



## Match Rules

The rules for Development Football should be kept to a minimum except as *provided* within these rules. The laws of the game as stated by FIFA and the International FA Board shall apply subject to the following:

### Four-a-side Football (up to 8 years)

#### 1 The Field of Play

The field of play and its characteristics are determined according to the attached diagram.

#### 2 Goalposts

Soccer Sevens goals (4.9 m x 1.8 m) or smaller will be used.

#### 3 Teams

Teams will comprise 4 outfield players with no goalkeepers. Team squads may consist of up to 6 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible.

#### 4 The Ball

A size 3 ball should be used.

#### 5 Offside

There is no offside rule.

#### 6 Duration of the Game

Matches should last approximately 15 minutes. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch.

#### 7 Match Supervision

A match supervisor will officiate from the side of the field.

#### 8 Kick-ins

In the event of the ball going out of play, a kick-in will be awarded. At all kick-ins and the taking of free kicks all opposition players must be 6 metres from the ball.

## **9 Re-start**

On scoring a goal, the team that scores will retreat to the halfway line. The team conceding the goal will restart the game with a short pass.

## **10 Equipment**

All players must wear shin-guards. Metal studs are suitable for grass fields only. Glasses may be worn provided they have safety frames and lenses.

## **11. Coaches**

Team coaches will stand on the same side of the field.

## **12. Behaviour**

Team coaches should substitute players displaying unacceptable behaviour. All coaches should promote good sportsmanship and fair play at all times i.e.

- putting ball out of play when player is injured
- Not over celebrating goals.
- All player and coaches should shake hand at the end of the game.

## **Soccer Sevens (8 years and beyond)**

### **1. The Field of Play**

The field of play and its characteristics are determined according to the attached diagram.

### **2. Goalposts**

Soccer Sevens goals (4.9 m x 1.8 m) will be used.

### **3. Teams**

Teams will comprise 6 outfield players plus a goalkeeper. Team squads may consist of up to 10 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible. In the event of an obvious mismatch, the weaker team, as jointly agreed by the respective team leaders, may field an extra player.

### **4. The Ball**

Age groups 8, 9 and 10 should play with a size 3 football.

Age group 11 should use a size 4.

### **5. Offside**

There is no offside rule.

### **6. Duration of the Game**

The duration of the game shall be 15 to 20 minutes each way with a 5 minute interval. Flexibility should prevail. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch.

### **7. Match Supervisor**

A match supervisor will officiate from a designated area on the touchline or the field of play, no other adult will be allowed on the field of play. Match supervisors are not allowed to coach. Both clubs to supply a Match supervisor with each club expected to 'officiate' one half of the game.

### **8. Kick-ins/Throw-ins**

Age groups **8, 9, and 10** should use kick-ins.

In the event of the ball going out of play, a kick-in will be awarded. At all kick-ins and the taking of free kicks all opposition players must be 6 metres from the ball.

**Age groups 11 should take throw-ins.**

At all throw-ins all opposition players must be 6 metres from the ball.

Discretion should be used regarding improper throws.

(match supervisors should advise on proper throws to both teams)

## 9. Re-start

Play shall be re-centred after a goal has been scored with the opposing team at least 6 metres from the ball.

## 10. Equipment

All players must wear shin-guards. Metal studs are suitable for grass fields only. Glasses may be worn provided they have safety frames and lenses.

## 11. Pass back

For age groups **8,9 and 10** the pass back law **does not apply**.  
For age groups 11 the pass back law **does apply**.

## 12. Penalty Kicks

Penalty kicks shall be taken 7 metres from the goal line.

## 13. Goalkeepers

Goalkeepers should be encouraged to throw ball where possible.  
Goalkeepers attempting to gather the ball by hand may not be challenged.

## 14. Coaches

Team coaches will stand on the same side of the field.

## 13. Behaviour

Team coaches should substitute players displaying unacceptable behaviour.  
All coaches should promote good sportsmanship and fair play at all times i.e.  
Team coaches shall remain in technical area (7m x 2m)

- putting ball out of play when player is injured
- Not over celebrating goals.
- All player and coaches should shake hand at the end of the game

## **Soccer Sevens Transition Year (Optional for 12 years and beyond)**

### **1. The Field of play**

The field of play and its characteristics are determined according to the attached diagram.

