

## **NWJSA MODIFIED RULES**

These rules are designed to be read in conjunction with the current [FIFA rules](#) and the NWJSA By-Laws.

This document contains the modifications, shown in *Italic's*, made by the NWJSA to the FIFA rules. Additional information is provided to assist in the understanding of the FIFA and modified rules.

These rules are for the standard weekly NWJSA program competition. There are modified rules to these for the Knock-Out Cup Rounds.

### **IMPORTANT INFORMATION**

**NWJSA Games are conducted as friendly games for age groups U6 to U11 (U11 are introduced to a Knock-Out Cup Competition in the last few weeks of the season). Competition points and league tables shall only apply to the Senior age group.**

Under 7 and 8 have the option for one coach per side who may enter the field of play for the purpose of instruction, they **MUST NOT** run with the players, obstruct or interfere with play, nor enter either goal box area while the game is in progress.

Under 6 age group will have a game leader provided by the association, team coaches are to instruct from the side-line.

No coaches are permitted to enter the field of play for Under 6, 9, 10, 11 and Seniors unless under the instruction of the Referee or Game Leader.

No Coaching is allowed from outside the field of play except by the team coach, and then only if information is given quietly in a non-hysterical manner.

***NO ONE IS ALLOWED TO STAND ALONG THE GOAL LINE, NEXT TO NEAR OR BEHIND THE GOALS***

Each school team is to supply a Game Steward and they must clearly be identifiable by wearing the Hi-Vis Vest supplied.

They can assist by:

Keep people away from behind the goals.

Keep people back from the side lines.

Ensure spectators abided by the Spectators Code of Conduct.

Assist N.W.J.S.A. Referees and Officials when requested.

## **LAW 1 – THE FIELD OF PLAY**

The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

### **(Dimensions)**

|                  |           |
|------------------|-----------|
| <b>Under 6:</b>  | 30m x 20m |
| <b>Under 7:</b>  | 55m x 32m |
| <b>Under 8:</b>  | 55m x 32m |
| <b>Under 9:</b>  | 65m x 40m |
| <b>Under 10:</b> | 75m x 45m |
| <b>Under 11:</b> | 75m x 45m |
| <b>Senior:</b>   | 75m x 45m |

### **(Field Markings)**

|                                |                          |
|--------------------------------|--------------------------|
| <b>Under 6:</b>                | No Centre Circle         |
| <b>Under 7 ,8 and 9:</b>       | Centre Circle: 8m radius |
| <b>Under 10, 11 and Senior</b> | Centre Circle: 9m radius |

### **(The Goal Area)**

A goal area is defined at each end of the field.

|                                   |  |
|-----------------------------------|--|
| <b>Under 6:</b>                   | No goal area marked  |
| <b>Under 7, 8,9:</b>              | Two lines are drawn at right angles to the goal line, 8m from the inside of each goal post, these lines extend into the field of play for a distance of 8m and are joined by a line drawn parallel with the goal line.   |
| <b>Under 10, 11 &amp; Senior:</b> | Two lines are drawn at right angles to the goal line, 11m from the inside of each goal post, these lines extend into the field of play for a distance of 11m and are joined by a line drawn parallel with the goal line. |

### **(The Penalty Area)**

|                 |  |
|-----------------|--|
| <b>Seniors:</b> | Two lines are drawn at right angles to the goal line, 11m from the inside of each goal post, these lines extend into the field of play for a distance of 11m and are joined by a line drawn parallel with the goal line. |
|-----------------|--|

### **(Goals)**

Goals must be placed on the centre of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar.

### **(Size of Goals)**

|                                  |  |
|----------------------------------|--|
| <b>Under 6:</b>                  | Distance between post 1.5m – Ground to crossbar 1m   |
| <b>Under 7, 8 and 9:</b>         | Distance between post 4.5m – Ground to crossbar 1.8m |
| <b>Under 10, 11 and Seniors:</b> | Distance between post 6m – Ground to crossbar 2m     |

Field dimension and goal sizes are recommendations only and may be varied in accordance with the amount of ground and material available and the ages of players involved.

### **LAW 2 – THE BALL**

In all NWJSA sanctioned games a suitable size soccer ball shall be used.

|                                     |        |
|-------------------------------------|--------|
| <b>Under 6, 7 and 8:</b>            | Size 3 |
| <b>Under 9, 10, 11 and Seniors:</b> | Size 4 |

### **LAW 3 – THE NUMBER OF PLAYERS**

A match is played by two teams, each team consisting of not more than:

|                                  |                        |
|----------------------------------|------------------------|
| <b>Under 6:</b>                  | 4 players on the field |
| <b>Under 7, 8 and 9:</b>         | 7 players on the field |
| <b>Under 10, 11 and Seniors:</b> | 9 players on the field |

In each team a player must be designated as the goalkeeper, except for Under 6 where there is no goalkeeper.

