

MACQUARIE FOOTBALL LIMITED A.C.N. 050 293 153

NEWCASTLE FOOTBALL LIMITED A.C.N. 052 054 163

HUNTER VALLEY FOOTBALL ASSOCIATION
INCORPORATED

REGULATION F

PLAYING RULES – SMALL SIDED FOOTBALL (FFA)

- Age Grade 6 & 7 OSSF
- Age Grade 8 & 9 OSSF
- Age Grade 10 & 11 OSSF

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

Issued
Review

February 2012
February 2013

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FO1 SPECIAL PLAYING RULES – SMALL SIDED FOOTBALL GAMES - AGE 6 & 7

All Small Sided Football games will be conducted under the Rules & Regulations as determined by Football Federation Australia and Northern NSW Football. Any variations can only be made with the express permission of FFA & NNSW Football.

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| The Field of Play | 30 metres x 20 metres |
| Markings | Markers or painted line markings |
| Goal Size | Minimum 1.50 metres wide x 0.90 metres high Maximum 2.00 metres wide x 1.00 metres high |
| Goal Type | It is preferable that pop up style or portable goals are used wherever possible; however, the use of poles and markers as the goals, particularly in the 6 to 9 age groups is also suitable. |
| Penalty Area | No penalty area |
| The Ball | Size 3 |
| The Number of Players | 4 v 4 - no goalkeeper Substitutes may rotate during the entire game. The coach or parent is allowed to make the substitutions while the ball is in play, but must wait until the substituted player has left the field. |
| Goalkeeper | No Goalkeeper The game leader, coaches and managers should continually discourage children from permanently standing in front of the goal. |
| Duration of the Game | 2 x 20 minutes (Half time break 5 minutes) This may be flexible depending on the implementation format. |
| Game Leader | <p>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 and have maximum involvement. The game leader can be a club official, parent, older child/player or beginning referee and should always be enthusiastic and approachable. Most importantly – Remember the children are learning the game – be flexible and patient.</p> <p>The Game Leader should</p> <ul style="list-style-type: none">• 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 over-guarding the goal• use a “ready,set,go” prompt to encourage quick decisions when re-starting play• encourage children to dribble or pass ball into play from all re-starts rather than a big kick• ensure opposing team is back to the half way line, for all goal line re-starts• ensure team officials and parents create a safe, enjoyable and positive playing environment for the children and do not emphasise winning or losing• encourage children to be involved in all aspects of the game, attacking and defending• remember most acts of handball or fouls and misconduct at this level are caused by a lack of coordination, with no intent. If you decide a deliberate or serious act of handball or foul and misconduct has occurred, explain to the child that they have done the wrong thing and that they should not do this again |

- let the game flow and give instruction to all players on the run where you can
- praise and encourage both teams
- be enthusiastic and approachable

Start of Play & Re-Start After a Goal

Pass forward 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 m 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.

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 5 m 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.

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.

Offside

No offside

Fouls and Misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 m 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.

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
- impedes the progress of a player

Points Tables and Finals

To ensure that Optus Small Sided Football is played in the correct spirit and give all players the best possible chance to develop, FFA advises that Member Federations, Zones, Associations and Clubs adopt and promote the following advice and recommendation:

Under 6 & 7 FFA advises that the keeping of points tables and playing of finals must not be done.

Practical Recommendations

In your role of game leader, coach or manager, you may wish to consider:

- all players should get an equal amount of playing time
- when an individual player is completely dominating the game and has already scored three goals and his/her team is winning by a three-goal margin, he/she can only score another goal when one of his/her team-mates has scored a goal. This is to encourage good players to include other members of their team and to force them to create opportunities for others
- for under 6 & 7 age groups directly after each match each player is allowed to take a “penalty” from the 8 m spot. First, all players from Team A and second, all players from Team B take their penalty kicks (free shot from 5 m spot – no goalkeeper)
- depending on how OSSF is being implemented in the Under 6 & 7 age groups, the intra Club format allows team coaches and managers to use breaks to make some internal changes to the team when one team is far too strong and leading by three or four goals

Failure of Team to Show

In the event of a Team failing to show for a properly scheduled Match, the Team shall be regarded as having forfeited the Match and the Team’s Club shall be liable for payment of the Match fees.

