

players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible.

4 The Players' Equipment

All players must wear shin-guards.

Metal studs are suitable for grass fields only.

Players must wear the appropriate clothing dependent on weather

Glasses may be worn provided they have safety frames and lenses.

5 The Referee

A match supervisor, who must be a club official, will officiate from the side of the field and will not be allowed to coach either team.

6 Assistant Referees / Match Supervisors

Assistant referees / match supervisors are not required

7 The Duration of the Match

Each match should last no more than 20 minutes. There should be a minimum of 5 minutes between matches with a maximum of either 3 x 15minute matches or 2 x 20minute matches within a 1 hour period. (note - if playing 20-minute teams should take a 5 minute half time period).

8 The Start and Restart of Play

On scoring a goal, the team that scores will retreat to the halfway line. The team conceding the goal will restart the game from the penalty area by either dribbling directly into play or playing a short forward pass

9 The Ball in and out of Play

5v5 rules apply.

10 The Method of Scoring

Normal rules apply.

11 Offside

There is no offside rule and there is no retreating line.

12 Fouls and Misconduct

Normal rules apply.

Team coaches should immediately substitute any player showing unacceptable behaviour.

13 Free Kicks

Normal rules apply except that the distance an opposing player must be is 6 metres from the ball. All free kicks are indirect.

14 The Penalty Kick

There are no penalty kicks.

15 The Throw In

In the event of the ball going out of play, a kick-in will be awarded. All opposition players must be 6 metres from the ball. The player taking the kick-in must use a short pass.

16 The Goal Kick

Goal kicks should be taken out from the penalty area but without a penalty area marked. The **'goalkeeper'** must place the ball down and play a pass out.

17 The Corner Kick

Normal rules apply except that opposing players to be 6 metres away.

General

Team coaches will stand on the same side of the pitch. Parents should stand on the opposite side of the pitch behind a marked area, for example, cones, pitch tapes etc.

Dependant on the venue, parents should be encouraged to stand a distance away from the pitch and to only encourage players and to uphold fair play.

Team coaches should encourage the rotation of players to experience different positions on the pitch.

Goalkeepers must either throw the ball or make a pass from the ground to a team mate. The goalkeeper must not kick the ball from hand.

At the end of every game, team coaches should encourage both teams to shake hands with each other and the officials.

If leagues/clubs are using 5-a-side, courts if the ball hits the wall it will be treated as out of play.

If league/clubs are using 5-a-side courts, the marked penalty box will be treated as normal football rules.

Results

It is unacceptable for a league and/or club to post results from development matches on to any website or publish in any newsletter or newspaper.

Required Coach Education

Required Coach Education Award is Level 1.2 of the Scottish FA Children's Pathway.

Recommended Coach in Service

All coaches should attend 'Introduction to Small Sided Games' In-service training

Scottish FA Children's Pathway				
Level 1.1 Early Touches Certificate	Level 1.2 Coaching Young Footballers	Level 1.3 Coaching in the Game	Children's Award	Advanced Children's Licence