

JUNIOR FRAMEWORK – PLAYING FORMATS 2025

5 v 5 PLAYING FORMAT (FUN FOOTBALL 7th, 8th Grade, U8 Girls)

Pitch Dimensions

Grade	Game Duration	Ball Size	Pitch Size	Goal Size	Goal Box	Penalty Area	Centre Circle
7th Grade	2 x 20 minute games*	Size 3	min 25 x 20m max 30 x 20m	min 1.8 x 0.9m max 2 x 1m	NO	NO	NO
8th Grade; U8 Girls	2 x 20 minute games*	Size 3	min 25 x 20m max 30 x 20m	min 1.8 x 0.9m max 2 x 1m	NO	NO	NO

* Rotation format: Thames Valley u8s – West side: 2 x 20-minute halves; East side: 45-60 mins activities & games; Rotorua: 7th & 8th grade 2 x 15-minute games.

5 v 5 Specific Rules

Grade	No of players	Recommend squad size	Off Sides	Retreating line	Corners	Goal Kicks	GK	Throw-Ins
7th Grade	5 (no GK)	6 – 8	NO	half-way	NO	YES	NO	NO
8th Grade; U8 Girls	5 (no GK)	6 - 8	NO	half-way	NO	YES	NO	NO

7 v 7 PLAYING FORMAT (MINI FOOTBALL 9TH & 10TH Grade- Mixed and Girls Only)

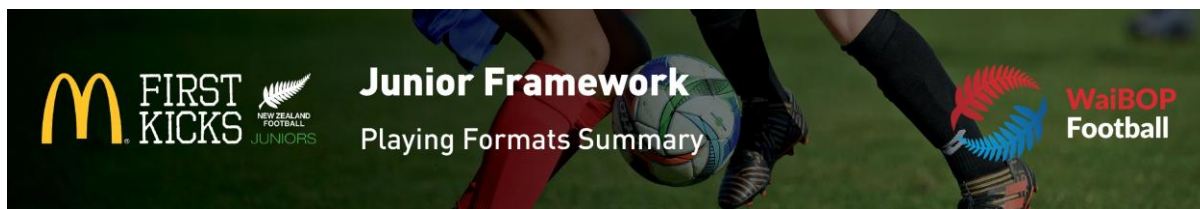
Pitch Dimensions

Grade	Game Duration	Ball Size	Pitch Size	Goal Size	Goal Box	Penalty Area	Centre Circle
9 th Grade, 10 th Grade	2 x 25 minute halves	Size 4	min 45 x 30m max 55 x 35m	min 3.8 x 1.9m max 4 x 2m	NO	8m x 16m	NO

7 v 7 Specific Rules

Grade	No of players	Recommend squad size	Off Sides	Retreating line	Corners	Goal Kicks	GK	Throw-Ins
9 th Grade, 10 th Grade	7 (inc GK)	8 – 10	YES*	YES	YES	YES	YES	YES

* The retreating line is the offside line on attack. Players should **only be penalised for blatant offside** (including goal-tending). Please refer to the '9th and 10th Grade Retreating Line Rules' Document for more information.



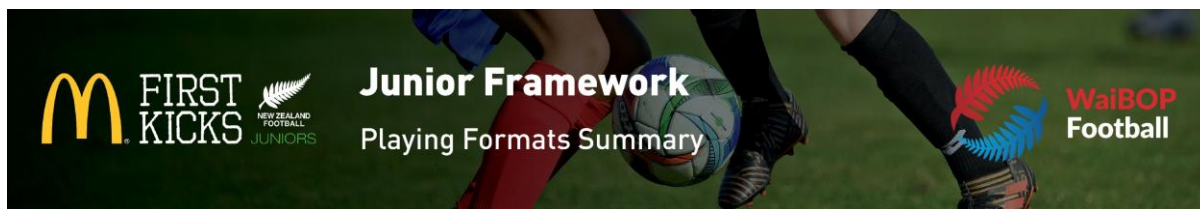
9 v 9 PLAYING FORMAT (MINI FOOTBALL 11TH & 12TH Grade – Mixed and Girls Only)

