

Rules

Age grade	Minimum players per game	Maximum players per game
u7 Age	5	7
U9 age grade	7	11
U11 age	7	11

idea is to have minimum amount of players on sideline

Silent sidelines

4 x 10min quarters

2 plays

Nearest to ball takes free

score is worth 1point goal and point

pick up is proper for u11 and best attempt other ages

kickout from the hand 10metres out

if a team scores directly from opposition kickout two scores in a row. Referee throws ball up in midfield to start next play.

	5 a side	7 a side	9 a side	11 a side	Football type
U7 Age	30 x 20	40 x 30			First touch
U9 Age		45 x 35	60 x 40		Quick touch
U11 Age		45 x 35	60 x 40	80 x 45	Smart Touch