### **2. Goalposts**

Soccer Sevens goals (4.9 m x 1.8 m) will be used.

### **3. Teams**

Teams will comprise 6 outfield players plus a goalkeeper. Team squads may consist of up to 12 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible. In the event of an obvious mismatch, the weaker team, as jointly agreed by the respective team leaders, may field an extra player.

### **4. The Ball**

A size 4 Football should be used.

### **5. Offside**

A player is considered to be in an offside position if inside the 13 metre area of the opposing team and is nearer the goal line than the ball and two opponents.

### **6. Duration of the Game**

The duration of the game shall be 20 minutes each way with a 5 minute interval. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch.

### **7. Match Supervisor**

In an effort to prepare the young players for the 11-a-side game, a match supervisor will be appointed with authority to enforce the rules of play and, considering the educational importance for the participants, ensure fair play.

### **8. Kick-off / Goal Kicks and Throw-ins**

Kick-offs will be taken from the centre spot at the start of each half and after a goal is scored. The throw in should be used as normal. Opponents should be 10 metres from the ball.

### **9. Re-start**

Play shall be re-centred after a goal has been scored with the opposing team at least 6 metres from the ball.

## **10. Equipment**

All players must wear shin-guards. Metal studs are suitable for grass fields only. Glasses may be worn provided they have safety frames and lenses.

## **11. Pass back**

The current pass-back rule will apply.

## **12. Penalty Kicks**

Normal rules apply with the kick taken from the penalty mark, which is 9 metres from the goal line.

## **13. Goalkeepers**

Goalkeepers may kick or throw the ball out as preferred. However, in an effort to prevent long passes prevailing, they should be encouraged to restrict these to a minimum. Goalkeepers attempting to gather the ball by hand may not be challenged.

## **14. Coaches**

Team coaches will stand on the same side of the field.

## **15 Behaviour**

Team coaches should substitute players displaying unacceptable behaviour.

Team coaches should remain in the technical area (7m x 2m)

All coaches should promote good sportsmanship and fair play at all times:

- Putting ball out of play when player is injured
- Not over celebrating goals
- All player and coaches should shake hand at the end of the game

## **Developmental 11-a-side Football (Optional for 12 years midseason and beyond)**

### **1 The Field of Play**

The field of play and its characteristics are determined according to the attached diagram

### **2. Goalposts**

Goalposts should meet the requirements of the Laws of the Game.

### **3. Teams**

Teams will comprise 10 outfield players plus a goalkeeper. Team squads may consist of up to 16 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should be involved in the game for a minimum of one 20-minute period. In the event of an obvious mismatch, the weaker team, as jointly agreed by the respective team leaders, may field an extra player.

### **4. The Ball**

A size 4 ball should be used.

### **5. Offside**

The offside law will apply.

### **6. Duration of the Game**

Each game shall consist of 3 x 20-minute periods. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch.

### **7. Match Supervisor / Referee**

In an effort to prepare the young players for the 11-a-side game, an official referee or match supervisor will be appointed with authority to enforce the rules of play and, considering the educational importance for the participants, ensure fair play.

### **8. Throw-ins**

Throw-ins will be taken as normal.

### **9. Re-start**

Play shall be re-centred after a goal has been scored.

### **10. Equipment**

All players must wear shin-guards. Metal studs are suitable for grass fields only. Glasses may be worn provided they have safety frames and lenses.

## **11. Pass back**

The pass back law will apply.

## **12. Retreating Line**

A retreating line will be used half way between the penalty box and halfway line until the midseason break. After the midseason break the retreating line need not be used.

When the goalkeeper has the ball in his/her hands, the opposing team must retreat behind this line until the ball has been played.

## **13. Goalkeepers**

Goalkeepers attempting to gather the ball by hand may not be challenged.

## **14. Coaches**

Team coaches will stand on the same side of the field.

## **15 Behaviour**

Team coaches should substitute players displaying unacceptable behaviour.

Team coaches should remain in the technical area (7m x 2m)

All coaches should promote good sportsmanship and fair play at all times:

- putting ball out of play when player is injured
- Not over celebrating goals.
- All player and coaches should shake hand at the end of the game.