Football Canterbury / FNSW
SSG Rules and Game Leader Hints (2025)

Under 8-9:
- 7-a-side (including a goalkeeper);
Minimum 5 of that team's registered players should be on the field to start the game.
- Maximum of four substitutes (recommend only 2-3 substitutes);
- Ball size 3
- Duration of game – 2 halves x 20 mins plus a 5min half time break

Under 10-12:
- 9-a-side (including a goalkeeper);
Minimum 6 of that team's registered players should be on the field to start the game.
- Maximum of four substitutes (recommend only 2-3 substitutes);
- Ball size 4
- Duration of game – 2 halves x 25 mins plus a 5min half time break

Penalty area: 5m deep x 12m wide
Penalty kick spot: 8m from goal line

*** If the game starts late, cut the time down to finish on time, that is why it's important to start on time.*

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.

Safety:
Shin guards must be worn by all players without exception. Ensure that no one is wearing a watch or any other jewelry that could be deemed as being dangerous.
Any player suspected or suffering from a concussion should be examined by a medical practitioner before returning to play. As a general rule, "If in doubt, sit it out".

Substitutes:
Substitutes may rotate during the entire game. The coach or parent is allowed to make substitutions while the ball is in play but the player coming on must wait until the substituted player has left the field.
Substitutes waiting on the bench should wear bibs.
Every effort should be made to ensure all players, regardless of age, gender, and ability, are given equal playing time.
(Coaches responsibility)

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 goalposts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them, below the shoulder height of the player.

Match results and points tables:
The recording of match results should only be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.
Points tables are not applicable in MiniRoos football and do not exist.

RULES

Offside:
There is no offside rule in MiniRoos!!!
However Game Leaders should strongly discourage children from permanently standing in blatant offside positions.
Game Leaders should direct players permanently standing in blatant offside positions to move into onside positions.
Children should be made aware of the official offside rule during training and be encouraged to always adopt this philosophy during the game. (Coaches responsibility)
Goals can be scored from the offside position. ***However, the Game Leader may disallow a blatant offside goal (goal hanging), but only after having notified both teams, prior to the event (match).***

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. Opposition players are to move away from the GK while they try and release the ball. The ball is in play when it is out of the GK's hands and on the field.
The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. A ball that is bounced by the keeper and then kicked is considered a drop kick and is not allowed. GK to re-take if performed incorrectly the first time.
An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been <u>deliberately</u> kicked to them by a teammate *(Use this with discretion with the younger teams)*. Ideally warn them first and then after it continues 2-3 times then award a free kick.

Ball in and out of play:
The ball is out of play when it has wholly crossed the goal line or the sideline on the ground or in the air, or when play has been stopped by the Game Leader.

Ball crossing the goal line after touching the attacking team last:
<u>Goal kick</u>
A Goal kick can be taken from anywhere within the penalty area. Opponents must remain at least 10 metres outside the top of the penalty area until the ball is in play.
Game Leaders should not restart play until they are satisfied all opposition players are back the 10 metres.
Opponents 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, and/or has been touched/controlled by the ball possession team to ensure that the team in possession has a chance to start to play the ball out from the back.
If one of the teams you are leading is faster or slower, you can increase this distance.

Ball crossing the goal line after touching the defending team last:
<u>Corner kick</u>
The attacking player places the ball on the corner arc on the side where the ball crossed the goal line.
Defenders must be 5 metres away until the ball is played.
The ball is in play when its kicked and moves. A goal can be scored directly from a corner kick.

Ball crossing the Sideline:
<u>Throw in</u>
Player faces the field of play, has part of each foot on the ground either **on or behind the sideline**, 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. An incorrect throw will be re-taken by same player and then awarded to opposition if incorrect a second time.

Start of play and re-start after a goal:
Play the ball from the middle of the halfway 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 another player before a goal can be scored.

Fouls and Misconduct:
Indirect free kicks are awarded for all acts of handball or fouls and misconduct outside of the penalty areas. 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 from either team, before it enters the goal.

Penalty Kicks are awarded for deliberate or serious acts of handball or fouls and misconduct in the penalty area.
A penalty kick will be taken 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 that are OBVIOUS:

- 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 that impedes the progress of a player.

GAME LEADERS:

Each game is to be controlled by one Game Leader. ***However, Game Leaders in training may share a game – half/half.***
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, are learning the game and have maximum involvement.

The Game Leader should always be enthusiastic and approachable. Most importantly, remember the children are learning the game – be flexible and patient.

The Game Leader should:

- Encourage all children to enjoy their football experience.
- Ensure the correct or minimum numbers of players are on the field.
- 'Discourage players from permanently over-guarding the goal.
- Check all players are wearing shin guards.
- Use a "Ready, Set, Go or 3:2:1" countdown prompts, to encourage quick decisions when restarting play, if you need to restart the game in a drop ball manner, feed (roll) it to one team so there is no possible injury with collision/tackles.
- Encourage children to dribble or pass the ball to team mates rather than kicking the ball long *(coaches' cue)*.

- Ensure the opposing team is at least 10 metres outside the penalty area for all goal kick restarts.
- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children.
- Encourage children to be involved in all aspects of the game, attacking and defending *(coach cue)*
- Award free kicks as appropriate to help children learn the rules and consequences of committing fouls.
- Explain the rules to players and why a free kick has been awarded.
- Let the game flow and give instruction to all players on the run where you can.
- Praise and encourage both teams; and be enthusiastic and approachable.

On field Additional Procedures:

No parent or coaches should be on the field with the players coaching or not.
Parents/Coaches should not be behind or next to the goals, talking or not, to the GK or any other players. **Home Club to ensure this is followed.**
Should a team be winning by a considerably large margin, the other team is permitted to add an additional player onto the pitch, so it could be a 7 vs 8 or 9 vs 10.
If the players do a foul throw, they should be given a second opportunity to get it right, with your instruction, feet on the ground etc. The same child retakes the throw, they are not replaced so there is learning and understanding (a do-over).

Throw Ins / Corners:
Players should be made to stand back enough (3-5 metres) to allow the game to flow, you can adjust this based on the level of the teams. This also applies for corners, keep the defenders away from the corner taker so it encourages short corners.

Aggressive Player Behaviour:
Talk with the team's coach/manager.
Sub the child off with the assistance of the coach, so they can be spoken with. This also applies to bad language; they are children and there is no place for it.

Start of the Game:
Ensure that teams are different colours or use bibs. Which hand or coin toss for ends/kick-off if required.
Talk with the coaches/managers and say you will be pulling up throws with a second attempt (do over), keeping players back from goal kicks and GK possession, rolling subs, no jewellery, shin pads must be worn or no play, keep off the field etc.
If a team is short of players, as long as two teams agree, try and get the game started with some borrowed players.

Helpful Hint:
Have some cones and place them on the sideline *(home club cue)* that marks a point to bring the players back to (feel free to adjust that during the game) it's a guide for you and the players. Same can be done for penalty areas.

Equipment:
You will need your own whistle, pen and paper (or device) to record the score the teams and any other relevant information, that you confirm with coaches or your Club after the game. Your Pink Vest Game Leader shirt to be worn on the outside over any other garment for visibility.

Thank you and Enjoy

Est.1923

FOOTBALL NSW