

Hills Football Incorporated

MiniRoos MiniTildas Handbook 2025

Under 6/7





UNDER 6/7 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.

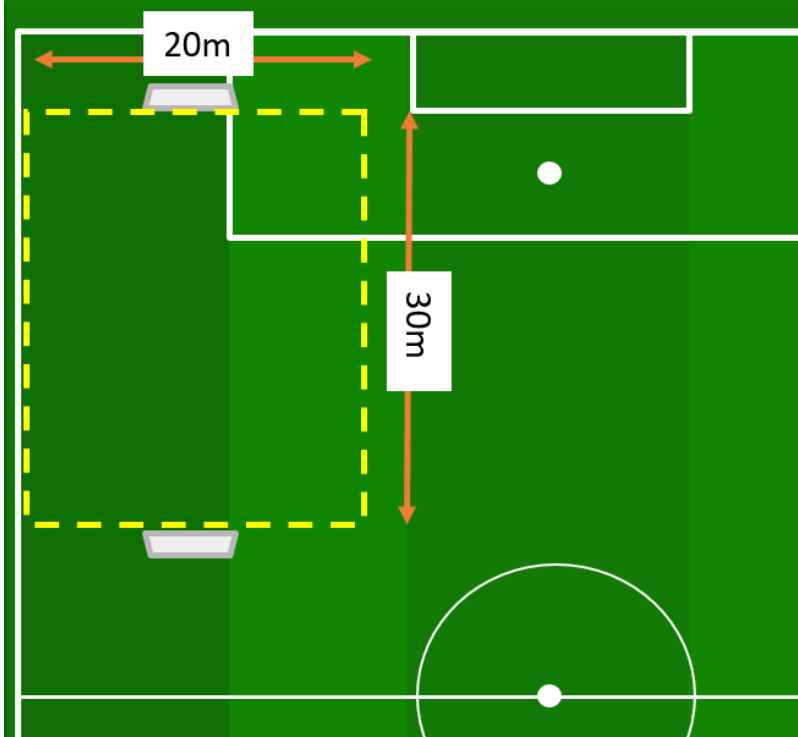


PROGRESSION THROUGH MINIROOS/MINITILDAS FOOTBALL

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	15m 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 6/7

Field Of Play



Dimensions

The field should be rectangular in shape - Length: 30m, Width: 20m.

Markings

Markers or painted line markings.

Goal Size

Width: 1.5m – 2.0m, Height: 0.9m – 1.0m

Goal Type

It is preferable that pop-up style goals are used where possible however the use of poles and markers as goals is acceptable.

Penalty Area

There is **NO** penalty area.

The Ball

Ball size is 3



Duration of Game

2 x 20 minute halves

Half-time break of 5 minutes

Number of players

4 v 4 – No Goalkeeper

A maximum of three (3) 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.

The Game Leader, Coaches and Managers should continually discourage children from permanently standing in front of the goals.

START OF PLAY / RESTART OF PLAY AFTER A GOAL

Start of Play

- Pass the ball to a team mate from the middle of halfway line.
- All players must be in their own half of the field of play.
- Opponents must be **at least 5m-10m** away from the ball until it is in play.
- The ball must touch a team mate 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 Game Leader.

Ball crossing the line

There are NO throw ins

- 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 team mate before a goal can be scored.



Ball crossing the goal line

- Regardless of which team touched the ball last, there are no corners. The game restarts with a goal kick, taken from approximately 2 metres in front of the goal, with the ball on the ground. The taker can choose to pass or dribble the ball into play.
- Opponents must retreat to the halfway line and can move once the ball is in play, but if the ball is passed should give consideration for the ball to reach its target before intercepting.
- The ball must touch a second player before a goal can be scored.

Method of Scoring

- A goal is scored when the whole ball passes over the goal line, between the goalposts and under the crossbar.
- When goalposts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them and below the approximate shoulder height of the shortest player.

Offside

There is **NO** offside

Children should continually be discouraged children from permanently standing in front of the goals.

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.
- Most acts of handball or fouls and misconduct at this level are caused by lack of coordination with no intent. In this case try and give the advantage to the attacking team and continue play.
- If you decide a 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.



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 – GAME LEADERS

Role of the 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 that all players have fun and have maximum involvement.

The children are learning the game at this level so the Game Leader should be patient and flexible.

The Game Leader can be a club official, parent, older child or beginning referee and should always be enthusiastic and approachable.

The Game Leader 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 over-guarding the goal.
- Use a “Ready, Set, Go” prompt to encourage quick decisions when restarting play.
- Encourage children to dribble or pass the ball into play from all restarts rather than a big kick.
- Ensure the opposing team is back to the halfway line for all goal line restarts.



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- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children and do not emphasize winning or losing.
- Encourage children to be involved in all aspects of the game, attacking and defending.
- Remember most acts of handball or fouls are misconduct at this level and caused by lack of coordination, with no intent.
- If a deliberate act of handball or foul and misconduct has occurred explain to the child they have done the wrong thing and that they should not do this again.
- Let the game flow and give instruction to all players on the run where they can.
- Praise and encourage both teams – be enthusiastic 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, FFA 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.