



FOOTBALL NSW
GAME LEADER
HANDBOOK
MARCH 2025
Nepean FA Edition

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What Is Small-Sided Football?

WHAT IS COLES MINIROOS & SMALL-SIDED FOOTBALL?

Coles MiniRoos football is the national brand given to junior football in Australia for players up to 11 years old. The nation-wide initiative uses short, game-based sessions to introduce the sport of football to newcomers in an inclusive way. It focuses on learning new skills, being active, making life-long friends and, potentially, unearthing the next generation of national team players; Matildas, Socceroos, Pararoos & ParaMatildas.

Small-sided football is focussed on the individual player development unlike traditional 11 aside football which focusses primarily on the result and team objectives. Small sided football is an opportunity for the players to demonstrate the core skills in a match day setting guided by age appropriate coaching and interactions.

Small-sided football is utilised alongside or as the playing format for certain age groups within traditional season-long football activities. Research has shown small-sided football for age groups Under 12 and Under 12 has positive developmental outcomes for the participants, which has seen these formats used more commonly throughout the football landscape.

FOOTBALL PHILOSOPHY

Football NSW encourages small-sided football to be utilised as the preferred playing formats for Under 12 and below in various formats.

Small-sided football is focused on the individual player development unlike traditional 11 aside football which focusses primarily on the result and team objectives. Small sided football is an opportunity for the players to demonstrate the core skills in a match day setting guided by age appropriate coaching and interactions.

Small-sided football is designed to be inclusive, individual development focussed and to provide a great experience for all involved. Players within these age groups are in their formative years on building a love for the game and developing core physical literacy and football related skills.

MATCH RESULTS

Within these age groups it is recommended for results tables not to be maintained on public websites or scoreboards, nor the results of individual matches shared publicly.

Commonly known as 'non-competitive', results are not recommended to be shared to ensure coaches, players and parents focus on the game experience and the individual development of players.

Under 12 and above age groups are governed by each association. League tables and match results may be published.

SPECTATORS

This non-competitive environment is conducive to encouraging players to express themselves and showcase what they have been taught in their club's development processes, thus, recognition of skilful play and players trying new aspects of the game are fundamental to this age group and the role of the spectator plays an integral role in creating the appropriate environment for players to thrive.

Spectators should be aware of the club's code of conduct and match day expectations. We actively encourage spectators to reward good play from both teams with messages of encouragement and praise. Whilst berating mistakes and coaching players from the sidelines should not occur and should be managed by the club's match day officials.

Role of a Game Leader

Each game is to be controlled by one Game Leader whose main role is to facilitate the development of the players, keep the game moving fluently, limit stoppages and assist players with all re-starts. Allowing the game to flow should be seen as an opportunity for players to practice and showcase a core skill to support their technical development and decision making. Most importantly, they must make every effort to create an environment that ensures that all players have fun, are learning the game and have maximum involvement.

The Game Leader can be a club official, parent, young adult/older teenager or beginner referee and should always be enthusiastic and approachable. Most importantly, remember the children are learning the game – be flexible and patient.

The Game Leader should:

- Check all players are wearing shin guards.
- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children and do not emphasis winning or losing.
- Be enthusiastic, consistent and approachable.
- Let the game flow and give instruction to all players on the run where you can.
- Praise and encourage both teams.
- Encourage all children to have fun and different children to take re-starts.
- The closest player to the restart should be encouraged to take the restart especially with throw ins. This speeds up play and will stop teams trying to work out who's turn it is to take a throw in. The goalkeeper to take all goal kicks.
- Use a "Ready, Set, Go" prompt to encourage quick decisions when restarting play.
- Ensure the correct number of players are on the field.
- Discourage players from permanently standing in blatant offside positions and instruct them to move into onside positions. In the Coles MiniRoos age groups players should be made aware of the offside rule during training and be encouraged to always adopt this philosophy during the game.
- Encourage children to dribble or pass the ball to team mates rather than kick the ball long.
- Ensure the opposing teams retreat the appropriate distances from the penalty area. Under 6 and 7 retreat line/exclusion zone is the half-line.
- Encourage children to be involved in all aspects of the game, attacking and defending.

