



MiniRoos Regulations

V2022.1

Revision Table:

Version #	Date	Version & Notes
V. 2016.1	12Feb16	Update 2016 Date in title - no changes from V. 2015.2
V.2017.1	13Feb17	Review Conducted - 7.d. - substitutes - new rule introduced by FA 17 - Concussion - Concussion statement introduced by FA
V2018.1	19Dec17	Implementation of FNSW/FA advised changes to MiniRoos Rules; Point 2.1. Ball no longer needs to go forward at kickoff Point 4.5.c. The size of the penalty area will increase from 5m x 12m to 10m x 20m in the U10's and 11's category (Minimum field size is 60m x 40m); Point 11. U6/7 game duration will increase from 15min to 20min halves; and Points 15 & 16 - Attacking team will need to retreat at least 10m from all Goalkeeper restarts.
V2018.2	9FEB 18	IMPLEMENTATION OF FA MINIROOS RULES POINTS 13 & 16 - REFERENCE TO GOALKEEPING PROGRESSION REMOVED U10/11
V2018.3	16FEB18	CORRECT TYPO POINT 15 - FOULS AND MISCONDUCT
V2021.1	January 2021	Insert 2.1 Before Play Starts - Outlines requirement for EMS or match record for all teams. Added points 5.b. a, b & c to clarify the types of activity formats available to clubs in the U5 to U7 age groups and the minimum requirement for how they should operate and what obligations a club has in their operation. Added point 6.f. to clarify movement of non competition players within a club. Altered point 7.d. to remove Aldi MiniRoo bib requirements. Altered 8.c. Players Equipment to simplify and clarify rules for non competition players. Insert Point 11 - Addresses the need for marshals at all matches from U5 and above.
V2022.1	June 2022	Corrections made to change FFA to FA
V2022.2	July 2022	Clarified Goal keeper rules in U10/11 Age Groups

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MINIROOS PLAYING REGULATIONS

1. FORWARD

- a. The MiniRoos playing formats are mandated by FA and are the entry point for children aged 5 – 11 years.
- b. Teams can be single or mixed gender.
- c. All games are non – competition and are used as development steps before entry to the larger, full field 11 a side game played from Under 12's and up.

2. PLAYING RULES

2.1 BEFORE PLAY STARTS – ELECTRONIC MATCH SHEETS

All matches under the jurisdiction of Nepean FA, from U5 onwards, must complete an Electronic Match Sheet before each match as a record of attendance and participation, including teams who play within an In-House club or Hub format.

Penalties apply to clubs who fail to observe this requirement.

It is the responsibility of all clubs to provide instructions to all teams on how to complete these records of attendance and to ensure that Managers have Dribl sign in.

2.2 START OF PLAY AND RE-START AFTER A GOAL

Pass 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 5m away from the ball until it is in play. The ball must touch another player before a goal can be scored.

2.3 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 or instructing referee.

2.4 METHOD OF SCORING

A goal is scored when the whole of the ball passes over the whole of 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.

3. ELIGIBLE PLAYERS

- a. All players must be registered with a Nepean FA affiliated club.
- b. All players must be registered in accordance with the Nepean FA Player Registration Regulations.

4. FIELD OF PLAY

4.1 MARKINGS

- a. Field markings may be markers or painted line markings.
- b. **For the Under 11 age group**, the final stage of development in the MiniRoos formats before players commence 11 v 11 football, it is recommended that clubs, where facilities and scheduling allows, setup 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.

4.2 FIELD SIZE

- a. Under 5, Under 6 & Under 7 – Length 30m x Width 20m
- b. Under 8 & Under 9 – Length 40-50m x Width 30-40m or
 - i. $\frac{1}{4}$ a full sized pitch when converting a full size pitch into MiniRoos Fields.
- c. Under 10 and Under 11 – Length – 60-70m x Width 40-50m or
 - i. $\frac{1}{2}$ full sized pitch when converting a full sized pitch into MiniRoos Fields.

4.3 GOAL SIZE

- a. Under 5, 6 & 7's - Width: 1.5m - 2m x Height: 0.9m - 1m
- b. Under 8 & 9's - Width: 2.5m - 3m x Height: 1.8m - 2m
- c. Under 10 & 11's - Width: 4.5m - 5m x Height: 1.8m - 2m

4.4 THE BALL

- a. Under 5, 6 & 7's – Size 3
- b. Under 8 & 9's – Size 3
- c. Under 10 & 11's – Size 4

4.5 PENALTY AREA

- a. Under 5, 6 & 7's – No Penalty Area
- b. Under 8 & 9's – Rectangular – 5m Depth x 12m Width
- c. Under 10 & 11's – Rectangular – 10m Depth x 20m Width
 - i. For the Under 8 to 11 age groups, the penalty area can be marked through the use of marked lines, flat or soft markers or cones.

