

Hills Football Incorporated

MiniRoos MiniTildas Handbook 2025

Under 10/11





UNDER 10/11 FOOTBALL

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

MiniRoo football is a modified form of 11-a-side football designed to meet the need of younger players.. 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.
- MiniRoo football is a great place to train new referees.

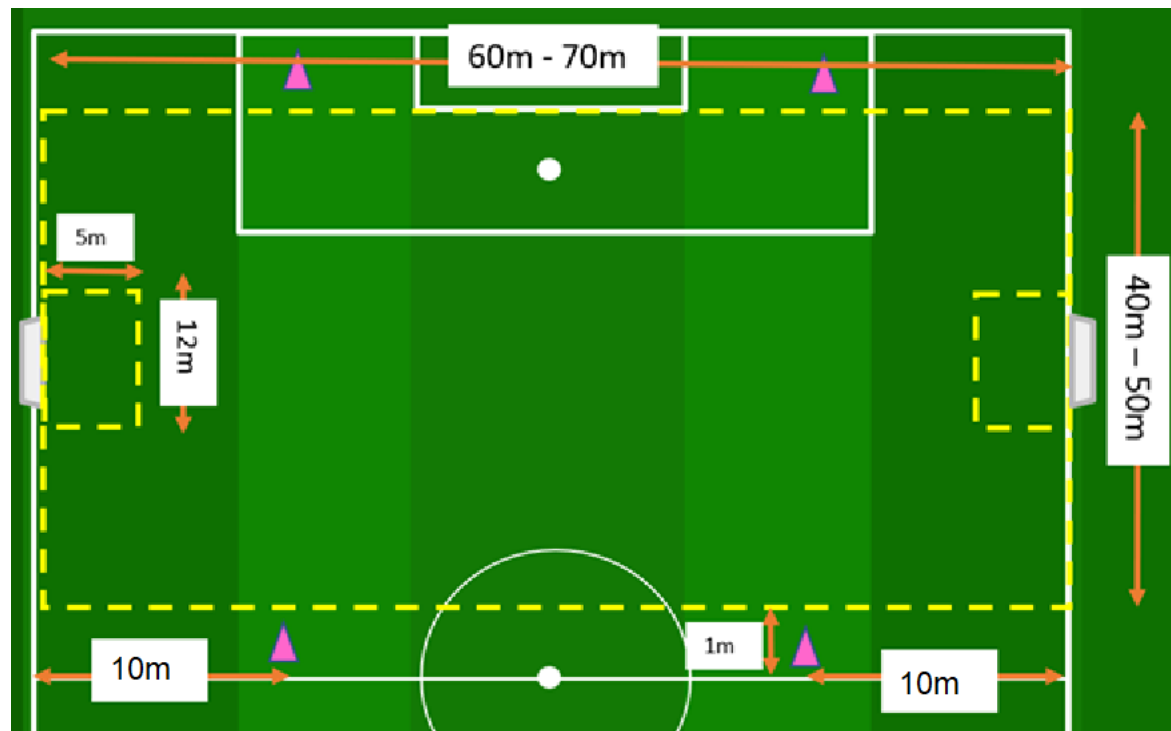


PROGRESSION THROUGH MINIROOS/MINITILDAS FOOTBALL

Playing Format	Under 6 & 7	Under 8 & 9	Under 10 & 11
Points table and Finals	No	No	No
Number of Players	4 v 4	7 v 7	9 v 9
Goalkeeper	No	Yes	Yes
Field Size	Length: 30m Width: 20m	Length: 40m-50m Width: 30m -40m	Length: 60m-70m Width: 40m -50m
Exclusion zone (Quarter Line)	Halfway line	Halfway between halfway line and goal line	10m from the goal line
Penalty Area	No	Depth: 5m Width: 12m	Depth: 5m Width: 12m
Offsides	No	No	No
Goal Size	Width: 1.5m-2m Height: 0.9m-1m	Width: 2.5m-3m Height: 1.8m-2m	Width: 4.5m-5m Height: 1.8m-2m
Ball Size	3	3	4
Playing Time	2 x 20 minutes	2 x 20 minutes	2 x 25 minutes
Half Time Break	5 minutes	5 minutes	5 minutes
Referee	Game Leader	Instructing Referee	Instructing Referee

AGE GROUP – UNDER 10/11

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

Goal Type

It is recommended that clubs use suitable portable goals where possible.

Penalty Area

Rectangular – Depth: 5.0m, Width: 12m

Penalty kicks are taken 8m from the goal line

The Ball

Ball size is 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 (4) substitutes are permitted which may rotate during the entire game.

The coach or manager may make substitutions while the ball is in play but must wait until the substituted player has left the field.

LAWS OF THE GAME

The U10/11 format wherever possible is similar to 11v11 and will be played under the laws of the game with instructional referees. Please refer to the Hills Football By-laws and The Laws of the game for all other rules.

The Goalkeeper/Goal kicks

- The Goalkeeper is allowed to handle the ball anywhere in the penalty area.
- **The Goalkeeper is NOT allowed to kick or drop-kick the ball directly from their hands**, a roll or throw is recommended.

