



BDSFA MINIROO PLAYING FORMATS AND REGULATIONS

2025



What Is MiniRoo Football

MiniRoo Football is designed to be a fun, non-competitive environment for young players to learn about football as well as developing physical and social skills. The Football Australia Curriculum identifies 4 training building blocks, and 2 playing building blocks.



Children in the MiniRoo age groups are in the Discovery or Skill Acquisition Phase of training and the Small-sided Football phase of games. This model is consistent with the majority of football associations around the world where development in youth is prioritised over results. The aim of this model is to

1. Develop technically proficient players
2. Develop tactically aware, proactive players
3. Develop and continually improve youth football in Australia based upon a successful style of technique and creativity

By playing on smaller fields with less players we allow each player on the field to have more touches and more time with the ball, allowing for more repetition of the core skills. The smaller field also allows for each player to stay engaged in the game and provide valuable input towards their team.

By removing a focus on results in these age groups we encourage young players to try out new skills, be creative and enjoy their experience. Mistakes are part of the game and whilst learning young players will often make what parents or coaches perceive as mistakes, but they will learn and keep improving if they are in an environment that encourages their efforts and celebrates their successes.

At this age the game will usually be officiated by a Game Leader, who are usually children, just a few years older than the players and they are learning about officiating in the same way players are learning to play. These Game Leaders make it possible for children to play and the game would not be possible without them. By encouraging Game Leaders at this stage we are helping to ensure there will be an adequate number of qualified referees when the players reach older age groups. The Game Leader may see something different to what you did from the sideline, this does not mean they are wrong. Encourage the Game Leaders at every opportunity, abuse of Game Leaders in any form will never be tolerated and sanctions will be applied to offenders and in some cases, their children.

Age Group Comparison

Age Group	Under 5-6	Under 7-9	Under 10-11
Points and Finals	No	No	No
Number of Players	4v4	7v7	9v9
Goalkeeper	No	Yes	Yes
Field Size	Rectangular Length: 30m Width: 20m	Rectangular Length: 40-50m Width: 30-40m	Rectangular Length: 50-60m Width: 40-50m
Penalty Area	No	Length: 5m Width: 12m	Length: 10m Width: 20m
Penalty Mark	NA	8m from the goal line	8m from the goal line
Exclusion zone on goal kicks	Halfway	Halfway	Halfway
Exclusion zone after a goalkeeper save	NA	10m	10m
Exclusion zone for a free kick	5m from the ball	10m from the ball	10m from the ball
Foul throws	NA – kick in	Not penalised, players allowed to retake	Penalised by opposition gaining the throw in
Corners	No	Ball placed inside the corner arc nearest to where the ball crossed the line	Ball placed halfway between the sideline and edge of penalty box
Offsides	No	No	Yes for clear and obvious offsides
Goal Size	Width: 2m Height: 1m	Width: 3m Height: 2m	Width: 5m Height: 2m
Ball Size	3	3	4
Game Duration	2 x 15 minute halves	2 x 20 minute halves	2 x 25 minute halves
Referee	Game Leader	Game Leader	Game Leader

Except where specifically stated, all rules and regulations will be as per the BDSFA Competition Regulations.

Under 5-6 Playing Rules

Number of players	4-a-side with no goalkeeper. 3 maximum reserves
Field of play	30m x 20m, painted lines with a half-way line
Goal Size	2m wide 1m high
Ball Size	Size 3
Duration	15-minute halves
Penalty area	No penalty area

Goal type

Portable, rectangular goals are to be used.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

Goalkeeper

There are no goalkeepers in MiniRoos Under 5-6.

Ball crossing the touch line

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.

Ball crossing the goal line

There is no corner kick.

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 halfway line** and can move once the ball is in play. The ball must touch a teammate before a goal can be scored.

Offside

There is **no offside** rule in MiniRoos Under 5-6.

Fouls and misconduct

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 to play. If there is a deliberate or serious act of handball, foul or misconduct has occurred, the Game Leaders will explain to the child they have done the wrong thing and that they should not do this again. Free kicks should be awarded as appropriate.

Match results and points tables

The recording of match results will be conducted by the Game Leader and team managers on the electronic team sheets for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Game Leaders

The BDSFA will provide training and education for Game Leaders. Allocations will be performed by the hosting club. In the case of no official Game Leader being present, any capable person can officiate.

All official and non-official Game Leaders are entitled to payment.

Grading

Players are generally not graded at this age. Players will be placed in suitable teams by their club. Re-draws may occur at the discretion of the Competition Manager to assist with creating an enjoyable experience for all players.



