



# Football 4's

## for players aged 5-6



**Squads** – A squad normally consists of 6 players with 4 players on the field at any one time.

**Player's Equipment** – A player taking the field of play should not wear anything that is dangerous to another player. Boots or training shoes and shin pads must be worn.

**Field of Play** – Sizes range from 20m x 25m to 20m x 35m (20m x 30m is recommended) depending on the venue for the match. Goals are 4m wide by 1.6m high however some may consist of poles 1.5m high and spaced 4m apart.

**Field Markings** – There will be a half-way line and a goal area marked on the field.

**Goal Area** – is an area with a 4m radius from the centre of the goal line. No other player except the goalkeeper is permitted within their own goal area.

**The Ball** – The ball is a FIFA approved Size 3 ball.

**Game Duration** – A game is 4 equal quarters of 8 minutes each with a 2 minute drink break between quarters.

**Ball In and Out of Play** – The ball is out of play when it has wholly crossed the goal line or the sideline. A restart is taken to get the ball back into play. If a player from Team A last touched the ball before the ball goes out of play then a player from Team B takes the restart.

**Restarts** – This is how play is restarted in the event of a Goal Kick, Throw In, Free Kick or Kick Off. The player that is restarting play places the ball on the ground where the restart is to take place and keeps their hand on the ball before either dribbling or passing the ball. Defenders must be at least 4 metres away from the ball. You cannot score a goal directly from a "Restart". Once the attacking player removes their hand from the ball, it is deemed to be in play and defenders may try and win it.

**Start of Play** – The game is started by the team that wins the toss of a coin. It is taken from the centre of the half-way line. At the start of each quarter the teams swap ends and the quarter is started by a restart taken by the team that did not start the previous quarter.

**Corner Kick** restarts are taken when the ball passes wholly over the goal line (except when a goal was scored) and was last touched by a player from the defending team. The restart is taken from the corner where the goal-line and the sidelines meet. Opposing players should be 4 metres from the ball.

**Goal Kick** restarts are restarts taken when the ball passes wholly over the goal line (except when a goal was scored) and was last touched by a player from the attacking team. The restart is taken from anywhere in the defending team's goal area. All opposing players must retreat to the half-way line before a goal-kick restart is taken.

**Scoring a Goal** – a goal is scored when the ball has wholly crosses the goal line between the goal posts and under the cross bar. After a goal has been scored a restart is taken by the opposing team from the centre of the half-way line.

**Offside** – There is no offside in Football 4's but deliberately placing a player or players in an offside position is contrary to the spirit of the game and is discouraged.

**Fouls and Misconduct** – This is an important rule and relates to the behaviour of players during play. In Football 4's it is important for the referee to determine the intention of players relative to offences such as pushing and tackling. At all times encourage sporting conduct. Only goalkeepers may touch the ball with their arms or hands, and only within their own goal area.

**Free Kick Restarts** – in Football 4's all 'free kicks' are 'restarts'. All of the opposing players should be at least 4 metres from the ball when a 'restart' is taken. If a free kick is awarded to the defending team within their goal area the 'restart' can be taken from anywhere inside the goal area. If a free kick occurred to the attacking team in the goal area then the 'restart' shall be taken 4 metres from the edge of the goal area at the nearest point from where the incident occurred.

**Goalkeepers** – When the goalkeeper receives the ball they may throw, roll or pass the ball using their feet as long as the ball does not cross the half way line on the full. Everyone in the team gets to play in goal. Each time a goal is scored by **either** team, both goalkeepers must change with another player on their respective teams.

*Note – the goalkeeper cannot punt or drop punt the ball in any circumstance. If this occurs, a free kick shall be awarded against the goal keeper 4m from the goal area line from the nearest point from where the ball was kicked.*

**Interchange** – this means the swapping of players on and off the field. This can happen at any time during a game even if the ball is still in play. Interchanges must only be done at the half way line. The player being replaced has to leave the field of play before the interchange player takes their place.

# Code of Behaviour

*This Code of Behaviour is intended to be the minimum standard for anyone involved in football.*

- Operate within the rules and spirit of your sport, promoting fair play over winning at any cost.
- Encourage and support opportunities for people to learn appropriate behaviours and skills.
- Support opportunities for participation in all aspects of the sport.
- Treat each person as an individual.
- Display control and courtesy to all involved with the sport.
- Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion.
- Respect the decisions of officials, coaches and administrators in the conduct of the sport.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance will exist) with people under the age of 18 years.
- Adopt appropriate and responsible behaviour in all interactions.
- Adopt responsible behaviour in relation to alcohol and other drugs.
- Act with integrity and objectivity, and accept responsibility for your decisions and actions.
- Ensure your decisions and actions contribute to a safe environment.
- Ensure your decisions and actions contribute to a harassment free environment.
- Do not tolerate harmful or abusive behaviour.

## Athletes

- Give your best at all times.
- Participate for your own enjoyment and benefit.

## Coaches

- Place the safety and welfare of the athletes above all else.
- Help each person (athlete, official etc) reach their potential.  
Respect the talent, developmental stage and goals of each person.  
Compliment and encourage with positive and supportive feedback.
- Any physical contact with a person should be appropriate to the situation and necessary for the person's skill development.
- Be honest and do not allow your qualifications to be misrepresented.

## Officials

- Place the safety and welfare of the athletes above all else.
- Be consistent and impartial when making decisions.
- Address unsporting behaviour and promote respect for all people.

## Administrators

- Act honestly, in good faith and in the best interests of the sport as a whole.
- Ensure that any information acquired or advantage gained from the position is not used improperly.
- Conduct your responsibilities with due care, competence and diligence.
- Do not allow prejudice, conflict of interest or bias to affect your objectivity.

## Parents

- Encourage children to participate and have fun.
- Focus on the child's effort and performance rather than winning or losing.
- Never ridicule or yell at a child for making a mistake or losing a competition.

## Spectators

- Respect the performances and efforts of all people.
- Reject the use of violence in any form, whether it is by spectators, coaches, officials or athletes.

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## Supporting Australian Communities

At NAB we're passionate about connecting with communities right across Australia. Covering a broad spectrum of sporting, artistic and community affiliations. NAB is committed to supporting a range of Australian organisations- all who are focussed on enriching communities and helping Australians achieve their goals.

In 2006 NAB invested \$14.1 million in Australian communities in 2006.

Areas of focus were:

- Assisting the financially disadvantaged with a particular focus around microfinance
- Backing community based sport
- Supporting medical research – particularly cancer research, and
- Growing our employee volunteering program in the community

In 2007 NAB and FFNT have become partners to ensure that young Territory Footballers develop from grass roots to rising stars.

We look forward to a long and prosperous partnership.

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