

# National Playing Formats and Rules

## 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.

## Shin guards

Shin guards must be worn by all players without exception.

## Concussion

Any player suspected of suffering from concussion should be examined by a medical practitioner before returning to play. As a general rule; "If in doubt, sit it out".

## Substitutions

Players may be rotated on and off the field at any time during the game. A coach/parent may make substitutions while the ball is in play, ensuring the player is off the field before the substitute goes on. Equal playing time should be a priority ensuring all players regardless of age, gender and/or ability get to take the field.

Regular rotation of players is key. Kids don't register to watch football – they just want to play! If there is space on the sidelines, substitutes should be encouraged to set up small-sided games or practice their skills in a designated area, not interfering with play.

## Game Leaders

Each game is to be controlled by one Game Leader.

The main role of the Game Leader is to keep the game moving fluently, limit stoppages and assist players with all match re-starts. Most importantly, they must make every effort to create an environment that ensures that all players have fun, are learning the game and have maximum involvement.

The Game Leader can be a club official, parent, older child/player or beginner referee and should always be enthusiastic and approachable. Most importantly, remember the children are learning the game – be flexible and patient.

### The Game Leader should:

- Encourage all children to have fun and different children to take re-starts;
- Ensure the correct number of players are on the field;
- Discourage players from permanently over-guarding the goal;
- Check all players are wearing shin guards;
- Use a "Ready, Set, Go" prompt to encourage quick decisions when restarting play;
- Encourage children to dribble or pass ball to team mates rather than kick the ball long;
- **Ensure the opposing team retreats the correct distance for all goal line restarts;**
- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children;
- Encourage children to be involved in all aspects of the game, attacking and defending;
- Award free kicks as appropriate to help children learn the rules and consequences of committing fouls;
- Explain the rules to players and why a free kick has been awarded;
- Let the game flow and give instruction to all players on the run where you can;
- Praise and encourage both teams; and
- Be enthusiastic and approachable.

Game leaders are encouraged to undertake a free FFA ALDI MiniRoos Certificate prior to start of the season.



# National Playing Formats and Rules

Effective from 1 January 2015

**ALL AGE GROUPS**

The following aspects of ALDI MiniRoos Club Football are common across all age groups from Under 6 to Under 11.

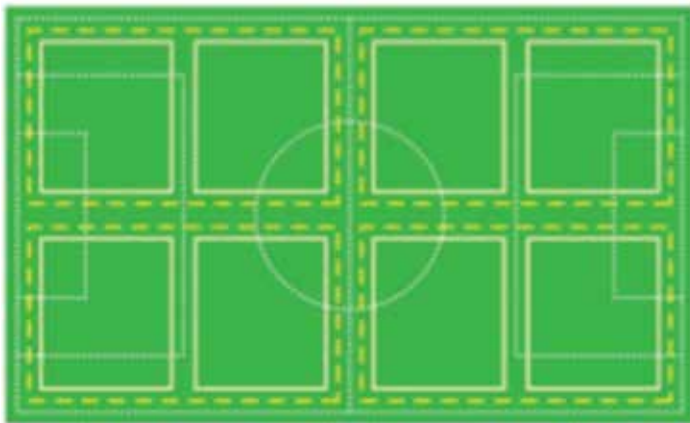
## Field Layouts

ALDI MiniRoos fields are easy to set-up and only take a few minutes.

The below diagrams outline how ALDI MiniRoos pitches should look when set-up on a full-size football field:

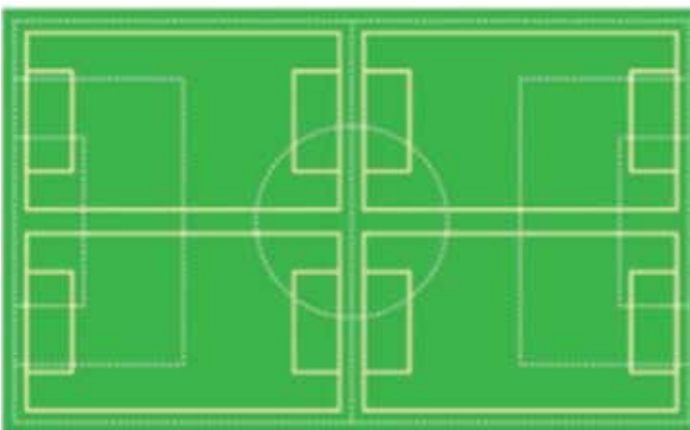
### Under 6 & 7

Up to 8 pitches on a full-size football pitch



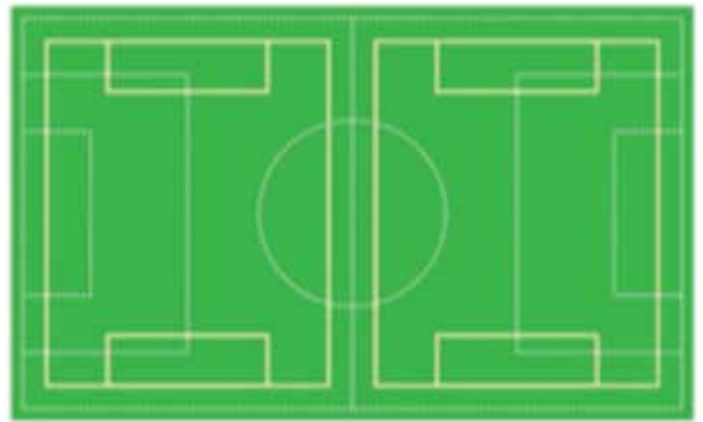
### Under 8 & 9

Up to 4 pitches on a full-size football pitch



### Under 10 & 11

Maximum of 2 pitches on a full-size football pitch. Alternatively 1 pitch can be set-up penalty box to penalty box.



## Field Markings

Cones, markers or painted line markings are suitable.

This includes the penalty areas in the U8 – U11 age categories.

## Start of play and re-start after a goal

Pass 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 5 metres away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

## Ball in and out of play

The ball is out of play when it has wholly crossed the goal line or the touch line on the ground or in the air, or when play has been stopped by the Game Leader.

# National Playing Formats and Rules

## ALDI MiniRoos Club Football

### UNDER 6 & 7

#### Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 6 & 7:

The number of players	4-a-side with <u>no</u> goalkeeper Maximum of three substitutes
The field of play	30m x 20m
Goal size	2m wide x 1m high
Ball size	Size 3
Duration of the game	20 min halves Minimum 5 min half-time break
Penalty area	No penalty area required

#### Goal type

It is preferable that pop-up style portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using pop-up style portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: [www.productsafety.gov.au](http://www.productsafety.gov.au).

#### Goalkeeper

There are no goalkeepers in ALDI MiniRoos Under 6 & 7.

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

#### 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.

#### Offside

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

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

#### 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 they have done the wrong thing and that they should not do this again. Free kicks should be awarded as appropriate.

#### Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 6 & 7 football and do not exist.





# National Playing Formats and Rules

## ALDI MiniRoos Club Football

### UNDER 8 & 9

#### Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 8 & 9:

The number of players	7-a-side including a goalkeeper Maximum of four substitutes
The field of play	Minimum: 40m long x 30m wide Best Practise: 45m long x 35m wide Maximum: 50m long x 40m wide
Goal size	3m wide x 2m high
Ball size	Size 3
Duration of the game	20 min halves Minimum 5 min half time break
Penalty area	5m deep x 12m wide

#### Goal type

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: [www.productsafety.gov.au](http://www.productsafety.gov.au).

#### Offside

There is no offside rule in ALDI MiniRoos Under 8 & 9.

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

#### 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. 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.

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.

#### Ball crossing the touch line

Throw in.

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. 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.

#### 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 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 may be scored directly from a corner kick.

#### Ball crossing the goal line after touching the attacking team last

Goal restart from anywhere within the penalty area. **Opponents must retreat to the half way line** and can move once the ball is in play. The ball is in play once it is touched by a teammate outside of the penalty area. **This is per NSFA regulations.** 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 handball or fouls and misconduct. Opponents must be at least 5 metres 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 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.

#### Fouls and misconduct are:

- 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.

#### Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 8 & 9 football and do not exist.

# National Playing Formats and Rules

## ALDI MiniRoos Club Football

### UNDER 10 & 11

#### Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 10 & 11:

The number of players	9-a-side including a goalkeeper Maximum of five substitutes
The field of play	Maximum: 70m long x 50m wide Best Practise: 65m long x 45m wide Minimum: 60m long x 40m wide
Goal size	Maximum: 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

#### Goal type

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: [www.productsafety.gov.au](http://www.productsafety.gov.au).

#### 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. 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 or when the goalkeeper places the ball on the ground.

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.

#### Ball crossing the touch line

Throw in.

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.

#### 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 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 may be scored directly from a corner kick.

#### Ball crossing the goal line after touching the attacking team last

Goal restart from anywhere within the penalty area. Opponents remain at least 15 metres outside the penalty area until the ball is in play. The ball is in play once it is touched by a teammate outside of the penalty area. Game Leaders should not restart play until they are satisfied all opposition players are at least 15 metres outside the penalty area. **This is per NSFA regulations.** The ball must touch a team mate before a goal can be scored.

#### Offside

The official offside rule (Law 11, FIFA Laws of the Game) does not apply to ALDI MiniRoos Under 10 & 11. Goals can be scored from the offside position.

Game Leaders should direct players permanently standing in blatant offside positions to move into onside positions.

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.

#### 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. (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 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.

#### Fouls and misconduct are:

- 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.

#### Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 10 & 11 football and do not exist.