



EASTERN SUBURBS  
FOOTBALL ASSOCIATION

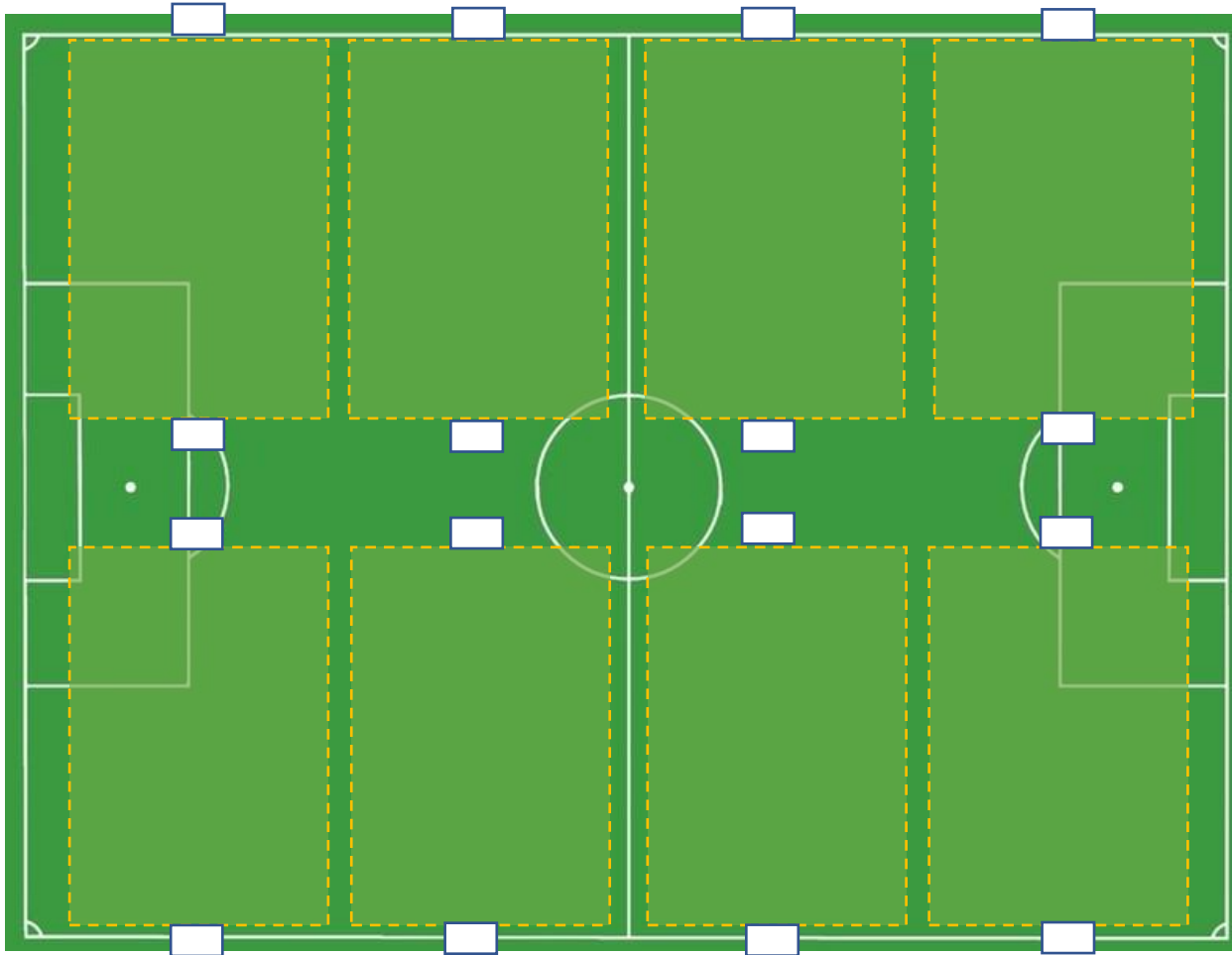
# Miniroos Guide

## Under 6s – Under 12s



# FIELD LAYOUT GUIDE

## u6 and u7



<b>Number of Players</b>	4-a-side with no goalkeeper
<b>Field Size</b>	30m x 20m
<b>Goal Size</b>	2m wide x 1m high
<b>Ball Size</b>	Size 3
<b>Duration of the game</b>	20 min halves Minimum 5 min half-time break
<b>Penalty Area</b>	No penalty area required

# Playing Format and Rules u6 & u7



## Goalkeeper

There are no goalkeepers in MiniRoos Under 6 & 7.

