



**MINI-ROOS**

**HANDBOOK**

**2020**

**UNDER 12**



## **MINI-ROOS FOOTBALL**

This handbook with rules and playing format provides assistance to instructing referees, coaches and managers to implement Mini Roo Football Games.

Mini Roo football is a modified form of 11-a-side football designed to meet the need of players between U/6 and U/12 age groups

It is structured for the players to have fun and enjoyment leading to progression of 11-a-side format as they get older.

### **PROVEN BENEFITS**

- Improved technical ability with more touches of the ball and goal scoring opportunities.
- Quicker decisions and improved reaction time by playing on smaller fields.
- Improves confidence and self-esteem.
- A more active child is healthier, smarter and a more productive member of the community.

### **RESIDUAL BENEFITS**

- The rest of the world is playing small sided games and we are part of the football world.
- Parents are introduced to the game in smaller, understanding doses.
- Mini Roo football is a great place to train new referees.



# PROGRESSION THROUGH MINI-ROOS FOOTBALL

<b>PLAYING FORMAT</b>	<b>UNDER 6 &amp; 7</b>	<b>UNDER 8 &amp; 9</b>	<b>UNDER 10 &amp; 11</b>	<b>UNDER 12</b>
<b>Points table and Finals</b>	No	No	No	Yes
<b>Number of Players</b>	4 v 4	7 v 7	9 v 9	9 v 9
<b>Goalkeeper</b>	No	Yes	Yes	Yes
<b>Field Size</b>	Length: 30m Width: 20m	Length: 40m-50m Width: 30m -40m	Length: 60m-70m Width: 40m -50m	Length: 60m-70m Width: 40m -50m
<b>Quarter Line</b>	No	Halfway between centre line and Goal line	Halfway between centre line and Goal line	
<b>Penalty Area</b>	No	Depth: 5m Width: 12m	Depth: 5m Width: 12m	Depth: 5m Width: 12m
<b>Goal Size</b>	Width: 1.5m-2m Height: 0.9m-1m	Width: 2.5m-3m Height: 1.8m-2m	Width: 4.5m-5m Height: 1.8m-2m	Width: 4.5m-5m Height: 1.8m-2m
<b>Ball Size</b>	3	3	4	4
<b>Playing Time</b>	2 x 20 minutes	2 x 20 minutes	2 x 25 minutes	2 x 25 minutes
<b>Half Time Break</b>	5 minutes	5 minutes	5 minutes	5 minutes
<b>Referee</b>	Game Leader	Instructing Referee	Instructing Referee	Referee



## **AGE GROUP – UNDER 12**

### **LAWS OF THE GAME**

#### **FIELD OF PLAY**

##### **Dimensions**

The field should be rectangular in shape - Length: 60m – 70m, Width: 40m – 50m.

##### **Markings**

Markers or painted line markings.

##### **Goal Size**

Width: 4.5m – 5.0m, Height: 1.8m – 2.0m

##### **Penalty Area**

Rectangular – Depth: 5.0m, Width: 12m

##### **The Ball**

Size 4

##### **Duration of Game**

2 x 25 minute halves  
Half-time break of 5 minutes

##### **Number of Players**

9 v 9 – **Including Goalkeeper**

A maximum of four (5) substitutes are permitted which may rotate during the entire game.

The coach or manager may make substitutions when there is stoppage of play during the game.

The U12 format is similar to 11v11 and will be played under the laws of the game with referees, offsides, red/yellow cards, competition points etc. Please refer to the Hills Football By-laws and The Laws of the game for all other rules.