



## **A Guide to U9/10s Club Football**

### **Format**

7v7

### **Match Length**

25 mins each way.

Children should not exceed the maximum playing time for their age on any one day. It is the responsibility of the junior club and/or the child's parent or carer to ensure this.

Each league is allowed to determine its own playing time up to the maximum allowed. Half-time should not be more than five minutes.

### **Player Game Time**

60 mins/day, 90 mins/comp

### **Pitch Size**

60 yd x 40 yd

### **Ball Size**

3. The ball should be safe for children to play with and made of leather or another suitable material.

### **Goal Size**

12 ft x 6 ft

### **Substitutions**

Roll-off roll-on substitutions can be made at any time during the game with permission from the referee, including players who have already been substituted.

### **Competitions**

Four weeks of trophy events, three times a season

### **Playing Equipment**

Children cannot play Development Football without shin pads. These should be covered entirely by knee-length socks.

Goalkeepers should wear a different coloured shirt to the rest of the team.

Footwear should be appropriate for the playing surface – no metal studs on 3 and artificial grass pitches.

If the weather is poor, players should wear appropriate clothing, but hoodies are not allowed.

