



AHJFA Playing Format and Rules

Non-Competitive Football UNDER 10 & 11 Mixed

Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 10 & 11:

Number of players	9-a-side including a goalkeeper Maximum of five substitutes
Field of play	Maximum: 70m long x 50m wide Best Practise: 65m long x 45m wide Minimum: 60m long x 40m wide
Goal size	Maximum: 5m wide x 2m high
Ball size	Size 4
Duration of game	25 min halves Minimum 5 min half time break
Penalty area	10m deep x 20m wide
Penalty spot	7m from centre of goals

Goal type

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable. To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au.

Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a teammate.

Ball crossing the goal line after touching the defending team last - Corner kick.

A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line.

Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last – Goal kick

Goal kick from anywhere within the penalty area.

Opponents remain at least 10 metres outside the penalty area until the ball is in play.

Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

Ball crossing the sideline - Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over their head. Foul throw allowed one retry with instruction in correct method. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play once it enters the field of play. A goal cannot be scored directly from a throw in.

Offside

The official offside rule (Law 11, FIFA Laws of the Game) does not apply to AHJFA Under 10 & 11. Goals can be scored from the offside position. Game Leaders should direct players permanently standing in blatant offside positions to move into onside positions. Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal). For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from the penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

Fouls and misconduct are:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges at an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent from behind to gain possession of the ball
- Makes contact with the opponent before touching the ball
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Plays in a dangerous manner
- Impedes the progress of a player

Match results and points tables

Match results may be recorded by the individual teams but will not be published publicly by the AHJFA or their member clubs.

Points tables are not applicable in Under 10 & 11 football and do not exist.