

**VALE OF GLAMORGAN**

**ASSOCIATION FOOTBALL**

**LEAGUE**

**MINI RULE BOOK**

**FOR**

**2018/19 SEASON**

**(AS DATED JUNE 2018)**

**Welcome to the Vale of Glamorgan mini section.**

**We are a very fast growing section of the Vale Leagues with over 1000 playing members. The section is an enjoyable place for young players to start their footballing lives please ensure this continues by reading the rules/guidelines.**

## **MINI FOOTBALL**

### **INTRODUCTION**

The Football Association of Wales (FAW) recognises that children do not perform the same as adults in an 11-a-side game. Therefore a modified version is required to meet the developmental needs of young players while maintaining all the features and essence of the full game. Mini Football is recognised by the FAW as the only form of football in Wales for children Under 11 years of age.

### **WHAT IS MINI FOOTBALL**

Mini Football is a modified version of the 11-a-side game. It gives children the chance to play real football, for a real team, whilst experiencing an enjoyable and fun introduction to football through small sided games.

### **MEETING THE NEEDS OF CHILDREN**

All available research shows that children have more fun and learn more playing a game within smaller teams. Mini Football is therefore ideal for girls and boys under 11 years of age in terms of maximizing their enjoyment and technical/skill development.

## **IF CHILDREN ARE TO ENJOY AND TAKE PART IN FOOTBALL**

### **THEY NEED TO:**

- Take an active part in the game and have fun without any pressure from parents, coaches or managers.
- Learn to play within a team.
- Understand and observe the rules of football.
- Develop the skills and techniques to play football.
- Be able to take part whatever their ability.
- Have plenty of contact with the ball.

### **KEY VALUES OF MINI FOOTBALL**

Mini football is for girls and boys aged 5 to 11 of all abilities who are interested in football (all children of primary school age). The FAW believes that children should learn how to compete to win fairly, skillfully and within the rules of the game. At this age striving to win is more important than the outcome, winning is not everything, making the effort is.

#### Mini Football:

- Recognises that children do not perform and compete as adults and therefore its rules are adapted to meet the needs of children.
- Has all the features of real football for children.
- Recognises the value of competitiveness for children and provides an appropriate environment.
- Sets a standard and a framework of behaviour on and off the pitch.
- Is for boys and girls regardless of their ability.

### **SKILL DEVELOPMENT**

- There is more contact with the ball in Mini Football leading to a better technique. In 11v11 the ratio of ball to outfield players is 1:20, because there are fewer players in Mini Football each player has more regular contact with the ball. More contact with the ball helps players practice technique and develop technique into a skill through 1v1 competition.

- Decision making is easier and occurs more often because of the small numbers involved. As a result, the players will gain a greater understanding of the game. The basic football situations are easier to see and simpler to solve.
- Because the ball is never far away from the player, the chance of developing concentration is greatly increased. Playing 11-a-side football, many children lose interest in the game because the ball goes out of their immediate vicinity and they quickly become bored spectators.
- Fewer players, more space and simpler decisions will encourage more movement of players whatever the situation.
- More contact leads to more participation and usually, more enjoyment, success is easier to achieve.

## **MINI FOOTBALL IS THE BASIS OF ALL FOOTBALL**

Small sided games have been played for hundreds of years in the street, the playground, or on the beach and many professional teams use them as the basis for their coaching. They invariably lead to basic football situations, such as, 1v1, 2v2 and 3v3 so typical of the 11-a-side game. Mini-football, through its dynamic tempo, produces more vigorous exercise than 11-a-side football and so helps to improve children's core components of fitness – speed, agility, balance and coordination.

## **ORGANISATION OF MINI FOOTBALL**

The general aim of Mini Football is to provide a safe, supervised environment for children to enjoy their introduction to the game.

### **1. Playing Surface**

- Mini football pitches **must** be specifically laid out on any suitable open spaces or conventional grass or Astroturf football pitches which can be converted for Mini-Football.
- There **must** be no debris or dangerous hazards either on the field of play or in the immediate surrounding area. Coaches take responsibility to clear the areas before matches
- Markings **must** be laid out with the use of conventional lines, marker discs or small cones. (please ensure cones are all the same colour)

## 2. Playing Equipment

- Children **must** wear footwear suitable to the surface being played on.
- All children **must** wear suitable shin guards.
- All Jewellery **must** be removed.

## 3. 'Behind the Line, Behind the Team' Campaign

This is mandatory at all Mini Football age groups. As a consequence at all Mini Football games clubs **must**:

- Create a 'Buffer zone' that runs parallel to pitch, ideally 2 metres from both touchlines, a smaller buffer zone can be used where space doesn't allow 2 metres.
- Buffer zone should be marked by cones or additional marked line.
- Only players, designated coaches and 1st Aider allowed within zone.
- All other spectators must watch from behind the buffer zone lines.
- When using Jenner Park 3G parents to remain in stands at all times , St Cyres 3G, New cages at Colcot, Stanwell Astro and Colcot Sports Centre Astro all parents to remain outstand of the fences.
- NO spectators are allowed to stand on the goal line or behind the goal.

