

Hills Football

MiniRoos & MiniTildas Handbook 2026

Under 6/7





MiniRoos and MiniTildas Football

This handbook provides a Comprehensive Guide on Rules and Playing Formats to provide assistance to instructing referees, coaches and managers to implement on MiniRoos and MiniTildas games during the Hills Football Winter Season.

MiniRoos Football is the Football Australia brand given to Junior football in Australia for players 4-13 years old. The nation-wide initiative uses, small-sided football to introduce the sport of football to newcomer in an inclusive and engaging way.

Small-sided games maximise the opportunity to learn new skills, be active, make life-long friends and potentially unearthing the next generation of nation team players; Matildas, Socceroos, Pararoos and ParaMatildas.

This is achieved through modified rules and fields compared to traditional 11-a-side football to better meet the needs of young players and their Football Development Journey. Throughout the progression of a Players Journey, modifications change based on the characteristics and phase of players, creating a journey for players to step into 11-a-side football.

PROVEN BENEFITS

- More Goal Scoring Opportunities
- More Touches on the Ball
- More 1 v 1 Opportunities
- Improved confidence and self-esteem
- More involvement in the Game
- Layering of Rules to fit aged criteria
- Parents introduced to the game in smaller doses
- Introduction to the game for referees



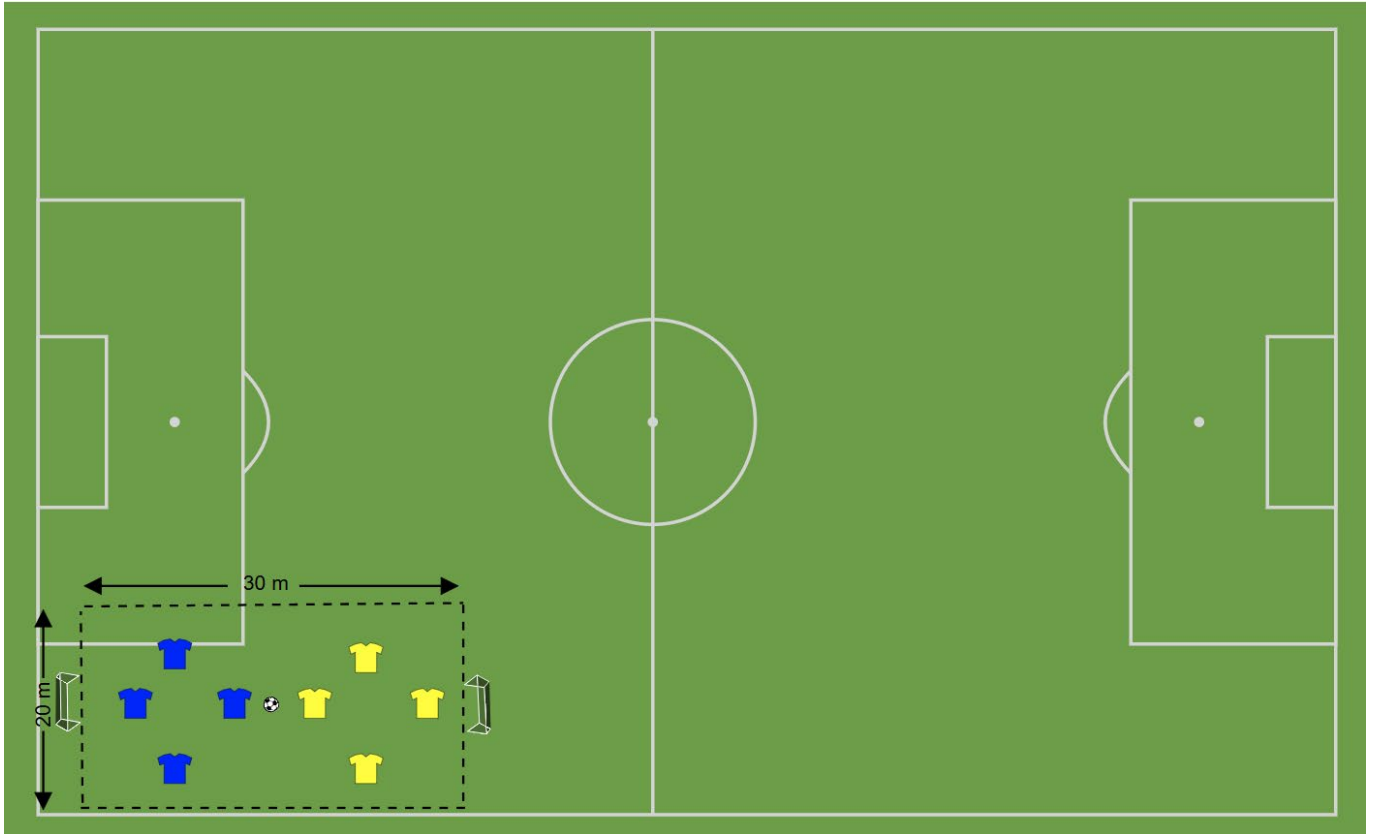
PROGRESSION THROUGH MINIROOS & MINITILDAS FOOTBALL

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	15m from goal line	15m from goal line	15m from 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

* 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 offside, at the sole discretion of the referee.

Playing Formats – 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.

Substitutions

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

Ball Crossing the By-Line – Goal kick

- 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 exclusion zone/halfway line and can move once the ball is in play.
- The ball must touch a second player before a goal can be scored.

Ball Crossing the Sideline – Kick ins

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 teammate 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 1m.



Start of Play / Restart of Play – Kick Off

- The taking team must pass/kick the ball so that it has at least moved away from the stationary position. A retake would be awarded if the taker touches the ball a second time before a different player has touched the ball.
- All players must be in their own half of the field of play.
- Opponents must be **at least 5m** away from the ball until it has touched a teammate (when passed backwards). When the kick off/start of play is passed forwards, or remains on the line the opposition are free to engage.
- The ball must touch a second player before a goal can be scored.

Offside

There is **NO** offside

Best Practice is:

- Coaches should strongly discourage children from permanently standing in blatantly offside positions.
- Game Leaders should direct players permanently standing in blatant offside position to move into onside positions

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.
- Game leaders can decide if there is a serious or deliberate 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.

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.
- 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.



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- 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.