The game leader, team coaches and managers should continually discourage children from permanently standing in front of the goal.

### **(Substitution)**

In all games there shall be no limit to the number of substitutes used, subject to their name being on the team match sheet prior to the commencement of the game.

Players substituted may return to the game.

**Under 6:** The coach is allowed to make substitutions while the ball is in play, the interchange of players must take place at the half-way point of the field.

**All other age groups:  
Under 7 to Senior** Substitutions may only be made during a stoppage in play, e.g. ball out of play, free kicks, goal kicks from the ground and only when signalled by the referee.  
Substitutions must be made adjacent to the half way line and may be made only when signalled by the referee.

In all age groups the substitute player may not enter the field of play until the player being replaced has left the field.

In all age groups a player sent off the field by the referee may not return. In Senior age group players sent off may not be replaced.

## **LAW 4 – THE PLAYER’S EQUIPMENT**

### **(Safety)**

A Player must not use equipment or wear anything that is dangerous to themselves or other players.

- All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewellery is not permitted.
- Religious Bracelets and Medic Alert bands  
These items must be fixed to the players arm so it does not move, and covered with cushioning material to protect other players from impact or injury.

No players are allowed to play if they are wearing a plaster cast.

### **(Goalkeepers)**

Are to wear colours that distinguish themselves from the other players, the referee and the assistant referees.

### **(Basic Equipment)**

The basic equipment of a player is:

- A guernsey or shirt (numbers on shirts are preferred, Compulsory in Seniors)
- Shorts
- Socks (**long** Football socks)
- Shin Guards – (**Compulsory – to play**)
- Footwear – football boots preferred. Boots or Shoes worn must provide a reasonable degree of protection.

## **LAW 5 – THE REFEREE**

Under 6 age group will have a game leader provided by the Association.

Game Leader: the main role of the game leader is to keep the game moving fluently, limit stoppages and assist players with all match re-starts. Most importantly, they must make every effort to create an environment that ensures all players have fun and have maximum involvement.

The game leader should always be enthusiastic and approachable.

Most Importantly – Remember the children are learning the game – be flexible and patient.

All other age groups a referee will be supplied by the association

In the event of no official – game leader/referee attending the game, it shall be the coach’s responsibility to provide a suitable game leader/referee. If one of the coach’s accepts the job of game leader/referee, they cannot coach as well.

The decisions of the referee regarding actions connected with play are final.

**Important:**

**In the event of any complaint or objection relating to a referee's conduct of a game, on no account shall players, coach's or parent's approach or make such complaints or objections directly to the referee concerned.**

**Such complaints or objections must be made to your School's Delegate who will raise it with the Association.**

**LAW 6 – THE ASSISTANT REFEREE (LINES PERSON)**

It is the responsibility of each team to supply a responsible person to perform the duties of an assistant referee, young children should not be given this responsibility. School assistance referee duties, subject to the decision of the referee, are to indicate:

- When the whole of the ball has passed out of the field of play.
- Which team is entitled to a corner kick, goal kick or throw-in.
- When a player may be penalised for being in an offside position.

**LAW 7 – THE DURATION OF THE MATCH**

**(Training Clinic)**

Under 6 and 7 have a 30 minute pre-game training clinic

Players that do not attend clinic are not to take part in games

**(Game Times)**

Recommended periods of play (times may need to be reduced to fit in all teams)

The match lasts for two periods of:

|                         |            |
|-------------------------|------------|
| <b>Under 6 and 7:</b>   | 10 minutes |
| <b>Under 8 and 9:</b>   | 15 minutes |
| <b>Under 10 and 11:</b> | 20 minutes |
| <b>Seniors:</b>         | 25 minutes |

If matches are started later than the scheduled time the periods must be reduced to ensure the game finishes at least 2 minutes before the scheduled start of the next game.

**(Half-Time Interval)**

Players are entitled to an interval at half time.

Most games will have a 2 – 5minute interval, as all games must finish at least 2 minutes before the scheduled start of the next game.

With bad weather conditions the teams may change straight over without a half-time interval.

**(Allowance for Time Lost)**

There is no allowance for time lost in NWJSA sanctioned games.

**(Extra Time)**

There is no allowance for time lost or extra time in NWJSA sanctioned weekly games. Knock-Out Cup games have different rules.

## **LAW 8 – THE START AND RESTART OF PLAY**

A kick-off starts both halves of a match, after a goal has been scored and both halves of extra time.

**Under 6** – Opposition team must be near their goal area until the ball is in play.

**All other age groups** – The start and restart of play is taken in accordance with FIFA Rules.

## **LAW 9 – THE BALL IN AND OUT OF PLAY**

Is determined in accordance with FIFA Rules.

