



Capital Football Girls Only Regulations Summarised 2015

	Playing Numbers	Game Duration	Ball Size	Pitch size	Goal Advantage (8-0)	Free Kicks Penalty Kicks	Corner Kicks	Goalkeeper Distribution	Offside	Throw Ins Kick Ins
Fun Football (7th and 8th Grade)	5v5	4x10 min Games	3	30x20m	Yes	Indirect/ No PK	No	No Goalkeepers	No	Kick In**
Mini Football (9th & 10th Grade)	5v5	2x20 min Games	4	30x20m	Yes	Indirect/ No PK	Yes	Same as 11th Grade <i>(opposing team to halfway)</i>	No	Kick In**
Mini Football (11th Grade)	7v7	2 x 25min games	4	47x35m	Yes	Yes	Yes	Goalkeepers: Throw, roll or kick from ground* <i>(opposing team to halfway)</i>	No	Throw In
Mini Football (12th Grade)	7v7	2 x 25 min games	4	47x35m	Yes	Yes	Yes	Goalkeepers: Throw, roll or kick from ground* <i>(opposing team to halfway)</i>	No	Throw In
13th Grade/14th Grade	9v9	1 x 50 min Game (25 min halves)	4	65x40m	Yes	Yes	Yes	Goalkeepers: Throw, roll or kick from ground* <i>(opposing team to halfway)</i>	Yes	Throw In

Fun Football / Mini Football (9th & 10th Grade): Refereeing can take place from the sidelines, allow players to make their own decisions, only get involved when required. Allow players to just play and express themselves, 'Let The Game Be The Teacher'. Encourage players to try new things. Ensure the game is played in the correct spirit with support and encouragement from coaches and spectators alike.

Mini Football(11th & 12th Grade) + 13th Grade: Allow players to make their own decisions. When refereeing can we talk to players and explain our decisions to increase their game understanding

*encourage play from the back. The introduction of the opposing team retreating to halfway provides an environment for players to do this. We should encourage our goalkeepers to play the ball short with a throw, roll or kick from ground (*no drop kicks or punting*), with a team mate supporting close. This will increase game understanding and technical development at an age when this is key in their long term development. Goal kicks should be taken as normal from ground by either the goalkeeper or a defending player, if no goalkeepers.

** players cannot score directly from a kick in.