

Hills Football

MiniRoos & MiniTildas Handbook 2026

Under 13 Girls





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

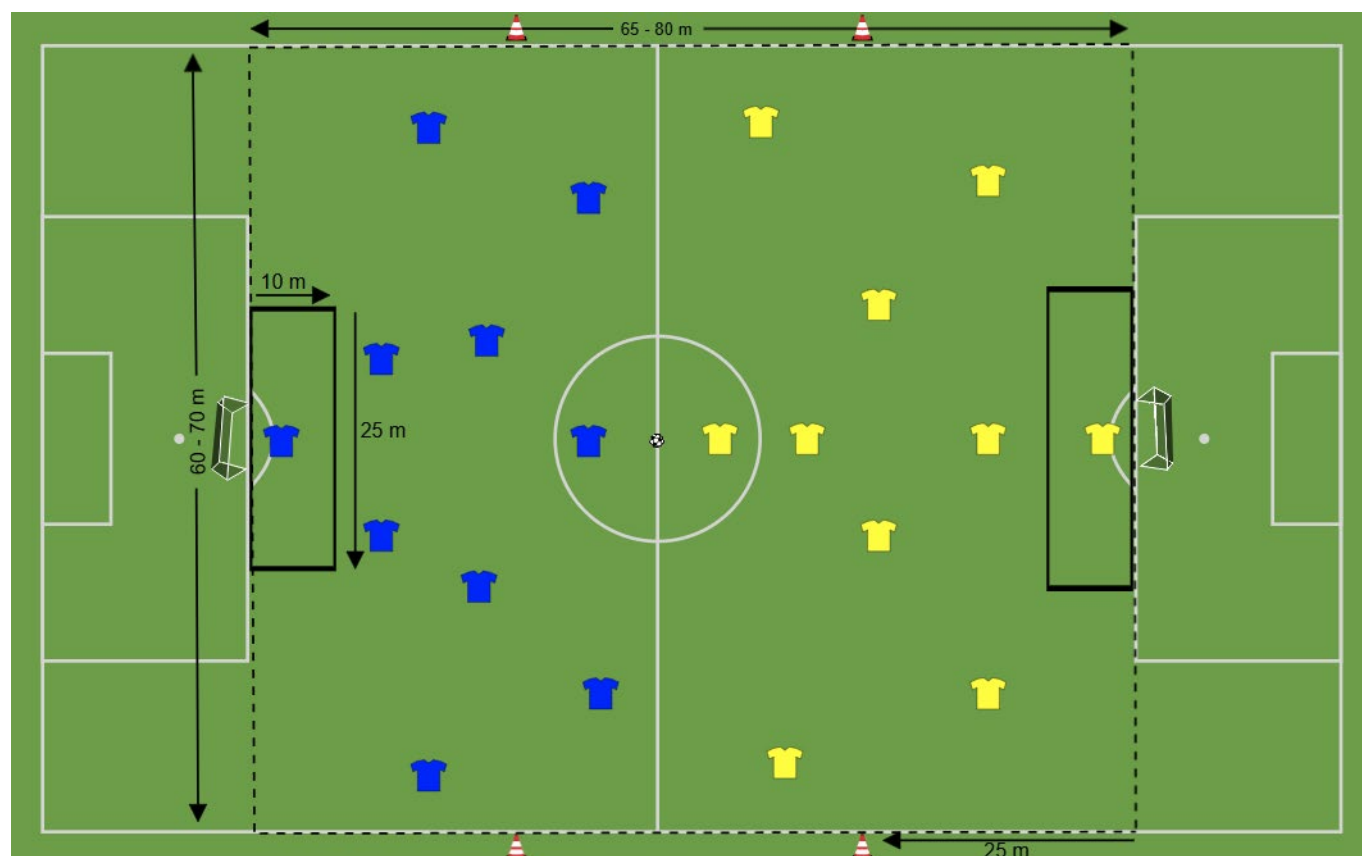


PROGRESSION THROUGH MINIROOS/MINITILDAS TO COMPETITION GAMES

Playing Format	Under 6 & 7	Under 8 & 9	Under 10 & 11	UNDER 12 COMPETITION	UNDER 13G COMPETITION
Points table and Finals	No	No	No	Yes	Yes
Number of Players	4 v 4	7 v 7	9 v 9	9 v 9	10 v 10
Goalkeeper	No	Yes	Yes	Yes	Yes
Field Size	Length: 30m Width: 20m	Length: 40m-50m Width: 30m - 40m	Length: 60m-70m Width: 40m - 50m	Length: 60m-70m Width: 40m - 50m	Length: 65m-80m Width: 50m - 60m
Exclusion zone	15m from By-line	15m from By-line	15m from By-line	15m from By-line	25m from By-line
Penalty Area	No	Depth: 5m Width: 12m	Depth: 5m Width: 12m	Depth: 5m Width: 12m	Depth: 10m Width: 25m
Offsides	No	No*	No*	Yes	Yes
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	Width: 4.5m-5m Height: 1.8m-2m	Width: 4.5m-5m Height: 1.8m-2m
Ball Size	3	3	4	4	4
Playing Time	2 x 20 minutes	2 x 20 minutes	2 x 25 minutes	2 x 25 minutes	2 x 30 minutes
Half Time Break	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes
Referee	Game Leader	Instructing Referee	Instructing Referee	Level 4 Referee or higher	Level 4 Referee or higher

Playing Formats – Under 13

Field Of Play



Dimensions

- The field should be rectangular in shape - Length: 65m – 80m, Width: 50m – 60m.

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 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.

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.

Substitutions

- Substitutions must be made while there is a stoppage in play. As approved by the match official. Players must wait until the substituted player has left the field.

Ball Crossing the By-Line – Goal kick

- 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 exclusion zone.
- At the time of a goal kick, the attacking team must retreat back behind the exclusion zone. Opposition players cannot enter the exclusion zone until:
 - The ball has been passed to and touched by a second player (must be from the same team as the player taking the goal kick) within the exclusion zone,
 - The ball has left the exclusion zone,
 - 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.

The Goalkeeper

- 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 place the ball on the ground and then pass it, after a save or gather the ball with their hands (i.e. the ball has not left play). 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.

Ball Crossing the Sideline – Throw In

- All throw ins are subject to the foul throw requirements as a regular 11v11 competition fixture.

Offside

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

Fouls and Misconduct

- Fouls and Misconduct are treated the same as the 11v11 laws of the game.
- 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.
- Yellow and Red Cards can be distributed by the Match Official.