## **LAW 10 – THE METHOD OF SCORING**

Is determined in accordance with FIFA Rules.

## **LAW 11 – OFFSIDE**

**NWJSA uses the FIFA interpretation of the offside rule. An interactive tutorial on offside can be found [here](#).**

It is not an offence to be in an offside position.

A player in an offside position at the moment the ball is played or touched by a team-mate is only penalised on becoming involved in active play by:

- interfering with play by playing or touching a ball passed or touched by a team-mate or
- interfering with an opponent by:
- preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or
- challenging an opponent for the ball or
- clearly attempting to play a ball which is close when this action impacts on an opponent or
- making an obvious action which clearly impacts on the ability of an opponent to play the ball.
- gaining an advantage by playing the ball or interfering with an opponent when it has:
- rebounded or been deflected off the goalpost, crossbar, or an opponent.
- been deliberately saved by any opponent.

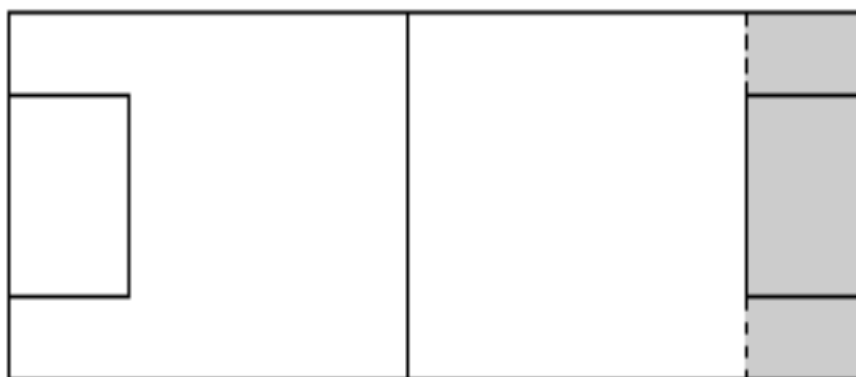
There is no offside offence if a player receives the ball directly from:

- a goal kick.
- a throw-in.
- a corner kick.

**There is no offside in Under 6.**

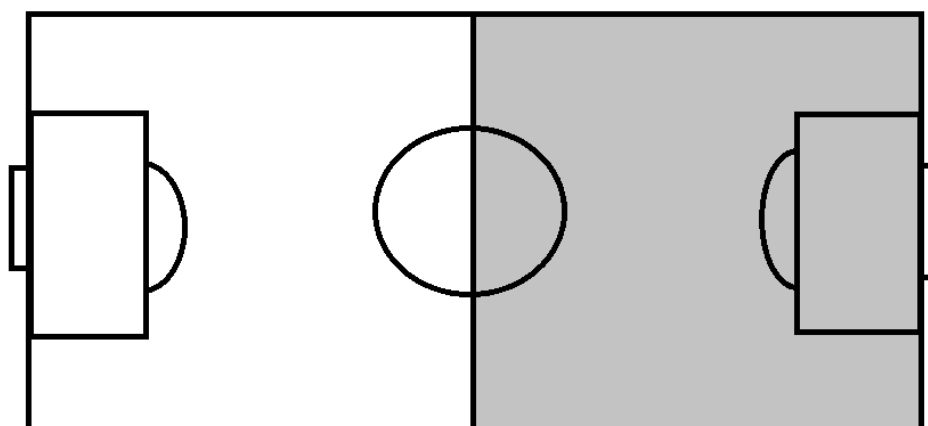
**Under 7, 8 and 9** the games Offside Law is only applied within 8 metres of the attacking team's goal line.

Attacking team offside only in shaded area.



**Under 10, 11 and Senior's** the games Offside Law is only applied within the attacker's half of the field of play.

Attacking team offside only in shaded area



## **LAW 12 – FOULS AND MISCONDUCT**

### **Under 6 – 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 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.

### **All other age groups**

**Direct Free Kick** – A direct free kick is awarded to the opposing if a

player commits any of the following six offences in a Manner considered by the referee to be **careless, reckless**, or using **excessive force**:

- Charges, Jumps at, or Pushes an opponent.
- Kicks or attempts to kick an opponent.
- Strikes or attempts to strike (including head-butt) an opponent.
- Trips or attempts to trip an opponent.
- Tackles or challenges an opponent to gain possession of the ball, making contact with the opponent before touching the ball.

A direct free kick is awarded if a player commits any of the following offences:

- Handles the ball deliberately (except for the goalkeeper within their penalty area)
- Holds an opponent.
- Impedes an opponent with contact.
- Bites or spits at an opponent.

