

NEPEAN DISTRICT SOCCER F.A. Inc.



SMALL SIDED FOOTBALL - 2010

*GUIDELINES FOR CLUB ADMINISTRATORS, SSF CO-ORDINATORS
PARENTS, COACHES & TEAM LEADERS*

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Non Competitive & Small Sided Football Formats & Rules for the 2010 Season

This document, published by the NDSFA, is designed to provide clubs, team officials & parents with an overview of the formats for Small Sided Football (SSF) in the district in 2010.

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 because each district began the roll out at different times and with differing levels of support and commitment for the program shown by each district.

The SSF program has now been mandated by the FFA to be complete by 2012 at least to the U9 age group (as supported by Football NSW).

Our district is only one season away from fully implementing the plan. Under 9's are still playing under local rules, however, the target is for the U9 age group to be fully compliant for the start of the 2011 season.

This document will tell you:

1. The format for where games will be played in 2010 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 U9 in our district
4. The Rules as they apply to each age group in our district

A note to parents: This document will not tell you how each individual club intends to approach SSF within the guidelines. You'll find that clubs, like people, are very individual in their approaches, so you're likely to see variances from one club to another. Some clubs are very enthusiastic in their support & implementation of the SSF program, while others come to the SSF table kicking and screaming because their administrators do not embrace the concepts, but none-the-less must comply with them. Each club, depending on their volunteer resources and their level of commitment may deliver a very different experience for your U5 to U7 year old (the age groups where the program is run "in house"). If you are new to the sport, we suggest that if the delivery of a good, positive experience in sport for your child is important to you, that you invest a little time in speaking to several clubs in your area to find out more about their approach to SSF. When making inquiries we suggest that you direct your questions to the Club's SSF Co-ordinator or a senior member of their executive as these people will usually be fully conversant with the clubs aims and objectives in this area of the sport.



Under 5, 6 & 7 Age Groups

Venues

- ⊕ In house programs for U6 & U7 age groups will be implemented in 2010
 - Large clubs to be run wholly in house
 - Medium sized clubs will have the option to go alone in house or combine with one other club
 - Small sized clubs will combine with 2-3 other clubs.
- ⊕ Every Month the Association will schedule a gala day for these age groups.
 - A schedule will be issued to clubs and will be included in the playing calendar.
 - Each team will play two games on gala days.
 - Gala days will be rotated among clubs within the same regional area.
 - Dates for gala days:
1st May, 5th June, 3rd July, 7th August

Internal Club Structure for SSF & Coaching Support/Education

- ⊕ Clubs will appoint a SSF co-ordinator.
- ⊕ Association Football Manager will put together an easy to follow program to give SSF co-ordinators & team leaders the guidance they will need.
- ⊕ NDSFA Football Manager will conduct Grass Roots Coaching courses as required/requested.
- ⊕ Clubs that do not wish to play under this structure should not advertise and not register non competition players, starting with under 6 & 7 in 2010.

Format

FFA has made further changes to SSF for 2010. The NDSFA will comply with the following FFA mandates in 2010

- ⊕ On field players - 4 per team
- ⊕ Maximum number of players registered to each team – 6 per team.
- ⊕ No goal keeper
- ⊕ 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
 - 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.
- ⊕ Ball Size – 3
- ⊕ Game duration – 2 x 15 minute halves
- ⊕ Referee – No. A game leader will be in place at each game to control kick offs, kick ins etc.
- ⊕ Goal Size – Min: 1.5m x 0.90m - Max: 2.0m x 1.00m.

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 play under. 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 middle 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"

Penalty Shoot Out

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

U8 Age Group

Format

The NDSFA will comply with the following FFA mandates in 2010

- ⊕ On field players - 7 per team
 - Maximum number of players registered to each team – 10 per team
- ⊕ Goal Keeper - Yes
- ⊕ Field Size – 40m x 30m
 - 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
- ⊕ Penalty area – 12m x 5m¹
- ⊕ Ball Size – 3
- ⊕ Game duration – 2 x 20 minute halves & 5 minute half time break
- ⊕ Referee – Instructing Referee
- ⊕ Goal Size – 1.8m x 3m. This goal size is new to 2010.²
- ⊕ There will be no “in house” programs permitted for the U8 age group in 2010 and beyond.
- ⊕ Under 8 age group will play a “home & away” format in regional zones
- ⊕ 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.

Rules – Under 8

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 play under. When coaching and refereeing these games, please remember that these games are about development and enjoyment.

Starting the game.

- ⊕ The game is started from the middle 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. Opposing players should stand a minimum of 4.5 metres from the ball to ensure they are safe. NB foul throws should be replayed in 1st instance, with instruction/correction from instructing referee and play on if 2nd throw in a foul throw.

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 2010 & June 2010) The grant provides clubs with suitable goals for SSF programs. More information from www.myfootballclub.com.au
Issued Jan 2010. Revised 23rd Mar 2010

- ⊕ 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 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.
- ⊕ 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 4.5 metres from the ball.

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 penalties –all fouls are awarded as indirect free kicks
- ⊕ There are NO offsides – players should be discouraged from standing in front of goal and “goal poaching”



U9 Age Group

Format

The NDSFA will comply with some of the FFA mandates in 2010. Field size will be different as we do not wish players who participated in under 8's in 2009 to consider that their playing conditions are regressing.

- ⊕ On field players - 7 per team
 - Maximum number of players registered to each team – 10 per team
- ⊕ Goal Keeper - Yes
- ⊕ Field Size – 60m x 40m (NB: This field size is not mandated by FFA)
 - 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
- ⊕ Penalty area – 12m x 5m³
- ⊕ Ball Size – 3
- ⊕ Game duration – 2 x 20 minute halves & 5 minute half time break
- ⊕ Referee – Instructing Referee
- ⊕ Goal Size – 1.8m x 3m. This goal size is new to 2010.⁴

³ 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

- ⦿ There will be no “in house” programs permitted for the U9 age group in 2010 and beyond.
- ⦿ Under 9 age group will play a “home & away” format in regional zones
- ⦿ 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.
- ⦿ The association will be asking clubs to provide the association with a grading guide in under 9’s. Each nominated team must be given a general ability rating (Low, Med, High) This is to try to avoid the type of mis-matches that can occur in non graded age groups.

Rules - Under 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 play under. When coaching and refereeing these games, please remember that these games are about development and enjoyment.

Starting the game.

- ⦿ The game is started from the middle 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. Opposing players should stand a minimum of 4.5 metres from the ball to ensure they are safe. NB foul throws should be replayed in 1st instance, with instruction/correction from instructing referee and play on if 2nd throw in a foul throw.
- ⦿ 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 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.
- ⦿ 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 4.5 metres from the ball.

Free Kicks.

- ⦿ 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. The player taking the free kick can’t touch the ball again until someone else has touched it.
- ⦿ 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 penalties –all fouls are awarded as indirect free kicks
- ⦿ There are NO offsides – players should be discouraged from standing in front of goal and “goal poaching”

⁴ Clubs are encouraged to apply for the FFA Facilities Grant (closes in Jan 2010 & June 2010) the grant provides clubs with suitable goals for SSF programs. More information from www.myfootballclub.com.au
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