

Contact during footy



Reader note: while these stories have been developed to support all young people's participation in footy, we recommend that you speak with your child about the concepts and examples in a way that is relevant to your child.

In NAB AFL Auskick, there is no tackling or shepherding allowed. This means you can't grab another player or push them away on purpose.



Sometimes, two players might accidentally make contact. This means two players touch or bump their bodies together. For example, two players might go for the ball at the same time and accidentally touch.



This is part of the game. It doesn't mean the other player is trying to hurt me. It doesn't mean the other player is being mean or that they touched me on purpose. It just happens sometimes.



There are things I can do if I don't like it. I can do some slow breathing. I can move my body in ways that help me feel calm. I can talk to the coach or a helper.



Sometimes, two players might accidentally make contact during footy and that is okay.
Playing Auskick can be fun!





AllPlay Footy is a joint initiative by Monash University and the AFL. AllPlay Footy was founded at Deakin University in 2015 and has been part of Monash Education since 2021. The AllPlay Footy content and resources presented here have been developed with people with lived experience of disability, consultants from National Sporting Organisations for People with Disability, psychologists and researchers, and are brought to you with funding from a Department of Social Services Information, Linkages and Capacity Building: Social and Community Participation Stream (2020-2021) grant. We aim to use language that is respectful to everyone.

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