Under 7-9 Playing Rules

Number of players	7-a-side including goalkeeper. 3 maximum reserves
Field of play	40-50m long x 30-40m wide, painted lines with a half-way line, corner arcs and penalty area
Goal Size	3m wide 2m high
Ball Size	Size 3
Duration	20-minute halves
Penalty area	5m deep, 12m wide rectangle

Goal type

Portable, rectangular goals are to be used.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

Offside

There is **no offside** rule in MiniRoos Under 7-9. Coaches should strongly discourage children from permanently standing in an offside position.

Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds.

The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. **Opponents must retreat 10 metres** and cannot move inside the penalty area until the ball is in play. The ball is in play once it is moved by the goalkeeper.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a teammate.

Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least **5 metres away** from the ball until it is in play.

Foul throws are not penalised in under 7-9.

The ball is in play once it enters the field of play. A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the ball **inside the corner arc** nearest to the point where the ball crossed the line. Opponents must be at least **5 metres** away from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last

Goal kick from anywhere within the penalty area.

Opponents must retreat to the halfway line and cannot enter the opposition half until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players have retreated to their own half. The ball is in play once it is kicked.

Match results and points tables

The recording of match results will be conducted by the referee and team managers into the electronic team sheets for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Number of players	7-a-side including goalkeeper. 3 maximum reserves
Field of play	40-50m long x 30-40m wide, painted lines with a half-way line, corner arcs and penalty area
Goal Size	3m wide 2m high
Ball Size	Size 3
Duration	20-minute halves
Penalty area	5m deep, 12m wide rectangle

Game Leaders

The BDSFA will provide training and education for Game Leaders. Allocations will be performed by the hosting club. In the case of no official Game Leader being present, any capable person can officiate.

All official and non-official Game Leaders are entitled to payment.

Development Leagues

All players are to be graded into teams which complement their ability. Teams will be graded into the appropriate Development Leagues. Re-draws may occur at the discretion of the Competition Manager.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least **10 metres** 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.

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an **8-metre penalty mark** from the goal line with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

Fouls and misconduct are:

- kicks or attempts to kick an opponent.
- trips or attempts to trip an opponent.
- jumps at an opponent.
- charges at an opponent.
- strikes or attempts to strike an opponent.
- pushes an opponent.
- tackles an opponent from behind to gain possession of the ball.
- makes contact with the opponent before touching the ball.
- holds an opponent.
- spits at an opponent.
- handles the ball deliberately.
- plays in a dangerous manner; and
- impedes the progress of a player.

Under 10-11 Playing Rules

Number of players	9-a-side including goalkeeper. 3 maximum reserves
Field of play	60-70m long x 40-50m wide, or 18-yard box to 18-yard box. Painted lines with a half-way line, corner arcs and penalty area
Goal Size	5m wide 2m high
Ball Size	Size 4
Duration	25-minute halves
Penalty area	10m deep, 20m wide rectangle

Goal type

Portable, rectangular goals are to be used.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

Offside

The offside rule will be enforced in under 10s and 11s **for clear and obvious offsides.**

Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds.

The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at **least 10 metres outside the penalty area** and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves from the goalkeeper.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a teammate.

Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least **5 metres away** from the ball until it is in play.

Foul throws will be penalised by the opposition gaining the throw in.

The ball is in play once it enters the field of play. A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the **ball halfway between the sideline and the edge of the penalty box** nearest to the point where the ball crossed the line. Opponents must be at least **5 metres away** from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last

Goal kick from anywhere within the penalty area. **Opponents must retreat to the halfway line until the ball is in play.** Game Leaders should not restart play until they are satisfied all opposition players are the halfway line. The ball is in play once it is kicked.

Match results and points tables

The recording of match results will be conducted by the Game Leader and team managers for the purpose of assigning teams to appropriate leagues and ensuring the most enjoyable experience for all players.



Number of players	9-a-side including goalkeeper. 3 maximum reserves
Field of play	60-70m long x 40-50m wide, or 18-yard box to 18-yard box. Painted lines with a half-way line, corner arcs and penalty area
Goal Size	5m wide 2m high
Ball Size	Size 4
Duration	25-minute halves
Penalty area	10m deep, 20m wide rectangle

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Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres 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.

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an **8-metre penalty** mark from the goal line with only a goalkeeper in position. All other players must be outside the penalty area and be at least **5 metres** behind the penalty mark.

Fouls and misconduct are:

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- trips or attempts to trip an opponent.
- jumps at an opponent.
- charges at an opponent.
- strikes or attempts to strike an opponent.
- pushes an opponent.
- tackles an opponent from behind to gain possession of the ball.
- makes contact with the opponent before touching the ball.
- holds an opponent.
- spits at an opponent.
- handles the ball deliberately.
- plays in a dangerous manner; and
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