5. NOMINATION OF TEAMS

- a. Teams shall be nominated in accordance with regulations and guidelines issued by the Association.
- b. Clubs must nominate U5 to U7 teams to play in one of the following formats:
 - a. Home and away format with the fixtures prepared and distributed by the Association.
 - b. In a Hub with at least one other club. In Hubs, fixtures and activity formats are agreed to by the participating clubs.
 - i. An outline of the Hub's agreed operation format must be supplied to the Association prior to the start of each season.
 - ii. The outline must contain the clubs participating, day and times of operation and the activity format if not a simple game format.
 - iii. If the draw varies from week to week, a copy of the draw must be supplied to the association.
 - iv. All players in hubs must be registered with Nepean FA. If this point is breached, the club's permission to participate in a hub will be immediately withdraw and teams will be put into a home and away format
 - c. In House format. In this format, only the teams from the club take part in the activities.
 - i. Activities may take the form of training followed by a game, or games only, with training taking place during the week in the traditional way of team sports.
 - ii. It is strongly encouraged that clubs operating an In-House program have a person responsible for the direct supervision of their program, such as a MiniRoos Co-ordinator.
 - iii. An outline of the Club's In-House program format must be supplied to the Association before the start of each season.
 - iv. The outline must contain the clubs participating, day and times of operation and the activity format if not a simple game format.
 - v. All players participating in an In-House program must be registered with Nepean FA. If this point is breached, the club's permission to operate an In-House program will be immediately withdraw and teams will be put into a home and away format

6. NUMBER OF PLAYERS

- a. Under 5, 6 & 7's – 4 v 4 – **NO GOALKEEPER.** Maximum of 3 substitutes
- b. Under 8 & 9's – 7 v 7 – Including a Goalkeeper. Maximum of 4 substitutes
- c. Under 10 & 11's – 9 v 9 – Including a Goalkeeper. Maximum of 5 substitutes
- d. Players may be interchanged throughout the game without limit.
- e. For the purposes of a game proceeding in U5 to U10 age groups and to support the ethos of learning in non-competition age groups, teams may borrow from each other to balance sides where one side has less players than another and are encouraged to do so. Teams may also remove a player from their side to even the number of players in a team where absenteeism has occurred and has had an impact on the match.
- f. Players may be moved from team to team within the same age group within a club to best address their abilities and availability, without the prior written consent of the association

7. INTERCHANGE

- a. Interchange of players may be made at any time, whether the ball is in play or not.
- b. To replace a player with another, the following conditions must be observed:
 - i. The player leaves the pitch via the half way line
 - ii. The interchange player only enters the pitch after the player being replaced has left.
 - iii. The interchange player enters the pitch via the half way line.
 - iv. The interchange is completed when a player enters the pitch via the half way line.
- c. Changing the Goalkeeper
 - i. Any player may change places with the goalkeeper.
 - ii. The player changing places with the goalkeeper must do so during a stoppage in the match and must inform the Game Leader/ Instructing Referee / s before the change is made.
 - iii. A player or substitute replacing the goalkeeper must wear a goalkeeper's jersey with their number on the back or some other garment that clearly identifies the goal keeper from the other players in their team.
- d. 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.
- e. Every effort should be made to ensure all players, regardless of age, gender and ability, are given equal playing time.

8. PLAYERS EQUIPMENT

- a. Teams shall wear matching shorts, socks, and shirts.
- b. All players must wear shin pads. Referees shall not allow any player to take the field of play without shin pads.
- c. FIFA Law 4 applies to all matches. In it's most basic format for MiniRoos the following should be observed;
 - i.) A player must not use equipment or wear anything that is dangerous.
 - ii.) All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed.
 - iii.) Using tape to cover jewellery is not permitted.

9. COACHES

- a. The main role of the Coach in MiniRoos football is to organise games and training activities that are fun, safe and encourage all players to love the game. This is done with a game based learning model and all coaches are required to attend one of the free Grassroots Coaching Courses conducted by the Association to gain more information.
- b. Coaches are NOT permitted on the field in any football game, unless invited by the Game Leader or Referee. This includes MiniRoos. A coach may be the game leader, but please note that there is only 1 game leader per game.

10. GAME LEADERS & INSTRUCTING REFEREES

10.1 GAME LEADERS FOR THE 5-7 AGE GROUPS.

- a. 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. Because the children are learning the game at this level, it is important to be flexible and patient.
- b. Some helpful game tips for a Game Leader:
 - i. Encourage different children to take re-starts.
 - ii. Discourage players from permanently over-guarding the goal.
 - iii. Use a “Ready, Set, Go” prompt or countdown 3-2-1 to encourage quick decisions when restarting play
 - iv. Encourage children to dribble or pass the ball into play from all restarts rather than a big kick.
 - v. Ensure the opposing team is back to the half way line for all goal line restarts.

