

NEPEAN DISTRICT SOCCER F.A. Inc.



SMALL SIDED FOOTBALL – 2011

GUIDELINES FOR CLUB ADMINISTRATORS, SSF CO-ORDINATORS

COACHES & TEAM LEADERS

Contents

Under 5, 6 & 7 Age Groups 4

Venues 4

Internal Club Structure for SSF & Coaching Support/Education 4

Format 4

Rules – Under 6-7 5

U8 & U9 Age Group 6

Format 6

Rules – Under 8&9 6

U10 Age Group 7

Format 7

Rules - Under 10 8





Non Competitive & Small Sided Football Formats & Rules for the 2011 Season

This NDSFA booklet is designed to provide clubs and team officials with the rules and a general guide to Small Sided Football (SSF) in the district in 2011.

The roll-out of SSF is an ongoing process across the district, state & nation. You may find that what we are doing in the roll out process is not quite the same as what is going on in a neighbouring district. This is due to districts beginning the change to SSF at different times. However, the overall aim of our governing body is to complete the roll out by season 2013.

The SSF program has now been mandated by the FFA to be completed by 2013 covering up to (and including) U11 age group.

Our district is progressing towards the target date. For 2011 the under 10's and 11's will play under local rules. However, 2012 will see the under 10's fully compliant and in 2013, the program will be complete.

This document will tell you:

1. The format for where games will be played in 2011 for each age group in our district
2. Requirements for club structure for U5-7 age groups in our district
3. The format for games in each age group U5 to U10 in our district
4. The Rules as they apply to each age group in our district

Under 5, 6 & 7 Age Groups

Venues

- ⊕ An "In house" development program for U6 & U7 age groups may be offered by clubs in 2011. Clubs who do not offer a development program will place players in small sided teams and will play home and away games each Saturday according to an association produced set of fixtures.
 - Large clubs usually manage a development program for just their club.
 - Medium and Smaller clubs may run as a standalone program or may combine with other clubs.
 - An "In house" development program will not involve more than three clubs.
- ⊕ **The association will schedule gala days for all clubs to participate.**
 - The main objective for gala days is for coaches and teams to engage with the broader community and to provide an opportunity to demonstrate their skill acquisition in a competitive environment.
 - Each team will play two games on gala days.
 - Clubs wishing to host a gala day will be required to submit an application and include what additional activities will be provided on the gala day.
 - Gala days will be hosted by clubs who meet association *criteria* for staging an event of this type.
 - * Criteria* = fun "gala" type activities, not just supplying the fields. Sideshows, competitions, face painting, jumping castles, merchandise stalls are all examples of criteria that will be applied.
 - Dates for gala days will be announced prior to the start of the 2011 season.

Internal Club Structure for SSF & Coaching Support/Education

- ⊕ All clubs are required to appoint a Small sided football co-ordinator.
- ⊕ The Association's Football Manager has developed an easy to follow program to give SSF co-ordinators & team leaders the guidance they will need.
- ⊕ The association provides coaching support and conducts regular Grass Roots Coaching courses that are highly recommended no matter whether a coach/team leader is new to the sport or a "seasoned veteran".
- ⊕ Clubs that do not support either the concept or format for small sided football should not advertise, recruit or register any players from under 5 to under 10 for season 2011. Focus at these clubs should be on under 11 and above.
- ⊕ Football Manager to conduct "team leader workshops" to educate parents/coaches in appropriate skills

Format

There are no expected FFA changes to the format for 2011. The association fully supports and complies with this section of SSF.

