

OFFICIAL



HUNTER VALLEY
FOOTBALL



Rules and
Regulations

MINIROOS



REGULATION F: Playing Rules – MiniRoos (Under 6 to Under 11)

Summary

These Rules and Regulations provide information about:

➤ **Regulation F – Playing Rules - MiniRoos**

that the Joint Zone Competitions will operate under.

The Regulations, Procedures and Policies in conjunction with the Constitution and By-Laws of the Zone Association shall, with the approval of NNSW Football and duly Registered with FA, apply from the date of approval and shall take precedence over any previous Regulations of the Zone Association.

Issued by the Joint Board of Directors of Macquarie Football, Newcastle Football, and Hunter Valley Football.

Issued: **February 2024**

Review: **January 2025**

Contents	Page
RATIONALE	4
F01 UNDER 6 and 7	5
F02 UNDER 8 and 9	4
F03 UNDER 10 and 11	8
F04 ALL AGE GROUP (UNDER 6 – UNDER 11)	11
REFERENCES	16

National Playing Formats and Rules - MiniRoos Community Football

RATIONALE:

MiniRoos Football is the largest network of grassroots football, which provides opportunities for boys and girls of all abilities aged between 5 and 11 to join a team for the season where they will make life-long friends and have fun playing small-sided football games.

The Zone Association's Member Clubs provide coaching sessions and set up matches in a relaxed environment where the aim is to teach new skills in an enjoyable way and experience core values of teamwork, cooperation, fair play, and respect for others.

The smaller fields, modified rules and fewer players mean a more enjoyable game with more opportunities to touch the ball and more opportunities to score goals, once again increasing the likelihood of an overall positive experience.

As the child progresses through the various age groups, they will be introduced to playing environments that most suit their stage of development and prepare them for the transition to 11v11 football format when the time comes.

This progression helps players discover the differences in the size of the field and size of the goal and the benefits of having more space.

It also helps children to learn to use different and well-developed techniques to play a more tactical game, as well as assisting them in understanding the role of different positions and determining what best suits them.

F01 UNDER 6 and 7

1.1 Playing Formats

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

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

1.2 Goalkeeper

- There are **no** goalkeepers in MiniRoos Under 6 & 7.
- It is the responsibility of the Coach and the Game Leader to discourage children from permanently standing in front of the goal.

1.3 Ball crossing the touchline/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/sideline will place the ball on the touch line/sideline and pass or dribble the ball into play.
- Opponents (members of the other team) **must be** at least 5m away from the ball until it is in play.
- The ball **must touch** a teammate before a goal can be scored.

1.4 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 (members of the other team) **must retreat** to the halfway line and can move once the ball is in play.
- The ball **must touch** a teammate before a goal can be scored.

1.5 Offside

- There is **no offside** rule in MiniRoos Under 6 & 7.
- Game Leaders and Coaches should strongly discourage children from permanently standing in blatant offside positions.

1.6 Fouls and misconduct

- Indirect free kicks are awarded for all acts of handball or fouls and misconduct.
- The Game Leader needs to explain to all players why the indirect free kick was awarded in an attempt to educate players to reduce the incidents of fouls and misconduct in games.
- Opponents (members of the other team) **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, take the time to 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.

F02 UNDER 8 and 9

2.1 Playing Formats

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

The Number of Players	7-a-side including a goalkeeper Maximum of <i>four</i> substitutes
Size of field of play	<u>Minimum:</u> 40m long x 20m wide <u>Best Practise:</u> 45m long x 35m wide <u>Maximum:</u> 50m long x 40m wide
Goal size	3m wide x 2m high
Ball size	Size 3
Duration of the game	20-minute halves Minimum 5 minutes half-time break
Penalty area	5m deep x 12m wide

2.2 Offside

- There is no offside rule in MiniRoos Under 8 & 9.
- Game Leaders and Coaches should strongly discourage children from permanently standing in blatant offside positions.

2.3 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 teammate.

2.4 Ball crossing the touch line/sideline

- 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.
- Game Leaders should demonstrate and instruct the player as to how to correctly perform a throw in, if a player does not correctly perform the throw in.
- The thrower ***must not*** touch the ball again until it has touched another player.
- Opponents (members of the other team) ***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.

2.5 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 (members of the other team) 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.

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

- Goal kick from anywhere within the penalty area.
- Opponents (members of the other team) remain at least 10 metres outside the penalty area until the ball is in play.
- Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area.
- The ball is in play once it is kicked directly out of the penalty area.