It is the responsibility of the Game Leader to discourage children from permanently standing in front of the goal.

## Goal Kicks

(Ball crossing the goal line after touching the attacking team last)

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.

## Corner Kicks

(Ball crossing the goal line after touching the defending team last)

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.

## Throw Ins

(Ball crossing the sideline)

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.

# Playing Format and Rules u6 & u7



## Offsides

There is no offside rule in MiniRoos Under 6 & 7.

Game Leaders should strongly discourage children from permanently standing in blatant offside positions.

## Penalty Kicks

There is no penalty kicks awarded in Miniroos under 6 & 7.

## Substitutions

Players may be rotated on and off the field at any time during the game.

A coach/manager may make a substitution while the ball is in play, ensuring the player is off the field before the substitute goes on and enters away from the play.

## Fouls and Misconduct

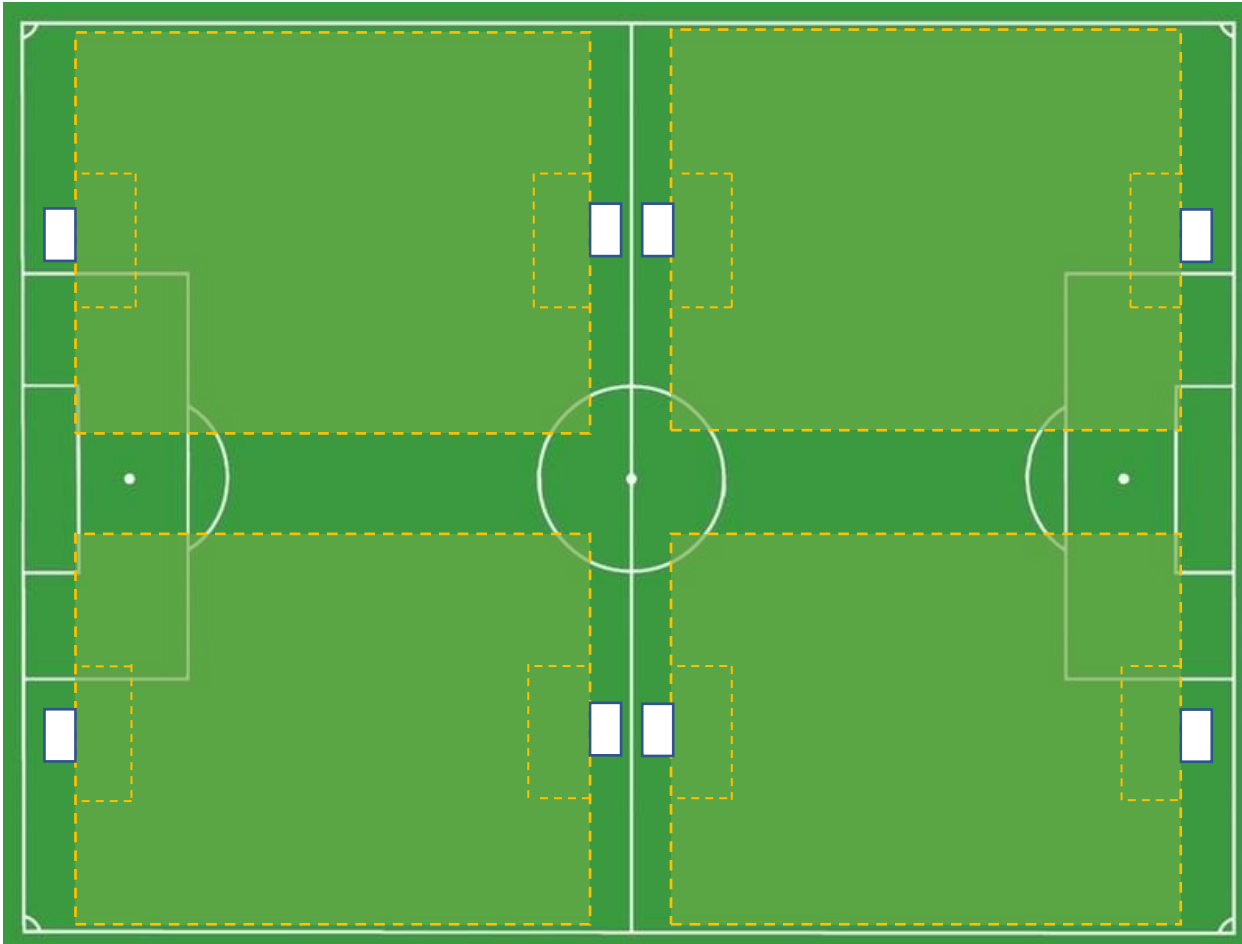
Indirect free kicks are awarded for all acts of handball or fouls and misconduct.

