

2025 BFA JUNIOR RULE BOOK

CODES OF CONDUCT

FOR PLAYERS

- ♦ Play by the Rules
- ♦ Do not argue with the match official
- ♦ Control your temper. Verbal abuse of officials, players or deliberately provoking another person is not acceptable or permitted in any sport
- ♦ Maintain your focus and work hard for yourself and your team
- ♦ Be a good sport and be prepared to acknowledge good play whether it is from your team or the opposition
- ♦ Treat all players, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player
- ♦ Cooperate with your coach, teammates and opponents. Without them, there would be no competition
- ♦ Play for your own enjoyment, and not just to please parents and coaches
- ♦ Remove all jewellery prior to training and match play, as it is a hazard to you and those around you

FOR PARENTS

- ♦ Remember that children play sport for their enjoyment, and not yours
- ♦ Encourage all children to participate, do not force them
- ♦ Focus on the child's and the team's efforts, performance and improvements rather than the result
- ♦ Encourage children to always participate according to the rules
- ♦ Never ridicule, yell at a child for making a mistake or losing a game
- ♦ Remember that children learn best by example, so applaud good play by both teams
- ♦ Support all efforts to remove racial and religious vilification, verbal and physical abuse from sporting activities
- ♦ Respect the match official's decisions and teach your child to do likewise
- ♦ Show respect and appreciation to club volunteers, including coaches, officials and administrators. Ensure any issues are raised through the correct channels
- ♦ Parents must remain at least 3 meters from the side lines and 5 meters from the goals at all times during play
- ♦ Do not smoke or consume alcohol anywhere near the field of play

FOR COACHES

- ♦ Remember that children participate for the fun of it & winning is not everything

- ◆ Never ridicule or yell at a child for making a mistake or losing a game
- ◆ Be reasonable in your demands on a young player's time, energy and enthusiasm
- ◆ Teach your players to abide by the rules and laws of the games
- ◆ Avoid overplaying the most talented players as all players deserve an equal opportunity to develop their skills and knowledge and this is achieved with an equal amount of time on the playing field
- ◆ Ensure that equipment and facilities meet a reasonable safety standard and is appropriate to the age and ability of the players
- ◆ Modify your approach to suit the skill levels and needs of players
- ◆ Develop and enhance respect between players, opposition coaches and the decisions of the match official
- ◆ Ensure all injured soccer players receive adequate treatment before they return to the field of play or training
- ◆ Follow the advice of a physician when determining the extent of a player's injury and beyond that, when players are returning from injury to training and match play
- ◆ Coaches must remain at least 3 meters from the side lines and 5 meters from the goals at all times during play and must ensure substitutes
- ◆ Coaches must ensure substitutes remain at least 3 meters from the side lines and 5 meters from the goals at all times during play
- ◆ Keep up to date with the latest Laws of the Game
- ◆ Take time out to teach players (& others) the Laws of the Game, hence raising their awareness
- ◆ Remind all players to always play within the spirit of the game
- ◆ Ensure players are good sports and ensure each team member shakes the hand of their opponents after every match
- ◆ Coaches should also shake hands with the opposition coach after every match to set a good example of sportsmanship to the players
- ◆ Do not smoke or consume alcohol anywhere near the field of play
- ◆ Remember the actions of yourself and your team is reflective of the perception others take away with them

SAFETY

PLAYERS EQUIPMENT

A player taking the field of play must not wear anything that can injure or put in danger themselves or any other player.

SHIN GUARDS

Suitably sized shin guards must be worn by all players.

GLOVES & MOUTH GUARDS

Gloves for goal keepers and mouth guards for all players are recommended for all age groups.

HELMETS

- Under 6 – Under 8 helmets for goal keepers remain compulsory
- Under 9 and above helmets for goal keepers is optional

MATCH EQUIPMENT

Only use balls that are in good condition and suitable for match play.

Ensure both permanent and portable goals are securely anchored to the ground.

For information on Australian Safety Standards for portable goals visit the Product Safety Australia website: www.productsafety.gov.au/products/health-lifestyle/recreation/sports-equipment/moveable-soccer-goals

The BFA encourages the use of protective padding to cover goal posts with.

Dismantle, remove or secure portable goals to a permanent structure after use.

Check and maintain soccer fields regularly to eliminate hazards.

