



Waipuna Football Club Coaches Info 2020

VISION - Growing footballers and connecting families

MISSION - Providing opportunities for growth and development through football

VALUES - Resilience - Growth - Respect - Fun.

Read EVERYTHING

It is important to read all the documentation you have available to you, both the written material supplied and all online resources. This will give you confidence that the skills and rules you are training with and then playing on the weekend complies with WaiBOP regulations.

Season schedule and playing formats

The season gets under way on Saturday 6 June. There are no games on the second and last weekend of school holidays.

All resources relating to Junior and Youth playing formats, rules, etc. can be found on the WaiBOP website:

www.waibopfootball.co.nz/resources/junior-western-bop

Some of these resources are also included in this booklet.

Team shirts and gear

It is up to the coaches how to handle the team's shirts. You can distribute shirts at the start of season and collect back off players at the end of the season.

Please stress to players that the shirt belongs to Waipuna Football Club and is ONLY to be worn to and during the game. Under no circumstances should it be worn to practice, during the week or after the game at home.

Also please ensure you look after the club's gear and ensure the match ball is retained each week and is clearly marked with 'Waipuna' or 'WFC'. Training balls can also be marked with your team name on them to avoid mix-ups at training.

Keeping records

Fill in a Match Summary for each week's game.

Each year at prize giving we have trophies and awards for ***"Most Improved Player"*** and ***"Player of the Year"*** for each team, plus club awards for ***"Golden Boot"*** (most goals scored by a player in the season). ***"Defender of the year"***

There is also awards for ***most valuable female player,***
best goal keeper,
best all round 10th grade player,
most improved team (as selected by committee) and an award to the ***teams placed highest in their respective league.***

So please ensure you keep some records to help us out at prize giving. Prize giving is usually held on the last Saturday of season.

An example of a Match Summary is included in this booklet.

Score input on Comet

It is anticipated that your manager will input the scores for you.

After the game you must agree the final score with your opposition.

Scores can be inputted by accessing your team database using your Comet registration.

Scores must be entered on Comet by 9pm Saturday following the Saturday game.

You and your manager will need to be registered with Comet to input the game scores.

Scores may already have been entered by the opposition coach and if correct you don't need to do anything further. If incorrect please do not alter the scores. Instead contact your grade coordinator. Changes are made by WaiBOP once all parties concerned are consulted. Please retain your scorecard until the end of the season. From time to time the scores are entered incorrectly and the hard copy can be invaluable, especially if you have obtained the opposition coach's signature.

An example of how to input the score is included in this booklet.

If you have any difficulties entering the scores then contact:

Steph registrations@waipunaafc.co.nz

Training at Waipuna Park

Training Times

Please let the coaching coordinator know as soon as you have decided on a time so it can be indicated on a sheet.

All training times will be allocated as best possible given the requests you have made prior to the season start. If you would like a second training time allocated, or change of allocated time/field please contact Jens waipunafcmini@gmail.com

All training times account for half fields only (Fields 4-7).

Roadside/Gullyside. Lights are identical for all pitches. Once all trainings are booked full fields will be allocated to senior teams first.

Training sessions

It is expected that coaches take time to plan the training sessions undertaken. The Waipuna FC website has some resources available under the 'Coaches info and training' tab to help with drills and games.

<https://waipunafc.co.nz/coaches-info-and-training/>

<http://www.waipopfootball.co.nz/COACHES/Coaching-Movies>

It is important to have a focus for the session and make sure this is clearly explained to the players before you get under way.

Take time at the end of the session to recap on the focus and give info on the weekend's game.

Floodlights

Information on how to use the floodlights is included in this booklet.

Goals and goal areas

The code for the moveable goals is 2525 (It's a good idea to put it in your phone). Please ensure that all goals are correctly locked if you are the last to leave the fields.

Please try and train away from the goal mouths as much as possible except when practicing corner kicks. If it is raining please stay out of the goal mouths. Every year those particular areas get hammered and end up as mud baths for the poor goalies. Try using cones across the fields when playing practice games. The club has some portable goals specifically for training.

No swinging from posts

Please remind your players there is no swinging from the goal posts. The posts are not strong enough to swing from. Also remind players they are not to throw the corner post/markers – these are sharp and dangerous. Accidents can and do happen.

Club values and sideline behaviour

Please read and discuss the Waipuna FC values with your players and parents.

It's also useful to go through the club's sideline behavior expectations with parents. If this is clearly indicated at the start of the season then it is easier to discuss if something crops up during the season.

Please note there is no expectation to win.

Information on the club's values and sideline behavior is included in this booklet.

Before-game communication and conflict resolution

Information on before-game communication and conflict resolution is included in this booklet.

Again, it may be useful to familiarise parent with the before-game communication process.

Health and safety of kids before and after games

Please ensure the players are warmed up sufficiently before the game and warm them down after the game. Try to involve use of the ball in all of your warm-ups rather than just a run around the pitch.

<https://fit4football.co.nz/physical-conditioning/the-11/>

Parent help

Please get your parents together early on in the season to spell out how you would like to run the team. Set some ground rules and also assign tasks to parents such as helping out at trainings, setting up nets and corner flags (if required), running the touch line, refereeing and taking down nets and flags at Waipuna for home games if you are last team on that field.

Also let them know that before and during the game and at trainings, you are there to coach and need to focus on the game or training rather than discussing issues or concerns. Set up a communication channel such as email or phone to deal with those concerns early.

BBQ Roster TBA

We will not have a BBQ operating until further notice while we work our way through health and safety as it relates to Covid 19

Cancellations

Cancellations will be on the WaiBOP website before 8am on a Saturday.

<http://www.waibopfootball.co.nz/COMPETITIONS/Cancellations-1>

Team Photos

TBA

Tournaments

Throughout the season there are grade tournaments usually held on a Sunday. If you and your team want to enter, please let the coach coordinator or President know and they will arrange for the entry fee to be paid. If you can't get enough players from your team, try to combine with other teams in your grade from Waipuna. Waipuna will pay for three tournaments a year per team.

To find tournaments for your teams visit:

<http://www.waibopfootball.co.nz/CLUBS/Tournaments-1>

Contact details for committee

If there are any questions, queries, concerns or issues, please let us know as soon as you can so that we can sort it out quickly.