- Award free kicks as appropriate to help children learn the rules and consequences of committing fouls.
- Explain the rules to players and why a free kick has been awarded.
- When blowing the whistle make it loud so everyone can hear as this provides a perception that you are in control of the game.

COMMUNICATION

The game leader and coaches should have a discussion prior to kick off to discuss the rules and to ensure that everyone is involved in creating an appropriate match day environment conducive to allowing the players to develop and have fun.

OFFSIDES

The offside rule should be discussed with the coaches prior to the game and explained to the players, an example of this is:

"I want to encourage attacking skilful play and see the players scoring goals. However, I will give a free kick if a player is blatantly standing in an offside position when receiving the ball, but, I may allow play to continue if I feel that a player has made a good run with intent to be played through on goal."

This is for all age groups **EXCEPT** the U12's where the offside rule applies

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Fouls and Misconduct

Within small-sided football involving junior players (U6 - U11) we encourage all Game Leaders, Coaches and spectators to observe a common sense approach. Players within these age groups are developing their physical literacy, social and behavioural management skill set. At times they will be clumsy, aggressive or uncontrolled. Approach these moments to ensure player welfare is the number one priority by utilising restarts such as free kicks to 'reset' the match and ensure everyone remains involved where possible.

FREE KICKS

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 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.

PENALTIES

For U8 and above a penalty should be awarded for deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8-metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least in line with the retreat line/exclusion zone).

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; and
- Impedes the progress of a player.

CAUTIONS

YELLOW & RED CARDS

In small-sided football we do not typically issue Yellow or Red cards, however we encourage Game Leaders & Coaches to take responsibility for the safety and welfare of all players.

If the Game Leader or Coach believes a serious foul has been committed that would warrant a caution in traditional football formats we encourage them to utilise one of the following techniques:

- Substitute the player(s) from the match for 5 minutes.
- Remove the player for the remainder of the game.
- Game Leader to hand over responsibility of the player management to the coach.

PLAYER EDUCATION

Should a penalty or free kick be awarded then the game leader should explain to the players why that decision was given.

Playing Formats

AGED UNDER 6 & 7 COLES MINIROOS

PLAYER NUMBERS

Under 6 & 7 football should have a maximum of 4-a-side on the field with no goalkeeper and a maximum of 3 substitutes.

GOAL TYPE

It is preferable that pop-up style portable goals are used where possible however, the use of poles or markers as goals is also suitable. Goal size of 2m wide x 1m high.

GOALKEEPER

There are no goalkeepers in Coles MiniRoos Under 6 & 7. It is the responsibility of the Game Leader to discourage children from permanently standing in front of the goal.

BALL CROSSING THE TOUCH LINE

There is no throw in. A player from the opposing team to the player that touched the ball last before crossing the touch line will place the ball on the touch line and pass or dribble the ball into play. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a teammate before a goal can be scored.

BALL CROSSING THE GOAL LINE

There is no corner kick. Regardless of which team touched the ball last, 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 halfway line and can move once the ball is in play. The ball must touch a teammate before a goal can be scored.

OFFSIDE

There is no offside rule in Coles MiniRoos Under 6 & 7. Game Leaders should strongly discourage children from permanently standing in blatant offside positions.

