

U6 & U7 Small Sided Football –Rules of the Game

The complete rules for SSF can be found in the Football Federation Australia Small Sided Football Handbook. Every coach should have copy of these rules. If you do not have a copy, please ask your club/school or go to www.smallsidedfootball.com.au.

Ball Size	Goal Size	Pitch Size	Player Numbers
Size 3	Min: 1.5m x 0.90m Max: 2.0m x 1.00m	30m x 20m	4 players, no goal keeper

Substitutes:

Recommended maximum of two substitutes who may rotate during the entire game.

Substitutions are to take place at the half-way line and may happen while the ball is in play. The substituted player must leave the pitch before the new player enters.

Goal Keeper:

No goal keeper. Children should continually be discouraged from permanently standing in front of the goal. All players should be encouraged to move with the ball.

Game Duration:

2 x 15 minute halves with no additional time added.

All games should have a 5 minute half-time break. If a game starts late then the playing time must be reduced to ensure that the next game is able to start on time.

Start of Play & Restart after a Goal

Pass forward to a team mate from the middle of the half way line. **All players must be in their own half of the field of play. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.**

Ball Crossing the Touch Line:

There is no throw in. 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 or dribble the ball into play. **Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.**

Ball Crossing the Goal Line:

There is no corner kick. Regardless of which team touched the ball last, a player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.

Fouls and Misconduct:

Indirect free kicks are awarded for all acts of deliberate handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).

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. 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.

Fouls and misconduct include the act or attempt to kick, trip, strike, push, hold, tackle from behind, contact before touching the ball, abusive language, deliberately handle ball or play dangerously towards an opponent or official.

Method of scoring:

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar. When goal posts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them, below shoulder height of the player.

Additional CRJSA Guidelines

Tackling:

Slide tackling and tackling from behind are not permitted. A slide tackle is one in which a player attempts to take the ball away from an opposing player by deliberately leaving their feet and sliding along the ground. An indirect free kick should be awarded, and the reason explained to the offending player. A repeat after a warning will result in that player being removed from the field.

Coaches on field of play:

Only the game leader (i.e. referee) is allowed to enter the field of play while the game is in progress. Coaches should remain off the pitch, on the sidelines.

Injured Players:

Play should be halted when any player is, or appears to be, injured. Injured players should only be moved by their parents/guardian, or by qualified officials.

Drop Ball:

When play has been stopped because of injury, the game is restarted with a drop ball. The best way is to position a player from each team facing the direction they are kicking, about 1.0m apart, and drop the ball between them from their knee height.

Offside:

There is no offside; however, attacking players should be discouraged from constantly standing near the goals as this is contrary to the spirit of the game. The player should be warned and asked to move, and their coach advised. If the player persists, an indirect free kick should be awarded, and the reason explained to the offending player.

U8 & U9 Small Sided Football – Rules of the Game

The complete rules for SSF can be found in the Football Federation Australia Small Sided Football Handbook. Every coach should have copy of these rules. If you do not have a copy, please ask your club/school or go to www.smallsidedfootball.com.au.

Ball Size	Goal Size	Pitch Size	Pen. Area	Player Numbers
Size 3	Min: 2.5m x 1.8m Max: 5.0m x 2.0m Pref. size is 3.0m x2.0m	Min: 40m x 30m Max: 50m x 40m	Rectangle 5m depth x 12m width	7 players, (6 field + goalkeeper)

Substitutes:

Recommended maximum of three substitutes who may rotate during the entire game.

Substitutions are to take place at the half-way line and may happen while the ball is in play. The substituted player must leave the pitch before the new player enters.

Goal Keeper:

Each team will have a goalkeeper. The goalkeeper is permitted to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the goalkeeper is not permitted to kick the ball directly from their hands. The ball must be thrown or rolled from the hands or played from the ground with their feet. If a keeper kicks the ball from their hands play should be stopped and the ball given back to the keeper to restart play in a legal manner. **All attacking players should move out of the last third of the field to allow the keeper to bring the ball back into play.**

Game Duration:

2 x 20 minute halves with no additional time added.

All games should have a 5 minute half-time break. If a game starts late then the playing time must be reduced to ensure that the next game is able to start on time.

