

Phase 3 U6 – U11 Coaches

These rules are taken from the FAW
Incorporating Previous December 2020



COVID-19 RULES

COVID-19 Return to Play Protocol (27.03.21)
FAW 'Safer Return to Play' Protocols Doc

TRAINING = **Team / Coach Rules** (For FULL FAW Rules 'Safer Return to Play - Phase 3' documents are available on the BTM Website in Information > Documents > COVID-19 Compliance)

- **Ensure the Coach reinforce Player / Parent rules**
- **NO spectators are permitted on the playing surface but are required to wait in the car park and simply adhere to sensible social distancing during the wait.**
- Take register at **EACH** training session. It is **IMPERATIVE** to **READ** out the **Phase 3 - ALL Age Groups Coach Statement:** found in the 'BTM UTD FC COVID19 - Return to Play - Training Session Register - 27.03.21' document (Available on the BTM Website in Information > Documents > COVID-19 Compliance)
- Check **ALL** players / parents on players behalf, have carried out the 'FAW Safer Return to Training / Play 'Self-Health Check' Form' (Available on the website).
- Contact details for **ALL** your age groups parents held on record and **TO HAND AT ALL TIMES**
- **MUST** be familiar with FAW 'Safer Return to Play - Phase Three' protocol (Available on the BTM Website in Information > Documents > COVID-19 Compliance)
- **ONLY** essential & club authorised personnel admitted to access the pitch/ area (i.e. Players, Coaches/Covid Officers, Leads & First Aiders)
- A **Coach & First Aider MUST** be present at each and every Training Session, or the specific session where this cannot be met, will have to be cancelled.
- **Small-sided** football regulations are applicable to teams at **u6 - u13** age groups for Training. (Available on the BTM Website in Information > Documents > COVID-19 Compliance)
- For u6 - u16 players, the **minimum** size of the training or playing area **MUST** be **45x45m** (half a full-size football pitch) if working with **35 players incl coaches**
- **Groups of NO more than 35 PLAYERS including Coach, with a MAXIMUM of 70 PER FULL PITCH AREA**
- Breaks **MUST** be given at regular intervals.
- **NO** changing rooms to be used
- Contact training is now **PERMITTED** i.e. (Training, Intra-Club and Inter-Club)
 - **No** handling of the ball (apart from GKs wearing gloves)
 - **No** throw-ins (pass-ins should replace these for matches)
 - **No** hand contact (handshakes, first bumps etc)
 - **No** spitting is allowed
- **ALL** training equipment to be sanitised thoroughly **BEFORE** and **AFTER EACH** use (goal posts, cones, balls etc)
- **ALL** players must bring a **CLEARLY NAME LABELLED** drinks bottle, and hand sanitiser to any session that they attend. Do **NOT** allow these items to be thrown together space them sensibly.
- Sharing of Equipment should be kept to a minimum and used **ONLY** when you have to
- Players to hand sanitise directly **BEFORE** training commences and as it **ENDS** (before they leave pitch - we will have some available if you are unable to bring your own sanitiser)

**** Team & Coach PPE Discarding Rules:**

These are EXPLICITLY Required by ALL attending Training Sessions, Under ANY Phase of Return!

For any items of PPE that requires discarding, **YOU MUST ALL** please take **YOUR OWN** respective PPE home with you to discard safely, and responsibly. We simply **HAVE TO PROTECT** local residents of the surrounding area of our Training facility(s) and this means that we can't have the locals finding **ANYTHING** on the field, or in the **CAR PARK AT ANY TIME**, if we wish to fit back into the community and get the kids back playing football. There are **NO** exceptions. Thanks for your cooperation and understanding.