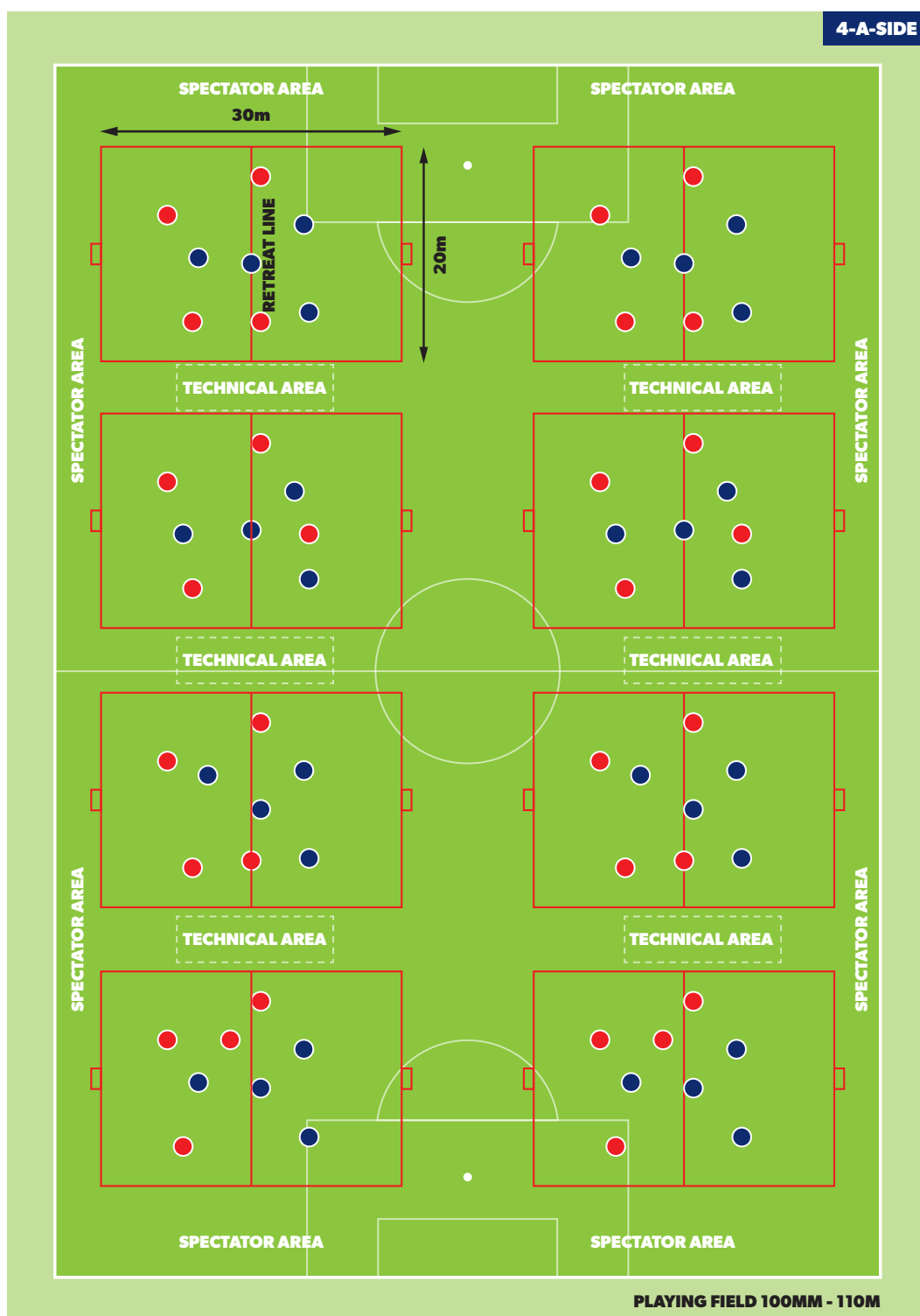
FOULS AND MISCONDUCT

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5m 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).

Most acts of handball or fouls and misconduct at this level are caused by a lack of coordination, with no intent. In this case try and give the advantage to the attacking team and continue play. If you decide a deliberate or serious act of handball, foul or misconduct has occurred, explain to the child they have done the wrong thing and that they should not do this again. Free kicks should be awarded as appropriate.

NUMBER OF PLAYERS	4-a-side with no goalkpeer. Maximum of 3 substitutes.
GOALKEEPER	No
FIELD SIZE (M)	Length: 30m Width: 20m
GOAL (M)	2m wide x 1m high
BALL	Size 3
DURATION	20 minute halves Minimum of 5 minute half-time break

4-A-SIDE



Playing formats aged Under 6 & 7

Playing Formats

AGED UNDER 8 & 9 COLES MINIROOS

PLAYER NUMBERS

Under 8 & 9 football should have a maximum of 7-a-side on the field including goalkeepers and a maximum of 4 substitutes.