## 4. THE RULES OF MINI FOOTBALL

- The rules are simple and as near to real football as possible. A game leader with valid DBS card, is urged to be as flexible as possible with the players, they **must** supervise the game from the touchline not on the pitch.
- Rules are explained as the game proceeds (for example hand ball). It may also be necessary to demonstrate in certain instances how to restart the game (e.g. throw in, corner kicks).

## 5. Players Eligible

- The game is for boys and girls aged 5 to 11 (as of midnight 31<sup>st</sup> August the previous year).
- Mixed football (girls and boys playing together) is allowed in all age groups.

## 6. Age Groups

- **Must** be a minimum of a one academic year and a maximum of two academic years.
- A mini player **must** participate in the age group relevant to their academic year as defined by these regulations and the structure of the league they play in.
- For the purposes of age groupings, an academic year begin on the 1<sup>st</sup> September and ends on the 31<sup>st</sup> August of the following year. Academic year one is the year in which a player reaches his / her 6<sup>th</sup> birthday.
- Players below Year 2 school will be allowed to play mini football in the VOG once they have turned the age of 6, but only able to play in the under 7's
- For under 6's which is a turn up and play Sunday mornings (depending on numbers) the players must be under 6's no older, and must have reached their 5<sup>th</sup> birthday

## 7. Team Size, Pitch Size and Ball Size

- **Must** be implemented as below in the table:

| <b>Age Group</b> | <b>Number of Players</b><br>(Maximum number of players per team) | <b>Size of Pitch</b><br>(length x width) | <b>Size of Ball</b> |
|------------------|--|--|---------------------|
| Under 6          | 4v4<br>No Goalkeepers  | 30x20 yards                              | 3                   |
| Under 7          | 4v4<br>No Goal keepers   | 30x20 yards                              | 3                   |
| Under 8          | 5v5<br>Goalkeeper introduced                                     | 30x20 yards                              | 3                   |
| Under 9          | 6v6  | 40x30 yards                              | 3                   |
| Under 10         | 7v7  | 60x40 yards                              | 4                   |
| Under 11         | 8v8  | 60x40 yards                              | 4                   |

## 8. Goal Size

- Under 6's and 7's pop up goals only, 8 and 9 a smaller goal is utilized.

## 9. The Goal Area

- **Must** be marked by conventional lines or cones on the touchline and a small number of marker discs on the playing area.
- The goal area extends a set distance from the goal line and is also a specified width. See table below: In the Vale we use the cross section of the pitch where there are no lines.

| Age Group | Distance from Goal Line to Edge of Area (Length) | Width of Penalty Area |
|-----------|--|-----------------------|
| Under 6   | NO Goal Area                                     | NO Goal Area          |
| Under 7   | No goal area                                     | No goal area          |
| Under 8   | 5 yards  | 10 yards              |
| Under 9   | 8 yards  | 15 yards              |
| Under 10  | 10 yards   | 20 yards              |
| Under 11  | 10 yards   | 20 yards              |

## 10. Match Duration

- A Mini Player **must** only play a maximum of 60 minutes sanctioned match time in one 24 hour period.
- For under 6's,7's and under 8 players this **must** be broken down into a maximum of either 15 minute individual periods of play or games. We are using 4 x 12minute matches

## 11. Substitutes

- Any number of substitutes may be used at any time (Rolling substitutes).
- Players may re-enter the game and all substitutes **must** have a period of play.
- As far as possible there should be equal playing time for each player.



## 12. Kick Off

- Is taken in the centre of the playing area to start the game and after a goal has been scored.
- The opposition **must** be at least 3 yards away from where the ball is placed.

## 13. Ball In and Out of Play and the Method of Scoring

- Laws 9 (Ball in and out of play) and 10 (The method of scoring) apply to Mini Football.

## 14. Off-Side

- There is no off-side (Law 11) in Mini Football.

## 15. Throw In

- Although Law 15 (The Throw In) applies and the throw in should be taken in the normal way, game leaders can show flexibility and allow retakes. At under 6's, 7's, 8's and 9's we play from the ball at feet instead of a throwing.

## 16. Corner Kicks

- Law 17 (The Corner Kick) applies to corner kicks except the opposition **must** be at least three yards away.

## 17. Free Kicks

- Law 12 (Fouls and Misconduct) applies to free kicks although they are all **indirect** and the opposition **must** be at least three yards away.