1. On field players - 4 per team
2. Maximum number of players registered to each team – 6 per team.
3. No goal keeper
4. Field Size – 30m x 20m
 - Field may be permanently marked, but this is not considered necessary. FFA encourages the use of cones or markers to define field areas to allow clubs to
 - Be flexible in where they locate the fields within their venue
 - delay the cancellation of activities due to "regular field area" being unplayable
 - reduce wear & tear on playing surfaces
 - make better use of small spaces
 - place SSF fields within the area of a larger field.
5. Ball Size – 3
6. Game duration – 2 x 15 minute halves
7. Referee – No. A game leader will be in place at each game to control kick offs, kick-ins etc.
8. Goal Size – Min: 1.5m x 0.90m - Max: 2.0m x 1.00m.
9. **Coaches permitted on the field for U6/7 only for the first half of the season (Queen's birthday weekend is considered to be halfway point)**

Rules – Under 6-7

It's important to remember that as this age group is playing a modified form of the game, they also need to have some modified rules that they can follow. When coaching and refereeing these games, please remember that these games are about development and enjoyment and "enforcing" the rules should be done with the player's intent in mind; ie 5,6 & 7 year old players rarely mean to play unfairly or to foul players on purpose, so was it an accident? If yes, play on if players are safe and able to do so.

Starting the game

- ⦿ The game is started from the centre of the half way line by kicking the ball forwards towards the opponents goal. If the ball goes directly over the goal line from the kick off without touching any other player then no goal is awarded. Play restarts as a goal kick (covered later).
- ⦿ Which team kicks off at the start of play is decided traditionally by either tossing a coin and one team player calling either heads or tails. Other methods can choosing which hand the whistle is in or even a game of scissor, paper, rock. Whichever team kicks off at the start of the first half does not restart the game for the second half.

Re-starting the game.

- ⦿ After a goal is scored, the game restarts from the half way line by the team that conceded the goal.
- ⦿ The ball is out of play when the whole of the ball has crossed the whole of the line. If this happens on the side line, the team that didn't kick it out has a kick in from where the ball crossed the line. The player can either kick it to a team mate in any direction or may choose to dribble it in themselves. Opposing players should stand a minimum of 4.5 metres from the ball to ensure they are safe.
- ⦿ If the ball goes over the end line a goal kick is awarded regardless of who kicked it out. Once again the ball is placed on the end line where the ball crossed the line and the player can either kick it to a team mate or dribble the ball back into play. Opposing players need to go back to the half way line before the ball is played.

Free Kicks.

- ⦿ As previously mentioned free kicks will only need to be awarded for hand balls and serious fouls. All free kicks are indirect, which means that the ball has to be touched by 2 different players from either team before a goal can be scored. If the ball goes over the line between the goals with only 1 player touching the ball, then a goal kick is given.
- ⦿ If a foul has been awarded, the ball is placed as close to possible to where the foul occurred and the opposing team need to stand a minimum of 4.5 metres from the ball. The ball can then be kicked into play.
- ⦿ If a foul is committed close to the defending team's goal, an indirect free kick is given and the ball should be placed approximately 8 metres from the goal line.

PLEASE NOTE:

- ⦿ There are NO corners – all balls kicked over the end line are given as kick ins to the defending team
- ⦿ There are NO throw ins – all balls kicked over the side line are given as kick ins to the other team
- ⦿ There are NO penalties – there is no penalty area, all fouls are awarded as indirect free kicks
- ⦿ There are NO goalkeepers – players should be discouraged from standing in front of goal and "goal tending"
- ⦿ There are NO offsides – players should be discouraged from standing in front of goal and "goal poaching"

End of Game Shoot Out

- ⦿ At the completion of the game, players from both teams line up at one end of the field to take part in an end of game shoot out.
- ⦿ The referee or game leader creates a kicking spot, by pacing out approximately 8 metres from the goal, mid-way between the goalposts. Adjust this distance to ensure all players are able to score.
- ⦿ Each player is given the opportunity to score a goal by taking a single kick from the spot.
- ⦿ Goalkeepers are not used for the end of game shoot out.
- ⦿ No player is allowed to stand between the kicking spot and the goal being used for the shoot out.

