



## Under 6 & 7 Rules and Format

9.00am- 20 minute training session

9.25am 12 minutes game (6-minute half with 1 minute half time break) Game 1

9.40am 12 minutes game (6-minute half with 1 minute half time break) Game 2

- 4-a-side with two substitutes

- there are no goalkeepers

-Start of play and re-start after a goal: Play the ball from the middle of the halfway line. Opposition players must stand back 2 metres.

-The ball is out of play when it has wholly crossed the goal line or the sideline on the ground or in the air, or when play has been stopped by the Game Leader. Kick ins only to restart from sideline.

-no sliding tackles