## 18. Goalkeepers

- Can handle the ball in their goal area and there are no restrictions on the number of steps they may take holding the ball.
- The Goalkeeper can leave the goal area but cannot handle the ball outside the goal area.
- When handling the ball in the goal area:
  - Under 8's and 9's can either throw, roll out of their hands.
  - Under 10's and 11's can throw the ball out of their hands or kick the ball on the ground but can then be challenged by opponents.
  - New rule for VOG mini football 2013/14 is no keepers can kick out of hand at any age group

## 19. Goal-Kicks

- **Under 6, 7,8** - are taken anywhere on the goal line from the ground.
- **Under 9, 10 and 11** – are taken from the edge of the goal area.
- **Under 8, 9, 10 and 11** – the ball must be kicked out of the goal area before another player touches it.
- **In age groups** under 7-8-9's the opposition players **must** be retreat to half way line
- **Please apply the retreat line to older age groups if you feel a team is struggling to play out and allow opposition the opportunity to play**

## 20. Players in the Goal Area

- There are no restrictions regarding the number of players allowed in the goal area during open play.
- At under 6's and 7's please ensure no one is just stood in the goals.

## 21. Pass Back to Goalkeeper

- Players **can** pass the ball to their own goalkeeper, for the goalkeeper to handle the ball. But not direct from a goal kick at 8/9/10/11's

## **Rules for the VOG under 7's mini football**

- Games to be 12mins start to finish no half times
- Maximum 4 matches per Saturday, no more than 60minutes of football.
- 4 aside with size 3 ball
- Only coaches (team leaders/DBS coaches, DBS helpers) and players in buffer zone.
- All Other Spectators Must Watch From Behind The BUFFER ZONE Lines. NO Spectators Are Allowed To Stand On The Goal Line Or Behind The Goal.
- Rolling subs
- No ref's, games to be controlled by coaches from the side-lines!
- No Goal keepers no players to stand in goals and act as a keeper
- If the ball goes behind from the attacking team a goal kick is to be taken from the back line by any player. Opposition players must retreat to halfway. This can be marked out by a different colour cone
- No off sides
- All throwings are to be passed in and teams must again retreat
- Only players in school year 2 can play. No one younger than Year 2 is allowed to play till they turn the age of 6
- Pop up goals only
- All matches at one venue
- Every team must have a qualified team leader who is DBS checked or they cannot play
- Venues are likely to be Barry astro and Jenner Park
- When playing at Jenner Park players and coaches are only allowed to wear moulded studs. Anything else and they will be asked to leave

## **Rules for the VOG under 8's mini football**

- Games to be 12mins start to finish no half times
- Maximum 4 matches per Saturday, no more than 60minutes of football.
- 5 aside with size 3 ball
- Only coaches (team leaders/crb coaches, crb helpers) and players in buffer zone.
- All Other Spectators Must Watch From Behind The BUFFER ZONE Lines. NO Spectators Are Allowed To Stand On The Goal Line Or Behind The Goal.
- Rolling subs
- No ref's, games to be controlled by coaches from the side-lines!
- Goal keepers can either throw /roll the ball out.
- NO KICKING OUT OF HAND or DROP KICKS
- The keeper can play the ball from his feet but once at his feet the ball is live in play and opposition can challenge him
- If the ball goes behind from the attacking team a goal kick is to be taken from edge of the keeper's box by any player. Attacking teams must retreat to half way line. This can be marked out by a different colour cone
- No off sides and keepers can pick the ball up from a pass back but not straight from a goal kick.
- Do Not Play Any Players Older Than This Age Group (Year 3)
- Every team must have a qualified team leader who is DBS checked or they cannot play
- Venues are likely to be Barry Astro and Jenner Park
- When playing at Jenner Park players and coaches are only allowed to wear moulded studs. Anything else and they will be asked to leave

## **Rules for the VOG under 9's mini football**

- ⚽ If both teams have two sides you can play each other but no more than 60minutes of football. This is purely optional, you can play just the one fixture and split it into halves, thirds or even quarters. Please decide before kick-off.
- ⚽ Please confirm fixture at least 24 hours before ko via text or email.
- ⚽ 6 aside with size 3 ball
- ⚽ Only coaches (team leaders/dbs coaches, dbs helpers) and players in buffer zone.
- ⚽ All Other Spectators Must Watch From Behind The BUFFER ZONE Lines. NO Spectators Are Allowed To Stand On The Goal Line Or Behind The Goal. Rolling subs
- ⚽ No ref's, games to be controlled by coaches from the side-lines!
- ⚽ Goal keepers can either throw /roll the ball out.
- ⚽ NO KICKING OUT OF HAND or DROP KICKS
- ⚽ The keeper can play the ball from his feet but once at his feet the ball is live in play and opposition can challenge him
- ⚽ If the ball goes behind from the attacking team a goal kick is to be taken from edge of the keeper's box by any player. Attacking teams must retreat to half way line
- ⚽ No off sides and keepers can pick the ball up from a pass back but not straight from a goal kick.
- ⚽ Do Not Play Any Players Older Than This Age Group (Year 4)
- ⚽ Every team must have a qualified team leader who is DBS checked or they cannot play

## **Rules for the VOG under 10's mini football**

- Games to be 20mins per half
- Please confirm fixture at least 24 hours before ko via text or email.
  
- 7 aside with size 4 ball
- Only coaches (team leaders/dbs coaches, dbs helpers) and players in buffer zone.
- All Other Spectators Must Watch From Behind The BUFFER ZONE Lines. NO Spectators Are Allowed To Stand On The Goal Line Or Behind The Goal.
- Rolling subs
- No ref's, games to be controlled by coaches from the side-lines!
- Goal keepers can either throw /roll the ball out.
- NO KICKING OUT OF HAND or DROP KICKS
- The keeper can play the ball from his feet but once at his feet the ball is live in play and opposition can challenge him
- If the ball goes behind from the attacking team a goal kick is to be taken from edge of the keeper's box by any player. The attacking must retreat to a playable distance to the opposition to restart play.
- No off sides and keepers can pick the ball up from a pass back but not straight from a goal kick.
- Do Not Play Any Players Older Than This Age Group (Year 5)
- Every team must have a qualified team leader who is DBS checked or they cannot play

## **Rules for the VOG under 11's mini football**

- Games to be 20mins per half
- Please confirm fixture at least 24 hours before ko via text or email.
- 8 aside with size 4 ball
- Only coaches (team leaders/crb coaches, crb helpers) and players in buffer zone.
- All Other Spectators Must Watch From Behind The BUFFER ZONE Lines. NO Spectators Are Allowed To Stand On The Goal Line Or Behind The Goal. Rolling subs
- No ref's, games to be controlled by coaches from the side-lines!
- Goal keepers can either throw /roll the ball out.
- NO KICKING OUT OF HAND or DROP KICKS
- The keeper can play the ball from his feet but once at his feet the ball is live in play and opposition can challenge him
- If the ball goes behind from the attacking team a goal kick is to be taken from edge of the keeper's box by any player. The attacking must retreat to a playable distance to the opposition to restart play.
- No off sides and keepers can pick the ball up from a pass back but not straight from a goal kick.
- Do Not Play Any Players Older Than This Age Group (Year 6)
- Every team must have a qualified team leader who is DBS checked or they cannot play

## Kick off times and useful numbers

- ⚽ Under 6's 10am Sunday mornings New 3G pitches Colcot
- ⚽ Under 7's 9am cleared 10.10am Barry Astro & Jenner Park
- ⚽ Under 8's 10.30am ko cleared by 11.45am Barry Astro & Jenner Park
- ⚽ Under 9's 9am cleared by 10am New 3G pitches Colcot, St Cyres, Llantwit Comp
- ⚽ Under 10's 10am cleared by 11am
- ⚽ Under 11's 11am cleared by 12

Venues will be determined by the fixture coordinators for 9/10/11's. We try to protect the grass pitches as much as possible.



## Useful numbers

- ⚽ Sully Sports Hot Line Telephone Number 07531520263.
- ⚽ Please Use The Pitch Which Have Been Allocated To You and do not set up mini pitches on Jnr pitches
- ⚽ Please remember when the council call off junior pitches please check with your coaches as we govern the mini pitches
- ⚽ Vale of Glamorgan AFL Mini Co-ordinator Lee Saunders  
07528230362 [lcf123@hotmail.co.uk](mailto:lcf123@hotmail.co.uk)
- ⚽ Carmine Iannucci – Safe Guarding Officer For the Vale League 07412964771 [carmineiannucci2@gmail.com](mailto:carmineiannucci2@gmail.com)
- ⚽ Derek Evans Mini Sec 07967480439  
[delandgem@hotmail.com](mailto:delandgem@hotmail.com)
- ⚽ <https://www.facebook.com/pages/Vale-of-Glamorgan-Mini-section/533008160137935> information will be on here for fixtures and if games are called off  
[www.welshfootballtrust.org.uk](http://www.welshfootballtrust.org.uk) [safeguarding@faw.co.uk](mailto:safeguarding@faw.co.uk)

## **Safe Guarding Issues,**

*Please report all Safe Guarding issues to your club safeguarding Officer, they in turn then need to contact the League SGO Carmine Iannucci 07412964771*

## **Complaints and general queries**

*These need to come direct from club secretaries to Lee Saunders*  
[Lcf123@hotmail.co.uk](mailto:Lcf123@hotmail.co.uk)

*Please make every effort to make these years the most enjoyable they can for the young players. Would you expect your childs teacher to shout at them during an exam?*