



PLAYING FORMATS		
Number of Players	3 v 3 or 4 v 4	
Game Duration	3 x 8 minutes	
Pitch Dimensions	Minimum	25 x 20m
	Maximum	30 x 20m
Goals	Minimum	1.8 x 0.9m
	Maximum	2 x 1m
Ball	Size 3	
Penalty Area	No penalty area required	
Goalkeepers	No GKs at this age	

### START AND RESTART OF PLAY

A game is started with a kick to a team mate from the middle of the halfway line. The opposition must be 5m away from the ball at this time. In order to score a goal from kick off it must touch someone else on the field before entering the goal. When a goal is scored, play is restarted at the halfway line with the side conceding the goal taking the kick off as per the start of play.

### SCORING GOALS

A goal is scored when the whole ball crosses the line. Goals can only be scored from the opposition's half as there are no goal keepers.

### OFFSIDE

There is no offside rule in First Kicks. Players should be discouraged from permanently standing in blatant offside positions.

### BALL CROSSING THE TOUCH LINE

There are no throw ins. The ball is to be kicked or dribbled into play from behind the touchline. To ensure players have as much contact with the ball as possible, players have approximately three seconds to recommence the play from a restart. The defending team should retreat to 5m away from the ball until play is restarted. The ball must touch someone else on the field before a goal can be scored.

### BALL CROSSING THE GOAL LINE

There are no corner kicks. 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 half way line and can move once the ball is in play. The ball must touch someone else on the field before a goal can be scored.

### FOULS & MISCONDUCT

Most acts of handball or fouls and misconduct at this level are caused by accident and with little to 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 how they have broken the rules and that they should try not do this again.

Indirect free kicks are awarded for acts of handball or fouls and misconduct (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal). Opponents must be at least 5m away from the ball when the indirect free kick is taken.

### GAME LEADER

Remember as the Game Leader to promote player development, participation and fun. Ensure you discourage your players from constantly guarding the goal and promote maximum involvement. Remember the children at this age are learning the game, be flexible and patient.

### TEAM GUIDELINES AND SUPPORT

Both Game Leaders can be on the field at the same time encouraging the players.

### MATCH RESULTS AND LADDERS

Published match results, ladders and tables are not applicable at First Kicks. Under no circumstances will match results be published



publicly by Member Federations, Local Associations or local clubs.

### **PRIOR TO THE GAME**

Introduce yourself to the opposition Coach and agree to work together to create a safe and enjoyable playing environment. Discussion may include, but not be limited to, the following:

- Number of players.
- Who is to referee which half, or if there is a substitute refereeing for the coach.
- Which RULES directly apply in relationship to the PLAYING FORMAT
- Possible lending of players.
- Any other rules or suggestions which may assist **the players to have an enjoyable game.**

***Remember: Children learn the rules as they play.  
Coaches must use common sense when interpreting the rules for different age groups.***

### **PLAYER AND PERSONAL EQUIPMENT**

All coaches are responsible for ensuring all of their players have the correct equipment prior to entering the field of play, which includes the following:

- Appropriate Shirt, Shorts and Socks
- Football Boots and Shin Pads (must be worn on the inside and be fully covered by the players socks) are compulsory
- Players must remove all Jewellery (necklaces, watches, bracelets, rings and earrings)
- Players with fibre casts or similar brace (which may constitute a danger to themselves or another player) must be cleared by the Referee prior to kick-off.
- No OUTFIELD PLAYERS can wear a peaked cap
- Any BLEEDING players must leave the field immediately and not return until the Referee is satisfied the bleeding has stopped. (NB - Any Bloodied clothing must also be changed prior to re-entering the pitch)