Email: waipunaafc@gmail.com

Ben president@waipunaafc.co.nz 027 4488 280

Steph reigstrations@waipunaafc.co.nz

Jens firstkicks@waipunaafc.co.nz 027 259 7597

Club website: www.waipunaafc.co.nz

Police vetting

As a part of our Health and Safety requirements new coaches are required to undertake Police vetting of all our coaches. You will be required to sign a consent form for this to be undertaken. All information received as a part of this process will be kept strictly confidential and securely disposed of after 12 months. The club retains the right to remove you from your coaching role if they deem the information received indicates that you are not suitable to be in a volunteer role with children.

Referees

Overview

The Club Based Referee Course is, for many people, the first step on the referee pathway and is designed to give a brief introduction to the Laws of the Game for those who are looking to assist their clubs and teams by refereeing matches if and when they are needed. The course involves a theory session (approximately four hours in total) and a multi-choice test on the Laws of the Game. Participants need 70% to pass the test.

Successful participants will receive an official club based referee shirt and a certificate from New Zealand Football.

Go to WaiBOP's website for course details -

<http://www.waibopfootball.co.nz>

Course can be completed online at your own pace, however you don't receive a CBR shirt or a certificate.

A copy of the rules and regs for your grade is included in this handout.

Guidelines for working with children

These guidelines are for coaches and other personnel to protect them from risk and to keep children safe.

Maintain appropriate boundaries

Coaches and other personnel in positions of authority should maintain clear:

Physical boundaries

- Use drills to develop fitness, not as a punishment
- Only use physical contact that is appropriate for the development of a particular skill
- Work within sight of others at all times

Emotional/verbal boundaries

- Use positive feedback on performance, not negative feedback about the person
- Be encouraging and avoid put downs

Social boundaries

- Attend sports related events such as sponsorship and fundraising events, celebrations and annual meetings but do not socialise with athletes outside of sporting functions

Sexual boundaries

- Do not have sexual relationships with athletes you are coaching
- Do not touch athletes in ways likely to make them feel uncomfortable

Minimise physical contact

Generally physical contact with players/participants should be to:

- Develop sports skill
- Give sports massage
- Treat an injury
- Prevent or respond to an injury
- Meet the specific requirements of the sport

All physical contact by personnel should fulfil the following criteria:

- Physical contact should be appropriate for the development of a sport skill/s
- Permission from a player/participant should always be sought

- Player/participants should be congratulated or comforted in public not in an isolated setting

Avoid being alone with a child

To protect both yourself and a child from risk:

- Do not isolate yourself and a child and avoid being alone with any particular child
- If a child approaches you and wants to talk to you privately about a matter, do so in an open area and in sight of other adults (e.g. other coaches, officials or parents/guardians)
- Before going into changing rooms knock or announce that you are coming in. Try to have at least one adult with you in a changing room with children

Maintain control – avoid losing your temper

Adopt positive language and behaviour (e.g. avoid bad or aggressive language that could intimidate a child or set a poor example). If you find that you regularly lose your temper with children, you should seek support in learning how to manage children's behaviour, or consider whether you have the patience to work with children. Some ideas to assist with maintaining control include:

- Set up some basic rules at the beginning of the season such as be nice but firm; be fair; follow instructions; have a go, and no put downs. Make sure children are aware of these rules. 'Nice but firm' avoids creating problems of ambiguity as it makes it clear where an adult stands in relation to the child. Being 'fair' is also important because of the strong message it sends to young, impressionable children
- Give positive messages
- Have a 'time out' area for children and young people that are not behaving. This should be simple, such as an agreed 'T' sign with the hands that the children know means go to time out for two minutes
- Adopt a card system to express concerns with a child's behaviour rather than becoming verbally agitated. For example, a yellow card is a warning, two yellow cards means time out for two minutes, and a red card could mean the child misses the next week's game

Make sure parents are clear about collection of their children

Parents need to be responsible for the collection of their children from practise and games. A list of actions that could help includes:

- Have a register of parent/guardian emergency contact numbers and make sure coaches/officials have access to a phone
- Letting children and parents/guardians know practice and game times, when parents/guardians can expect to collect their children, and that it is not your responsibility to transport children home if parents are delayed
- Asking the second to last child and their parent/guardian to wait with the coach/official and the child
- Getting the parents to collect their children from the club room (e.g. if you have a club room where there will be other people)
- If there are other people at the ground or facility, wait for the parent/guardian closer to those people. In the meantime try to make contact with the parent/guardian
- Avoid the risk of being alone with a child by having a parent/guardian or support person assist you with the training. Require that person to wait until all children have left

Avoid transporting players/participants

Ideally all players/participants should have their own transportation to and from their sporting events. You should only provide transportation when:

- The driver is properly licensed to carry passengers, and other players/participants/parents/guardians are in the vehicle, and
- The ride has been approved in writing by the parents/guardians, and
- The ride is directly to/from sports or recreational activities
- The vehicle has a current WOF and REGO.
- Signed authorisation by parents should be sought at the commencement of the season saying that they agree to their child being transported by the relevant person if they are unable to provide transport.

You should also call someone and tell them what you are doing and the exact time you are leaving, so that you are accountable for your time.

Qualified personnel should attend to injuries

Only personnel who are qualified in administering first aid or treating sports injuries should attempt to treat an injury. Personnel should avoid treating injuries out of sight of others. Other considerations include:

- The comfort level and dignity of the player/participant should always be the priority.
- Only uncover the injured area, or drape something over the private parts or the player/participant
- Always report to parents any injury incurred and any treatment provided, and document an incident.
- If necessary, seek medical attention as soon as possible or recommend that the parents seek medical attention.
- It is important to have a blood rules policy and ensure coaches and officials know to remove from the game any child who is bleeding, and to stop the flow of blood before allowing the child to re-join the activity.

Support participants with disabilities

It is important that participants with disabilities have the same opportunities to be involved in sport and recreation activities as able bodied participants. Because participants with disabilities may be more vulnerable to abuse or neglect, WFC request the parents/caregivers to remain at all trainings and games to assist the coach.

