YOUTH FRAMEWORK – PLAYING RULES 2023

PRIOR TO THE GAME

INTRODUCE YOURSELF TO THE OPPOSITION COACH AND AGREE TO WORK TOGETHER TO CREATE A SAFE AND ENJOYABLE PLAYING ENVIRONMENT. DISCUSSION MAY INCLUDE, BUT NOT BE LIMITED TO, THE FOLLOWING:

- Number of players.
- Who is to referee which half, or if there is a substitute refereeing for the coach.
- That both parties understand the "rolling substitute" rule.
- Possible lending of players.
- Any other rules or suggestions which may assist **the players to have an enjoyable game.**

REFEREE

In the first instance: It is anticipated that the 'home team' should supply/allocate a qualified "Community Referee" (CR), and if so this trained referee will control the whole game.

In the second instance: If the home team is unable to provide a suitably trained Referee but the 'away team' is able to provide a qualified "Community Referee" and as such this trained Referee will control the whole game.

In the third instance: Where neither team can provide a qualified "Community Referee" the coach (or a substitute of their choosing) will share the refereeing duties between them. Each team will be responsible for refereeing one half each.

Note: The Home team is the team listed first in the draw

*Coaches, team management, spectators etc are reminded that a referee – **whether qualified or not** – has the same rights and obligations as an appointed official and any abuse of any referee will be dealt with severely. **The absolute authority is vested in any referee of all games** and shall be protected from abuse by the FIFA Laws of the Game and NZ Football Rules and Regulations.*

PLAYER AND PERSONAL EQUIPMENT

All coaches are responsible for ensuring all their players have the correct equipment prior to entering the field of play, which includes the following:

- Appropriate Shirt, Shorts and Socks
- Goal Keepers wearing different colours to differentiate themselves from other outfield players
- Football Boots and Shin Pads (must be worn on the inside and be fully covered by the players socks) are compulsory
- Players must remove all Jewellery (necklaces, watches, bracelets, rings and earrings)
- Players with fibre casts or similar brace (which may constitute a danger to themselves or another player) must be cleared by the Referee prior to kick-off.
- No OUTFIELD PLAYERS are allowed to wear a peaked cap
- Any BLEEDING players must leave the field immediately and not return until the Referee is satisfied the bleeding has stopped. (NB - Any Bloodied clothing must also be changed prior to re-entering the pitch)

FOOTBALL MATCH DAY STANDARDS

Age Group	Playing Format	Game Duration	Ball Size	Pitch Size	Goal Size	Penalty Area	Subs.
13	11v11	2 x 35 mins	Size 4	min 80 x 45m *optimum 82 x 50m* max 90 x 55m	min 6.4 x 2.1m *optimum 6.4 x 2.1m* max 7.3 x 2.4 m	min 32 x 12.8m *optimum* 32 x 12.8m max 40 x 16.5m	3-5 rolling
14	11v11	2 x 35 mins	Size 5	min 80 x 45m optimum 82 x 50m max 90 x 55m	min 6.4 x 2.1m *optimum 6.4 x 2.1 m* max 7.3 x 2.4 m	min 32 x 12.8m *optimum* 32 x 12.8m max 40 x 16.5m	3-5 rolling
15/Baywide Snr Girls	11v11	2 x 40 mins	Size 5	min 90 x 55m *optimum 90 x 55m* max 100 x 60m	Full Sized:7.3 x 2.4 m	40 x 16.5m	3-5 rolling
16	11v11	2 x 40 mins	Size 5	min 90 x 55m *optimum 90 x 55m* max 100 x 60m	Full Sized:7.3 x 2.4 m	40 x 16.5m	3-5 rolling
17+	11v11	2 x 40 mins	Size 5	min 90 x 55m *optimum 100 x 60m* max 100 x 65m	Full Sized:7.3 x 2.4 m	40 x 16.5m	3-5 rolling

All Federation Youth Leagues will play using the formats above.

The 13th/14th Grade Y-League Girls will operate under the WaiBOP Junior U12 Girls Rules – 9 v 9 format – see Junior Playing Formats Summary.

The Baywide Senior Girls league will operate under the 15th Grade Age Group. The Baywide Junior Girls Football 9's (U16) will play under WaiBOP Junior 13th/14th Grade Girls Rules, but with no retreating line, 35 minute halves and a size 5 ball - – see Junior Playing Formats Summary.