F02 SPECIAL PLAYING RULES – SMALL SIDED FOOTBALL GAMES – AGE 8 & 9

All Small Sided Football games will be conducted under the Rules & Regulations as determined by Football Federation Australia and Northern NSW Football. Any variations can only be made with the express permission of FFA and NNSW Football.

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| The Field of Play | <p>Maximum 50 m x 40 m / Minimum 40 m x 30 m</p> <p>¼ full size pitch – when converting a full size pitch into Optus Small Sided Football fields</p> |
| Markings | <p>Markers or painted line markings</p> |
| Goal Size | <p>Minimum 2.50 metres wide x 2.00 metres high</p> <p>Maximum 3.00 metres wide x 2.00 metres high</p> <p>Note: For the Under 8 & 9 age groups, it is recommended that Clubs that wish to and have the capacity to do so, use 3 m x 2 m goals. Should a Club not be able to do this in the first instance, the 5 m x 2 m goal is most acceptable for use on fields for the Under 8 and 9 age groups well as the Under 10 and 11 age groups.</p> |
| Penalty Area | <p>Rectangular - 5 m depth x 12 m width</p> <p>The penalty area can be marked through the use of marked lines, flat or soft markers or cones.</p> |
| The Ball | <p>Size 3</p> |
| The Number of Players | <p>7 v 7 - including goalkeeper</p> <p>Substitutes may rotate during the entire game. The coach or parent is allowed to make substitutions while the ball is in play, but must wait until the substituted player has left the field.</p> |
| Goalkeeper | <p>The goalkeeper is allowed to handle the ball anywhere in the penalty area. To re-start 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 5 m 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.</p> <p>An indirect free kick is awarded if the goalkeeper touches the ball with his hands after it has been deliberately kicked to him by a team mate.</p> |
| Duration of the Game | <p>2 x 20 minutes (Half time break 5 minutes)</p> |

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| Instructing Referee | <p>The main role of the instructing referee is to control the game to ensure it is played fluently and instruct and correct the players (with minimal blowing of the whistle) on how to behave and what the rules are eg what a foul is, what a free kick is and how to throw in etc. Should these indiscretions happen a second time the referee should stop the game and apply the appropriate action and decisions. This person can be a club official, capable parent, older child or player, beginning or official referee from the federation or association.</p> <p>The Instructing Referee should</p> <ul style="list-style-type: none"> • 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 standing in blatant offside positions and instruct them to move into onside positions • let the game flow and give instruction to all players on the run where you can • instruct players in the first instance before blowing the whistle where possible • ensure team officials and parents create a safe, enjoyable and positive playing environment for the children and do not emphasise winning or losing • be enthusiastic, consistent and approachable |
| Start of Play & Re-Start After a Goal | <p>Pass forward 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 m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.</p> |
| Ball In and Out of Play | <p>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 instructing referee.</p> |
| Ball Crossing the Touch Line | <p>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 m 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.</p> |
| Ball Crossing the Goal Line After Touching the Defending Team Last | <p>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 m 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.</p> |
| Ball Crossing the Goal Line After Touching the Attacking Team Last | <p>Goal kick from anywhere within the penalty area. Opponents remain at least 5 m outside the penalty area until the ball is in play. The ball is in play once it is kicked directly out of the penalty area.</p> |
| Method of Scoring | <p>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.</p> |
| Offside | <p>No offside</p> <p>Note: In the Under 8 – 11 age groups, team coaches and managers should strongly discourage children from permanently standing in blatant offside positions. Instructing referees should direct players permanently standing in blatant offside positions to move into onside positions.</p> |

Fouls and Misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 m 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 m penalty mark with only the goalkeeper in position. All other players must be outside the penalty area and at least 5 m 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 an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent from behind to gain possession of the ball
- making contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately
- plays in a dangerous manner
- impedes the progress of a player

Points Tables and Finals

To ensure that Optus Small Sided Football is played in the correct spirit and give all players the best possible chance to develop, FFA advises that Member Federations, Zones, associations and Clubs adopt and promote the following advice and recommendation:

Under 8 & 9 FFA advises that the keeping of points tables and playing of finals must not be done.

Failure of Team to Show

In the event of a Team failing to show for a properly scheduled Match, the Team shall be regarded as having forfeited the Match and the Team's Club shall be liable for payment of the Match fees.

