



Under 5 & Under 6 Game Rules

Number of Players	<ul style="list-style-type: none"> 4-a-side with <u>no</u> goalkeeper Maximum of three substitutes <p>It is the responsibility of the coach to discourage children from permanently standing in front of the goal.</p>
Field Size	30m x 20m (1/8 field)
Ball Size	Size 3
Duration of the Game	15 minute halves 5 minute half-time break
Penalty Area	No penalty area required
Goal Type	Pop-up style portable goals
Ball Crossing the touch line	<p>There is no throw in.</p> <p>A player from the opposing team to the player that touched the ball last before crossing the touch line will place the ball on the touch line and pass the ball into play.</p> <p>Opponents must be at least 5m away from the ball until it is in play (e.g. a player from the same team has touched the ball in the field).</p> <p>The ball must touch as teammate before a goal can be scored.</p>
Ball crossing the goal line	<p>There is no corner kick.</p> <p>Regardless of which team touched the ball last, a player from the team whose goal line that ball has crossed will place the ball anywhere along the goal line and pass the ball into play.</p> <p>Opponents must retreat to half way and can move once the ball is in play (e.g. a player from the same team has touched the ball in the field).</p> <p>The ball must touch as teammate before a goal can be scored.</p>
Offside	There is no offside rule, however coaches should discourage children from permanently standing in obvious offside positions
Fouls and Misconduct	<p>Most acts of handball or fouls and misconduct at this level are caused by a lack of coordination, with no intent. In this case try and give the advantage to the attacking team and continue play.</p> <p>If you decide a deliberate or serious act of handball, foul or misconduct has occurred, explain to the child they have done the wrong thing and that they should not do this again. Free kicks should be awarded as appropriate.</p>



Under 7 Game Rules

Number of Players	<ul style="list-style-type: none"> • 7-a-side including a goalkeeper • Maximum of four substitutes
Field Size	40m x 30m (¼ field)
Ball Size	Size 3
Duration of the Game	20 minute halves 5 minute half-time break
Penalty Area	5m deep x 12m wide
Goal Size & Type	3m wide x 2m high Portable goals
Goalkeeper	<p>The goalkeeper is allowed to handle the ball anywhere in the penalty area.</p> <p>To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet.</p> <p>The goalkeeper is not allowed to kick or drop kick the ball directly from their hands.</p> <p>Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area.</p> <p>An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.</p>
Ball Crossing the touch line	<p>There is no throw in.</p> <p>A player from the opposing team to the player that touched the ball last before crossing the touch line will place the ball on the touch line and pass the ball into play.</p> <p>Opponents must be at least 5m away from the ball until it is in play (e.g. a player from the same team has touched the ball in the field).</p> <p>The ball must touch as teammate before a goal can be scored.</p>
Ball crossing the goal line	<p>There are no corner kicks in this age group.</p> <p>Goal kick from anywhere within the penalty area.</p> <p>Opponents remain at least 10 metres outside the penalty area until the ball is in play.</p> <p>Coaches should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area.</p> <p>The ball is in play once it is kicked directly out of the penalty area.</p>

Offside	There is no offside rule, however coaches should discourage children from permanently standing in obvious offside positions
Fouls and Misconduct	<p>Indirect free kicks are awarded for all acts of handball or fouls and misconduct.</p> <p>Opponents must be at least 5 metres away from the ball when the indirect free kick is taken.</p> <p>An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal.</p> <p>For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position.</p> <p>All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.</p> <p>Fouls and misconduct are:</p> <ul style="list-style-type: none">• kicks or attempts to kick an opponent;• trips or attempts to trip an opponent;• jumps at an opponent;• charges at an opponent;• strikes or attempts to strike an opponent;• pushes an opponent;• tackles an opponent from behind to gain possession of the ball;• makes contact with the opponent before touching the ball;• holds an opponent;• spits at an opponent;• handles the ball deliberately;• plays in a dangerous manner; and• impedes the progress of a player.



Under 8 Game Rules

Number of Players	<ul style="list-style-type: none"> • 7-a-side including a goalkeeper • Maximum of four substitutes
Field Size	40m x 30m (¼ field)
Ball Size	Size 3
Duration of the Game	20 minute halves 5 minute half-time break
Penalty Area	5m deep x 12m wide
Goal Size & Type	3m wide x 2m high Portable goals
Goalkeeper	<p>The goalkeeper is allowed to handle the ball anywhere in the penalty area.</p> <p>To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet.</p> <p>The goalkeeper is not allowed to kick or drop kick the ball directly from their hands.</p> <p>Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area.</p> <p>An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.</p>
Ball Crossing the touch line	<p>Throw in.</p> <p>Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head.</p> <p>The thrower must not touch the ball again until it has touched another player.</p> <p>Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play once it enters the field of play.</p> <p>A goal cannot be scored directly from a throw in.</p>
Ball crossing the goal line after touching the defending team last	<p>Corner kick.</p> <p>A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line.</p> <p>Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.</p> <p>A goal may be scored directly from a corner kick.</p>

<p>Ball crossing the goal line after touching the attacking team last</p>	<p>Goal kick from anywhere within the penalty area.</p> <p>Opponents remain at least 10 metres outside the penalty area until the ball is in play.</p> <p>Coaches should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area.</p> <p>The ball is in play once it is kicked directly out of the penalty area.</p>
<p>Offside</p>	<p>There is no offside rule, however coaches should discourage children from permanently standing in obvious offside positions</p>
<p>Fouls and Misconduct</p>	<p>Indirect free kicks are awarded for all acts of handball or fouls and misconduct.</p> <p>Opponents must be at least 5 metres away from the ball when the indirect free kick is taken.</p> <p>An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal.</p> <p>For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position.</p> <p>All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.</p> <p>Fouls and misconduct are:</p> <ul style="list-style-type: none"> • kicks or attempts to kick an opponent; • trips or attempts to trip an opponent; • jumps at an opponent; • charges at an opponent; • strikes or attempts to strike an opponent; • pushes an opponent; • tackles an opponent from behind to gain possession of the ball; • makes contact with the opponent before touching the ball; • holds an opponent; • spits at an opponent; • handles the ball deliberately; • plays in a dangerous manner; and • impedes the progress of a player.