

# NTJSA 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	U6 4v4 / U7 5v5 <u>no keeper</u> 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	U6=15 min halves / U7=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.



# NTJSA Playing Formats and Rules

## ALDI MiniRoos Club Football

### UNDER 8

#### Playing Formats

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

The number of players	7-a-side including a goalkeeper Maximum of four substitutes
The field of play	40m long x 30m 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.

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 kick from anywhere within the penalty area. Opponents 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.

#### 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 football and do not exist.

# NTJSA Playing Formats and Rules

## ALDI MiniRoos Club Football

### UNDER 10

#### Playing Formats

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

The number of players	9-a-side including a goalkeeper Maximum of five substitutes
The field of play	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 kick from anywhere within the penalty area. Opponents 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.

#### Offside

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

Game Leaders should direct players permanently standing in blatant offside positions to move into inside 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 football and do not exist.

## Under 12 Game Format Rules and Playing Conditions

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- 9v9 format on a 75m x 50m pitch with a 12 metre penalty area.
- Recommended goal size 5m x 2m
- Squad size limited to 12 players per team. Playing time should be shared as evenly as possible to ensure all players are given a fair amount of time on the pitch.
- Games will consist of two x 30-minute halves with a five (5) minute half time break.
- Size 4 balls will be used.
- Under 12s will play interchange. Coaches are encouraged to limit interchanges so players are given time to settle and impact the game over longer periods.
- Where there is no Game Leader supplied, the home team shall supply an adult to assist with the conduct of the game.

### Playing Formats

The number of players	9-a-side including a goalkeeper. Maximum of interchange players = 3
The field of play	75m long x 50m wide
Goal size	Maximum: 5m wide x 2m high
Ball size	Size 4
Duration of the game	30 min halves Minimum 5 min half time break
Penalty area	12m 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 may be thrown, rolled or kicked directly from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper should be encouraged to play the ball to a team-mate and not just 'punt' the ball for distance. Opponents should move outside the penalty area and cannot obstruct the goalkeeper from distributing the ball inside the penalty area. The ball is in play once it moves out of the penalty.

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.

## Under 12 Game Format Rules and Playing Conditions

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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 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 kick from anywhere within the penalty area. The kick may be taken by any player of the team in possession, but the ball must come out of the penalty area before it can be played by another player. Opponents remain outside the penalty area until the ball leaves the penalty area and is in play.

Game Leaders/referees should not restart play until they are satisfied all opposition players are outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

### **Offside**

An Offside position: A player is considered to be in an offside position when, at the moment the ball is played forward by one of their team-mates, that player is in their attacking half of the field of play and only has one opponent (usually the goalkeeper) closer to their attacking goal than they are.

### **Fouls and misconduct**

A direct free kick is awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the direct free kick is taken. (A direct free kick is where a goal can be scored directly from the kick).

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.

### **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;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player.

For deliberate, serious or repeated acts of misconduct, the player may be sent from the field of play by the match official/game leader. The player may not return to the field of play for the remainder of the match. The player may be replaced by another member of the team.

### **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.

## Under 12 Game Format Rules and Playing Conditions

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### **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.

### **Coaching Behaviours**

Remember, the match is for the players.

Coaches should avoid the following behaviours:

- Shouting instructions to your players (let them play, while you observe)
- Criticising your players on the field
- Abusing opposing players and staff
- Complaining about decisions and/or berating match officials
- Reacting to every incident on the field, whether positive or negative
- Knee-jerk substitutions

Coaches SHOULD aim to demonstrate the following behaviours:

- Clarify Team Tasks and Player Tasks of importance
- Give key tasks based on current cycle and recent training
- Appear calm and composed
- Observe what is actually happening in the game, and record your observations
- Focus on individual performances and progress
- Give praise to good football, whether by your team or by the opposition
- Show respect and appreciation to Match Officials and insist on the same from your players
- When a refereeing decision goes against you, focus on what you can control, leave the past behind and teach players to do the same (eg prepare for the resulting set play)
- Show patience and persistence; if a player is having difficulty, help him or her to deal with the situation rather than substituting them immediately.

## Under 12 Game Format Rules and Playing Conditions

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### **Parent Code of Behaviour**

- All parents are to view the game from behind the fenced or marked areas at the venue.
- Remember that children participate in sport for their enjoyment, not yours;
- Encourage children to participate, do not force them;
- Focus on your child's efforts and performance rather than whether they win or lose;
- Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence;
- Never ridicule or yell at a child for making a mistake or losing a competition;
- Remember that children learn best by example. Appreciate good performance and skilful plays by all participants;
- Support all efforts to remove verbal and physical abuse from sporting activities;
- Respect officials' decisions and teach children to do likewise;
- Show appreciation for volunteer coaches, officials and administrators - without them, your child could not participate; and
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

### **Player Code of Behaviour**

- Play by the rules;
- Never argue with an official - if you disagree, have your captain, coach or manager approach the official during a break or after the competition;
- Control your temper - verbal abuse of officials, sledging other players or deliberately distracting or provoking an opponent is not acceptable or permitted;
- Work equally hard for yourself and your team - your team's performance will benefit and so will you;
- Be a good sport - applaud all good plays whether they are made by your team or the opposition;
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor;
- Cooperate with your coach, team-mates and opponents - without them, there would be no competition;
- Participate for your own enjoyment and benefit, not just to please your parents and coaches; and
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural.