



## **National 5-a-side Football Years 3-4**

### **General Instructions and Rules of the Competition**

*(In conjunction with football in the community trust)*

- *This will not be a competitive competition but an opportunity for the children to participate, socialise and have fun in sports.*
- *The ball should be size 3*
- *Pitch size; 30 yds 20yds*
- *'Pugg' goals will be used.*
- *The goal area extends 5yds from the goal line across with width of the pitch, marked with cones on the touch-line or discs across the pitch.*
- *Each game should last no longer than 10 minutes (5 mins each side).*
- *Kick off from the centre of the field to start the game and after a goal is scored.*
- *Throw ins should be taken the normal way.*
- *Goal keepers must throw the ball rather than kick.*
- *All free kicks are indirect. Opposition to be at least 3yds away. No penalty kicks.*
- *Substitutes may be used at any time during a game.*
- *Corner kicks are as normal except opposition should be at least 3yds away.*
- *Goalkeepers can handle the ball in the penalty area and no restrictions on the number of steps they take with the ball.*
- *Goal kicks are taken anywhere on the edge of the penalty area across the width of the field. Opposition should be 3yds away.*
- *There is no restriction on the number of players allowed in the goal area.*
- *Players can pass the ball to their goal keeper, for the goal keeper to handle the ball.*
- *All players are required to wear shin pads.*
- *There are no off-side rules.*