

CAPITAL FOOTBALL PLAYING RULES

U7/U8 FUN FOOTBALL



PLAYING FORMATS

Number of Players	5 v 5*
Game Duration	4 x 12 minutes*
Pitch Dimensions	30 x 20m
Goals	2 x 1m
Ball	Size 3
Penalty Area	No penalty area required
Goalkeepers	No GKs at this age
Substitutions	An unlimited number of substitutes who may rotate regularly throughout the game

*Wairarapa | 3 x 10 minutes | 3v3 or 4v4 - U5 & U6
| 3 x 12 minutes | 5v5 - U7
| 3 x 15 minutes | 5v5 - U8

START & RESTART OF PLAY

A game is started with a kick to a team mate from the middle of the halfway line. The opposition must be 5m away from the ball. In order to score a goal from kick off it must touch someone else on the field before entering the goal. When a goal is scored, play is restarted at the halfway line with the side conceding the goal taking the kick off.

SCORING GOALS

A goal is scored when the whole ball crosses the line. Goals can only be scored from the opposition's half as there are no goal keepers.

OFFSIDES

There is no offside rule in Fun Football. Players should be discouraged from permanently standing in blatant offside positions.

BALL CROSSING THE SIDE LINE & GOAL LINE

There are no throw ins. The ball is to be kicked or dribbled into play from behind the side line. The ball must touch someone else before a goal can be scored.

The defending team should retreat to 5m away from the ball until play is restarted.

There are no corner kicks. A player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line till the ball is in play.

FOULS AND MISCONDUCT

Most acts of handball or fouls and misconduct at this level are caused by accident and with little to no intent. In this case try and give the advantage to the attacking team and continue play.

If a deliberate or serious act of handball, foul or misconduct has occurred, explain to the child how they have broken the rules and that they should try not do this again.

Indirect free kicks are awarded for acts of handball or fouls and misconduct.

REFEREES

Facilitators should be used for Fun Football in place of referees. Facilitators should avoid using whistles and stay on the side line.

MATCH RESULTS & LADDERS

Published match results, ladders and tables are not applicable at Fun Football.