F03 SPECIAL PLAYING RULES – SMALL SIDED FOOTBALL GAMES - AGE 10 & 11

All Small Sided Football games will be conducted under the Rules & Regulations as determined by Football Federation Australia and Northern NSW Football. Any variations can only be made with the express permission of FFA & NNSW Football.

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| The Field of Play | <p>Maximum 70 m x 50 m / Minimum 60 m x 40 m</p> <p>½ full size pitch – when converting a full size pitch into Optus Small Sided Football Fields</p> <p>Note: In the under 11 age group, the final stage of development in the Optus Small Sided Football formats before players commence 11 v 11 football, it is recommended that clubs where facilities and scheduling allows, set up the field from penalty box to penalty box and adjust the width of the field with use of markers to meet the maximum specified width.</p> |
| Markings | Markers or painted line markings. |
| Goal Size | <p>Minimum 4.50 metres wide x 2.00 metres high</p> <p>Maximum 5.00 metres wide x 2.00 metres high</p> |
| Penalty Area | <p>Rectangular - 5 m depth x 12 m width</p> <p>The penalty area can be marked through use of marked lines, flat or soft markers or cones.</p> |
| The Ball | Size 4 |
| The Number of Players | <p>9 v 9 - including goalkeeper</p> <p>Substitutes may rotate during the entire game. The coach or parent is allowed to make substitutions while the ball is in play, but must wait until the substituted player has left the field.</p> |
| Goalkeeper | <p>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 5 m 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.</p> <p>An indirect free kick is awarded if the goalkeeper touches the ball with his hands after it has been deliberately kicked to him by a team-mate.</p> <p><i>Goalkeeper Progression</i> <i>The developmental progression of the game becoming 'live' when the goalkeeper places the ball on the ground provides the necessary learning phase for players transitioning to the 11 v 11 format of football.</i></p> |
| Duration of the Game | 2 x 25 minutes (Half time break 7.5 minutes) |

Instructing Referee

The main role of the instructing referee is to control the game to ensure it is played fluently and instruct and correct the players (with minimal blowing of the whistle) on how to behave and what the rules are eg what a foul is, what a free kick is and how to throw in etc. Should these indiscretions happen a second time the referee should stop the game and apply the appropriate action and decisions. This person can be a club official, capable parent, older child or player, beginning or official referee from the federation or association.

The Instructing Referee 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 standing in blatant offside positions and instruct them to move into onside positions. In Under 10 & 11 age groups children should be made aware of the offside rule during training and be encouraged to adopt this philosophy during the game at all times
- let the game flow and give instructions to all players on the run where you can
- instruct players in the first instance before blowing the whistle where possible
- ensure team officials and parents create a safe, enjoyable and positive playing environment for the children and do not emphasise winning or losing
- be enthusiastic, consistent and approachable

Start of Play and Re-Start After a Goal

Pass forward 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 m 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 instructing referee.

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 m 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 m 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 must remain at least 5 m outside the penalty area until the ball is in play. The ball is in play once it is kicked directly out of the penalty area.

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.

Offside

No offside

Note: In the Under 10 & 11 age groups, team coaches and managers should strongly discourage children from permanently standing in blatant offside positions. In the Under 10 & 11 age groups children should be made aware of the offside rule during training and be encouraged to adopt this philosophy during the game at all times. Instructing referees should direct players permanently standing in blatant offside positions to move into onside positions.

Fouls and Misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 m 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 m penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 m 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 an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent from behind to gain possession of the ball
- making contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately
- plays in a dangerous manner
- impedes the progress of a player

Points Tables and Finals

To ensure that Optus Small Sided Football is played in the correct spirit and give all players the best possible chance to develop. FFA advises that Member Federations, zones, associations and Clubs adopt and promote the following advice and recommendation:

Under 10 & 11 FFA advises that the keeping of points tables and playing of finals must not be done. It is also advised, the keeping of points tables and playing of finals will only commence when children are playing 11 v 11 football on a full size pitch in the Under 12 age group.

Failure of Team to Show

In the event of a Team failing to show for a properly scheduled Match, the Team shall be regarded as having forfeited the Match and the Team's Club shall be liable for payment of the Match fees.