U8 & U9 Age Group

Format

The NDSFA will comply with the FFA model for U8 & U9 in 2011

1. On field players - 7 per team
2. Maximum number of players registered to each team – 10 per team
3. Goal Keeper - Yes
Field Size 40m-50m x 30m-40m
Field may be permanently marked, but this is not considered necessary. FFA encourages the use of cones or markers to define field areas to allow clubs:
 - to be flexible where they locate the fields within their venue
 - delay the cancellation of activities due to "regular field area" being unplayable
 - reduce wear & tear on playing surfaces
 - make better use of small spaces
 - place SSF fields within the area of a larger field
4. Penalty area – 12m x 5m¹
5. Ball Size – 3
6. Game duration – 2 x 20 minute halves & 5 minute half time break
7. Referee – Instructing Referee
8. Goal Size – 1.8m x 3m. This goal size was introduced in 2010.²
9. Under 8 & 9 age groups will play a "home & away" format in regional zones where possible.
10. The association will endeavour to eliminate byes in this age group by moving teams from what might be considered to be the regular zone, to an adjacent zone in order to maintain an even number of teams.
11. No coaches permitted on the field during the game, unless invited by Instructing Referee to treat an injured player.

Rules – Under 8&9

It's important to remember that as this age group is playing a modified form of the game, they also need to have some modified rules that they can follow. When coaching and refereeing these games, please remember that these games are about the development of and enjoyment of players.

Starting the game.

- ⚽ The game is started from the centre of the half way line by kicking the ball forwards towards the opponents goal. If the ball goes directly over the goal line from the **kick off** without touching any other player then no goal is awarded. Play restarts as a goal kick (covered later).
- ⚽ Which team kicks off at the start of play is decided traditionally by either tossing a coin and one team player calling either heads or tails or by guessing which hand the referee has their whistle. Whichever team kicks off at the start of the first half does not restart the game for the second half.

Re-starting the game.

- ⚽ After a goal is scored, the game restarts from the half way line by the team that conceded the goal.
- ⚽ The ball is **out of play** when the whole of the ball has crossed the whole of the line. If this happens on the side line, the team that didn't kick it out has a **throw in** from where the ball crossed the line. The player faces the field of play and has part of each foot on or behind the side line, uses both hands and delivers the ball from behind and over his head. Opposing players must stand a minimum of 5 metres from the ball until it is in play. A goal cannot be scored directly from a throw in.

¹ Extract from http://smallsidedfootball.com.au/pdfs/2010_OSSF_Formats_2.9.09.pdf **Goal Size & Penalty area** - For the Under 8 and 9 age groups, it is recommended that clubs that wish to and have the capacity to do so use 3m x 2m goals. Should a club not be able to do this, the 5m x 2m goal is most acceptable for use on fields for the under 8 & 9 age groups. The penalty area is a standard size of 5m depth x 12m width regardless of goal size. FFA understands that clubs may have existing goals, however when they need to replace existing goals or are in a position to make a change they should use these dimensions. Clubs are also reminded that they are able to apply for Optus Small-Sided Football goals (as well as funding) at the designated time through the FFA's Grassroots Football Facilities Fund at www.myfootballclub.com.au

² Clubs are encouraged to apply for the FFA Facilities Grant (closes in Jan 2011 & June 2011) The grant provides clubs with suitable goals for SSF programs. More information from www.myfootballclub.com.au
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- ⚽ If the ball goes over the end line a **goal kick** is awarded if it was last touched by an attacking player. The ball is placed anywhere within the penalty area and opponents must stand at least 5 metres from the ball until it is in play. The ball is in play once it has left the penalty area.
- ⚽ If the ball goes over the end line a **corner kick** is awarded if it was last touched by a defending player. The ball is placed at the corner of the end line and sideline. Opposing players need to stand a minimum of 5 metres from the ball.

Free Kicks.

- ⚽ Free kicks are awarded for handball or fouls and misconduct. All free kicks are **indirect**, which means that the ball has to be touched by 2 different players from either team before a goal can be scored. If the ball goes over the line between the goals with only 1 player touching the ball, then a goal kick is awarded.
- ⚽ For deliberate or serious acts of handball or fouls and misconduct inside the penalty area, a penalty kick is awarded from a penalty mark 8 metres from the goal line 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.
- ⚽ If a foul has been awarded in general play, the ball is placed as close to possible to where the foul occurred and the opposing team must stand a minimum of 5 metres from the ball. The ball can then be kicked into play.

