

Hills Football Incorporated

Under 13 Girls Handbook - 2025





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UNDER 13 GIRLS FOOTBALL

This handbook with rules and playing format provides assistance to instructing referees, coaches and managers to implement the Under 13 Girls small sided or 10v10 football games.

10v10 football is a modified form of 11-a-side football designed to meet the need of players and assist their development and enjoyment of the game.

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.



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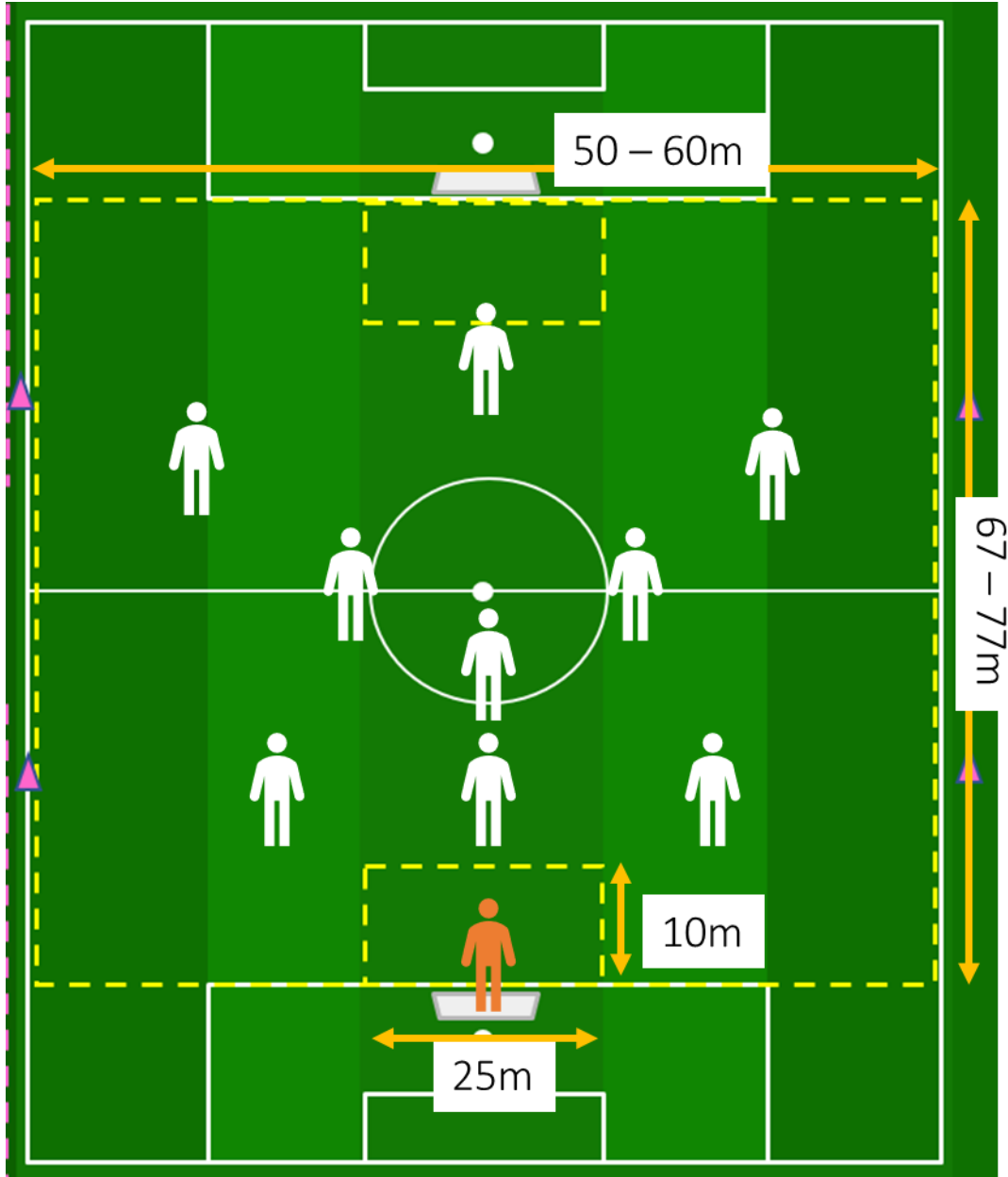
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PROGRESSION THROUGH FEMALE FOOTBALL

PLAYING FORMAT	UNDER 12 GIRLS	UNDER 13 GIRLS
Points table and Finals	Yes	Yes
Number of Players	9 v 9	10 v 10
Goalkeeper	Yes	Yes
Field Size	Length: 60m-70m Width: 40m -50m	Length: penalty box - penalty box Width: 50m – 60m
Quarter Line	Halfway between centre line and Goal line	25m from goal line
Penalty Area	Depth: 5m Width: 12m	Depth: 10m Width: 25m
Goal Size	Width: 4.5m-5m Height: 1.8m-2m	Width: 4.5m-5m Height: 1.8m-2m
Goal Type	Goals	Goals
Ball Size	4	4
Playing Time	2 x 25 minutes	2 x 30 minutes
Half Time Break	5 minutes	5 minutes
Referee	Level 4 Referee	Level 4 Referee

AGE GROUP – UNDER 13

Field Of Play



Dimensions

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

Markings

Markers or painted line markings.

