



# UNDER 13 PLAYING FORMAT AND RULES



## PLAYING FORMATS

The table below summarises the playing formats for Open and Girls aged Under 13:

THE NUMBER OF PLAYERS	9-a-side including a goalkeeper Maximum of four substitutes
THE FIELD OF PLAY	Width: MIN 45m - MAX 55m Length: MIN 65m - MAX 75m
GOAL SIZE	Maximum: 5m wide x 2m high
BALL SIZE	Size 4
DURATION OF THE GAME	30 min halves. Minimum 5 min half time break.
PENALTY AREA	10m deep x 20m wide.



## GOAL TYPE

It is preferable that solid portable goals (bow-nets or similar are not acceptable) are used for the Under 13 competitions. The use of poles and markers as goals is prohibited. To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals. For more information on Australian Safety Standards please visit the Product Safety Australia website: [www.productsafety.gov.au](http://www.productsafety.gov.au)



## GOALKEEPER

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or dropkick the ball from their hands.



## THROW INS, CORNER KICKS & GOAL KICKS

Throw in, corner kick and goal kick rules will be applied using the IFAB Laws of the Game. View the Laws of the Game [here](#).



## OFFSIDE

The offside rule will be included in the Under 13 competition as it is an integral rule to the game of football. The rule will be applied using the IFAB Laws of the Game.



## MATCH RESULTS & POINTS TABLES

Results and ladders will remain in the 9v9 format. Match results and points tables will be published publicly by Capital Football.



## FOULS AND MISCONDUCT

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres 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 subsequently 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 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.



## DISCIPLINE

Red or Yellow cards can be issued to players in Under 13 competitions. For any fouls that would ordinarily result in a red card, the match official will instruct the player to leave the field of play for the remainder of the match, any player sent from the field of play may be replaced by another player at the time of the offence. In this instance, neither team will be required to play with fewer than 9 players.

For any offence that would ordinarily result in a red card for violent or offensive behaviour (i.e., R2 - Violent conduct, R3 - Spitting, R6 - Uses offensive or insulting or abusive language/gestures) the match official will be required to submit a misconduct report to Capital Football which may result in further disciplinary action for that player.



## OTHER RULES

All other rules will be applied using the IFAB Laws of the Game. Rules of competition will also be used by the competition administrator. The use of sin bin will apply to Under 13 competitions.



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## FIELD LAYOUTS

Diagrams below illustrate the field markings to be used for Under 13 competitions. Maximum of two pitches on a full-size football pitch. Alternatively, one pitch can be set-up penalty box to penalty box.



NOTE - Diagram 1 is shown with halfway lines and centre circle markings. These are recommended but not mandatory. In the case where these markings are absent, the referees discretion will be used to adjudicate the point of restart and players proximity to the ball.

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