



East Berks Football Alliance

(EBFA - Our Kids - Their Dreams)

Age Group Team/Referee 5v5 Format Sheet - 2024/25

www.eastberksfa.com
Not Registered
No Football
No Exceptions

GotSport Teams Sheet to be presented to Referee and Opposition Manager, a minimum of 10 minutes before kick-off.
This age group format sheet to be presented to the Referee by both teams, a minimum of 10 minutes before kick-off.

Under 7 and 8 (Mini-Soccer - 5v5 Football – mixed gender football). The object is to keep the game flowing as much as possible, and make sure the players enjoy themselves.

Age Limits

U7s - Over 6 but Under 7 as at Midnight August 31st.

U8s - Over 6 but Under 8 as at Midnight August 31st.

1. Team size shall be 5v5.
2. The playing area shall be maximum size 40 yards x 30 yards, minimum size 30 yards x 20 yards. Cones can be used to mark touch and goal lines.
3. The Penalty area shall be designated by a marked out a rectangle, size 16 yards wide by 9 yards deep from the goal line. The penalty area can either be marked by cones on the touchline or one or two marker cones across the playing area.
4. The penalty spot shall be in the centre of the penalty area, 7 yards from the goal line.
5. The goal size for all age groups is 8 ft. X 4 ft. Goals shall be secured in accordance with manufacturer's instructions.
6. Goal nets and corner flags are compulsory.
7. The ball shall be a size 3.
8. A maximum of 3 substitutes at U7s and 3 substitutes at U8s may be used at any time with the permission of the Referee. Players may re-enters the game and all players shall play a minimum of 20 minutes per match.
9. Players shall wear shin guards, which shall be entirely covered with stockings.
10. A Referee shall be allocated to every match. It is their decision as to whether he requires Assistant Referees to run the line. All Referees shall have a whistle, red and yellow cards plus a notebook. It is the responsibility of the Home Team to ensure this.
11. Duration of matches shall be 4 x 10-minute quarters. 2 minutes between each quarter. Teams to change ends after 2 quarters.
12. U7s & U8s Trophy Event Competition matches which are group matches, finish at the end of normal time. U7s & U8s Trophy Event Competition matches which are knockout match, if the scores are level at the end of normal time, the winners shall be determined by the taking of a Penalty Shootout (three (3) penalties followed by sudden death), as described in Appendix A - Under 7 to 21 (All Formats – Trophy Event Penalty Shootout for Knockout Matches).
13. The kick-off is taken in the centre of the playing area to start the game at each quarter and after a goal has been scored. A goal may not be scored from a kick-off.
14. There is no offside.
15. All Free kicks are direct, **except when a deliberate header has occurred.**
16. Ball that deliberately goes over the Referee's head height (6ft approx.); restart is by a free kick to opposition. If the ball over head height is in the penalty area, then the free kick is taken from the edge of the penalty area – this is not a penalty offence. **See diagram below!**



17. **Deliberately heading the ball is an offence punishable by an indirect free kick. The indirect free kick is taken at the point where the ball was deliberately headed, except, where a player deliberately heads the ball within their own penalty area, the referee will stop the game and restart with an indirect free kick to the opposition from the nearest side line of the penalty area where the offence took place.**



18. **No throw ins – Ball returned to play by a pass or dribble-in.**
19. **When the whole of the ball passes over the touchline, on the ground or in the air, instead of a throw-in, a pass-in or dribble-in is awarded. A kicker taking a pass-in may choose to touch the ball again before it is touched by another player. At the moment of delivering the ball.**



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The ball must be stationary on the touchline at the point where it left the pitch; only the kicker may be off the pitch. All opponents must stand at least 5 yards from the point on the touchline where the pass-in or dribble-in is to be taken.

A goal cannot be scored directly from a pass-in.

The ball is in play when it is kicked and clearly moves. For more information, including a video please [click here](#).

20. The opposition shall be at least 5 yards away when a corner, free kick, [pass/dribble-in](#) or centre kick is awarded.
21. Goalkeepers can handle the ball in the penalty area and there are no restrictions on the number of steps they may take when holding the ball. Keeper returns ball to play by rolling out or pass with opposition retreating behind half-way.
22. There are no Goal kicks.
23. Defensive free kicks and drop balls within the penalty area shall be kicked from the edge of the penalty area.
24. The back-pass rule does **not** apply. A goalkeeper is not allowed to pick the ball up from a back pass or a throw in.
• If this happens a free kick should be given on the penalty area line closest to where the incident occurs.
25. Minisoccer Power Play Law provides for
 - If a team is losing by a four-goal difference, they can put an additional player on. So 5v5 becomes 6v5.
 - If the score returns to less than a four-goal difference the team takes off a player. It does not have to be the last player to come on.
 - If a team goes on to be losing by a six-goal difference a further additional player can be added – so 6v5 becomes 7v5.
 - If the score returns to less than a six-goal difference the team takes off a player. It does not have to be the last player to come on.
 - The main aim of the Power Play option is that all players are being challenged and enjoying the game.
26. Club Officials who Referee a match shall refrain from coaching.
27. Prior to each match the Team Sheet and Player Reg ID Verification procedures must be complied with.
28. Prior to each match the participating Teams and Officials shall conduct the 'Respect' handshake.
29. Players shall shake hands at the end of each match.
30. Supporters are not allowed within 10 meters of the goals.
31. Common sense shall **always prevail**.
32. The Team Officials shall be held responsible for the behaviour of players, supporters and any other persons involved with the fixture.
33. Any protest or complaint shall be forwarded to the League Secretary as per Rule 7.
34. Any matters of misconduct while the Referee is at the venue, are under the jurisdiction of The FA or Affiliated Association.
35. Except where otherwise provided above, the Laws of Association football shall apply.
36. All Referees shall be paid before the start of the match by the Home Team and the costs split equally between the two Teams.
37. Referee after the match to please complete an EBFA Match Official (Referee) Report – [click here](#) or visit www.eastberksfa.com/refereereports to find a link to the EBFA Match Official (Referee) Report.
38. Teams will complete score result on GoSport, upload the completed team sheet to GoSport and complete Team Match/Respect Report on EBFA Google Forms -> [click here](#)
39. Teams claiming a Trophy Event Fixture must complete the EBFA Google Forms – within 4 days (excluding Sunday) -> [click here](#)

[Ⓟ] as soon as children reaches the age of 6 they can be registered to play football at U7s. However, children attaining the age of 6 during the playing season (i.e. after 31 August) may not play up an age group until the following season. i.e. They can only play at U7s only when they reach 6 during the season.