Have clear guidelines for photographing children

It is important that clubs and coaches understand current advice about acquiring and using images of children. Some key points include:

- Do not allow photographers (professional photographers, spectators, fans, coaches or members of the media) unsupervised or individual access to children.
- Ensure you inform the team/athlete and parent/s if you want to photograph or video the athlete/s as a tool to analyse and improve performance. (This practice would need to consider any photographing policy in existence for the sport and if on private property)

- Obtain the written consent of the parent/guardian and their agreement to be present before approving photo/video sessions outside the event venue or at the home of a child. Where possible, have the photo taken at the event venue
- If the photographs/video are to be used generally (e.g. as teaching tools or for other purposes such as for promotional reasons), obtain the written consent of the parents that the photographs/videos can be used for those purposes
- Contact waipunaafc@gmail.com if concerns or complaints of inappropriate photographic behaviour or content are raised. There are some people who visit sporting events to take inappropriate photographs or video footage of children. You need to be alert to this possibility and report any concerns to a responsible person in your club (e.g. President, Secretary or Committee Person)

It is all of our responsibility to ensure the safety and wellbeing of children by following these common sense guidelines. It not only enhances the child's experiences but may also lead to a lifelong participation in sport. Working in most cases within purely volunteer environments, levels of understanding and acceptance may differ from person to person. These guidelines are not a reflection of any specific issues but to provide clarity and understanding to the club's values. These simple steps reduce the confusion for coaches and parents as to what are deemed acceptable practices, thus protecting all within the organisation, especially those placed in positions of responsibility.

Child safety and child friendly policy

At Waipuna Football Club we pride ourselves in being a friendly, fun and safe club for our young players and their families. We want all participants to have a safe and enjoyable experience. We respect and give full support to our children and volunteers (Coaches and Committee Members).

Intro

Our policy guides Club Members and Volunteers on how to behave with Members/Players in our Club. This focuses on how we can keep them safe and give full support for them.

Supporting kids

The Club supports active participation of club children by listening to their views and suggestions, respecting what they have to say, making sure they are involved in decisions, especially about matters that will directly affect them.

Committee Members and Volunteers

- Promote respect, fairness and consideration of all members
- All Committee and Volunteer members will have access to more experienced members to support and help with workload
- All Coaches will be provided with support with handling of special needs persons or persons with learning difficulties to make sure all persons are safe and understood

Dealing with complaints

We understand that occasionally matters arise in football that give rise to concern and complaint. The first point of contact for any complaint is the coach and/or manager of your team. The next point of contact (or the first point if it is not appropriate to involve the coach and/or manager) is your WFC grade coordinator.

Your grade coordinator will then deal with the complaint in conjunction with WFC Committee. If necessary, the complaint will be referred to WaiBOP which oversees football administration in our region and which our club is a member of.

Communication

We hold regular information sessions for Players, Coaches and Managers. Club information is regularly distributed to Coaches and Managers from WFC and Grade Coordinators for the benefit of players and their parents and supporters.

This policy will be discussed at club registration days and induction days for Coaches and Managers.

Players, Coaches, Managers and parents and supporters will have access to our policy on our club website and to a copy provided in each team's kit bag.

Review

The policy and guidelines will be reviewed every two years. During and at the conclusion of each season, suggestions and feedback from players, coaches, managers, parents and supporters will be invited and where appropriate acted upon.



Sideline behaviour

Waipuna Football Club has very high expectations for all club members and supporters.

As parents we are all required to do our part to ensure we develop young men and women who are not only outstanding players but outstanding members of the human race. It can be difficult to model the type of conduct required.

With this in mind, our club requires all adults associated with our club to adhere to a code of behaviour:

- **Be positive.** Players never intentionally play poorly. It is never appropriate or useful to berate a player during the game. You should supply enthusiastic support throughout each match.
- **Support the whole team,** not just your child. It is not appropriate for supporters to coach from the side-line. Often instructions given by parents to their players can be in conflict with the system the coach is trying to implement.
- **Never criticise referees.** They have a difficult job and are generally fair in their calls. If you think you could referee better, step up and volunteer!
- **Attend training.** It is important for players to regularly attend training sessions and matches. Please have your child at the field on time for all activities and prepared to play, with the proper gear.
- **Model respectful behaviour** for your child by refusing to tolerate negative personal statements about other players, parents, coaches, or anyone else.



Before-game Communication and Conflict Resolution

Before-game Communication

- Who are the coaches and referee?
- Are we going to referee half and half?
- What are the rules (have an A4 of rules)?
- If there is any issues mid-game, what is the process to talk to the referee?
- If the referee has any issues who should the referee approach?

Conflict Resolution

It is not acceptable to stand on the side of the field and yell at the referee.

If you perceive the game is not being refereed in a fair and correct manner:

- The coach will make contact with the referee in a way pre-agreed at before-game communication.
- Communication should be conducted away from the teams.
- This should be at a stoppage, preferably half time.
- The discussion should be about the rules and whether they are being refereed correctly or about player safety.
- Opinion is only opinion. As we know your opinion is formed through your perspective. There are times where your perspective will differ from the referee.
- Request should be made to correct refereeing of player safety and or correct rules.
- If this request is ignored, then an offer of referee change should be made at half time.
- If this is also declined, then a decision should be made whether to keep the team on the pitch (due to player safety).
- If the criticism is around rules and bias, then detailed notes should be taken so a formal complaint can be made in writing by the club.
- The attitude of the coach and supporters informs the attitude of the players on the pitch. At all times this attitude should reflect good sportsmanship and respect. Your players will learn a great deal by being shown how to handle adversity with both of those qualities intact.
- This document should be shared with the parents in your team. All communication should be channelled through the Coach/ Manager to the opposition coach and referee.

Waipuna FC will not support the complaint of a team if the qualities of good sportsmanship and respect are not upheld.

How to input score on Comet

Entering quick results allows you to enter the score of a match without inputting any match events. Depending on the competition requirements, this may be the responsibility of the home team to input this data.



- Once logged in, expand **Competitions** from the left hand pane and select **Search Matches**
- The search matches console will only show the matches for the competition(s) for which your club is involved in.
- Use the discipline tabs to select between Football and Futsal.
- Use the filtering options at the top of the page to refine your search:
 - This can be done by date; and/or
 - Competition
- Once you have found the match(es) you are looking for, select **Edit**.
- The far right column, **Score** will now become editable (you may have to scroll to the right to see this column depending on your screen size).

