

# **SUPER FIVES (OPTIONAL FOR AGE 8 YEARS FROM MARCH TO NOVEMBER)**

## **Recommended**

The field of play should be 40 metres by 20 metres.

Goalposts should be no more than be 4.9 metres x 1.8 metres (16ft by 6ft).

There should be a centre mark at the midpoint of the halfway line.

## **2. The Ball**

A size 3 ball should be used.

## **3. The Number of Players**

Teams will comprise 4 outfield players plus a goalkeeper. Team squads may consist of up to 7 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible.

## **4. The Players' Equipment**

All players must wear shin-guards.

Metal studs are suitable for grass fields only. Players must wear the appropriate clothing dependent on weather.

Glasses may be worn provided they have safety frames and lenses.

## **5. The Referee**

A match supervisor, who must be a club official, will officiate from the side of the field and will not be allowed to coach either team.

## **6. Assistant Referees/Match Supervisors**

Assistant referees/match supervisors are not required

## **7. The Duration of the Match**

Matches should be organised on a round robin festival basis and be trophy free. Each match should last no more than 15 minutes. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch. There should be a minimum of 5 minutes between matches with a maximum of 3 matches within a 1 hour period.

## **8. The Start and Restart of Play**

On scoring a goal the team that scores will retreat to the halfway line. The team conceding the goal will restart the game from the penalty area by either dribbling directly into play or playing a short forward pass.

## **9. The Ball in and out of Play**

Normal rules apply.

## **10. The Method of Scoring**

Normal rules apply.

## **11. Offside**

There is no offside rule and there is no retreating line.

## **12. Fouls and Misconduct**

Normal rules apply.

Team coaches should immediately substitute any player showing unacceptable behaviour.

## **13. Free Kicks**

Normal rules apply except that the distance an opposing player must be is 6 metres from the ball. All free kicks are indirect



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### **14. The Penalty Kick**

There are no penalty kicks.

### **15. The Throw In**

In the event of the ball going out of play, a kick-in will be awarded. All opposition players must be 6 metres from the ball. The player taking the kick-in must use a short pass with the inside of the foot

### **16. The Goal Kick**

Goal kicks should be taken out from the penalty area, but without a penalty area marked, The goalkeeper must place the ball down and play a short pass out with the inside of the foot

### **17. The Corner Kick**

Normal rules apply except that opposing players to be 6 metres away.

### **General**

Team coaches will stand on the same side of the pitch. Parents should stand on the opposite side of the pitch behind a marked area, for example, cones, pitch tapes etc.

Dependant on the venue, parents should be encouraged to stand a distance away from the pitch and to only encourage players and to uphold fair play.

Team coaches should encourage the rotation of players to experience different positions on the pitch.

Goalkeepers must either throw the ball or make a pass from the ground to a team mate. The goalkeeper must not kick the ball from hand.

It is recommended, time permitting, that matches will finish with every player taking a penalty kick.

At the end of every game team coaches should encourage both teams to shake hands with each other and the officials.

Required Coach Education is Level 1.2 of the Children's Pathway

Recommended Coach In Service is relevant CCD & PCS coaches workshop