PLEASE NOTE:

- ⚽ There **ARE** throw ins – these have been introduced as new skills to acquire from under 8 upwards.
- ⚽ There **ARE** penalties – refer to section marked free kicks.
- ⚽ There are **NO** offsides – players should be discouraged from standing in front of goal and “goal poaching”

U10 Age Group

Format

The NDSFA will comply with most of the FFA mandates in 2011.

12. On field players - 9 per team
 - Maximum number of players registered to each team – 12 per team
13. Goal Keeper - Yes
14. Field Size 60m-70m x 40m – 50m
 - Field may be permanently marked, but this is not considered necessary. FFA encourages the use of cones or markers to define field areas to allow clubs
 - flexibility in where they locate the fields within their venue
 - delay the cancellation of activities due to “regular field area” being unplayable
 - reduce wear & tear on playing surfaces
 - make better use of small spaces
 - placement of SSF fields within the area of a larger field
15. Penalty area – 12m x 5m³
16. Ball Size – 4
17. Game duration – 2 x 25 minute halves & 5 minute half time break
18. Referee – Instructing Referee
19. Goal Size – 1.8m x 5m.
- 20. Under 10 age group will play in graded divisions using a home & away format throughout the district. This is not part of the FFA mandate for this age group.**

Rules - Under 10

It is important to remember that this age group is still playing a modified form of the game and they require some modified rules that they can follow. When coaching and refereeing these games, please remember that these games are still primarily concerned with the development of and enjoyment of players.

Starting the game.

- ⦿ The game is started from the centre of the half way line by kicking the ball forwards towards the opponents goal. If the ball goes directly over the goal line from the **kick off** without touching any other player then no goal is awarded. Play restarts as a goal kick (covered later).
- ⦿ Which team kicks off at the start of play is decided traditionally by either tossing a coin and one team player calling either heads or tails or by guessing which hand the referee has their whistle. Whichever team kicks off at the start of the first half does not restart the game for the second half.

Re-starting the game.

- ⦿ After a goal is scored, the game restarts from the half way line by the team that conceded the goal.
- ⦿ The ball is **out of play** when the whole of the ball has crossed the whole of the line. If this happens on the side line, the team that didn't kick it out has a **throw in** from where the ball crossed the line. The player faces the field of play and has part of each foot on or behind the side line, uses both hands and delivers the ball from behind and over his head. Opposing players must stand a minimum of 5 metres from the ball until it is in play. A goal cannot be scored directly from a throw in.
- ⦿ If the ball goes over the end line a **goal kick** is awarded if it was last touched by an attacking player. The ball is placed anywhere within the penalty area and opponents must stand at least 5 metres from the ball until it is in play. The ball is in play once it has left the penalty area.
- ⦿ If the ball goes over the end line a **corner kick** is awarded if it was last touched by a defending player. The ball is placed at the corner of the end line and sideline. Opposing players need to stand a minimum of 5 metres from the ball.

Free Kicks.

- ⦿ Free kicks are awarded for handball or fouls and misconduct. All free kicks outside of the penalty area are **indirect**, which means that the ball has to be touched by 2 different players from either team before a goal can be scored. If the ball goes over the line between the goals with only 1 player touching the ball, then a goal kick is awarded.
- ⦿ For deliberate or serious acts of handball or fouls and misconduct inside the penalty area, a penalty kick is awarded from a penalty mark 8 metres from the goal line 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.
- ⦿ If a foul has been awarded in general play, the ball is placed as close to possible to where the foul occurred and the opposing team must stand a minimum of 5 metres from the ball. The ball can then be kicked into play.

PLEASE NOTE:

- ⦿ There **ARE** throw ins – these have been introduced as new skills to acquire from under 8 upwards.
- ⦿ There **ARE** penalties – see under free kicks.
- ⦿ There are **NO** offsides – players should be discouraged from standing in front of goal and “goal poaching”

*WHEN THE PLAYERS ARE NOT PRACTICING THEIR SKILLS
THERE IS A FANTASTIC INTERACTIVE WEB SITE TO VISIT
IT'S A GREAT PLACE TO LEARN MORE ABOUT THE GAME
www.smallsidedfootball.com.au
HAVE FUN & SEE YOU ON THE FOOTBALL FIELD SOON!*