2.7 Fouls and misconduct

- Indirect free kicks are awarded for all acts of handball or fouls and misconduct.
- The Game Leader needs to explain to all players why the indirect free kick was awarded in an attempt to educate players to reduce the incidents of fouls and misconduct in games.
- Opponents (members of the other team) 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.

F03 UNDER 10 and 11

3.1 Playing Formats

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

The Number of Players	9-a-side including a goalkeeper Maximum of <i>five</i> substitutes
Size of field of play	<u>Minimum:</u> 60m long x 40m wide <u>Best Practise:</u> 65m long x 45m wide <u>Maximum:</u> 70m long x 50m wide
Goal size	<u>Maximum:</u> 5m wide x 2m high
Ball size	Size 4
Duration of the game	20-minute halves Minimum 5 minutes half-time break
Penalty area	10m deep x 20m wide

3.2 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 (members of the other team) 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 teammate.

3.3 Ball crossing the touch line/sideline

- 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.

- Game Leaders should demonstrate and instruct the player in the first instance as to how to correctly perform a throw in, if a player does not correctly perform the throw in.
- 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.

3.4 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 (members of the other team) 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.

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

- Goal kick from anywhere within the penalty area.
- Opponents (members of the other team) remain at least 10 metres outside the penalty area until the ball is in play.
- Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area.
- The ball is in play once it is kicked directly out of the penalty area.

3.6 Offside

- There is **no** offside rule in MiniRoos Under 10 and Under 11.
- The official offside rule (Law 11, FIFA Laws of the Game) **does not apply** to MiniRoos Under 10 and Under 11.
- Goals can be scored from the offside position.
- Game Leaders and Coaches 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.

3.7 Fouls and Misconduct

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

- The Game Leader needs to explain to all players why the indirect free kick was awarded in an attempt to educate players to reduce the incidents of fouls and misconduct in games.
- Opponents (members of the other team) 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.

F04 ALL AGE GROUP (UNDER 6 – UNDER 11)

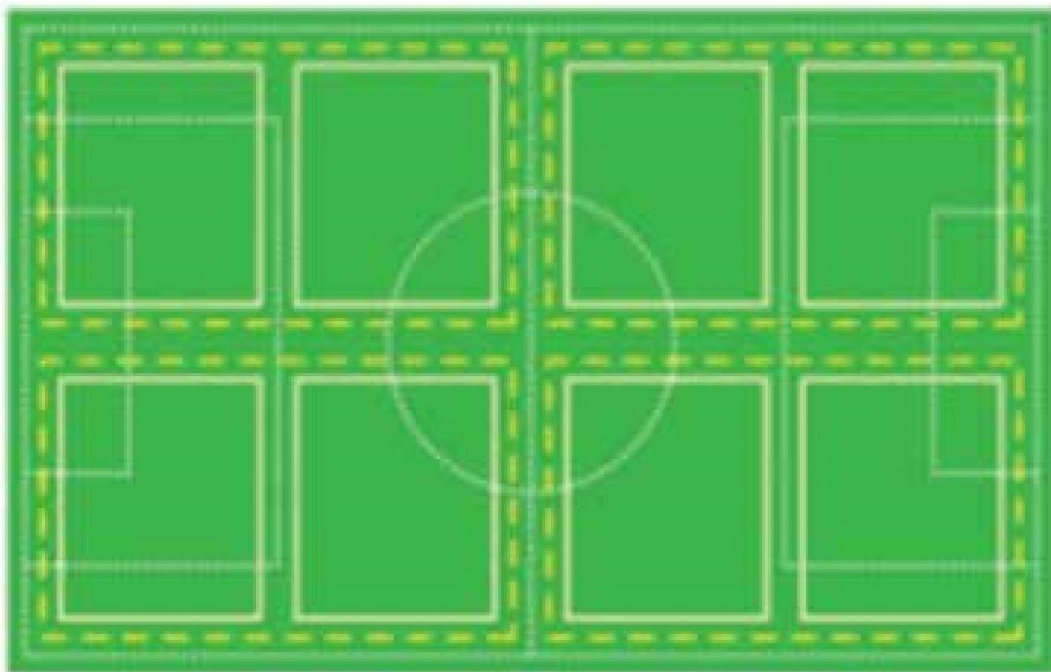
The following aspects of MiniRoos Community Football are common across all age groups from Under 6 to Under 11.