Competition	Stadium	#	Date/time	Clubs	Referee	Assistance referee 1	Assistance referee 2	4th official	Match commissioner	Referee assessor	Status	ID	Score
ISPS Handa Premiership 17/18	Kiwitea Street	11	13.01.2018 14:00	Auckland City FC - Southern United FC							ENTERED	466448	-

- Input the score of the match.
- Once you see the 'The transaction has been successfully completed' pop up appear at the top right hand corner of the screen, then the result has been saved.
 - This pop-up may take a couple seconds to appear depending on your internet speed.

Contact Tracing:

It is a requirement from NZ Football that we put contact tracing in place this season for all people involved with Waipuna Football Club.

Coaches:

You will find a team list in your gear bag already filled in with your players names, there is 1 sheet for each week to cover training and games. All you need to do is fill in the time each player arrives and leaves, then at the end of each week on a Saturday can you please take a photo of your completed sheet and email it to registrations@waipunaafc.co.nz with your team name in the subject line.

Can you also keep the original copies at the back of your clipboard? For coaches there is space to fill in your name on this sheet.

Visitors:

NZ Football has provided IDME for digital contact tracing for all involved with football this year.

Visitors to Waipuna Park during Waipuna FC trainings and games can go to www.IDME.co.nz and create their own personal QR code, they can also add more people (ie partner, grandparents etc). Then they can click MANUAL SIGN-IN above their QR code and enter our venue code which will be displayed on signs across the field and in the clubrooms, please note the field has its own code and the clubrooms have their own code.



Waipuna Park Grounds Venue Code:
N T V V W

Waipuna Park Clubrooms Venue Code:
BBOHD

Hygiene:

- All participants should wash and dry their hands, or if not possible use hand sanitiser, before and after any activity.
- Maintain physical distancing of 2 metres wherever possible. Avoid team huddles, stop pre or post game handshakes and the traditional 'ceremonial walkout' respect walkout.
- Spitting, or similar actions, is prohibited, including on GK gloves.
- Sharing of equipment should be minimised where possible and thoroughly cleaned before and after every use.
- Caution should be exercised with common touch points (e.g. gates or doors) with hands washed or sanitised after using.
- Water bottles should not be shared under any circumstance.
- No communal food, such as half-time oranges or lollies, should be shared.

You will find hand sanitiser and disinfectant spray in your gear bags to use before and after trainings and games.



Return to Football in Level 2 Version 2

We plan to introduce junior teams to training gradually over the next 2 weeks. This will help us plan and have the necessary space in order to meet Government guidance. We will be sharing a document for our coaches, players and staff on new procedures.

NZF Guidelines		Our Plan
Contact Tracing	<ul style="list-style-type: none"> For training to resume, contact tracing must be in place for everyone involved in, or attending, any session. Contact tracing includes, but is not limited to, recording the name, address, phone number, and email address of everyone attending, as well as the date and time of the session, and who dropped them off/picked them up. To support contact tracing, all players, coaches, support staff and referees must be registered with COMET. Contact tracing information should be held securely and be accessible at all times. Information should be held for 4 weeks after the training session has occurred. NZF is in the final stages of testing a digital tracing system that all clubs will be required to use. This will be released as soon as possible. Until then please use other means to record the required information. 	<p>We will provide a paper contact tracing form and pen for each team to record attendance at each training. The form will be photographed and sent to the registrar at the end of training. Although still provided this will now be done by App</p> <p>All players, coaches and staff will be registered in COMET.</p> <p>We plan to use NZF contact tracing app in conjunction with paper form when available.</p>
Limited size of gathering	<ul style="list-style-type: none"> Gatherings of any capacity, either indoor or outdoor, are limited to 10 people. This includes all players, officials and support staff. This is being reviewed by Government on 25 May 2020. More than 10 people may be present in public or at a venue, as long as they are in separate groups and are not intermingling with each other. Spectators are advised to remain distant and not intermingle with the 10 person limit. Training should be scheduled to allow appropriate time for teams to arrive and leave without overlapping. Drop off and pick up areas should be clearly stated. 	<p>All training sessions will be scheduled and Limited to groups of 100, ensuring they are adequately spaced so not intermingling.</p> <p>Groups will be provided with instructions around drop-off-pick up areas .</p>
Cleaning and Hygiene	<ul style="list-style-type: none"> All participants should wash and dry their hands, or if not possible use hand sanitiser, before and after any activity. Handshakes or similar contact should be avoided. Equipment should be washed and disinfected before and after training. Sharing of equipment should be minimised where possible. Participants should avoid touching their face and cough into their elbow. Caution should be exercised with common touch points (e.g. gates or doors) with hands washed or sanitised after using. Water bottles should not be shared under any circumstance. Spitting or other similar actions is prohibited including on GK gloves. 	<p>Hand sanitiser will be dispensed by coaches before and after training.</p> <p>There will be no hand-shakes, high fives and spitting. Remind everyone about general hygiene practice (coughing etc).</p> <p>All teams will have their own equipment, which will be disinfected before and after training.</p> <p>All players will be asked to come prepared for training (in training gear with own water bottle).</p>
Physical Distancing	<ul style="list-style-type: none"> Within the maximum 10 person gathering, it is accepted that physical distancing cannot be maintained while training. Off the pitch, all participants should maintain physical distancing of two metres whenever possible. 	<p>Teams reminded to stay within their groups or maintain 2 metre distancing with members of other groups should the situation arise.</p>
If unwell	<ul style="list-style-type: none"> No one should be participating, or leaving home, if they are displaying symptoms of COVID-19, awaiting a test, or if required to self-isolate. 	<p>Reminder on Government procedure if unwell.</p>

Location Waipuna Park Football Fields **(Top Platform)**



Tauranga City

These floodlights are now operated remotely by text message. This document outlines how you turn them on/off.

Controller Phone Number = **027 836 4203**

Fields 4 & 5 - **1**

Field 7 - **2**

Both Areas - **All**

Club Pin Number = **5969**

Cost = Standard Text message fees apply when activating/deactivating the lights. In most cases this is \$0.20 per text.

You will receive a text message confirming the light program.