10.2 INSTRUCTING REFEREES FOR THE UNDER 8-11 AGE GROUPS

- a. The main role of the Instructing Referee is to control the game to ensure it is played fluently. The Instructing Referee should instruct players on how to behave and enforce the rules, with minimal blowing of the whistle. They should also assist players with learning aspects of the game such as what a foul is and what a free kick is.
- b. Some helpful game tips for an Instructing Referee:
 - i. Discourage players from permanently standing in blatant offside positions and instruct them to move into onside positions
 - ii. Assist players with aspects of the game which they are unsure of e.g. how to conduct a throw in

11. MARSHALS

- a. At all matches, there shall be a minimum of two marshals, one marshal from each team, wearing an appropriate vest as purchased from the Association.
- b. Marshals' duties shall be to ensure that spectators, coaches and managers do not encroach the sidelines, or the pitch, and see that good order is maintained among their own team's spectators.
- c. Should any incidents arise out of a match that are for consideration by the Board, each marshal shall complete a written report into such incidents for the Board. The report shall be submitted on [Prescribed Form 20](#) (Incident Report lodged by a Team Official or Spectator) in accordance with instructions contained in the form. Forms are available from the association website Library.
- d. The marshals shall appear at any inquiry as neutral witnesses, if required.
- e. All marshals shall have obtained the age of 18 years of age.

- f. Marshals from both teams shall have their first and last names recorded on the match record, indicating they were in attendance for the game.
- g. It is the responsibility of the Team Manager, or in their absence, the team Coach to appoint the Marshal for their match and to ensure that the Marshal is aware of their responsibilities in accordance with these regulations.

12. DURATION OF MATCHES

- a. Under 5, 6 & 7's – 2 x 20 minutes (plus half time break)
- b. Under 8 & 9's – 2 x 20 minutes (plus half time break)
- c. Under 10 & 11's – 2 x 25 minutes (plus half time break)

13. OFFSIDE

- a. There will be no offside rule applied in any game in these Age Groups.
- b. 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.

14. GOAL KEEPERS

- a. 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.
- b. The goalkeeper is not allowed to kick or drop-kick the ball directly from their hands. Opponents must be at least **10** metres 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.
- c. An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate or they pick the ball up after placing it on the ground.

15. FA - LAWS OF MINIROOS - UNDER 5, 6 & 7

Goal type

It is preferable that pop up style or portable goals are used where possible however, the use of poles and markers as the goals particularly in the Under 6 to 9 age groups is also suitable.

Goalkeeper

No Goalkeeper

The game leader, coaches and managers should continually discourage children from permanently and/or persistently standing in front of the goal.

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 5m 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.

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 5m 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.

Point's tables and finals

To ensure that MiniRoos is played in the correct spirit and give all players the best possible chance to develop, FA advises that Member Federations, zones, associations and clubs adopt and promote the following advice and recommendation:

Under 5, 6 & 7 FA advises that the keeping of point's tables and playing of finals must not be done.

16. LAWS OF MINIROOS - UNDER 8 & 9

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. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10m 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.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team-mate.

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 his or her head. The thrower must not touch the ball again until it has touched another player.

Opponents must be at least 5m 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 5m 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 remain at least 5m 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.

Offside

No offside

Note: In the Under 8 - 11 age groups, team coaches and managers should strongly discourage children from permanently and/or persistently standing in blatant offside positions. Referees should direct players permanently and/or persistently 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 5m 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 8m penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5m 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.

Point's tables and finals

To ensure that MiniRoos is played in the correct spirit and give all players the best possible chance to develop, FA advises that Member Federations, zones, associations and clubs adopt and promote the following advice and recommendation:

Under 8 & 9 FA advises that the keeping of point's tables and playing of finals must not be done.

17. LAWS OF MINIROOS - UNDER 10 AND 11

Goalkeeper

The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10 metres 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.**

Opponents must be at least **10m** 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

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team-mate.

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 5m 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 5m 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 remain at least 5m 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.

Offside

No offside

Note: In the Under 8 - 11 age groups, team coaches and managers should strongly discourage children from permanently and/or persistently 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. Referees should direct players permanently and/or persistently 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 5m 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 8m penalty mark with only a goalkeeper in position.

All other players must be outside the penalty area and be at least 5m 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.

Point's tables and finals

To ensure that MiniRoos is played in the correct spirit and give all players the best possible chance to develop, FA advises that Member Federations, zones, associations and clubs adopt and promote the following advice and recommendation:

- Under 10 & 11 FA advises that the keeping of point's tables and playing of finals must not be done.
- It is also advised, the keeping of point's 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.

18. FA CONCUSSION STATEMENT

The FA advises that any player suspected of suffering from concussion should be examined by a medical practitioner before returning to play. As a general rule; "If in doubt, sit it out".