TRAINING

- Clubs and leagues will need to be led by the facility provider on the number of people under the age of 18 permitted to train at an outdoor venue
- Based on WG guidance, we would deem the following training numbers appropriate

Age categories	Indoor venue	Half-pitch (min. 45 x 45m)	Full-size pitch (min.90x45m)
Under 18 (Year 13 and under)	<i>Not permitted</i>	1 group of 35	2 groups of 35
Over 18	<i>Not permitted</i>	<i>Not permitted</i>	<i>Not permitted</i>

- All persons involved must complete a self-assessment for COVID-19 symptoms check prior to every training session.
- This number will need to include players and coaches. First aiders and COVID Officers are exempt.
- 1:16 (qualified coach:player) ratio must be adhered to at all times for U18s
- All training equipment – including goalposts – must be sanitised before and after every training session or fixture
- Clubs should follow guidelines on cleaning in a non-healthcare setting [here](#)

Team Size, Pitch Size, Ball Size, Goal Size And Playing Duration:

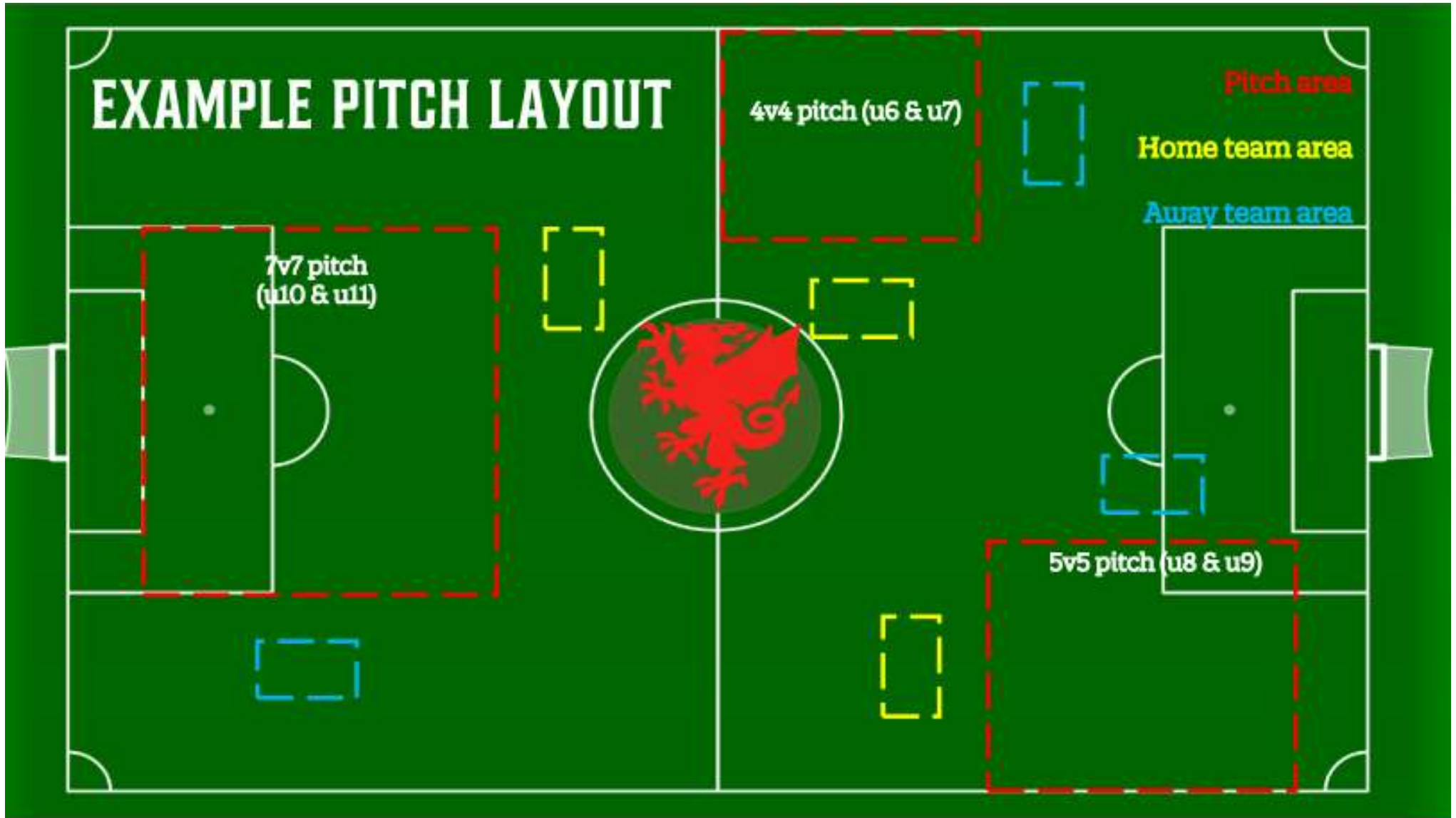
Age Group	Number of Players (maximum number of players per team)	GK or no GK	Pitch Size (length x width)	Goal Area (length x width)	Ball Size	Goal Size (height x width)	Maximum Playing Duration	Maximum Game Duration
U6	4 v 4	No GK	28 x 20 yards	No Goal Area	3	Height: Min 3ft Max 4 ft / Width: Min 4ft Max 6ft	40 mins	10 mins
U7	4 v 4	No GK	28 x 20 yards	No Goal Area	3	Height: Min 3ft Max 4 ft / Width: Min 4ft Max 6ft	40 mins	10 mins
U8	5 v 5	GK	35 v 25 yards	7 x 12 yards	3	4 x 8 ft	50 mins	15 mins
U9	5 v 5	GK	35 x 25 yards	7 x 12 yards	3	4 x 8 ft	50 mins	15 mins
U10	7 v 7	GK	44 x 40 yards	10 x 15 yards	4	6 x 12 ft	60 mins	20 mins
U11	7 v 7	GK	44 v 40 yards	10 x 15 yards	4	6 x 12 ft	60 mins	20 mins