To Turn The Lights On:

- Pin Number + Field/Zone Required to turn on + on + Time required

Example:

- 5969 1 on 60 (field 4 & 5 lights on for 1 hour)

To Turn The Lights Off:

- Pin Number + Field/Zone Required to turn off + off

Example:

- 5969 1 off (turn field 4 & 5 field lights off)

Notes:

- **You require one single space between each item.**
- If you do not specify a period of time for the lights to be turned on it defaults to 1 hour.
- Lights will automatically turn off at 10pm.
- Lights will automatically update for daylight savings.
- Council is notified when the lights are turned on/off (and by who) so can monitor the use.

Once lights turn off, they may take up to 10 minutes to restart, this is due to the bulbs needing time to cool down prior to restarting

PLAYING FORMATS

Number of Players	5 v 5	
Game Duration	40 minutes Max	2 x 20 mins
	Rotorua 7th/ 8th, EBOP 7 th , Thames Valley U8	3 x 10 mins
Pitch Dimensions	Minimum	25 x 20m
	Maximum	30 x 20m
Goals	Minimum	1.8 x 0.9m
	Maximum	2 x 1m
Ball	Size 3	
Penalty Area	No penalty area required	
Goalkeepers	No GKs at this age	
Substitutions	Maximum of three substitutes who can rotate regularly throughout the game	

START AND RESTART OF PLAY

A game is started with a kick to a team mate from the middle of the halfway line. The opposition must be 5m away from the ball at this time. In order to score a goal from kick off it must touch someone else on the field before entering the goal. When a goal is scored, play is restarted at the halfway line with the side conceding the goal taking the kick off as per the start of play.

SCORING GOALS

A goal is scored when the whole ball crosses the line. Goals can only be scored from the opposition's half as there are no goal keepers.

OFFSIDE

There is no offside rule in Fun Football. Players should be discouraged from permanently standing in blatant offside positions.

GOALKEEPERS

Players are **NOT** permitted to stand in close proximity to the goal for a prolonged period of time away from the play (e.g. acting as a pseudo goalkeeper). All players should be encouraged to be actively involved by moving up and down the pitch in relation to the play.

BALL CROSSING THE TOUCH LINE

There are no throw ins. The ball is to be kicked or dribbled into play from behind the touchline. To ensure players have as much contact with the ball as possible, players have approximately three seconds to recommence the play from a restart.

The defending team should retreat to 5m away from the ball until play is restarted. The ball must touch someone else on the field before a goal can be scored.

BALL CROSSING THE GOAL LINE

There are no corner kicks. 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 someone else on the field before a goal can be scored.

FOULS & MISCONDUCT

Most acts of handball or fouls and misconduct at this level are caused by accident and with little 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 how they have broken the rules and that they should try not do this again.

Indirect free kicks are awarded for acts of handball or fouls and misconduct (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal). Opponents must be at least 5m away from the ball when the indirect free kick is taken.

TEAM GUIDELINES AND SUPPORT

7th Grade – Both coaches can be on the field at the same time encouraging the players, but only one will be the referee.

8th Grade – Spectators or officials standing anywhere along the goal line or directly, besides, behind or between the goal posts is not permitted.

MATCH RESULTS AND LADDERS

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PRIOR TO THE GAME

Introduce yourself to the opposition Coach and agree to work together to create a safe and enjoyable playing environment. Discussion may include, but not be limited to, the following:

- Number of players.
- Who is to referee which half, or if there is a substitute refereeing for the coach.
- Which RULES directly apply in relationship to the PLAYING FORMAT (5v5, 7v7 & 9v9).
- That both parties understand the “rolling substitute” rule.
- Possible lending of players.
- Any other rules or suggestions which may assist **the players to have an enjoyable game.**

REFEREE

In the first instance: It is anticipated that the ‘home team’ should supply/allocate a qualified “Community Referee” (CR), and if so, this trained referee will control the whole game.

In the second instance: If the home team is unable to provide a suitably trained Referee but the ‘away team’ can provide a qualified “Community Referee” and as such this trained Referee will control the whole game.

In the third instance: Where neither team can provide a qualified “Community Referee” the coach (or a substitute of their choosing) will share the refereeing duties between them. Each team will be responsible for refereeing one half each.

Note: The Home team is the team listed first in the draw

The Referee is the sole timekeeper of any game.

Remember: Children learn the rules as they play.

Coaches must use common sense when interpreting the rules for different age groups.

*Coaches, team management, spectators etc are reminded that a referee – **whether qualified or not** – has the same rights and obligations as an appointed official and any abuse of any referee will be dealt with severely.*

The absolute authority is vested in any referee of all games and shall be protected from abuse by the FIFA Laws of the Game and NZ Football Rules and Regulations.

PLAYER AND PERSONAL EQUIPMENT

All coaches are responsible for ensuring all of their players have the correct equipment prior to entering the field of play, which includes the following:

- Appropriate Shirt, Shorts and Socks
- Football Boots and Shin Pads (must be worn on the inside and be fully covered by the players socks) are compulsory
- Players must remove all Jewellery (necklaces, watches, bracelets, rings and earrings)
- Players with fibre casts or similar brace (which may constitute a danger to themselves or another player) must be cleared by the Referee prior to kick-off.
- No OUTFIELD PLAYERS are allowed to wear a peaked cap
- Any BLEEDING players must leave the field immediately and not return until the Referee is satisfied the bleeding has stopped. (NB - Any Bloodied clothing must also be changed prior to re-entering the pitch)

SUBSTITUTIONS

For all age-groups in the Junior Framework, rolling substitutions are allowed. However, the following stipulations apply:

- Substitutions may only occur during a stoppage in play with prior approval from the Referee
- Substitutes must enter and exit the field of play at the half-way line
- All players are entitled to equal opportunities to play, learn and experience the game
- **All coaches must notify the Referee prior to making a substitution**

PLAYING FORMATS

Number of Players	7v7	
Game Duration	50 mins maximum	2x25 mins
Pitch Dimensions	Minimum	45x30m
	Maximum	55x35m
Goals	Minimum	3.8x1.9m
	Maximum	4x2m
Ball	Size 4	
Penalty Area	8x16m	
Goalkeepers	Yes	
Substitutions	Maximum of 3 substitutes who may rotate regularly throughout the game	

START AND RESTART OF PLAY

A game is started with a kick to a team mate from the middle of the halfway line. The opposition must be 5m away from the ball at this time. In order to score a goal from kick off it must touch someone else on the field before entering the goal. When a goal is scored, play is restarted at the halfway line with the side conceding the goal taking the kick off as per the start of play.