GENERAL SAFETY ADVICE

Coaches should educate players that foul play is not acceptable

Encourage use of a broad-spectrum sunscreen in high UV conditions and matches should be cancelled or abandoned in extreme weather conditions, particularly extreme heat and humidity or when lightning is present. Common sense is to be used with all other weather conditions and the safety of all players and spectators should be the only concern when determining if a match should start or continue.

No one is allowed on the ground during play except for the referee and players. No coaches, club officials, parents, spectators etc. are allowed on the ground during play.

All spectators and coaching staff must remain at least 3 meters from the side lines and 5 meters from the goals.

REFEREES

GENERAL ADVICE

The home team is to provide the referee.

At this level, official referees are not necessary.

Offside is not to be played in any age group.

Players in this age group rarely attempt to break the law. If they do other players will readily draw attention to it.

It is preferable for someone other than the coach to referee the game so that the coach is left to coach the players to make sure they receive advice and encouragement whenever required.

The Referee should:

- not coach his/her team while refereeing
- should give instructions equally to both teams
- award free kicks as appropriate to help players learn the rules and the consequences of committing fouls
- Explain the rules to players when a free kick has been awarded
- Let the game flow and give instruction to all players on the run where you can
- encourage the players of both teams

- be enthusiastic and approachable

PLAYER INJURIES

If a player is injured, the referee should stop play and check if the player requires further assistance. If possible, the player should be encouraged to leave the field of play if further assistance is required. If it is not possible for an injured player to leave the field of play, the referee shall allow the coach, parents and any qualified person to assist the injured player and not re-start the game until the player has been safely removed from the field of play or the player has recovered from their injury. A match should be called off if it is not possible for an injured player to leave the field of play for an extended period.

RULES

THE START OF PLAY

For every kick-off, all players must be in their own half of the field of play and the opponents of the team taking the kick-off must be at least 5 metres from the ball until it is in play. The ball must be stationary on the centre spot. The referee will signal by blowing his whistle when the kick-off can be taken. The ball is in play when it is kicked and clearly moves. A goal may not be scored directly from the kick-off.

A player cannot score directly from a kick-off. It must touch another player for the goal to count.

The team winning the toss of a coin shall have the option of choosing ends or taking the kick-off.

After a goal has been scored the game is restarted from the centre spot with the side conceding the goal taking the kick off.

Following half-time, the game is restarted with teams changing ends and the kick-off being taken by the side that did not start the game.

BALL IN AND OUT OF PLAY

The ball is out of play when the whole ball has crossed the goal line or side line. The ball is considered in play if only part or most of the ball has crossed the goal line or side line.

METHOD OF SCORING

A goal is scored when the ball has wholly crossed the goal line between the goal posts and the cross bar.

NOTE: A goal cannot be scored directly from the kick-off, a goal kick, corner, free kick or throw in.

THROW-INS

When the whole of the ball passes out of the field of play along the sideline a throw-in is awarded to the opposing side to that of the player who has last played or touched the ball.

The ball is thrown-in from the spot where the ball left the field of play.

Opposing players should be at least 5 metres from the ball, so that the player taking the throw-in has the best opportunity to use the correct technique.

Players should be encouraged to use the correct technique. The player should start by holding the ball with two hands behind their head, releasing the ball as it is above their head and keeping both feet on the ground as the ball is thrown.

FOUL THROW-INS

Under 6 – Under 8 do not have to repeat throw ins if an incorrect technique has been used. Positive communication should be used by the referee, coaches and/or parents to help improve the players throw in technique without stopping play.

Under 9 and above are encouraged to repeat throw ins once only for each foul throw if the correct technique for a throw in is not used by the player. A throw in should never be reversed to the opposing team when the incorrect technique has been used. Positive communication should be used by the referee, coaches and/or parents to help improve the players throw in technique.

GOAL-KICKS

Goal kicks are awarded when the whole of the ball has crossed the goal line (except for the scoring of a goal) and last touched by one of the attacking team.

The goalkeeper or player must be allowed to take the kick without an opponent obstructing. The opposition should be a minimum 5 metres from the ball when a goal kick is being taken.

The ball must leave the penalty area before being played by any other player.

GOAL KEEPER DISPOSAL AND GOAL KICKS

- Goal keepers should be encouraged to dispose of the ball by throwing the ball or by kicking the ball off the ground. Kicking the ball by dropping the ball from hand to foot (often referred to as a footy kick) should be discouraged. The opposition should be a minimum 5 metres from the goal keeper when they are in possession of the ball to allow them the best opportunity to play the ball to a team mate.