INTRA-CLUB MATCHES = Team / Coach Rules (For FULL FAW Rules 'Safer Return to Play - Phase 3' documents are available on the BTM Website in Information > Documents > COVID-19 Compliance)

- **Ensure the Coach reinforce Player / Parent rules**
- **NO** spectators are permitted on the playing surface but are permitted to wait in the car park and simply adhere to sensible social distancing during the wait.
- **EACH** player/coach/official to register with their respective **age groups COVID Lead on arrival**. Providing assurance, they have completed the COVID-19 Self-Health check list.
- Take register at **EACH** training session. It is **IMPERATIVE** to **READ** out the **Phase 3 - ALL Age Groups Coach Statement**: found in the 'BTM UTD FC COVID19 - Return to Play - Training Session Register - 27.03.21' document (Available on the BTM Website in Information > Documents > COVID-19 Compliance)
- Check **ALL** players / parents on players behalf, have carried out the 'FAW Safer Return to Training / Play 'Self-Health Check' Form' (Available on the website).
- Contact details for **ALL** your age groups parents held on record and **TO HAND AT ALL TIMES**
- **MUST** be familiar with FAW 'Safer Return to Play - Phase Three' protocol (Available on the BTM Website in Information > Documents > COVID-19 Compliance)
- **ONLY** essential & club authorised personnel admitted to access the pitch/ area (i.e. Players, Coaches/Covid Officers, Leads & First Aiders)
- A **Coach & First Aider MUST** be present at each and every Training Session, or the specific session where this cannot be met, will have to be cancelled.
- **Small-sided** football regulations are applicable to teams at u6 - u13 age groups for Intra-Club matches. (Available on the BTM Website in Information > Documents > COVID-19 Compliance)
- For u6 - u16 players, the **minimum** size of the training or playing area **MUST** be **45x45m** (half a full-size football pitch) if working with **35 players incl coaches**
- Groups of **NO** more than **35 PLAYERS including Coach, with a MAXIMUM of 70 PER FULL PITCH AREA**
- **Intra-club training matches**, U6 - U16 teams **CAN** play against teams 1 age group older or younger within their own club **ONLY**. If doing so, any in-house match should be played under the format of the **youngest age group team** i.e. if an u10 team plays against an u9 team the match should reflect an u9 playing format
- 2 designated areas should be marked pitch-side **AT LEAST 2m** away - these should be used to house home and away team players, coaches and first-aiders during match-play.
- **ALL** participants must remain **SOCIALLY DISTANCED DURING BREAKS IN PLAY** with spaced areas for equipment and refreshment storage for each individual, including officials and substitutes. **Coaching staff & subs**, must, for example, spread out & **AVOID** sharing a dug out / bench if social distancing can't be observed.
- The Coach / COVID-Officer is **responsible** for disinfecting **EACH** ball when it goes out of play.
- Breaks **MUST** be given at regular intervals.
- **NO** changing rooms to be used
- Contact training is now **PERMITTED** i.e. (Training, Intra-Club and Inter-Club)
 - **No** handling of the ball (apart from GKs wearing gloves)
 - **No** throw-ins (pass-ins should replace these for matches)
 - **No** hand contact (handshakes, first bumps etc)
 - **No** spitting is allowed
- **ALL** training equipment to be sanitised thoroughly **BEFORE** and **AFTER EACH** use (goal posts, cones, balls etc)
- **ALL** players must bring a **CLEARLY NAME LABELLED** drinks bottle, and hand sanitiser to any session that they attend. Do **NOT** allow these items to be thrown together space them sensibly.
- Sharing of Equipment should be kept to a minimum and used **ONLY** when you have to
- Players to hand sanitise directly **BEFORE** training commences and as it **ENDS** (before they leave pitch - we will have some available if you are unable to bring your own sanitiser)

