7-a-side 9 and 10yrs Football Rules

1. Aims and Objectives

1.1 In accordance with the Aims and Objectives as set down by I.P.S.H.A (N.S.W.)

2. The Game

2.1 Games will be a modified version of the 2018 National Playing Formats and Rules

3. Playing Conditions

3.1 Size of Field – 30m x 40m approx – this allows for 2 fields across the width of a normal football field with at least a 10m gap between the fields. The field of play will be marked out by cones and be in from the normal field goal line as to avoid the metal goals.

3.2 Number of Players – Each team should consist of 7 players (6 field players and 1 goalie). This can be modified as long as each team has equal numbers of players on the field. Each U9 and U10 team will be split into two teams of 7 and will play at the same time.

3.3 Duration of the Game – 2 x 20min halves with a 5 minute break.

3.4 Size/Type of Ball – 9yrs and 10yrs use an approved size 4 ball

3.5 Goal Size – 3m wide x 2m high – if portable goals are not available poles or marker cones are sufficient to mark the goal area.

3.6 Penalty Area – 5m deep x 12m wide

4. Laws and Modifications

4.1 Start of Play and Restart after a Goal

- 4.11 Game is started at the start of each half and after a goal with a kick in any direction to a team mate from the middle of the halfway line.
- 4.12 A goal cannot be scored with a direct kick from the kick off. It must touch a team mate or opposition player to be counted as a goal.

4.2 Goalkeeper – The goalkeeper is permitted to handle the ball anywhere in the penalty area.

- 4.21 To restart play after a save or gathering the ball with their hands, the goal keeper is not permitted to kick the ball directly from their hands.
- 4.22 The ball must be thrown or rolled from the hands or played from the ground with their feet.
- 4.23 Goal kicks can be taken from anywhere in the penalty area.

4.3 Offside – There is no offside.

- 4.31 Players should be discouraged from permanently standing in blatantly offside positions

4.4 Ball Crossing the Sideline – A throw in is awarded to the opposing team

- 4.41 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.
- 4.42 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.
- 4.43 A goal cannot be scored directly from a throw in.

4.5 Ball Crossing the goal line after touching the defending team last – Corner Kick is awarded

- 4.51 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.
- 4.52 A goal may be scored directly from a corner kick.

4.6 Ball Crossing the goal line after touching the attacking team last –Goal kick from anywhere within the penalty area.

4.61 Opponents remain at least 10 metres outside the penalty area until the ball is in play. Play should not restart until all opposition players are at least 10 metres outside the penalty area.

4.62 The ball is in play once it is kicked directly out of the penalty area.

4.7 Fouls and misconduct

4.71 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.

4.72 An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal.

4.73 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.

4.74 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.

5. Dress

5.1 A player shall wear a shirt (or jersey), shorts, socks, shinguards, and footwear.
Shinguards must be covered by the socks.

5.2 Goalkeepers must wear a shirt that distinguishes them from the other field players.

5.3 Shin pads are mandatory following a recent F.I.F.A. (ratified by N.S.W.A.S.F.) ruling.

5.4 Boots and Studs must conform to the rules of the game.
(Studs may be Moulded/Screw In - Plastic, Metal, Rubber.)

5.5 Players may not wear anything that is dangerous to another player (such as watches, metal bracelets etc.)

6. Equipment

6.1 Recommended

6.11 Mouthguard

6.2 Compulsory

6.21 Shinguards

7. Venues

7.1 Ground Preparation

7.11 The field should be checked for obstructions.
(i.e. broken glass, pot holes ...)

7.12 Where possible fields should be marked according to modifications and goals marked with cones.

8. Safety

8.1 Prevention

8.11 Boots **must** be inspected prior to the commencement of each game **by the referee** to ensure that all 'studs' are on the boot and they do not have sharp edges.

8.12 Players should be encouraged to warm-up, before they take an active part in the game.

8.2 Injuries

8.21 A well equipped medical kit must be readily available.

8.22 Ice should be available for the treatment of injuries.

8.3 Blood Bin

8.31 A player who is bleeding will leave the playing area until the bleeding has stopped and the wound securely covered.

9. Officials

9.1 Referees / Umpires

9.11 The referee can be a capable parent, older sibling, or coach.

9.2 Coaches

9.21 All persons responsible for coaching a Football team must be properly acquainted with the rules pertaining to the game as played at that team's Level. 'Coaching courses' are organised by the N.S.W. Football Federation to assist persons responsible for coaching Football.

9.22 Coaches have a responsibility to ensure that the laws relating to safety are enforced. Regular checks should form part of the coaching session to heighten awareness by the children and monitor the condition of the studs in use. Players are expected to use ONLY 'Safe Studs'.

10. Spectators

10.1 Spectators are not allowed onto the field.

10.2 Where practical spectators should remain 5m away from side and goal lines.

10.3 Games should be stopped until spectators are the required distance back.

10.4 Where practical sidelines should be roped if spectators ignore this important safety directive.