If playing in a dual banded age group, the playing format is that of the younger age group. Eg in 13th/14th grade you would use a Size 4 ball and play 2 x 35 min halves.

GENERAL RULES

START OF PLAY

- Kick-off is decided by the toss of a coin. (The team winning the toss decides which goal they will attack in the first half. Team losing the toss takes the kick off to start the game).
- The ball is in play as soon as it is kicked and moved in any direction.
- The opposing players must remain outside of the centre circle.
- On scoring of a goal, the game is restarted by a kick-off from the centre circle, by the team who conceded the goal.
- After half time the teams change ends and the kick-off is taken by the team that did not start the game.

A goal may be scored directly from a kick-off.

DURATION OF THE GAME

The Referee is the sole time keeper of any game.

The duration of the game shall be two equal periods, as per the age-group playing format
(Refer: Football Match Day Standards)

A GOAL IS SCORED or BALL IS OUT OF PLAY
Only if the ball has wholly crossed the goal line or touch line on the ground or in the air.

SUBSTITUTIONS
For all age-groups in the Youth Framework, rolling substitutions are allowed. However, the following stipulations apply:

- Substitutions may only occur during a stoppage in play with prior approval from the Referee
- Substitutes must enter the field of play at the half-way line and leave at the nearest boundary
- All players are entitled to equal opportunities to play, learn and experience the game
- **All coaches must notify the Referee prior to making a substitution**

DROPBALL
A dropped ball is a way of restarting the game after a temporary stoppage which may be necessary.
The referee drops the ball for one player of the team that last touched the ball at the position where play stopped. All other players (of both teams) must remain at least 4 metres from the ball until it is in play. The ball is in play when it touches the ground.

BALL IN AND OUT OF PLAY
Ball crossing the side-line

THROW-INS:
When throwing in the ball the player must

- Face the field of play
- Keep both feet on the ground either behind or on the side line
- Deliver the ball with both hands
- Deliver the ball from behind and over the head

A goal cannot be scored directly from a throw-in
A GK is not permitted to receive the ball with their hands from a throw-in from a player in their own team

Foul-Throw: If the throw in not taken correctly the opposition team gains the throw.

BALL CROSSING THE GOAL LINE
If the last player to touch the ball is the:

a) Defending team - a corner kick is awarded, or
b) Attacking team - a goal kick is awarded

GOAL KICKS
The ball must be stationary and is kicked from any point within the goal area by a player of the defending team. The ball is in play when it is kicked and clearly moves. Opponents must be outside the penalty area until the ball is in play.

A goal may be scored directly from a goal kick but only against the opposing team.

GOAL KEEPERS (In General Play)

Goalkeepers are permitted to handle the ball anywhere in the penalty area and can restart play either from their hands (kicked, thrown or rolled) or on the ground.
Once the Keeper has possession any further challenge by the opposition should be promptly controlled by the referee.

Coaches should encourage Goalkeepers, wherever possible, to roll out of their hands or play from the ground.

Back Pass Rule applies

Prohibiting the GK from handling the ball under the following circumstances:

- when the ball is intentionally kicked to them by a teammate
- when receiving it directly from a throw-in by a team mate
- when they have already released the ball to the ground after having control of the ball in their hands

A goalkeeper who violates the back pass rule will be penalized with an indirect free kick from the point where they pick up the ball.

FOULS & MISCONDUCTS

A Free kick is classified under two headings:

Direct: From which a goal can be scored.
Indirect: from which a goal cannot be scored unless another player has touched the ball.

Both Direct and Indirect Free Kicks are taken from where the offence occurred.

A **Direct Free Kick** is awarded for the following offences, if they are **committed intentionally:**

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- When tackling an opponent makes contact with the opponent before touching the ball
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his own penalty area)

If a Direct Free Kick is kicked directly into the opponent's goal, a goal is awarded

An **Indirect Free Kick** is awarded for the following offences:

- Offside
- Dangerous play
- Obstructs the progress of an opponent.
- Infringement of the Pass Back rule
- Dissent

- Unsporting Behaviour (against anyone)
- Retreating line Infringement

A goal can only be scored from an **Indirect Free Kick** if the ball subsequently touches another player before it enters the goal (the ball is in play as soon as it is kicked and moves). If an Indirect Free Kick is kicked directly into the opponents' goal without touching another player, a goal kick is awarded.