Start of play and re-start after goal:

Pass forward to a team mate from the middle of the half way line. **All players must be in their own half of the field of play. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.**

Ball Crossing the Touch Line:

Throw in: Player faces the field of play; part of each foot either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower may not touch the ball again until it has touched another player; a free kick is awarded if this happens. **Opponents must be 5m away from the ball.** A goal cannot be scored directly from a throw in. **Two attempts at a throw-in should be permitted and play should only be called back for an obviously incorrect attempt.**

Ball Crossing the Goal Line after touching the defending team last:

Corner kick. A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents should be 5m away from the ball until the ball is in play. The ball is in play when it is kicked and moves. **A goal may be scored direct from a corner kick.**

Ball Crossing the Goal Line after touching the attacking team last:

Goal kick from anywhere in the penalty area. **Attacking team is to retreat from the final third of the pitch.** A goal can be scored direct from a goal kick.

Fouls and Misconduct:

- Indirect free kicks are awarded for all acts of deliberate handball or fouls and misconduct with exception of a penalty kick (outlined below). Opponents must be at least 5m away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).
- For deliberate or serious acts of handball or fouls and misconduct in the penalty area a penalty kick is awarded from an 8m penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5m behind the penalty mark.
- Fouls and misconduct include the act or attempt to kick, trip, strike, push, hold, tackle from behind, contact before touching the ball, abusive language, deliberately handle ball or play dangerously towards an opponent or official.
- Instructing referees should instruct the players and attempt to give advantage to the attacking team, be fair to both teams and continue play limiting stoppages if the foul or misconduct is not deliberate and serious.

Method of scoring

A goal is scored when the whole ball crosses the line. Where cones are used as goals, a goal is scored when the ball passes through the cones without touching or knocking them over, below shoulder height of the player.

Additional CRJSA Guidelines

Tackling:

Slide tackling and tackling from behind is not permitted. A slide tackle is one in which a player attempts to take the ball away from an opposing player by deliberately leaving their feet and sliding along the ground. An indirect free kick should be awarded, and the reason explained to the offending player. A repeat after a warning will result in that player being removed from the field.

Coaches on field of play:

Only the instructing referee is allowed to enter the field of play while the game is in progress. Coaches should remain off the pitch, on the sidelines.

Injured Players:

Play should be halted when any player is, or appears to be, injured. Injured players should only be moved by their parents/guardian, or by qualified officials.

Drop Ball:

When play has been stopped because of injury, the game is restarted with a drop ball. The best way is to position a player from each team facing the direction they are kicking, about 1.0m apart, and drop the ball between them from their knee height.

Offside:

There is no offside; however, attacking players should be discouraged from constantly standing near the goals as this is contrary to the spirit of the game. The player should be warned and asked to move, and their coach advised. If the player persists, an indirect free kick should be awarded, and the reason explained to the offending player.

Protection for Goal Keepers:

If the goalkeeper has the ball in their hands or is just about to pick up the ball in the penalty area, opposing players should be strongly discouraged from attempting to kick the ball. If this happens an indirect free kick should be awarded, and the reason explained to the offending player.

U10 & U11 Small Sided Football – Rules of the Game

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Ball Size	Goal Size	Pitch Size	Pen. Area	Player Numbers
Size 4	Min: 4.5m x 1.8m Max: 5.0m x 2.0m	Min. - 60m x 40m Max. - 70m x 50m	Rectangle 5m depth x 12m width	9 players, (8 field + goalkeeper)

Substitutes:

Recommended maximum of three substitutes who may rotate during the entire game.

Substitutions are to take place at the half-way line and may happen while the ball is in play. The substituted player must leave the pitch before the new player enters.

Goal Keeper:

Each team will have a goalkeeper. The goalkeeper is permitted to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the goalkeeper is not permitted to kick the ball directly from their hands. The ball must be thrown or rolled from the hands or played from the ground with their feet. If a keeper kicks the ball from their hands play should be stopped and the ball given back to the keeper to restart play in a legal manner. **All attacking players should move out of the last third of the field to allow the keeper to bring the ball back into play.**

Game Duration:

2 x 25 minute halves with no additional time added.

All games should have a 5 minute half-time break. If a game starts late then the playing time must be reduced to ensure that the next game is able to start on time.

Start of play and re-start after goal:

Pass forward to a team mate from the middle of the half way line. **All players must be in their own half of the field of play. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.**

Ball Crossing the Touch Line:

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Ball Crossing the Goal Line after touching the defending team last:

Corner kick. A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents should be 5m away from the ball until the ball is in play. The ball is in play when it is kicked and moves. **A goal may be scored direct from a corner kick.**

Ball Crossing the Goal Line after touching the attacking team last:

Goal kick from anywhere in the penalty area. **Attacking team is to retreat from the final third of the pitch.** A goal can be scored direct from a goal kick.

Fouls and Misconduct:

- Indirect free kicks are awarded for all acts of deliberate handball or fouls and misconduct with exception of a penalty kick (outlined below). Opponents must be at least 5m away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).
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- Instructing referees should instruct the players and attempt to give advantage to the attacking team, be fair to both teams and continue play limiting stoppages if the foul or misconduct is not deliberate and serious.

Method of scoring

A goal is scored when the whole ball crosses the line. Where cones are used as goals, a goal is scored when the ball passes through the cones without touching or knocking them over, below shoulder height of the player.

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Coaches on field of play:

Only the instructing referee is allowed to enter the field of play while the game is in progress. Coaches should remain off the pitch, on the sidelines.

Injured Players:

Play should be halted when any player is, or appears to be, injured. Injured players should only be moved by their parents/guardian, or by qualified officials.

Drop Ball:

When play has been stopped because of injury, the game is restarted with a drop ball. The best way is to position a player from each team facing the direction they are kicking, about 1.0m apart, and drop the ball between them from their knee height.

Offside:

There is no offside; however, attacking players should be discouraged from constantly standing near the goals as this is contrary to the spirit of the game. The player should be warned and asked to move, and their coach advised. If the player persists, an indirect free kick should be awarded, and the reason explained to the offending player.

Protection for Goal Keepers:

If the goalkeeper has the ball in their hands or is just about to pick up the ball in the penalty area, opposing players should be strongly discouraged from attempting to kick the ball. If this happens an indirect free kick should be awarded, and the reason explained to the offending player.

Under 12 FIFA Rules - Rules of the Game

Normal FIFA rules apply to these games, with a few nominated exceptions. Current FIFA rules are available at: <http://www.fifa.com/worldfootball/lawsofthegame.html>.

Additional CRJSA Guidelines

Ball Size	Goal Size	Pitch Size	Player Numbers
Size 4	Min. – 6.0m x 2.0m Max. – 7.3m x 2.4m	Min. - 75m x 40m Max. - 85m x 50m	11 players, (10 field + goalkeeper)

Substitutes:

Recommended maximum of three substitutes who may rotate during the entire game.

Substitutions are to take place at the half-way line and may happen while the ball is in play. The substituted player must leave the pitch before the new player enters.

Game Duration:

2 x 25 minute halves with no additional time added

All games should have a 5 minute half-time break. If a game starts late then the playing time must be reduced to ensure that the next game is able to start on time.

Tackling:

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Coaches on field of play:

Only the referee is allowed to enter the field of play while the game is in progress. Coaches should remain off the pitch, on the sidelines.

Injured Players:

Play should be halted when any player is, or appears to be, injured. Injured players should only be moved by their parents/guardian, or by qualified officials.

Drop Ball:

When play has been stopped because of injury, the game is restarted with a drop ball. The best way is to position a player from each team facing the direction they are kicking, about 1.0m apart, and drop the ball between them from their knee height.

Offside:

A player is in an offside position if at the time that the ball is played forwards they:

- are in the opposition's half,
- are closer to the oppositions goal than the ball and the second last defender (the goalkeeper is consider to be a defender)
- gain an advantage from being in that position (eg receive the ball) or are interfering with play or another player (eg obscuring the goalkeeper's view)

If in doubt advantage should be given to the attacking team and the game allowed to flow with the minimum of stoppages.

Protection for Goal Keepers:

If the goalkeeper has the ball in their hands or is just about to pick up the ball in the penalty area, opposing players should be strongly discouraged from attempting to kick the ball. If this happens an indirect free kick should be awarded, and the reason explained to the offending player.