4.1 Field Layouts

- MiniRoos fields are easy to set-up and only take a few minutes.
- The below diagrams outline how MiniRoos pitches should look when set-up on a full-size football field:

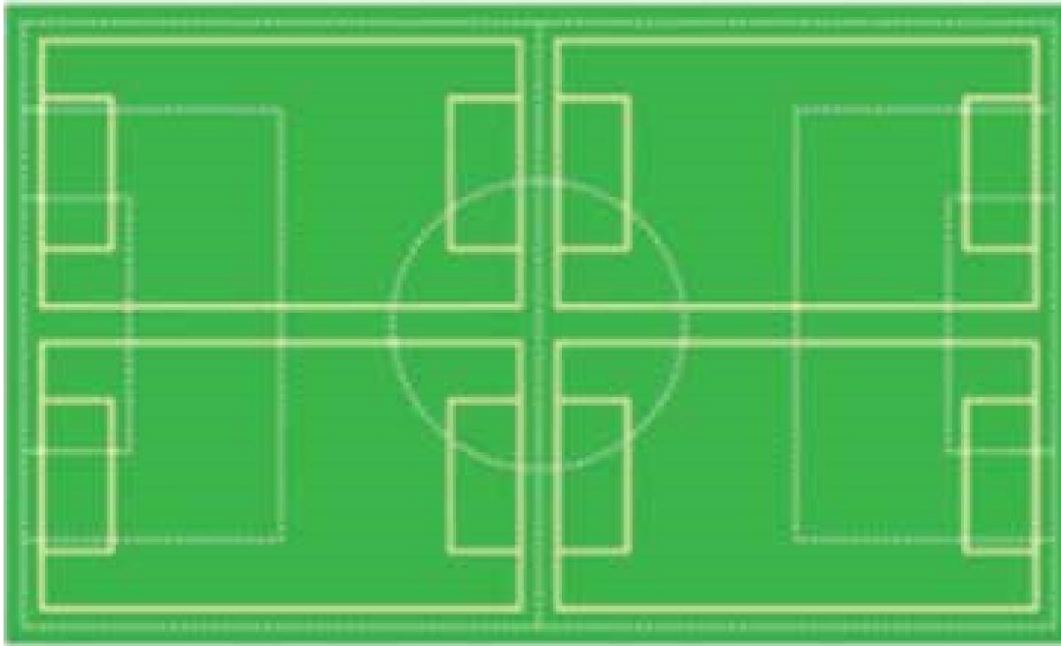
Under 6 and Under 7

Up to 8 pitches on a full-size football field/pitch



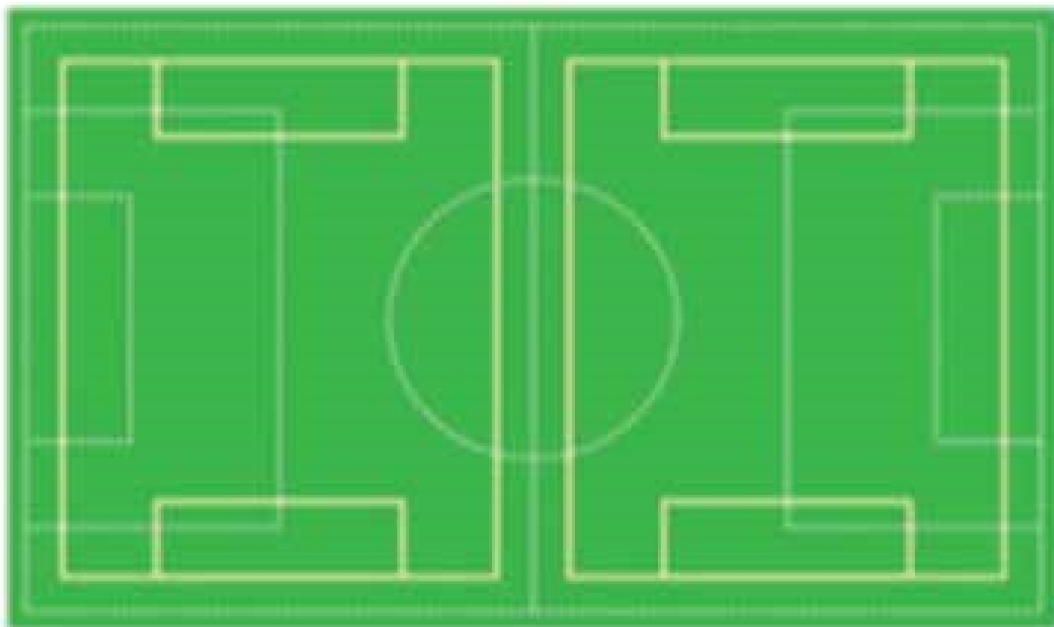
Under 8 and Under 9

- Up to 4 pitches on a full-size football pitch

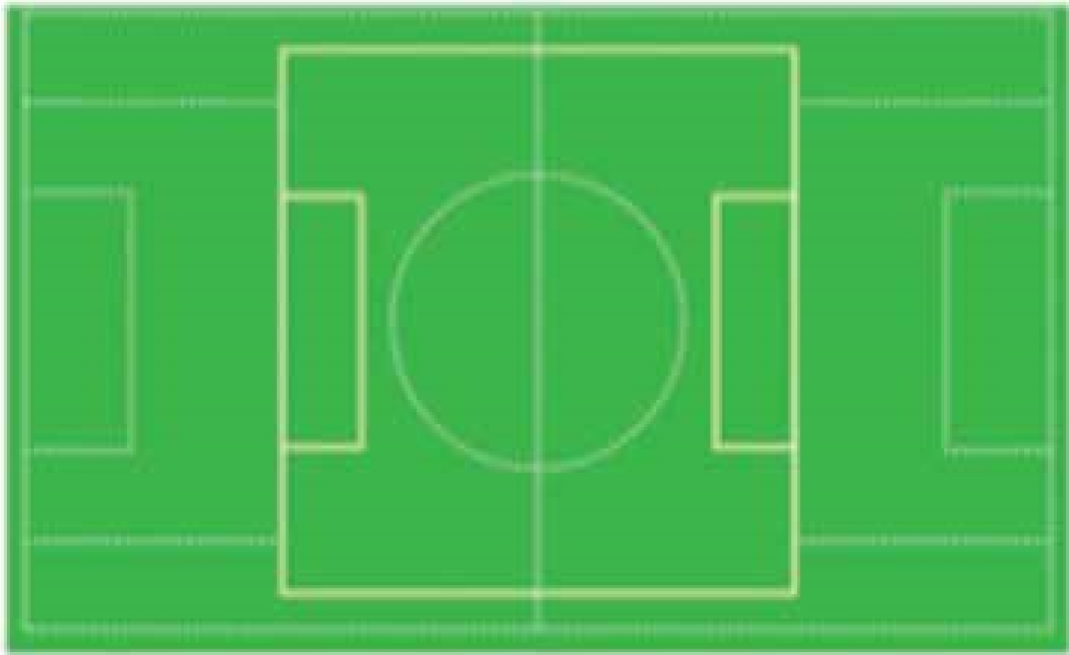


Under 10 and Under 11

- Maximum of 2 pitches on a full-size football pitch.



- Alternatively, 1 pitch can be set-up penalty box to penalty box.



4.2 Field Markings

- Field Markings Cones, markers or painted line markings are suitable.
- This includes the penalty areas in the U8 – U11 age categories.

4.3 Goal Types

- 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.

4.3 Start of play and re-start after a goal

- Pass to a teammate from the middle of the halfway 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 teammate before a goal can be scored.

4.4 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.

4.5 Match results and points tables

- The recording of match results should be conducted for the purpose of assigning teams to appropriate groups or leagues, ensuring the most enjoyable experience for all players.
- Under **no circumstances** will match results be published publicly by the Zone Associations or Member clubs.
- Points tables are not applicable in Under 6 to Under 11 football and do not exist.

4.6 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.

4.7 Shin Guards

- Shin guards **must be worn** by all players without exception.

4.8 Concussion

- Any player suspected of suffering from concussion should be examined by a medial practitioner before returning to play.
- As a general rule: “If in doubt, sit it out”.

4.9 Substitutions

- Players may be rotated on and off the field at any time during the game.
- A coach/manager/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.

4.10 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 the 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,
- Notify the Duty Officer of any abuse or inappropriate behaviour from Team Officials or Spectators towards the Game Leader or players.
- Ensure the correct number of players are on the field,
- Discourage players from permanently over-guarding the goal, as the score does not matter,
- 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 is at least 5 metres outside the penalty area for all goal line restarts,
- Ensure team officials, parents, caregivers, guardians, spectators 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 FA MiniRoos Certificate course prior to start of the season.

REFERENCES:

Football NSW – [MiniRoos Club Football](#)

PlayFootball - [MiniRoos](#)

Queensland Football - [MiniRoos Rules](#)

Issued: February 2024

Review: **January 2025**