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 'why' it is a foul and cannot do that in the game.

Free kicks should be awarded as appropriate

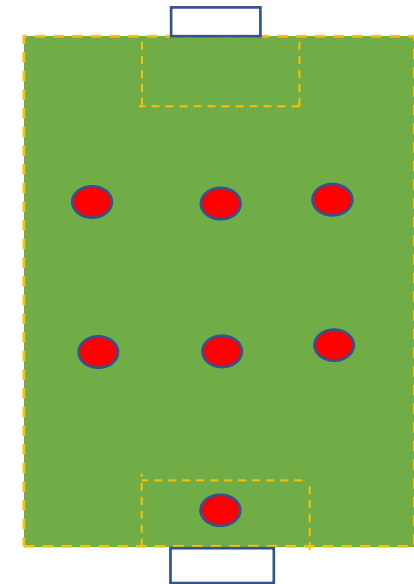
# FIELD LAYOUT GUIDE



## u8 and u9



<b>Number of Players</b>	7-a-side including a goalkeeper
<b>Field Size</b>	45m long x 35m wide
<b>Goal Size</b>	3m wide x 2m high
<b>Ball Size</b>	Size 3
<b>Duration of the game</b>	20 min halves Minimum 5 min half-time break
<b>Penalty Area</b>	5m deep x 12m wide
<b>Retreat line</b>	10m from goal line



# Playing Format and Rules u8-u9



## Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. 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, within 6 seconds.

The Goalkeeper is NOT allowed to kick or drop kick the ball directly from their hands.

Once the goalkeeper gathers the ball with their hands, opponents must drop back to the retreat line and wait for the ball to become live.

However, the ball becomes live once it leaves the Goalkeeper's hands, from a throw/ roll, or when placed on the ground to kick.

Once the ball is live, opposition players can challenge for the ball.

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. Use this with discretion with the younger teams. Ideally a warning will be issued first and then that, then award the free kick.

## Goal Kicks

(Ball crossing the goal line after touching the attacking team last)

Goal kick from anywhere within the penalty area. Opponents must go back to the retreat line (15-20m from goal line) until the ball is in play.

Game leaders to assist opponents in retreating and should not start play until they are satisfied that all opponents have retreated.

The ball is in play once it is kicked outside the box area. Opponents can then challenge for the ball.

## Throw Ins

(Ball crossing the sideline)

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 their head. The thrower must not touch the ball again until it has touched another player.

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.

A goal cannot be scored directly from a throw in.

If there is a foul throw, the player can retake it. Game leader can direct/instruct on how to do it. Play can then continue.

## Corner Kicks

(Ball crossing the goal line after touching the defending team last)

A player from the attacking team places the ball inside the corner arc nearest to the corner where the ball crossed the line. 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.

A goal can be scored directly from a corner kick.

# Playing Format and Rules u8-u9



## Offsides

The official offside rule does NOT apply for u8-u9.

However, Game Leaders should direct players permanently standing in blatant offside positions to move into onside positions. **Should players still be in an obvious and deliberate offside position, then Game Leader can call an offside.** This should only occur after a warning is given by the Game Leader to the player/coaches and for players that are blatant and intentionally standing offside.

Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.

## Penalty Kicks

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. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

## Substitutions

Players may be rotated on and off the field at any time during the game.

A coach/manager may make a substitution while the ball is in play, ensuring the player is off the field before the substitute goes on and enters away from the play.

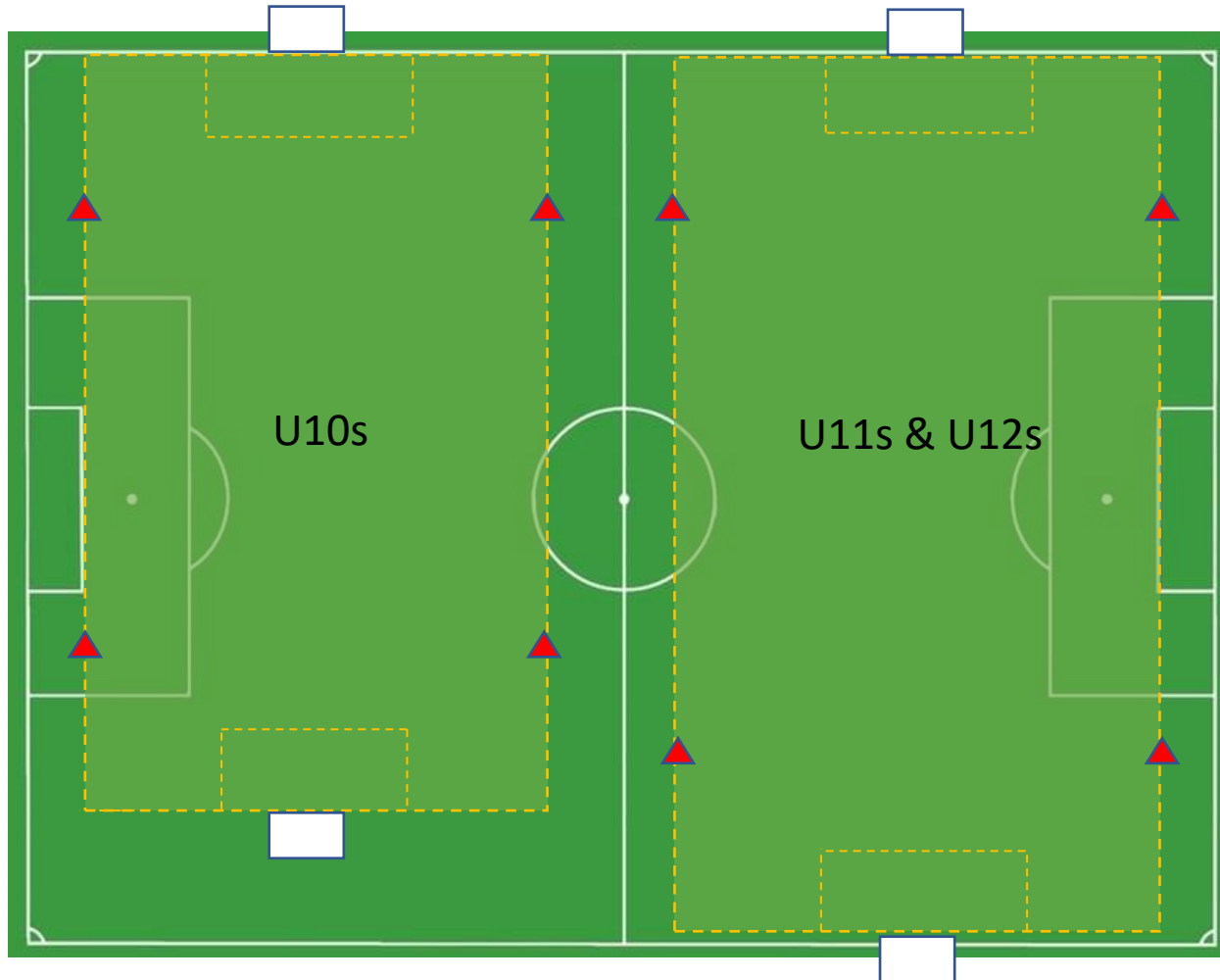
## Fouls and Misconduct

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

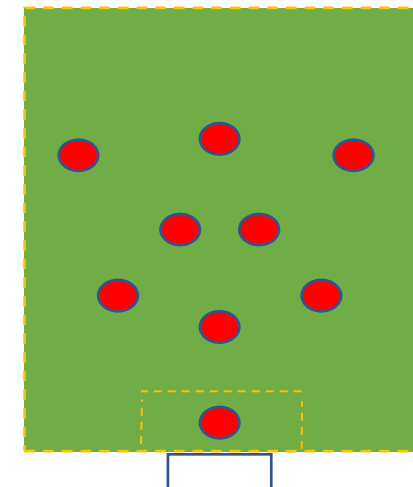
- Fouls and misconduct are:
- Kicks or attempts to kick an opponent;
- Trips or attempts to trip an opponent;
- Charges at an opponent;
- Strikes or attempts to strike an opponent;
- Pushes an opponent;
- Tackles an opponent from behind to gain possession of the ball;
- Makes contact with the opponent 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

# FIELD LAYOUT GUIDE

## u10, u11 and u12



Number of Players	9-a-side including a goalkeeper
Field Size	<b>U10s:</b> 45m long x 40m wide <b>U11 &amp; U12s:</b> 60m long x 45m wide
Goal Size	5m wide x 2m high
Ball Size	Size 4
Duration of the game	25 min halves Minimum 5 min half-time break
Penalty Area	10m deep x 20m wide
Retreat line	20m from goal line



Under 10s, 11s & 12s



# Playing Format and Rules u10, u11 and u12



## Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. 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, within 6 seconds.

The Goalkeeper is NOT allowed to kick or drop kick the ball directly from their hands.

Once the goalkeeper gathers the ball, opponents must drop back to the retreat line and wait for the ball to become live.

The ball becomes live once it leaves the Goalkeeper's hands, from a throw/roll, or when placed on the ground to kick.

Once the ball is live, opposition players can challenge for the ball.

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. Use this with discretion with the younger teams. Ideally warn them first and then after it continues 2-3 times then award the free kick.

## Goal Kicks

(Ball crossing the goal line after touching the attacking team last)

Goal kick from anywhere within the penalty area. Opponents must go back to the retreat line (15-20m from goal line) until the ball is in play.

Game leaders to assist opponents in retreating and should not start play until they are satisfied that all opponents have retreated.