Goal Kick:

Where ground size is such that players have difficulty with goal kicks clearing the penalty area, the goal kick should be placed in a position level with the penalty spot.

Corner Kick:

If the ground size restricts a player's ability to kick the ball into the penalty area, the corner kick should be taken from a point midway between the corner and the penalty box on the goal line.

CRJSA Coach Information

Coaches on field during play

Only the game leader/instructing referee/referee is allowed to enter the field of play while the game is in progress. Coaches should remain off the pitch, on the sidelines.

Referees

Coaches from each team shall agree who referees the match unless an official referee is appointed. Usually team coaches referee one half each.

Coach Guidelines

- Coaches are expected to evenly interchange players to give players of less ability the chance to participate and improve their skills.
- Players should not be played in positions before under 8
- Players other than the goal keeper should not be put in positions where they are standing still; all positions should move relative to the ball/other players
- Training is the time to teach, the game is the players time to show what they can do – let the children play with minimal instruction or they will not learn to think for themselves
- Do not point out every mistake that is made; talk about the consequences of actions players have taken and encourage them to think of solutions.
- Frame comments as a question, for example "what happened when you did ...?" and then "why do you think that happened?"
- Players learn far quicker if they think about what happened
- Use the game to work out what you should do a training
- Do not allow parents to start coaching their kids during the games; it is a team sport and a team is playing not a group of individuals.

Spectator Behaviour

Spectators are expected to comply with the FFA code of conduct, and may need to be reminded of this by the coach from time to time. The code of conduct includes:

- Show common courtesy and respect for the opposition team, coaches, officials and other parents.
- Never ridicule or scold a player for making a mistake.
- Encourage players to always play by the rules

In addition it is required that spectators:

- Do not stand adjacent to or just behind the goals.
- Keep a distance of at least 1.5 metres from the field of play for the safety of players.

Coaches should ensure that their team's spectators comply with these requirements.

First Aid Equipment

- All teams should be equipped with a basic first aid kit, suitable for sports.
- People who render assistance to players injured should be suitably experienced in the administration of sports first aid - if in doubt, seek assistance.
- Disposable items and gloves should be used due to the risk of infections such as Hepatitis or HIV.

Safety

- National policy is that no dangerous items can be worn during games such as rings, necklaces, bracelets, watches and plaster casts.
- The wearing of glasses is only permitted when special sports glasses approved by Optometrists are worn.
- Any player found to be bleeding must be immediately removed from the game, and not permitted to return until bleeding has stopped, any wound covered and blood stained clothing replaced.
- Play should be halted when any player is or appears to be injured.
- Injured players should only be moved by their parents/guardians or by qualified officials.

Player Equipment

- Each player shall wear a shirt, shorts or tracksuit bottoms, shin guards, socks which fully cover the shin guards, and footwear.
- Goalkeepers must wear a shirt that is a different colour from their team players and opposition players.
- In the event of a clash of team colours bibs can be used.
- Boots should not have studs with sharp edges.
- Mouthguards are optional, but highly recommended.
- Gloves can be worn during cold weather
- The wearing of hard brimmed hats is restricted to the goalkeeper.

Player Discipline

There are no cautions or send offs in CRJSA games. Players who continually or deliberately break the rules should be told why their behaviour is unacceptable and their coach should be informed. If necessary the player should be given a period of enforced substitution to calm down or receive extra coaching. It is important that the coaches of both teams act cooperatively to enforce discipline, and that they accept the referee's decision.

Disputes

Disputes at the game between coaches or spectators should be avoided for the benefit of the children participating. The following points map out the process for resolving disputes:

- Coaches are strongly encouraged to attempt to resolve any concerns with the opposition coach at the game (eg query about overage players, discuss understanding and interpretation of rules before the game starts etc)
- Coaches are to contact their club/school delegate about issues which are not able to be resolved at the game – it is better to do this than to get involved in an argument at the game
- Club/school delegate is then to contact delegate of other club/school to discuss the issue and try to mediate a solution
- If a satisfactory resolution cannot be reached between delegates, or if the matter is deemed to be of a serious nature, then issue should be raised with Central Executive for a final ruling and any appropriate action