

## 2010 – Under 6 to 10 Small Sided Football Rules

### Basics

	U6 & 7	U8 & 9	U10	U11 (2011)
Competition	No	No	No	Optional
Number of players	4 v 4	7 v 7	9 v 9	9 v 9
Referee	Game Leader	Instructing Referee	Instructing Referee	Instructing Referee
Goalkeepers	No	Yes*	Yes*	Yes
Goal size	2m x 1m	Min 3m x 2m Max 5m x 2m	5m x 2m	5m x 2m
Half's	2 x 15m	2 x 20m	2 x 30m	2 x 30m
Half time	5m	5m	7.5m	7.5m
Ball size	3	3	4	4
Field size (metres)	30 x 20	Min 40 x 30 Max 50 x 40	Min 60 x 40 Max 70 x 50	Min 60 x 40 Max 70 x 50

### The basic laws and playing conditions

Rule	U6 - 7	U8 - 10
Start of game	Kick forward to a team-mate from the middle of the halfway line. Defending team 5m back.	Same as u6 - 7
Restart after a goal is scored	A player from the team that concedes the goal will kick, pass or dribble the ball into play from anywhere along back line. Defenders retreat to the half way line and move once ball is in play.	Restart from half way
Corner kick	Ball crosses the goal line after touching the defending team last – corner kick (no dribbling in allowed). Defenders should be 5m away from the ball.	Same as u6 - 7
Ball crosses sideline	Kick, pass or dribble ball into play from touch line. Defenders should be 5m away from the ball	Throw in, defenders should be 5m away from the ball
Goal kick	Ball crosses the goal line after touching the attacking team last – kick, pass or dribble ball into play from anywhere along back line. Defenders retreat to half way line and move once ball is in play	Goal kick from anywhere inside the penalty area, defenders should be 5m outside penalty area until the ball is in play
Fouls and misconduct	<ul style="list-style-type: none"> <li>• <b>Indirect</b> free kicks are awarded for acts of fouls and misconduct with defenders 5m away from the ball</li> <li>• For deliberate or serious acts of fouls and misconduct in the attacking half of field a <b>direct</b> penalty kick is awarded from an 8m spot with an <b>empty goal</b> – all other players must stand behind the half way line</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Indirect</b> free kicks are awarded for acts of fouls and misconduct with defenders 5m away from the ball.</li> <li>• For deliberate or serious acts of handball or fouls and misconduct in the penalty area a <b>direct</b> penalty kick is awarded from an 8m spot with a goalkeeper in position – all other players must be outside the penalty area and at least 5m behind the penalty mark.</li> </ul>

\***Under 8 & 9 Goalkeepers;** 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 within 6 seconds. **Under 10 Goalkeepers** are traditional, e.g. can kick from the hands and play same rules as adults

- Promote player development, participation and fun – ensure the correct number of players are on the field
- Discourage players from permanently over-guarding the goal – encourage maximum involvement for all players
- Use a “Ready, Set, Go” prompt to encourage quick decisions when restarting play
- Most fouls and misconduct at these levels are not deliberate and serious. Give advantage to the attacking team and let the game flow, limiting stoppages
- Ensure team officials and parents create a safe and positive playing environment for the children
- Ensure team officials and parents uphold a player development and participation focus not emphasising winning and losing
- Ensure there are no positions in u6 & u7 and teach u8, 9 & 10 about offside and encourage onside play
- Praise and encourage both teams and be enthusiastic, consistent and approachable
- Remember the children are learning the game – be flexible and patient