GOAL TYPE

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable. Goal size of 3m x 2m

OFFSIDE

There is no offside rule in Under 8 & 9 (Coles MiniRoos). Game Leaders should strongly discourage children from permanently standing in blatant offside positions.

GOALKEEPER

OPEN PLAY

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 team mate.

BALL CROSSING THE TOUCH LINE

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. 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.

BALL CROSSING THE GOAL LINE AFTER TOUCHING THE DEFENDING TEAM LAST

CORNER KICK

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 15 metres (retreat line/exclusion zone) from the goal line and 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 15 metres from the goal line and outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

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.

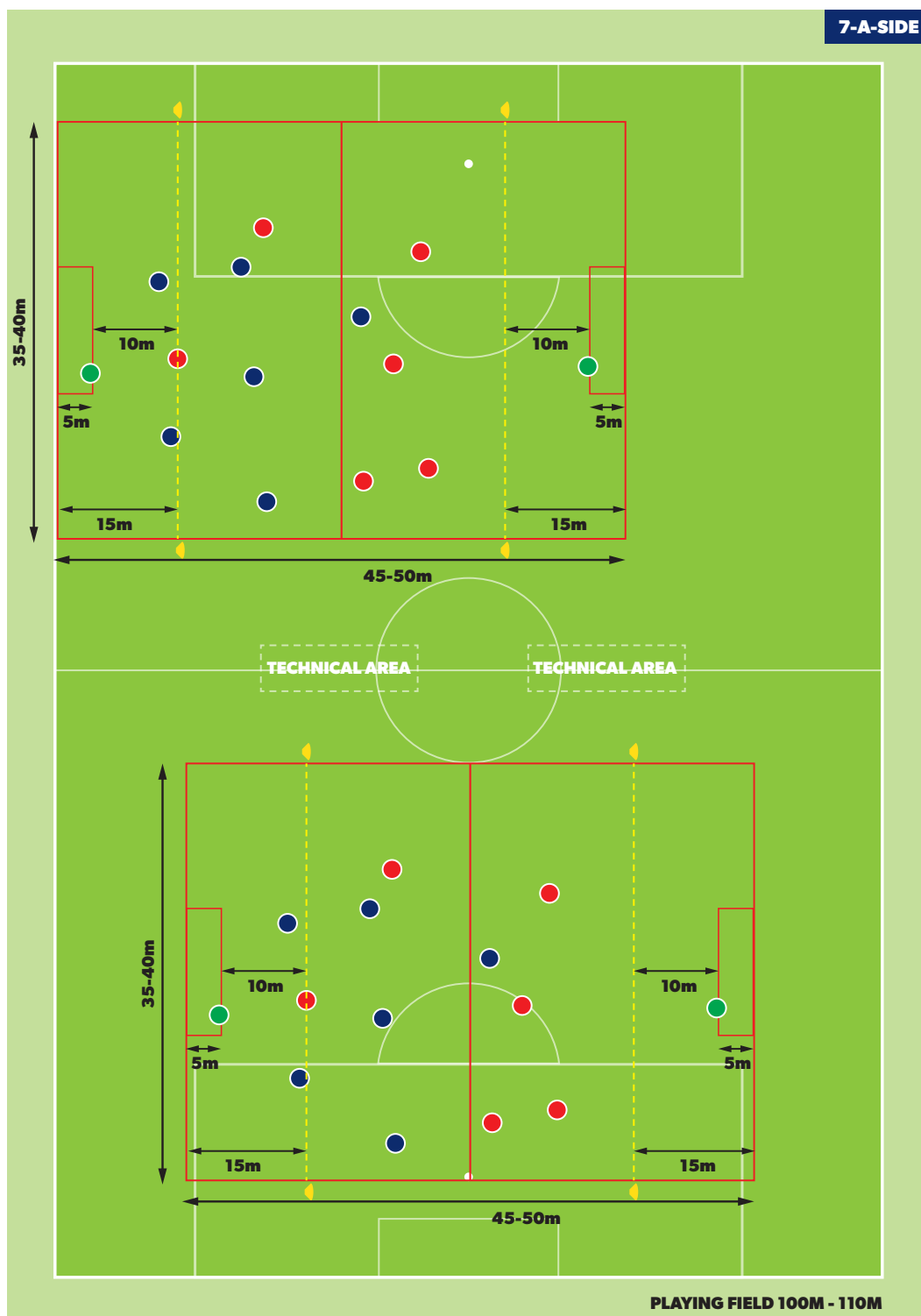
For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

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; and
- impedes the progress of a player.

NUMBER OF PLAYER	7-a-side including a goalkeeper. Maximum of 4 substitutes.
GOALKEEPER	Yes
FIELD SIZE (M)	Length: 45m - 50m Width: 35m - 40m
PENALTY AREA (M)	5m deep x 12m wide
GOAL (M)	3m wide x 2m high <i>Portable Goals</i>
BALL	Size 3
DURATION	20 minute halves Minimum of 5 minute half-time break
RETREAT LINE/EXCLUSION ZONE	Opponents remain at least 10m away from the penalty area and clearly marked by cones

7-A-SIDE



Playing formats aged Under 8 & 9

Playing Formats

AGED UNDER 10 & 11 COLES MINIROOS

PLAYER NUMBERS

Under 10 & 11 football should have a maximum of 9-a-side on the field including goalkeepers and a maximum of 5 substitutes.

GOAL TYPE

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable. Goal size of 5m x 2m.

GOALKEEPER

OPEN PLAY

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 team mate.

BALL CROSSING THE TOUCH LINE

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. 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.

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 20 metres (retreat line/exclusion zone) from the goal line and 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 20 metres from the goal line and outside the penalty area The ball is in play once it is kicked directly out of the penalty area.

OFFSIDE

The official offside rule (Law 11, FIFA Laws of the Game) does not apply to Under 10 & 11 (Coles MiniRoos). 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).

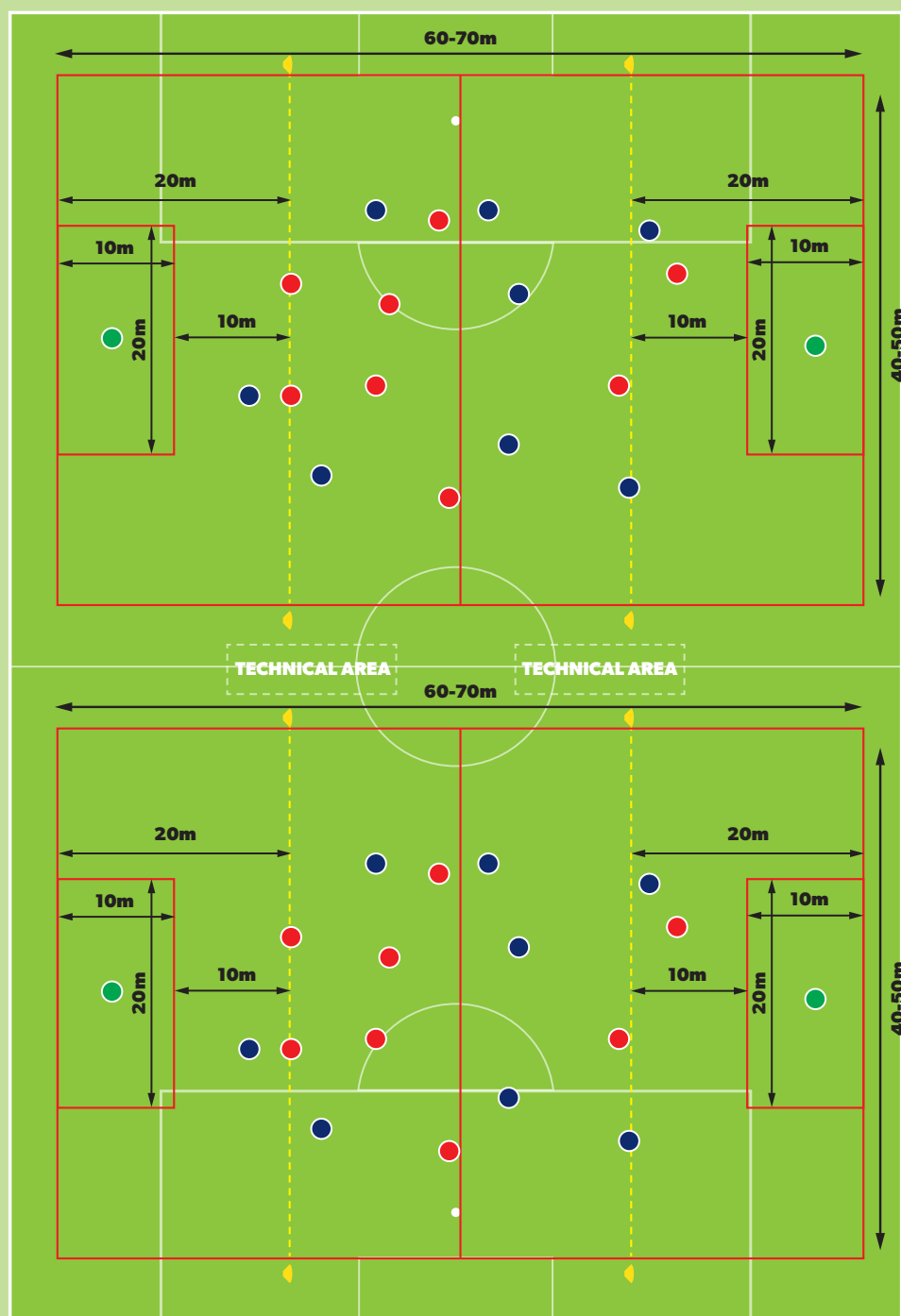
For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

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; and
- impedes the progress of a player.

NUMBER OF PLAYER	9-a-side including a goalkeeper. Maximum of 5 substitutes.
GOALKEEPER	Yes
FIELD SIZE (M)	Length: 60m - 70m Width: 40m - 50m
PENALTY AREA (M)	10m deep x 20m wide
GOAL (M)	5m wide x 2m high <i>Portable Goals</i>
BALL	Size 4
DURATION	25 minute halves Minimum of 5 minute half-time break
RETREAT LINE/EXCLUSION ZONE	Opponents remain at least 10m away from the penalty area and clearly marked by cones

9-A-SIDE



PLAYING FIELD 100M - 110M

Playing formats aged Under 10 & 11

Playing Formats

AGED UNDER 12

FOOTBALL NSW RECOMMENDATIONS

FOOTBALL NSW RECOMMENDATION

Community Under 12 football teams are governed by local associations. The following guidelines are FNSW's recommended Game Leader rules for the National Premier League Junior Development League (JDL). FNSW advises that each Game Leader confirms the specific format and rules with their individual association.

PLAYER NUMBERS

Football NSW recommend Under 12 football should have a maximum of 9-a-side on the field including goalkeepers.

GOAL TYPE

Portable secured goals should be used. Goal size of 5m x 2m.

GOALKEEPER

OPEN PLAY

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 team mate.

BALL CROSSING THE TOUCH LINE

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. 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.

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 12 metres (retreat line/exclusion zone) from the goal line and 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 12 metres from the goal line and outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

OFFSIDE

The official offside rule (Law 11), FIFA Laws of the Game) **DOES** apply to Coles MiniRoos Under 12 competition in Nepean football association. Goals **cannot** 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.

FREE KICKS

All free kicks are indirect unless given within the exclusion zone and outside of the penalty area. In this instance a direct freekick should be taken from the 12m retreat line. 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 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.