SCORING GOALS

A goal is scored when the whole ball crosses the line.

RETREATING LINE

When a team's goalkeeper catches/picks up the ball or is taking a goal kick or any player taking a Free Kick, the opposition **MUST** drop back behind the retreating line. Only after the goalkeeper plays the ball out and one of the goalkeeper's team-mates touches the ball, can the opposition player advance over the retreating line. **Coaches are asked to encourage all players to play the ball as quickly as possible from the goal keeper and not to allow the ball to continue to roll or come to a stop.**

OFFSIDE

The offside rule is applied in Mini Football. For 9th & 10th Grade Football, the offside law will be applied between the retreating line and goal line only. A player is in an offside position if they are nearer to the opponents' goal line than both the ball and the second last opponent (at the point the ball is passed to them).

BALL CROSSING THE GOAL LINE

Last touched by defending team – A corner kick is awarded.
Last touched by attacking team – Goal kick from anywhere within the penalty area.
Opponents retreat to the Retreating Line.

BALL CROSSING THE TOUCH LINE

Throw in. The ball should be thrown in to play from behind the touch line. The player should face the field of play with both feet either behind or on the touchline. Players must use both hands to deliver the ball from behind and over their head. The thrower may not touch the ball until it has touched another player and if this occurs an indirect free kick is awarded. A goal cannot be scored directly from a throw in.

GOALKEEPERS

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. 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. Once the Goalkeeper has possession any further challenge by the opposition should be promptly controlled by the referee.

FOULS & MISCONDUCT

There are only indirect free kicks for fouls and misconducts with the exception of penalty kicks. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal). Opponents must be at least 5 metres away from the ball when the indirect free kick is taken.

Free Kicks occur when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempt 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

A deliberate handball or serious misconduct in the penalty area results in a penalty kick which is taken from 7m out with a GK in position.

RETREATING LINE

To download the Retreating Line Booklet, please use this link:

<https://www.sporty.co.nz/asset/downloadasset?id=020349cc-ca81-461d-8aba-62fe6df6d8d0>

TEAM SUPPORT

Spectators or official's standing anywhere along the goal line or directly besides, behind or between the goalposts is not permitted.

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PLAYER AND PERSONAL EQUIPMENT

All coaches are responsible for ensuring all of their players have the correct equipment prior to entering the field of play, which includes the following:

- Appropriate Shirt, Shorts and Socks
- Goal Keepers wearing different colours to differentiate themselves from other outfield players
- Football Boots and Shin Pads (must be worn on the inside and be fully covered by the players socks) are compulsory
- Players must remove all Jewellery (necklaces, watches, bracelets, rings and earrings)
- Players with fibre casts or similar brace (which may constitute a danger to themselves or another player) must be cleared by the Referee prior to kick-off.
- No OUTFIELD PLAYERS are allowed to wear a peaked cap
- Any BLEEDING players must leave the field immediately and not return until the Referee is satisfied the bleeding has stopped. (NB - Any Bloodied clothing must also be changed prior to re-entering the pitch)

SUBSTITUTIONS

For all age-groups in the Junior Framework, rolling substitutions are allowed. However, the following stipulations apply:

- Substitutions may only occur during a stoppage in play with prior approval from the Referee
- Substitutes must enter and exit the field of play at the half-way line
- All players are entitled to equal opportunities to play, learn and experience the game
- **All coaches must notify the Referee prior to making a substitution**



Youth Framework Playing Rules



YOUTH FRAMEWORK – PLAYING RULES 2020

PRIOR TO THE GAME

INTRODUCE YOURSELF TO THE OPPOSITION COACH AND AGREE TO WORK TOGETHER TO CREATE A SAFE AND ENJOYABLE PLAYING ENVIRONMENT. DISCUSSION MAY INCLUDE, BUT NOT BE LIMITED TO, THE FOLLOWING:

- Number of players.
- Who is to referee which half, or if there is a substitute refereeing for the coach.
- That both parties understand the “rolling substitute” rule.
- Possible lending of players.
- Any other rules or suggestions which may assist **the players to have an enjoyable game.**

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FOOTBALL MATCH DAY STANDARDS

Age Group	Playing Format	Game Duration	Ball Size	Pitch Size	Goal Size	Penalty Area	Subs.
13	11v11	2 x 35 mins	Size 4	min 80 x 45m <i>optimum 82 x 50m</i> max 90 x 55m	min 6.4 x 2.1m <i>optimum 6.4 x 2.1m</i> max 7.3 x 2.4 m	min 32 x 12.8m <i>optimum 32 x 12.8m</i> max 40 x 16.5m	3-5 rolling
14	11v11	2 x 35 mins	Size 5	min 80 x 45m <i>optimum 82 x 50m</i> max 90 x 55m	min 6.4 x 2.1m <i>optimum 6.4 x 2.1 m</i> max 7.3 x 2.4 m	min 32 x 12.8m <i>optimum 32 x 12.8m</i> max 40 x 16.5m	3-5 rolling
15	11v11	2 x 40 mins	Size 5	min 90 x 55m <i>optimum 90 x 55m</i> max 100 x 60m	Full Sized:7.3 x 2.4 m	40 x 16.5m	3-5 rolling
16	11v11	2 x 40 mins	Size 5	min 90 x 55m <i>optimum 90 x 55m</i> max 100 x 60m	Full Sized:7.3 x 2.4 m	40 x 16.5m	3-5 rolling
17+	11v11	2 x 40 mins	Size 5	min 90 x 55m <i>optimum 100 x 60m</i> max 100 x 65m	Full Sized:7.3 x 2.4 m	40 x 16.5m	3-5 rolling

NB: The U13 Waikato and U13 Western BOP Girls League (Saturdays) will operate under the WaiBOP Junior U12 Rules – 9 v 9 format

The Baywide Junior/Senior Girls league will operate under the 15th Grade Age Group.

If playing in a dual banded age group, the playing format is that of the younger age group. Eg in 13th/14th grade you would use a Size 4 ball, and play 2 x 35 min halves.