Pitch Dimensions

Grade	Game Duration	Ball Size	Pitch Size	Goal Size	Goal Box	Penalty Area	Centre Circle
11th Grade, 12th Grade	2 x 30 minute halves	Size 4	min 64 x 45m max 70 x 50m	min 4 x 2m max 5 x 2m	NO	10m x 24m	NO

9 v 9 Specific Rules

Grade	No of players	Recommend squad size	Off Sides	Retreating line	Corners	Goal Kicks	GK	Throw-Ins
11th Grade, 12th Grade	9 (inc GK)	10 – 13	YES	YES	YES	YES	YES	YES



YOUTH FRAMEWORK PLAYING FORMATS

FOOTBALL MATCH DAY STANDARDS

Age Group	Playing Format	Game Duration	Ball Size	Pitch Size	Goal Size	Penalty Area	Subs.
13	11v11	2 x 35 mins	Size 4	min 80 x 45m <i>optimum 82 x 50m</i> max 90 x 55m	min 6.4 x 2.1m <i>optimum 6.4 x 2.1m</i> max 7.3 x 2.4 m	min 32 x 12.8m <i>optimum 32 x 12.8m</i> max 40 x 16.5m	3-5 rolling
14	11v11	2 x 35 mins	Size 5	min 80 x 45m <i>optimum 82 x 50m</i> max 90 x 55m	min 6.4 x 2.1m <i>optimum 6.4 x 2.1 m</i> max 7.3 x 2.4 m	min 32 x 12.8m <i>optimum 32 x 12.8m</i> max 40 x 16.5m	3-5 rolling
15	11v11	2 x 40 mins	Size 5	min 90 x 55m <i>optimum 90 x 55m</i> max 100 x 60m	Full Sized:7.3 x 2.4 m	40 x 16.5m	3-5 rolling
16	11v11	2 x 40 mins	Size 5	min 90 x 55m <i>optimum 90 x 55m</i> max 100 x 60m	Full Sized:7.3 x 2.4 m	40 x 16.5m	3-5 rolling
17+	11v11	2 x 40 mins	Size 5	min 90 x 55m <i>optimum 100 x 60m</i> max 100 x 65m	Full Sized:7.3 x 2.4 m	40 x 16.5m	3-5 rolling

All Federation Youth Leagues will play using the relevant playing formats above.

If playing in a dual banded age group, the playing format is that of the younger age group. Eg. in 13th/14th grade you would use a Size 4 ball and play 2 x 35 min halves.

APPENDIX OF VARIATIONS

Age Group	Playing Format	Game Duration	Ball Size	Pitch Size	Goal Size	Penalty Area	Subs.
Baywide Senior Girls	11v11	2 x 40 mins	Size 5	min 90 x 55m <i>optimum 90 x 55m</i> max 100 x 60m	Full Sized:7.3 x 2.4 m	40 x 16.5m	3-5 rolling
WaiBOP U16 Girls League	11 v 11	2 x 40 mins	Size 5	min 90 x 55m <i>optimum 90 x 55m</i> max 100 x 60m	Full Sized:7.3 x 2.4 m	40 x 16.5m	3-5 rolling
Baywide Junior Girls Football 9s	9v9	2 x 40 mins	Size 5	min 60 x 45m max 70 x 50m	min 4 x 2m max 5 x 2m	10 x 24m	3-5 rolling
U14 Girls (Kaimai and Koru Leagues)	9v9	2 x 35 mins	Size 4	min 60 x 45m max 70 x 50m	min 4 x 2m max 5 x 2m	10 x 24m	3-5 rolling
Central Bay 14th/15th Grade	9v9	2 x 35 mins	Size 5	min 60 x 45m max 70 x 50m	min 4 x 2m max 5 x 2m	10 x 24m	3-5 rolling

Central Bay 12th/13th Grade will play the under the 12th Grade Junior Rules.