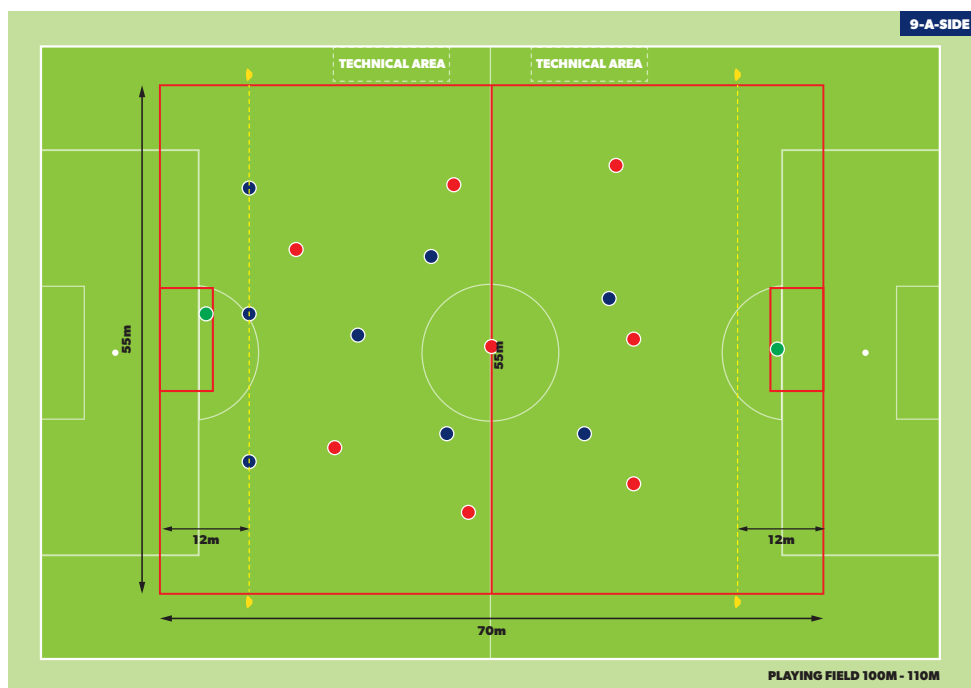
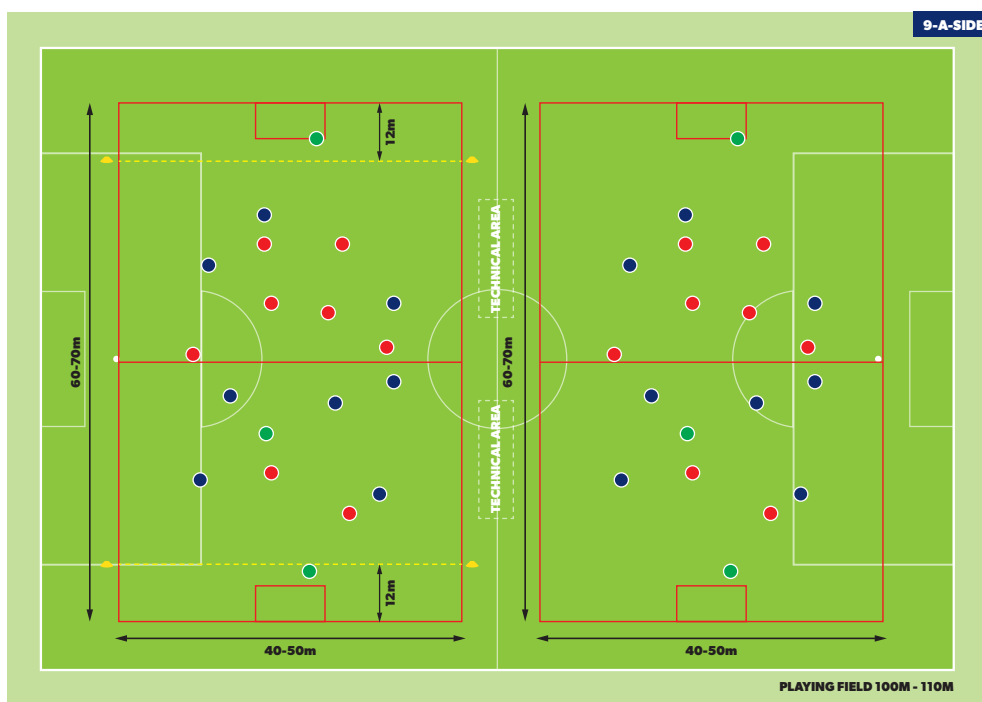
PENALTIES

A penalty should be awarded if a foul is committed which is referenced in the list below. No indirect free kicks should be awarded inside the area and play may be allowed to continue. For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8-metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least in line with the retreat line/exclusion zone).