- Goal keepers should be encouraged to take goal kicks by kicking the ball off the ground. Throwing the ball or kicking the ball by dropping the ball from hand to foot (often referred to as a footy kick) should be discouraged. The opposition should be a minimum 5 metres from the ball when a goal kick is being taken to allow the goal keeper the best opportunity to play the ball to a team mate.

- Under 6 goal keepers are free to dispose of the ball in whichever manner they feel most comfortable.

CORNER KICK

When the ball passes wholly over the goal line (as above) and was last touched by a player from the defending team then a corner-kick is awarded. The opposition should be a minimum 5 metres from the ball when a corner kick is being taken.

A player cannot score directly from a free kick. It must touch another player for the goal to count.

FREE KICKS

If the referee decides to award a free kick to a team, the ball must be placed on the ground where the foul took place (this includes a foul inside the goal area). All free kicks are to be taken as indirect. The opposition should be a minimum 5 metres from the ball when a free kick is being taken or on the goal line if the free kick is closer than 5 metres to the goal line.

A player cannot score directly from a free kick. It must touch another player for the goal to count.

No penalty kicks are to be awarded for the Under 6 – Under 9 age groups.

Drop balls are not to be used to restart play for the Under 6 – Under 9 age groups. In a situation where a drop ball would normally be used, the referee (at their own discretion) should allow a team to restart play with a free kick in a part of the ground that doesn't offer that team any attacking advantage.

SUBSTITUTIONS

Substitutions can be made during the entire game. The coach is allowed to make the substitutions while the ball is in play but must wait until the substituted player has left the field of play. Every effort should be made to ensure all players, regardless of age, gender, and ability, are given equal playing time.

AT THE END OF THE GAME

At the end of the game both teams should line up in the middle of the ground and give their opponents 'Three Cheers' and each player should shake hands with every player on the opposing team as a show of sportsmanship. Both teams should then come together and give 'Three Cheers' to the referee(s).

DIMENSIONS & MARKINGS

PITCH DIMENSIONS

Under 6 – Under 8	Minimum 40 metres x 30 metres
	Maximum 50 metres x 30 metres
Under 9 and above	Minimum 60 metres x 40 metres
	Maximum 70 metres x 50 metres

PENALTY AREA

5 metre x 12 metre rectangle for all age groups

CENTRE CIRCLE

- it is optional to have a centre circle. If you choose to mark a centre circle it should be 6 metres in radius for Under 6 – Under 8 and 10 metres in radius for Under 9 and above.

PITCH MARKINGS

- Cones, chalk or paint are all acceptable for line markings

GOAL SIZE

Under 6 – Under 8	Width 2.5 – 3.0 metres
	Height 1.8 – 2.0 metres
Under 9 and above	Width 4.5 – 5.0 metres

Height 1.8 – 2.0 metres

MISC

BALL SIZE

Under 6 – Under 9 are to use a size 3 ball

Under 10 and above are to use a size 4 ball

GAME DURATION & BREAKS

Under 6 & Under 7 are to play 4 x 10 minute quarters

Under 8 are to play 4 x 12 minute quarters

Under 9 and above are to play 2 x 25 minute halves

All quarter and half time breaks should not exceed 5 minutes. Less than 5 minutes for each break is encouraged by the BFA. Under 8s are to have a 2 minute break after the first and third quarter.

The duration of the quarters or halves or the entire match must be reduced if a match is delayed for any reason. All matches should be finished at least 5 minutes prior to the next match on that pitch. In the event, there is no match on the same ground after a match that has been delayed, the delayed match may complete its normal playing time if both coaches agree.

NUMBER OF PLAYERS ON THE GROUND

Under 6 – Under 8 should have 7 players from each team on the ground

Under 9 & Under 10 should have 9 players from each team on the ground

STRIP COLOUR CLASH

In a situation where both teams wear the same colour playing top or similar colour playing tops, the designated away team must wear an alternative colour playing strip or alternative colour bibs for that game. You can find every teams colours under the 'TEAM COLOURS' tab on the website (www.baysidefa.com.au).

WEBSITE/SOCIAL MEDIA

Follow the Bayside FA website (www.baysidefa.com.au) for fixtures (and the latest fixture changes), venue locations, news and information. Also follow the Bayside FA Facebook page (www.facebook.com/BaysideFA/) and the Bayside FA Juniors Facebook page (www.facebook.com/Bayside-FA-Juniors-1534882866761009/) for all the latest news and information.