GENERAL RULES

START OF PLAY

- Kick-off is decided by the toss of a coin. (The team winning the toss decides which goal they will attack in the first half. Team losing the toss takes the kick off to start the game).
- The ball is in play as soon as it is kicked and moved in any direction.
- The opposing players must remain outside of the centre circle.
- On scoring of a goal, the game is restarted by a kick-off from the centre circle, by the team who conceded the goal.
- After half time the teams change ends and the kick-off is taken by the team that did not start the game.

A goal may be scored directly from a kick-off.

DURATION OF THE GAME

The Referee is the sole time keeper of any game.

The duration of the game shall be two equal periods, as per the age-group playing format

(Refer: Football Match Day Standards)

A GOAL IS SCORED or BALL IS OUT OF PLAY

Only if the ball has wholly crossed the goal line or touch line on the ground or in the air.

SUBSTITUTIONS

For all age-groups in the Youth Framework, rolling substitutions are allowed. However the following stipulations apply:

- Substitutions may only occur during a stoppage in play with prior approval from the Referee
- Substitutes must enter and exit the field of play at the half-way line
- All players are entitled to equal opportunities to play, learn and experience the game
- **All coaches must notify the Referee prior to making a substitution**

DROPBALL

A dropped ball is a way of restarting the game after a temporary stoppage which may be necessary.

The referee drops the ball at the place where play stopped; the ball must touch the ground first before being kicked.

BALL IN AND OUT OF PLAY

Ball crossing the side-line

THROW-INS:

When throwing in the ball the player must

- Face the field of play
- Keep both feet on the ground either behind or on the side line
- Deliver the ball with both hands
- Deliver the ball from behind and over the head

A goal cannot be scored directly from a throw-in

A GK is not permitted to receive the ball with their hands from a throw-in from a player in their own team

Foul-Throw: If the throw in not taken correctly the opposition team gains the throw.

Ball crossing the goal line

If the last player to touch the ball is the:

- a) Defending team - a corner kick is awarded, or
- b) Attacking team - a goal kick is awarded

Goal Kicks: A goal kick can be taken from anywhere inside the **goal box**. The ball must be kicked outside the penalty area before it can be touched by another player, or the kick is retaken.

A goal may be scored directly from a goal kick but only against the opposing team.

GOAL KEEPERS (In General Play)

Goalkeepers are permitted to handle the ball anywhere in the penalty area and can restart play either from their hands (kicked, thrown or rolled) or on the ground.

Once the Keeper has possession any further challenge by the opposition should be promptly controlled by the referee.

Coaches should encourage GK wherever possible to roll out of their hands or play from the ground



Youth Framework Playing Rules



Back Pass Rule applies

Prohibiting the GK from handling the ball under the following circumstances:

- when the ball is intentionally kicked to him by a teammate
- when receiving it directly from a throw-in
- when he has already released the ball to the ground after a save

A goalkeeper who violates the back pass rule will be penalized with an indirect free kick from the point where he picks up the ball.

FOULS & MISCONDUCTS

A Free kick is classified under two headings:

Direct: From which a goal can be scored.

Indirect: from which a goal cannot be scored unless another player has touched the ball.

Both Direct and Indirect Free Kicks are taken from where the offence occurred.

A **Direct Free Kick** is awarded for the following offences, if they are **committed intentionally:**

- 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
- When tackling an opponent makes contact with the opponent before touching the ball
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his own penalty area)

If a Direct Free Kick is kicked directly into the opponent's goal, a goal is awarded

An **Indirect Free Kick** is awarded for the following offences:

- Offside
- Dangerous play
- Obstructs the progress of an opponent.
- Infringement of the Pass Back rule
- Dissent
- Unsporting Behaviour (against anyone)
- Retreating line Infringement

A goal can only be scored from an **Indirect Free Kick** if the ball subsequently touches another player before it enters the goal (the ball is in play as soon as it is kicked and moves). If an Indirect Free Kick is kicked directly into the opponents' goal without touching another player, a goal kick is awarded.



Youth Framework Playing Rules



PENALTY KICKS

A penalty kick is awarded if a defender commits any of the above 10 Direct Free Kick offences inside his/her own penalty area.

When a penalty kick is awarded:

- The ball is placed 8m from the from the center of the goal
- Only the Goalkeeper and the player taking the kick are allowed in the penalty area.
- All other players must remain outside the penalty area, but still on the field of play until the ball has been kicked.
- The goalkeeper stands on the goal line between the goal posts. He/she can move along the line, but cannot step back or forward off the line.
- The kicker can't play the ball a second time until it has touched another player.

OFFSIDES

The Offside Law

A player is in an offside position if they are nearer to the opponent's goal line than both the ball and the second to last opponent. (Generally the Goal Keeper and one opposition player).

(Note: In line with the opponents is **NOT** offside).

A player shall only be penalised for being in an offside position if, at the moment the ball touches or is played by one of their team, they are, in the opinion of the referee, involved in active play by:

- Gaining advantage by being in that position
- Interfering with play
- Interfering with an opponent

A player shall not be declared offside:

- By merely being in an offside position
- If they receive the ball, direct from a goal kick, a corner kick or a throw in
- They are in their own half of the field of play
- They are **LEVEL** with the second last opponent or the last two opponents

SENDING OFF

Under FIFA rule a player can be sent off for any of the following offences:

- Violent Conduct
- Serious Foul Play
- Foul and Abusive Language
- Persisting in misconduct after having received cautions

Any written report of the incident must be sent via your Club Secretary (within 5 days) to the Waikato Bay of Plenty Football Federation.

TEAM SUPPORT:

Spectators or officials' standing anywhere along the goal line or directly beside, behind or between the goalposts is not permitted.



Youth Framework Playing Rules



CONSIDERATIONS FOR COACHES

PLAYING PLAYERS IN MULTIPLE POSITIONS

The game training model is designed to help players apply their skills in a functional way within the team environment, including increasing the positional understanding of players. It is beneficial for players to play in a number of different positions between the ages of 13-15 years. Coaches, however, need to be mindful of how to manage positional rotation in both training and in games.