PENALTY KICKS

A penalty kick is awarded if a defender commits any of the above 10 Direct Free Kick offences inside his/her own penalty area.

When a penalty kick is awarded:

- The ball is placed 8m from the center of the goal
- Only the Goalkeeper and the player taking the kick are allowed in the penalty area.
- All other players must remain outside the penalty area behind the ball, but still on the field of play until the ball has been kicked.
- The goalkeeper stands on the goal line between the goal posts. He/she can move along the line but cannot step back or forward off the line.
- The kicker can't play the ball a second time until it has touched another player.

OFFSIDES

The Offside Law

A player is in an offside position if they are nearer to the opponent's goal line than both the ball and the second to last opponent. (Generally the Goal Keeper and one opposition player).
(Note: In line with the opponents is **NOT** offside).

A player shall only be penalised for being in an offside position if, at the moment the ball touches or is played by one of their team, they are, in the opinion of the referee, involved in active play by:

- Gaining advantage by being in that position
- Interfering with play
- Interfering with an opponent

A player shall not be declared offside:

- By merely being in an offside position
- If they receive the ball, direct from a goal kick, a corner kick or a throw in
- They are in their own half of the field of play
- They are **LEVEL** with the second last opponent or the last two opponents
- The ball is last played by an opponent

SENDING OFF

Under FIFA rule a player can be sent off for any of the following offences:

- Violent Conduct
- Serious Foul Play
- Foul and Abusive Language
- Persisting in misconduct after having received cautions

Any written report of the incident must be sent via your Club Secretary (within 5 days) to the Waikato Bay of Plenty Football Federation.

TEAM SUPPORT:

Spectators or officials' standing anywhere along the goal line or directly beside, behind or between the goalposts is not permitted.

CONSIDERATIONS FOR COACHES

PLAYING PLAYERS IN MULTIPLE POSITIONS

The game training model is designed to help players apply their skills in a functional way within the team environment, including increasing the positional understanding of players. It is beneficial for players to play in a number of different positions between the ages of 13-15 years. Coaches, however, need to be mindful of how to manage positional rotation in both training and in games. Some simple rules to follow:

- Growth and maturation can influence the position a player may end up playing later in their career so avoid creating positional specificity too early.
- Try to keep the players in at least a certain area or role for each training or game or a series of trainings or games. For example, on the right side, in the centre, on the left, as an attacker or as a defender (goalkeepers can share a half.) This way the feedback you give is relevant to what they've done and what they'll be doing. What value is feedback about attacking play when they'll spend the rest of the game in the back line? Use the game to focus on a topic and learn more about it.
- When a player has made up their mind that they want to play in a particular position, respect their decision, unless you have to share the position. If they want to play exclusively in the back, let them. They can become an expert, enjoy their time there and change later when they're ready.

EQUAL PLAYING TIME

In the Youth Framework, it has been made clear that there are several different factors that determine how a player develops. It is also made clear that winning should be a by-product of development, not the driving force.

It is important to give every player, regardless of their level of maturation, the same opportunity to develop as their teammates. If a player is not consistently experiencing the football problems that happen during a game e.g. they are sitting on the bench, it is unlikely that they will progress at the same rate as their teammates.

New Zealand Football asks coaches to put the player at the centre. Equal playing time will give every player the best opportunity to progress.

SUBSTITUTIONS

In youth football rolling substitutions are recommended. It is important that coaches understand that substitutions can have an impact on both the flow of the game and on the players involved. Coaches should make substitutions at suitable intervals to allow the game to flow and for players to be able to have appropriate continuous game time.

New Zealand Football recommends that coaches use half time as a main substitution window. In addition to this it is recommended to have a maximum of one substitution windows during the first half and a maximum of two substitution windows in the second half (except in cases of injuries).

ASSESSING PERFORMANCE IN MATCHES

Focus your observation on how successfully the players are implementing what has recently been taught at training. The Main Focus of the cycle should be a major factor in observation, especially towards the end of the cycle.

Winning is the purpose of football and it is an important part of player development; however, the youth coach must remember that their role is not to get their team to win the Championship, but to develop individual players who will be successful within the Playing Style when they reach the Performance Phase.

On match day, it is important the youth coach avoids emotional behaviour with constant reaction to every incident in the game. Rather than shout instructions, they observe and listen to what the players do and communicate. This will help them gain an accurate indication of the players' progress and the success of their training program.