After a save or gather of the ball (the ball DID NOT leave the field of play)

- **After a save or gather the ball with their hands**, the ball can be thrown or rolled from the hands or played with their feet, within 6 seconds.
- Opponents must retreat to the 10m line.
- When a goalkeeper catches or traps a ball or the ball crosses the goal line for a goal kick, the attacking team must retreat back behind the exclusion zone. The attacking team shall not be permitted to attack until such time as the defending team takes their second touch of the ball allowing the goalkeeper or other player not to be under pressure and allow them to play out with two touches before the attacking team can attack.
- Should the goalkeeper wish to **place the ball on the ground** and then pass it, **after a save or gather the ball with their hands** the goal kick is treated as if the ball did leave the field of play. Please see below section for further details.
- Opposition players cannot restrict, attempt to disrupt or stop the Goalkeeper from realising/passing the ball.
- An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to the goalkeeper by a team-mate.



After the ball has left the field of play at the goal line

- The play will be re-started with a goal kick. The goal kick is to be placed on the ground anywhere within the marked box.
- Opposition players are all to retreat behind the 10 metre exclusion zone. Opposition players cannot enter the exclusion zone until
 - a The ball has been passed too and touched by a second player (must be from the same team as the player taking the goal kick) within the exclusion zone,
 - b The ball has left the exclusion zone,
 - c The ball has left the field of play,
- Should the ball not reach a player of the same team, and as stopped still inside the exclusion zone, the Goalkeeper cannot touch it again, and all opponents must remain outside the zone until a player of the same team has gone to collect the ball or if the referee deems appropriate orders a re-take.

START OF PLAY / RESTART OF PLAY AFTER A GOAL

- The taking team must pass/kick the ball so that it has at least moved away from the stationary position. An indirect freekick would be awarded if the taker touches the ball a second time before a different player has touched the ball (as per 11v11 laws of the game).
- All players must be in their own half of the field of play.
- Opponents start by standing **at least 5m** away from the ball within their own half.
- The ball must touch a second player before a goal can be scored.

Ball in and out of Play

The ball is out of play when it has wholly crossed the goal line or the touch line (on the ground or in the air), or when play has been stopped by the Instructing Referee.

Ball Crossing the Touch Line

Throw In:

- A player from the opposing team of the player that last touched the ball before it crossed the line takes the throw in.
- The 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 their head.
- The thrower must **NOT** touch the ball again until it has touched another player.
- Opponents must be **at least 5m away** from the ball until it is in play.



- The ball is in play once it enters the field of play through an approved throw in.
- A goal cannot be scored directly from a throw in. Should a goal be scored direct from a throw in (didn't touch a second player) then a goal kick is awarded. If the ball did touch a field player or Goalkeeper and then crosses the goal line a goal can be awarded.
- If the instructing referee rules that the player incorrectly throws the ball in on their first attempt a second attempt is awarded to the same throw in taker. Should the second attempt still be a foul throw the throw in shall be awarded to the opposing team.

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 5m 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.

Method of Scoring

- A goal is scored when the whole ball passes over the goal line, between the goalposts and under the crossbar.

Offside

There is **NO** offside

- Coaches should strongly discourage children from permanently standing in blatantly offside positions.
- Instructing Referees should direct players permanently standing in blatant offside position to move into onside positions.
- Children should be made aware of the offside rule during training and encouraged to adopt it in the games at all times.
- Where players are purposely and blatantly playing offside whether directed to or not, the referee will have the authority to award a free kick against the team who's player is purposely and blatantly playing off side, at the sole discretion of the referee.



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 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 **8m penalty mark** with only a goalkeeper in position. All other players **MUST be outside the penalty area and must be at least 5m behind the penalty mark.**

Fouls and misconduct are when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent from behind to gain possession of the ball
- Hold an opponent
- Spits at an opponent
- Handles the ball deliberately
- Plays in a dangerous manner
- Impedes the progress of the player

There are no yellow/red cards issued in these ages. However, the game leader can instruct a player to be removed/substituted from the field of play. This would be for the player to “cool down” or for coaches/game leaders to provide more detailed instructions about inappropriate on field behaviour.



OFFICIALS – INSTRUCTING REFEREE

Role of the Instructing Referee

The main role of the Instructing Referee is to control the game and to ensure it is played fluently and instruct and correct the players (with minimal whistle blowing) on how to behave and what the rules are, e.g. what a foul is, what a free kick is and how to throw etc. Should these indiscretions happen a second time, the referee should stop the game and apply the appropriate action and decisions.

The Instructing Referee can be a club official, parent, older child or player, beginning referee or official referee from the Association.

The Instructing Referee should:

- Encourage all children to have fun and different children to take re-starts.
- Ensure the correct numbers of players are on the field.
- Discourage players from permanently standing in blatant offside positions and instruct them to move into onside positions.
- Let the game flow and give instruction to all players on the run where they can
- Instruct players in the first instance before blowing the whistle where possible.
- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children and do not emphasize the winning or losing.
- Be enthusiastic, consistent and approachable.
- Remember the children are learning – be flexible and patient.

POINTS TABLES AND FINALS

To ensure that MiniRoos is played in the correct spirit and gives all players the best possible chance to develop into the best players they can be, FA advises that member Federations, Zones, Associations and Clubs adopt and promote that the keeping of points table and playing of finals should not be done

Reference: AIA Vitality MiniRoos Club Football Optus Small Sided Handbook