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; and
- impedes the progress of a player.

NUMBER OF PLAYER	9-a-side including a goalkeeper. Maximum of 5 substitutes.
GOALKEEPER	Yes
FIELD SIZE (M)	Length: 60m - 70m Width: 40m - 50m
PENALTY AREA (M)	10m deep x 20m wide
GOAL (M)	5m wide x 2m high <i>Portable Goals</i>
BALL	Size 4
DURATION	U12 30 minutes halves
RETREAT LINE/EXCLUSION ZONE	12m from the goal line and clearly marked by cones



Optional playing formats Under 12



MINIROOS GAMEDAY OVERVIEW

	Under 5 6 7	Under 8 & 9	Under 10 & 11	Under 12
Players	4-a-side / 3 subs	7-a-side / 4 subs	9-a-side / 5 subs	
Goal	(w) 2m x (h) 1m	(w) 3m x (h) 2m	(w) 5m x (h) 2m	
Duration	20-minutes halves minimum 5 min half-time break	20-minutes halves minimum 5 min half-time break	25-minutes halves minimum 5 min half-time break	30-minutes halves minimum 5 min half-time break*
Ball Size	3	3	4	4
Retreat line & exclusion	Halfway	10m outside Penalty Area	10m outside Penalty Area	12m from Goal Line
Goal Keeper Open Play	NA	To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from hands or played from the ground with their feet, within 6 seconds. Opponents can not move inside the Penalty Area until the ball is in play. The ball is in play once it moves out of the Penalty Area		
Ball Crossing Side Line	Passing or Dribble in	Retreat 10m outside the Penalty Area		
Ball crosses Goal Line by defending team	No Corners - defending team kick or dribbles from goal line	Retreat 12m from Goal Line		
Ball crosses Goal Line by Attacking team	No Corners - defending team kick or dribbles from goal line	Throw In - 5m retreat		
Off Side	No Offside - Actively discourage			Corner Kick - 5m retreat
Penalties	No	Goal Kick within Penalty Area. Opponents remain retreated until the ball is in play. Ball is in play once kicked directly out of the Penalty Area		
Match Results	Score not recorded Not published	Retreat 10m outside Penalty Area		Retreat 12m from Goal Line
Points Table	No - Non Competition			Yes*
	No	Yes - from 8m Penalty Mark		
	Score not recorded Not published	Score recorded Not published		Score record Result published
	No - Non Competition			Yes - Competition

For Full version of rules go to <https://nepeanfootball.com.au/rules-regulations/>

Further Information

GOAL TYPE

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: productsafety.gov.au

FIELD MARKINGS

Cones, markers or painted line markings are suitable. This includes the penalty areas in the U8 – U12 age categories.

START OF PLAY AND RE-START AFTER A GOAL

Pass to a teammate from the middle of the half way line. All players must be in their own half of the field of play. Opponents must be at least 5 metres away from the ball until it is in play. The ball must touch a teammate before a goal can be scored.

BALL IN AND OUT OF PLAY

The ball is out of play when it has wholly crossed the goal line or the touch line on the ground or in the air, or when play has been stopped by the Game Leader.

METHOD OF SCORING

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar. When goal posts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them, below shoulder height of the player.

SHIN GUARDS

Shin guards must be worn by all players without exception.

CONCUSSION

Any player suspected of suffering from concussion should be examined by a medical practitioner before returning to play. As a general rule; "If in doubt, sit it out".

SUBSTITUTIONS

Players may be rotated on and off the field at any time during the game. A coach/parent may make substitutions while the ball is in play, ensuring the player is off the field before the substitute goes on.

Equal playing time should be a priority ensuring all players regardless of age, gender and/or ability get to take the field. Regular rotation of players is key. Kids don't register to watch football – they just want to play! If there is space on the sidelines, substitutes should be encouraged to set up small-sided games or practice their skills in a designated area, not interfering with play.



FOOTBALL
NSW

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