

Scottish Youth Football Association and Scottish Football Association

Match Rules

The rules for development Football should be kept to a minimum except as provided within these rules. The laws of the game as stated by FIFA and the International FA Board shall apply subject to the following:

Four-a-side Football (up to 8 years)

1. The Field of Play

The field of play and its characteristics are determined according to the attached diagram.

2. Goalposts

Soccer Sevens goals (4.9 m x 1.8 m) or smaller will be used.

3. Teams

Teams will comprise 4 outfield players with no goalkeepers. Team squads may consist of up to 6 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible.

4. The Ball

A size 3 ball should be used

5. Offside

There is no offside rule.

6. Duration of the Game

Matches should last approximately 15 minutes. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch.

7. Match Supervision

A match supervisor will officiate from the side of the field.

8. Kick-ins

In the event of the ball going out of play, a kick-in will be awarded. At all kick-ins and the taking of free kicks all opposition players must be 6 metres away from the ball.

9. Re-start

On scoring a goal, the team that scores will retreat to the halfway line. The team conceding the goal will restart the game with a short pass.

10. Equipment

All players must wear shin-guards. Metal studs are suitable for grass fields only. Glasses may be worn provided they have safety frames and lenses.

11. Coaches

Team coaches will stand on the same side of the field.

12. Behaviour

Team coaches should substitute players displaying unacceptable behaviour.

NOTE:

At the end of every game, team coaches should encourage both teams to shake hands.

Soccer Sevens (8 years and beyond)

1. The Field of Play

The field of play and its characteristics are determined according to the attached diagram.

2. Goalposts

Soccer Sevens goals (4.9 m x 1.8 m) or smaller will be used.

3. Teams

Teams will comprise 6 outfield players plus a goalkeeper. Team squads may consist of up to 10 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible. In the event of an obvious mismatch, the weaker team, as jointly agreed by the respective team leaders, may field an extra player.

4. The Ball

Age groups 8,9 and 10 should play with a size 3 football. Age group 11 should use a size 4.

5. Offside

There is no offside rule.

6. Duration of the Game

The duration of the game shall be 15 to 20 minutes each way with a 5-minute interval. Flexibility should prevail. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch.

7. Match Supervision

A match supervisor will officiate from a designated area on the touchline or on the field of play, no other adult will be allowed on the field of play. Match supervisors are not allowed to coach. Both clubs to supply a Match Supervisor with each club to “officiate” one half of the game.

8. Kick-ins/Throw-ins

Age groups 8 and 9 should use kick-ins.

In the event of the ball going out of play, a kick-in will be awarded. At all kick-ins and the taking of all free kicks all opposition players must be 6 metres from the ball.

Age groups 10 and 11 should take throw-ins.

In the event of the ball going out of play, a throw-in will be awarded. At all throw-ins and the taking of all free kicks all opposition players must be 6 metres from the ball.

9 Re-start

Play shall be re-centred after a goal has been scored with the opposing team at least 6 metres from the ball

10 Equipment

All players must wear shin-guards. Metal studs are suitable for grass fields only. Glasses may be worn provided they have safety frames and lenses.

11 Pass back

For age groups 8 and 9, the pass back law does not apply.

For age groups 10 and 11, the pass back law does apply.

12 Penalty Kicks

Penalty kicks shall be taken 7 metres from the goal line.

13 Goalkeepers

Goalkeepers may kick or throw the ball out as preferred. However, in an effort to prevent long passes prevailing, they should be encouraged to restrict these to a minimum. Goalkeepers attempting to gather the ball by hand may not be challenged.

14 Coaches

Team coaches will stand on the same side of the field.

15 Behaviour

Team coaches should substitute players displaying unacceptable behaviour.

NOTE:

At the end of every game, team coaches should encourage both teams to shake hands.

Soccer Sevens Transition Year (Optional for 12 years and beyond)

1. The Field of Play

The field of play and its characteristics are determined according to the attached diagram.

2. Goalposts

Soccer Sevens goals (4.9 m x 1.8 m) or smaller will be used.

3. Teams

Teams will comprise 6 outfield players plus a goalkeeper. Team squads may consist of up to 12 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible. In the event of an obvious mismatch, the weaker team, as jointly agreed by the respective team leaders, may field an extra player.

4. The Ball

A size 4 Football should be used.

5. Offside

A player is considered to be in an offside position if inside the 13-metre area of the opposing team and is nearer the goal line than the ball and two opponents.

6. Duration of the Game

The duration of the game shall be 15 to 20 minutes each way with a 5-minute interval. Flexibility should prevail. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch.

7. Match Supervision

In an effort to prepare the young players for the 11-a-side game, a match supervisor will be appointed with authority to enforce the rules of play and, considering the educational importance for the participants, ensure fair play.

8. Kick-off /Goal Kicks and Throw-ins

Kick-offs will be taken from the centre spot at the start of each half and after a goal is scored. The throw in should be taken as normal. Opponents should be 10 metres from the ball.

9. Re-start

Play shall be re-centred after a goal has been scored with the opposing team at least 6 metres from the ball

10. Equipment

All players must wear shin-guards. Metal studs are suitable for grass fields only. Glasses may be worn provided they have safety frames and lenses.

11 Pass back

The current pass-back rule will apply.

12 Penalty Kicks

Normal rules apply with the kick taken from the penalty mark , which is 9 metres from the goal line.

13 Goalkeepers

Goalkeepers may kick or throw the ball out as preferred. However, in an effort to prevent long passes prevailing, they should be encouraged to restrict these to a minimum. Goalkeepers attempting to gather the ball by hand may not be challenged.

14 Coaches

Team coaches will stand on the same side of the field.

15 Behaviour

Team coaches should substitute players displaying unacceptable behaviour.

NOTE:

At the end of every game, team coaches should encourage both teams to shake hands.

Developmental 11-a-side Football (Optional for 12 years and beyond)

1. The Field of Play

The field of play and its characteristics are determined according to the attached diagram.

2. Goalposts

Goalposts should meet the requirements of the Laws of the game.

3. Teams

Teams will comprise 10 outfield players plus a goalkeeper. Team squads may consist of up to 16 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should be involved in the game for a minimum of one 20 minute period. In the event of an obvious mismatch, the weaker team, as jointly agreed by the respective team leaders, may field an extra player.

4. The Ball

A size 4 Football should be used.

5. Offside

The offside law will apply.

6. Duration of the Game

Each game shall consist of 3 x 20 minute periods. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch.

7. Match Supervision

In an effort to prepare the young players for the 11-a-side game, an official referee or match supervisor will be appointed with authority to enforce the rules of play and, considering the educational importance for the participants, ensure fair play.

8. Throw-ins

Throw-ins will be taken as normal.

9. Re-start

Play shall be re-centred after a goal has been scored.

10. Equipment

All players must wear shin-guards. Metal studs are suitable for grass fields only. Glasses may be worn provided they have safety frames and lenses.

11 Pass back

The pass-back law will apply.

12 Retreating Line

A retreating line will be used half way between the penalty box and halfway line until the midseason break. After the midseason break the retreating line may not be used.

When the goalkeeper has the ball in his/her hands, the opposing team must retreat behind this line until the ball has been played.

13 Goalkeepers

Goalkeepers attempting to gather the ball by hand may not be challenged.

14 Coaches

Team coaches will stand on the same side of the field.

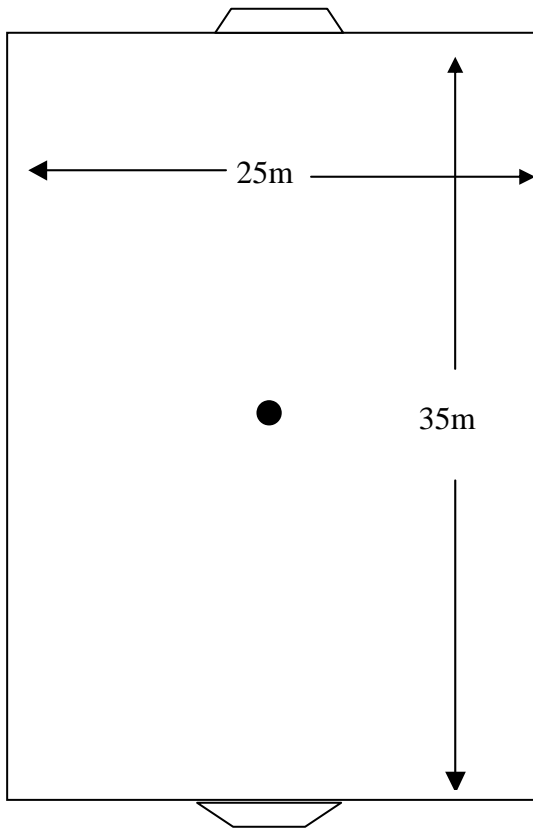
15 Behaviour

Team coaches should substitute players displaying unacceptable behaviour.

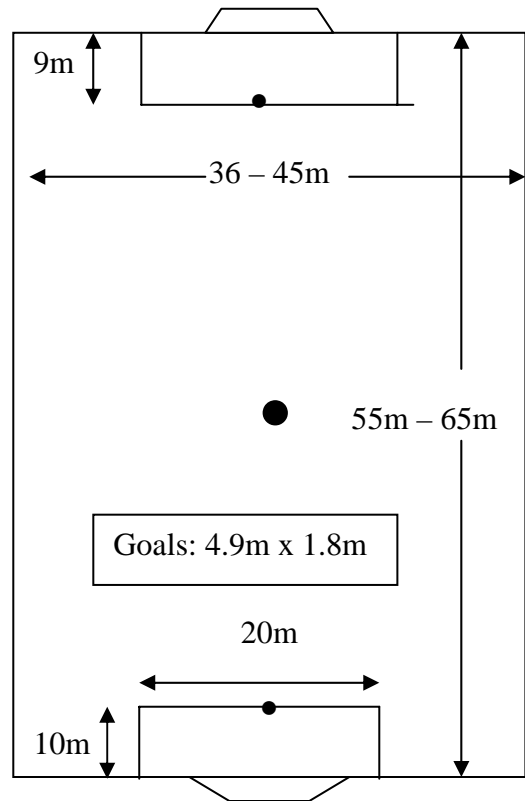
NOTE:

At the end of every game, team coaches should encourage both teams to shake hands.

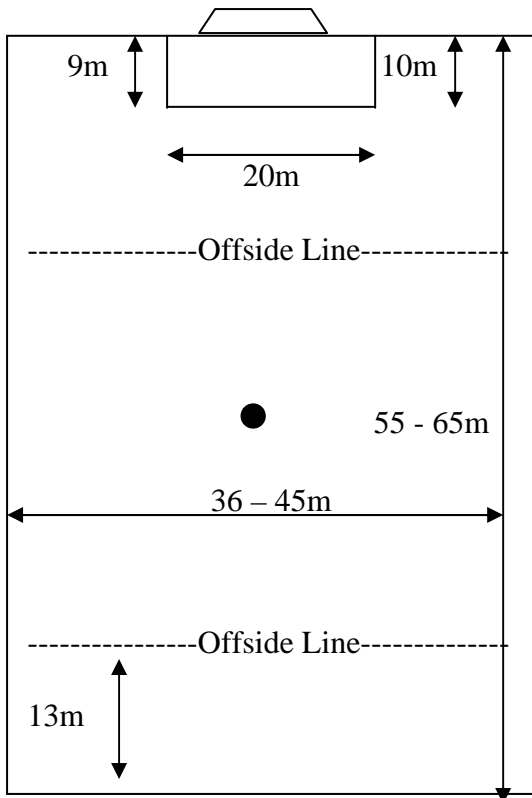
4 - A - Side



Soccer Sevens



Soccer Sevens Transition



Developmental - 11 - A - Side