INTER-CLUB MATCHES = Team / Coach Rules (For FULL FAW Rules 'Safer Return to Play - Phase 3' documents are available on the BTM Website in Information > Documents > COVID-19 Compliance)

- **Ensure the Coach reinforce Player / Parent rules**
- **NO spectators are permitted on the playing surface but are required to wait in the car park and simply adhere to sensible social distancing during the wait.**
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- A **Coach & First Aider MUST** be present at each and every Training Session, or the specific session where this cannot be met, will have to be cancelled.
- **Small-sided** football regulations are applicable to teams at u6 - u13 age groups for Training & Intra-Club matches. (Available on the BTM Website in Information > Documents > COVID-19 Compliance)
- **Home and Away** team to provide COVID Lead with a list of players/coaches/officials **NO LATER** than the night before a scheduled match, prior to attendance.
- An age group team is **ONLY** able to play against **1 other age group team on a match-day** - multi-team festivals and tournaments are not permitted
- **Separate arrival times!** Home team to arrive **15 minutes BEFORE** Away team. Players to arrive ready to warm-up.
- **EACH** player/coach/official to register with their respective **age groups COVID Lead on arrival**. Providing assurance, they completed the COVID-19 Self-Health check list.
- Groups of **NO** more than **20** (including coach) **PER SQUAD**
- 2 designated areas should be marked pitch-side **AT LEAST 2m** away - these should be used to house home and away team players, coaches and first-aiders during match-play.
- **ALL** participants must remain **SOCIALLY DISTANCED DURING BREAKS IN PLAY** with spaced areas for equipment and refreshment storage for each individual, including officials and substitutes. **Coaching staff & subs**, must, for example, spread out & **AVOID** sharing a dug out / bench if social distancing can't be observed
- The Coach / COVID-Officer is **responsible** for disinfecting **EACH** ball when it goes out of play.
- **IF** Toilet facilities are available, they will need to be opened for pre-match, and during the match.
- **ALLOW** the **AWAY** Team Player & Officials **10 minutes to depart BEFORE releasing the HOME Team** Players, Volunteers to their pick-ups & Maintain Social Distancing!
- Breaks **MUST** be given at regular intervals.
- **NO** changing rooms to be used
- Contact training is now **PERMITTED** i.e. (Training, Intra-Club and Inter-Club)
 - **No** handling of the ball (apart from GKs wearing gloves)
 - **No** throw-ins (pass-ins should replace these for matches)
 - **No** hand contact (handshakes, first bumps etc)
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IMPORTANT

For the complete *'FAW Small Sided Football Regulations 2020-2021'* document, containing the complete rules please access this from the BTM Website. Go to: WWW.BTMUnited.Co.Uk > Information > Documents > BTM United FC - COVID-19 Compliance' where you will find the document.