

Recommended

The field of play should be approximately 30 metres by 20 metres.

Goalposts shall be 2.5 metres by 1.2 metres (8ft by 4ft) or smaller.

A centre mark at the midpoint of the halfway line

2 The Ball

A size 3 ball should be used.

3 The Number of Players

Teams will comprise 4 outfield players with no goalkeepers. Team squads may consist of up to 6 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.

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

Matches should be organised on a round robin festival basis and be trophy free. Each match should last no more than 10 minutes. There should be a minimum of 5 minutes between matches with a maximum of 4 matches within a 1 hour 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 forward pass

9 The Ball in and out of Play

4v4 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/Dribble-in will be awarded. The players must place the ball down and either dribble directly into play or play a short pass.

16 The Goal Kick

The players must place the ball down and either dribble directly into play or play a pass out.

17 The Corner Kick

In the event of the ball going out of play, a kick-in/Dribble-in will be awarded. The players must place the ball down and either dribble directly into play or play a pass.

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 parts of the pitch.

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

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, relevant CCD/CPD & PCS Coaches Workshop