



RECOMMENDED FOOTBALL RULES



ITEM	UNDER 6 & 7	UNDER 8 & 9	UNDER 10 & 11
1. Team sizes/ Participation	<p>Minimum 5-a-side and maximum 7-a-side.</p> <p>A club/school/community team with 10 or more players should make two or more teams to play in games, where possible.</p> <p>Where a club/school/community team with 9 players or less, then each sub should play a minimum of a full half in each game.</p> <p>Team Lineout : 1-2-2 (5-a-side) 1-2-1-2 (6-a-side) 1-2-2-2 (7-a-side)</p> <p>Coach/mentor encouraged to rotate positions at half-time.</p>	<p>Minimum 7-a-side and maximum 9-a-side.</p> <p>A club/school/community team with 14 players or more players should make two or more teams to play in games, where possible.</p> <p>Where club/school/community team has 13 players or less, then each sub should play a minimum of a full half in each game.</p> <p>Team Lineout: 1-2-2-2 (7-a-side) 1-2-2-1-2 (8-a-side) 1-2-2-2-2 (9-a-side)</p> <p>Coach/mentor encouraged to rotate positions at half-time.</p>	<p>Minimum 8-a-side and maximum 11-a-side.</p> <p>A club /school/community team with 16 or more players should make two or more teams to play in games, where possible.</p> <p>Where a club/school/community team has 17 players or less, then each sub should play a minimum of a full half in each game.</p> <p>Team Lineout 1-2-2-1-2 (8-a-side) 1-2-2-2-2 (9-a-side) 1-2-2-1-2-2 (10-a-side) 1-2-2-2-2-2 (11-a-side)</p> <p>Coach/mentor encouraged to rotate positions at half-time.</p>
2. Pitch Dimensions	45m x 30m Make pitch smaller, if appropriate.	65m x 40m Make pitch smaller, if appropriate.	90m x 40-50m Make pitch smaller, if appropriate.
3. Zones	2 Zones - Pitch split with cones across at halfway.	None	None
4. Duration	Minimum 6min to maximum 12min per half.	Minimum 8min to maximum 15min per half.	Minimum 10min to maximum 20min per half.
5. Goalposts	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft. Training Poles or cones are optional.	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft. Training Poles are optional.	Well secured goalposts; Minimum 8ft x 6ft to maximum 15ft x 7 ft.
6. Football	Size 1	Size 2	Size 3
7. Commence	With kick out from the hands or ground. The player may advance 10m for kick out All other players must stand 10m away every-side when taken.	With kick out from the hands or ground. The player may advance 10m for kick out All other players must stand 10m away every-side when taken.	With thrown in at halfway mark.
8. Outfield Play	Full rules except: No solo (hop or toe-tap) allowed No fist/hand pass Pick up and crouch lift allowed	Full rules except: No solo Restricted Solo: one hop & one toe-tap No fist/hand pass Pick up and crouch lift allowed	Full rules except: No solo Restricted Solo: one hop & one toe-tap Fist/hand pass allowed Pick up and crouch lift allowed
9. Goalkeeper	Restart play with kick out from Hands or on Ground from 10m line	Restart play with kick out from Hands or on Ground from 20m line	Restart play with kick out from Hands or on Ground from 20m line
10. Frees / '45's / Sideline – 'Nearest Player'	<p>All taken from the hand.</p> <p>All opposing players should be at least 8m from player taking. Free pucks should be no closer than 10m from opposing end line.</p> <p>Nearest Player</p> <p>Frees: Player who is fouled or nearest fouled ball takes. Sideline; Player nearest ball when crosses line takes. '65's'; Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line. Referee chooses player nearest/last struck to take free.</p>	<p>All taken from the hand.</p> <p>Sideline puck taken off the ground. All opposing players should be at least 8m from player taking. Free kicks should be no closer than 20m from opposing end line. All opposing players should be at least 10m from player taking.</p> <p>Nearest Player</p> <p>Frees; Player who is fouled or nearest fouled ball takes. Sideline; Player nearest ball when crosses line takes. '65's'; Player who last strikes the ball on attacking team takes from halfway line, in line where ball crosses end line. Referee chooses player nearest/last struck to take free.</p>	<p>All taken from the hand.</p> <p>All opposing players should be at least 10m from player taking. Free kicks should be no closer than 20m from opposing end line.</p> <p>Nearest Player</p> <p>Frees; Player who is fouled or nearest fouled ball takes. Sideline; Player nearest ball when crosses line takes. '65's'; Player who last strikes the ball on attacking team takes from halfway line in line where ball crosses end line. Referee chooses player nearest/last struck to take free.</p>
11. Scoring	1point for over crossbar and 1point for goal.	1point for over crossbar and 1point for goal.	2points for over crossbar and 3points for goal as standard.
12. Other	Shoulder charge is not permitted but incidental contact is permitted.	Shoulder charge is not permitted but incidental contact is permitted. No rectangle rules apply	Shoulder charge is permitted as standard. No rectangle rules apply.