Some simple rules to follow:

- Growth and maturation can influence the position a player may end up playing later on in their career so avoid creating positional specificity too early.
- Try to keep the players in at least a certain area or role for each training or game or a series of trainings or games. For example, on the right side, in the centre, on the left, as an attacker or as a defender (goalkeepers can share a half.) This way the feedback you give is relevant to what they've done and what they'll be doing. What value is feedback about attacking play when they'll spend the rest of the game in the back line? Use the game to focus on a topic and learn more about it.
- When a player has made up their mind that they want to play in a particular position, respect their decision, unless you have to share the position. If they want to play exclusively in the back, let them. They can become an expert, enjoy their time there and change later when they're ready.

EQUAL PLAYING TIME

In the Youth Framework, it has been made clear that there are a number of different factors that determine how a player develops. It is also made clear that winning should be a by-product of development, not the driving force.

It is important to give every player, regardless of their level of maturation, the same opportunity to develop as their teammates. If a player is not consistently experiencing the football problems that happen during a game e.g. they are sitting on the bench, it is unlikely that they will progress at the same rate as their teammates.

New Zealand Football asks coaches to put the player at the centre. Equal playing time will give every player the best opportunity to progress.

SUBSTITUTIONS

In youth football rolling substitutions are recommended. It is important that coaches understand that substitutions can have an impact on both the flow of the game and on the players involved. Coaches should make substitutions at suitable intervals to allow the game to flow and for players to be able to have appropriate continuous game time.

New Zealand Football recommends that coaches use half time as a main substitution window. In addition to this it is recommended to have a maximum of one substitution windows during the first half and a maximum of two substitution windows in the second half (except in cases of injuries).

ASSESSING PERFORMANCE IN MATCHES

Focus your observation on how successfully the players are implementing what has recently been taught at training. The Main Focus of the cycle should be a major factor in observation, especially towards the end of the cycle.

Winning is the purpose of football and it is an important part of player development; however, the youth coach must remember that their role is not to get their team to win the Championship, but to develop individual players who will be successful within the Playing Style when they reach the Performance Phase.

On match day, it is important the youth coach avoids emotional behaviour with constant reaction to every incident in the game. Rather than shout instructions, they observe and listen to what the players do and communicate. This will help them gain an accurate indication of the players' progress and the success of their training program.

PLAYING FORMATS

Number of Players	9v9	
Game Duration	60 mins maximum	2x30 mins
Pitch Dimensions	Minimum	64x45m
	Maximum	70x50m
Goals	Minimum	4x2m
	Maximum	5x2m
Ball	Size 4	
Penalty Area	10x24m	
Goalkeepers	Yes	
Substitutions	Maximum of 4 substitutes who may rotate regularly throughout the game	

START AND RESTART OF PLAY

A game is started with a kick to a team mate from the middle of the halfway line. The opposition must be 5m away from the ball at this time. In order to score a goal from kick off it must touch someone else on the field before entering the goal. When a goal is scored, play is restarted at the halfway line with the side conceding the goal taking the kick off as per the start of play.

SCORING GOALS

A goal is scored when the whole ball crosses the line.

RETREATING LINE

When a team's goalkeeper catches/picks up the ball or is taking a goal kick or any player taking a Free Kick, the opposition **MUST** drop back behind the retreating line. Only after the goalkeeper plays the ball out and one of the goalkeeper's team-mates touches the ball, can the opposition player advance over the retreating line. **Coaches are asked to encourage all players to play the ball as quickly as possible from the goal keeper and not to allow the ball to continue to roll or come to a stop.** A goal may be scored directly from a goal kick but only against the opposing team.

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Throw in. The ball should be thrown in to play from behind the touch line. The player should face the field of play with both feet either behind or on the touchline. Players must use both hands to deliver the ball from behind and over their head. The thrower may not touch the ball until it has touched another player and if this occurs an indirect free kick is awarded. A goal cannot be scored directly from a throw in.

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- Which RULES directly apply in relationship to the PLAYING FORMAT (5v5, 7v7 & 9v9).
- That both parties understand the "rolling substitute" rule.
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In the first instance: It is anticipated that the 'home team' should supply/allocate a qualified "Community Referee" (CR), and if so, this trained referee will control the whole game.

In the second instance: If the home team is unable to provide a suitably trained Referee but the 'away team' is able to provide a qualified "Community Referee" and as such this trained Referee will control the whole game.

In the third instance: Where neither team can provide a qualified "Community Referee" the coach (or a substitute of their choosing) will share the refereeing duties between them. Each team will be responsible for refereeing one half each.

Note: The Home team is the team listed first in the draw

The Referee is the sole timekeeper of any game.

Remember: Children learn the rules as they play. Coaches must use common sense when interpreting the rules for different age groups.

Coaches, team management, spectators etc are reminded that a referee – **whether qualified or not** – has the same rights and obligations as an appointed official and any abuse of any referee will be dealt with severely. **The absolute authority is vested in any referee of all games and shall be protected from abuse by the FIFA Laws of the Game and NZ Football Rules and Regulations.**

PLAYER AND PERSONAL EQUIPMENT

All coaches are responsible for ensuring all of their players have the correct equipment prior to entering the field of play, which includes the following:

- Appropriate Shirt, Shorts and Socks
- Goal Keepers wearing different colours to differentiate themselves from other outfield players
- Football Boots and Shin Pads (must be worn on the inside and be fully covered by the players socks) are compulsory
- Players must remove all Jewellery (necklaces, watches, bracelets, rings and earrings)
- Players with fibre casts or similar brace (which may constitute a danger to themselves or another player) must be cleared by the Referee prior to kick-off.
- No OUTFIELD PLAYERS are allowed to wear a peaked cap
- Any BLEEDING players must leave the field immediately and not return until the Referee is satisfied the bleeding has stopped. (NB - Any Bloodied clothing must also be changed prior to re-entering the pitch)

SUBSTITUTIONS

For all age-groups in the Junior Framework, rolling substitutions are allowed. However, the following stipulations apply:

- Substitutions may only occur during a stoppage in play with prior approval from the Referee
- Substitutes must enter and exit the field of play at the half-way line
- All players are entitled to equal opportunities to play, learn and experience the game
- **All coaches must notify the Referee prior to making a substitution**

Match Summary



Date _____

Location _____

Opposing team _____

Goal scorers

Goalkeepers

Subs

Winning Team _____

Score _____

Player of the day _____

Defender of the day _____

Notes: