

Age Group	Minimum & Maximum registered Players		Format per side	Minimum required to start game	No of Periods/ Minutes	Pitch	Ball Size
	6	10					
Under 5	6	10	5 a-side	4	2 x 15	Indoor 3	3
Under 6	8	10	5 a-side	5	2 x 15	Indoor 3/4	3
Under 7	8	10	5 a-side	5	2 x 20	3 Across	3
Under 8	8	12	6 a-side	5	2 x 20	3 Across	3
Under 9	8	12	8 a-side	6	2 x 25	2	4
Under 10	8	12	8 a-side	6	2 x 25	2	4
Under 12	10	15	9 a-side	8	2 x 30	2	4
Under 14	12	18	11 a-side	10	2x35	1	5
Under 16	12	18	11 a-side	10	2 x 40	1	5



Play without Pressure



*Youth Football
GRASSROOTS LEAGUES
Guidelines
2020/21*



Under 5/6s

5v5 Indoor Sports Hall and Pitch 3&4

- Heading is not permitted.
- Throw-ins, Corners & Free kicks*
- All Fouls will be indirect.
- No Offside.
- GK No kicking from hands. *
- All registered Players in this age group, who are eligible and on the team sheet must play at least once in each half.
- Roll on/Roll off substitutions.
- Recording of minutes played by each player should be encouraged.
- Team Sheets Produced before start of match
- Games schedules x2 per month where teams will be playing games against each other. Referees may be appointed but also managed by coaches and Delegates.



If the ball is headed a pass-in will be given to the opposing team. If inside the area a goal kick or corner dependant on the player that heads the ball.

* All restart actions such as corners, pass ins, free kicks will be taken with the foot as a pass and not a kick and the ball will be kept Hip high. Opposing player must be 5 meters away from ball.

*GK will not kick the ball from his hands but rather roll the ball out. In the event of a goal-kick the opposing side will move to the halfway line



NOTES

Rule amendments as agreed by the Technical Youth Committee for the current Season 2020/21

At Grassroots level U5 to U10 (Grassroots Leagues) there is an intent in these amendments to encourage players to attain a higher standard in control and pass by ensuring the ball is kept at ground level as much as possible.

Regarding the netting in Pitch 2 the same rule will apply on all ages using this pitch and the referee will stop the game and award a throw-in/pass into the opposing team in the event of interference with the flow of the game.

Heading of the ball is not permitted in the Grassroots Noncompetitive Leagues, as a precautionary measure, after Research has indicated that at these age groups there are signs that heading can cause some health lesions. Referees are told that a deliberate header will be treated as interference in the flow of the game, as specified, but that a control of the ball with the head will be permitted.

Feeder players have been agreed in all age groups but at any given time, and whilst the higher age group does not surpass their maxim. Strategy is twofold: to ensure no matches are cancelled, and to incentivize players who the club deems capable to challenge them in the higher age group. We expect that all players who are playing in a higher age group to have the relevant parental consent available should it be required.

None from U5 to U6.

We hope this booklet aids you all and that together we ensure all our players in the Grassroots formats can play the game safely and with respect for all.

U-14-U-16 Leagues.

The registration of teams will be restricted to x1 Team per Club per age group, as agreed last season. Clubs with existing registered players may be permitted to keep these players as a 'Transition period'. **However, those affected clubs will not be permitted to sign/register new players for the season 2019/20.**

As per 11 v11, the laws of the game will apply.

Roll on roll off substitutions will be **NOT BE** permitted and UEFA Development Tournament rules will apply. (see GFA Rule book)

Under 7/8s
6 v 6 Pitch 2 across

- Heading is not permitted.
- Pass ins, Corners & Free kicks. *
- All Fouls will be indirect.
- No Offside.
- GK No kicking from hands. *
- All registered Players in this age group, who are eligible and on the team sheet must play at least once in each half.
- Roll on/Roll off substitutions.
- 20 minutes each half
- Recording of minutes played by each player should be encouraged.
- All coaches to follow the UEFA respect line.
- Team Sheets Produced before start of match including feeder players *(see end notes)*.

*GK will not kick the ball from his hands but rather roll the ball out. In the event of a goal-kick the opposing side will move back 20 metres



Under 9/10s 8 v 8 Pitch 2

- Heading is not to be encouraged.
- Throw-ins to be introduced.
- All Fouls will be **indirect**.
- No Offside
- GK No kicking from hands. *
- All registered Players in this age group, who are eligible and on the team sheet must play at least once in each half.
- Roll on/Roll off substitutions.
- 25 minutes each half.
- Recording of minutes played by each player should be encouraged.
- All coaches to follow the UEFA respect line.
- Team Sheets Produced before start of match including feeder players *(see end notes)*.

If the ball is headed the referee has the decretion to re-start the game.

*GK will not kick the ball from his hands but rather roll the ball out. In the event of a goal-kick the opposing side will move to the halfway line