Goal Size

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



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Goal Type

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

Penalty Area

Rectangular – Depth: 10m, Width: 25m

Can be marked through the use of marked lines, flat or some markers or cones.

Penalty kicks are taken from the 11 metre mark.

The Ball

Ball size is 4

Duration of Game

2 x 30 minute halves

Half-time break of 5 minutes

Number of players

10 v 10 – **Including Goalkeeper**

A maximum of five (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, as approved by the match official.



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LAWS OF THE GAME

Wherever possible (unless mentioned previously) all laws of the game should mirror the same laws as 11v11 competition rules. To assist with clarity some parts below are highlighted.

Offside

There is offside. To be on/offside the rule is exactly the same as 11v11 laws of the game.

The Goalkeeper

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

- To restart 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.
- The Goalkeeper is allowed to kick or drop-kick the ball directly from their hands.
- Should the goalkeeper wish to restart play by **placing the ball on the ground** and then kicking it, **after a save or gather the ball with their hands**. The ball remains in play whilst the Goalkeeper has the ball in their hands.. As such if the goalkeeper places the ball on the ground to then pass the ball out, an opposition player can attempt to intercept the ball before the kick is taken, this replicates 11v11 competition rules
- Opposition players cannot restrict, attempt to disrupt or stop the Goalkeeper from realising 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 (10m from the goal line).
- Opposition players are all to retreat behind the 25 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,



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UNDER 13 GIRLS – TECHNICAL DEVELOPMENT

The move change in playing dimensions and numbers has been developed in accordance with technical support. Below are some of the technical rationales as to why 10v10 is better suited for U13 girls.

- a Box to box is a truer reflection for a typical player of that age i.e. aerobic capacity, muscle power and technique.
- b The field size encourages more players to be closer to the action. Encouraging more involvement, more touches, more possible decisions, and therefore more outcomes in a closer/higher pressure environment across a 60 minute match.
- c The field size is more appropriate to passing distances relative to the players physical capabilities, which in turn creates more decision making and technical execution challenges of every player.
- d The field size encourages goals to be scored through use of good technical skills, and team combinations rather than physical attributes such as which player can run the fastest or furthest.
- e The field dimensions challenge players to score goals through scoring actions and scenarios that are more relative adult football.
- f The smaller goals challenges players to score goals that are more appropriate the physical capabilities of the players, relative to “adult football”. For example, shooting high was common in this space previously due to the limited reach of a U13 Goalkeeper. Shooting high is not common practice when playing “adult football” as the Goalkeepers can physically cover the height far more appropriately. As such we do not want to allow the competition rules to create or encourage players to generate poor technical habits.
- g The field size encourages more involvement for the Goalkeeper when their team has the ball due to the passing distances.
- h The smaller goal size provides goalkeepers with more chance of making saves, instead of being overly exposed. This is because the Goalkeepers physically stand more chance of making a dive and reaching the corner of the goal.

When defending the distances between teammates and opponents are more reflective towards “adult football”. Allowing teams to press higher up the field with less fear of leaving them self-exposed at the back or between defensive lines.

In addition to the mentioned technical rationales, some game illustrations are also supplied to visually demonstrate some of the above.

11 v 11 example



- Blue field players are occupying a space roughly 30m (front to back) but defending a space of roughly 40m (behind the defensive line).
- Limited pressure applied on the ball due to distances for players to cover.
- Too much space created behind the line for breakaway goal. Breakaways like this suit the athletic or more physically development players rather than technically competent players.

10 v 10 Example (white team is the same team/players as in previous example)

All players in the view.



- All field players are roughly covering a 30 metre distance (front to back).
- Orange field players are occupying a space roughly 25m (front to back) with the ball.
- White field players occupying a space roughly 25m (front to back), but also defending a space of roughly 10m (behind the defensive line).



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- From the centre of the field all players are in a distance that the ball could be passed to them in one or two passes, including the GK.
- Goalkeeper is in a far better distance to be able to “Sweep up” while still being able to defend a long shot.

Goal Keeper Example

11v11



Blue scored in this scenario

10v10



Green keeper (white team) was able to defend a front post flick on.

- Goalkeepers are far more relative to goal size. Allowing more chance of making saves.
- Also means the execution of scoring a goal is more challenging as it is in “adult football”.