The ball is in play once it is kicked outside the box area. Opponents can then challenge for the ball.

## Throw Ins

(Ball crossing the sideline)

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The ball is in play once it enters the field of play.

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If there is a foul throw, the player can retake it. Game leader should direct/instruct on how to do it. Play can then continue.

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(Ball crossing the goal line after touching the defending team last)

A player from the attacking team places the ball inside the corner arc nearest to the corner where the ball crossed the line. 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.

A goal can be scored directly from a corner kick.

# Playing Format and Rules u10, u11 and u12



## Offsides

The official offside rule does NOT apply for u10-u12.

However, Game Leaders should direct players permanently standing in blatant offside positions to move into onside positions. **Should players still be in an obvious and deliberate offside position, then Game Leader can call an offside.** This should only occur after a warning is given by the Game Leader to the player/coaches and for players that are blatant and intentionally standing offside.

Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.

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- Impedes the progress of a player

# Game Leaders



Each game is to be controlled by one Game Leader.

The Game Leader should be provided by the 'Home' Club as per the draw.

The main role of the Game Leader is to keep the game moving fluently, limit stoppages and assist players with all match re-starts.

The Game Leader should;

- Announce themselves to both coaches/managers
- Ensure games commence as per kick off times
- Ensure both teams have correct numbers on the field and appropriate equipment, i.e. shin pads
- Manage the flow of the game and give instruction to all players on the run where you can;
- Praise and encourage both teams;
- Explain the rules to players eg: why a free kick has been awarded;
- Manage Offsides by 'warning' players in the first instance or calling free kicks if its obvious and intentional;
- Ensure players retreat back on goal kicks and manage restarts;

It is preferable for a club junior referee to act as game leader for their own development, however a parent or older sibling may be suitable also.