**Indirect Free Kick** – An indirect free kick is awarded to the opposing team if a goalkeeper, inside his/her own penalty area, commits any of the following four offences:

- Controls the ball with the hand/arm for more than six seconds before releasing it.
- Touches the ball with the hand/arm after releasing it and before it has touched another player.
- Touches the ball with the hand/arm, unless the goalkeeper has clearly kicked or attempted to kick the ball to release it into play, after:
  - it has been deliberately kicked to the goalkeeper by a team-mate.
  - receiving it directly from a throw-in taken by a team-mate.

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

- Plays in a dangerous manner.
- Impedes the progress of an opponent.
- Prevents the goalkeeper from releasing the ball from their hands.
- Commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

### **Disciplinary Sanctions**

**Caution offences include (but are not limited to):**



- Is guilty of unsporting behaviour.
- Delaying the restart of play by their team.
- Dissent by word or action.
- Fails to respect the required distance when play is restarted with a corner kick, or free kick or prevents the goalkeeper from releasing the ball from their hands.
- Persistent unacceptable behaviour (including repeated warning offences).
- Showing a lack of respect for the game.

**Sending-off offences include (but are not limited to):**

- Is guilty of serious foul play.
- Violent conduct, physical or aggressive behaviour.
- Using offensive, insulting or abusive language and/or action(s)
- Delaying the restart of play by the opposing team e.g. holding onto the ball, kicking the ball away, obstructing the movement of a player.
- Deliberately denies the opposing team a goal or an obvious goal scoring opportunity by handling the ball.
- Denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick.
- Receiving a second caution in the same match.

A referee may send a player off, without showing a red card, to cool off and allow that player to return later. It must be understood that it is the right of the referee to make such a decision.

A player sent off the field by the referee showing a red card in competitive games (Seniors) may not return and may not be replaced. This player **MUST NOT** play in the next game.

In all other age groups a player sent off the field by the referee showing a red card may not return but can be replaced.

Further ruling and information in accordance with FIFA rules.

**LAW 13 – FREE KICKS**

All free kicks are taken in accordance with FIFA Rules.

With Under 6, 7, 8 and 9 age groups if a free kick is taken incorrectly or unsuccessfully, they may be allowed to retake the kick if the referee thinks the player will learn from the experience. It must be understood that it is the right of the referee to make such a decision.

**LAW 14 – THE PENALTY KICK**

Only the **Senior** age group have penalty kicks, these will be taken on the edge of the goal box and taken in accordance with FIFA rules.

There will be **NO** penalty kicks in the Under 6 ,7 ,8 ,9, 10 and 11 age groups.

- Under 7, 8, 9, 10, and 11 –** All free kicks awarded inside the goal box area (for the attacking team) will be taken from a point on the edge of the goal box area (excluding the goal line) nearest to where the infringement occurred.
- The defensive team are allowed to create a wall, at a point where the referee instructs or along the goal line.

### **LAW 15 – THE THROW-IN**

- Under 6 –** 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.

- Under 7, 8, 9 –** Throw-Ins are given and taken in accordance with FIFA rules. However, if a throw-in is taken incorrectly or unsuccessfully they are allowed to retake the throw-in, only by the same player.

- Under 10, 11 and Seniors -** Throw-Ins are given and taken in accordance with FIFA rules. However, if a throw-in is taken incorrectly or unsuccessfully, they are allowed to retake the throw-in, only by the same player, if the second throw-in is taken incorrectly or unsuccessfully the throw-in is taken by a player from the opposing team.

### **LAW 16 – THE GOAL KICK**

Goal Kicks are given and taken in accordance with FIFA rules.

- Under 6 –** The goal kick will be taken within 2m of the goal, and the attacking team are to retreat into their defensive half of the field until the ball is kicked into play.

- All other age groups –** Start of play with a goal kick from anywhere in the goal box area, the opposing team **MUST** retreat to their defensive half until the ball is kicked into play.

- Under 7, 8 and 9 –** If a goal kick is taken incorrectly or unsuccessfully, they may be allowed to retake the goal kick, if the referee thinks the player will learn from the experience. It must be understood that it is right of the referee to make the decision.

## **LAW 17 – THE CORNER KICK**

Corner Kicks are given and taken in accordance with FIFA rules.

**Under 6 –** There is NO corner kick, regardless of which team touched the ball last. The game will re-start with a goal kick in line with Law 16.

**All other age groups –** Corner Kicks are given and taken in accordance with FIFA rules.

**Under 7, 8 and 9 –** If a corner kick is taken incorrectly or unsuccessfully, they may be allowed to retake the corner kick, if the referee thinks the player will learn from the experience. It must be understood that it is right of the referee to make the decision.