ives AFL

So You Want to be a Runner

Major Sponsor



1 Requirements of the Runner

You have to be at least 16 years of age and sign your name on the team sheet. Each team is entitled to two runners. Only one runner is permitted on the field at a time.

Jewellery is not to be worn, e.g.; Ear rings, Rings, Neck laces, watches, plaster casts or medical supports. Medical supports could be exempt by the league prior to the game.

Runners should wear a Green/Yellow colour shirt with **RUNNER** and the clubs name on the back of the T-shirt. Football boots can be worn providing the stops do not have any metal stops or running sprigs. Hats can be worn.

2 During the Game

Stand behind the line in front of the coach's box so to allow the boundary umpires a clear area to run along the boundary line.

Transport messages to and from the Coach and Players. Leave the field when messages have been given. Do not carry clip boards onto the oval, barrack or fill in spaces. Runners are to run on and off the field and they are not to linger.

If a fight starts leave the field and do not get involved. Runners can and do get reported, as well the club gets fined. You cannot be the runner if you are currently serving a suspension. Suspended players or Officials have to stay behind the fence whilst a league game is being played.

Notify the umpires that there is a stretcher coming onto or is on the oval. They will stop the match at the next stop in play or if unsafe. Re-starting the game when the stretcher is back over the boundary line, taken directly to the clubrooms. They cannot stop the game until the stretcher is on the oval.

3 Other Restrictions

Do not go into or be in the centre square when there is going to be a ball up or go into the 50 meter arch when a point kick in is being taken, the other team will get a free kick.

Only the captain can ask questions of the umpires at quarter breaks and is the only who can ask for a head count. A captain can be reported if deemed unreasonable to request a head count as a way to stop / slow play.

The coach cannot go into the centre square at quarter, half or three quarter time as this is their protected zone. When interchanging players they must go through the interchange area. Any player who does not pass through the marked interchange area when being replaced shall not be eligible to take any further part in the match.

A runner may carry one water bottle and no smoking whilst being the runner.