



Scottish Football's National

PlayerPathway

Match Guidelines



The rules for Development Football in conjunction with the Laws of the Game as stated by FIFA and the International FA Board

The rules for Development Football should be kept to a minimum except as provided within these rules. The laws of the game as stated by FIFA and the International FA Board shall apply subject to the amendmends detailed in this booklet.

Developmental Fours

Up to eight years old



Developmental Fours (up to eight years old)

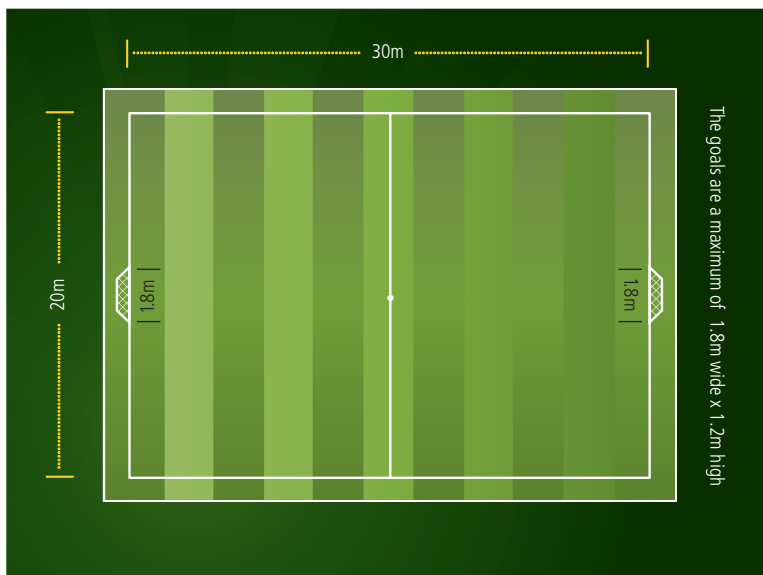
It is recommended that any Association who can provide a festival format should follow the SFA Developmental Fours resource (available from the SFA).

Fun Fours (up to 8 years)

1. The Field of Play

Recommended

- The field of play should be 30 metres by 20 metres
- Goalposts shall be 1.8 metres by 1.2 metres (6ft by 4ft) or smaller
- A centre mark at the midpoint of the halfway line





2. The Ball

A size 3 ball should be used.

3. The Number of Players

Teams will comprise 4 outfield players, no goalkeepers. Squads may consist of up to 6 players with rolling substitutions throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible.

4. The Players' Equipment

All players must wear shin-guards

Metal studs are suitable for grass fields only

Glasses may be worn provided they have safety frames and lenses

Players must wear the appropriate clothing dependent on weather

5. The Referee

A match supervisor, who must be a club official, will officiate from the side of the field and will not be allowed to coach either team.

6. Assistant Referees

Assistant referees are not required.

7. The Duration of the Match

Matches should be organised on a round robin festival basis and be trophy free. Each match should last no more than 10 minutes. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch. There should be a minimum of 5 minutes between matches with a maximum of 4 matches.



8. **The Start and Restart of Play**

On scoring a goal, the team that scores will retreat to the halfway line. The team conceding the goal will restart the game with a short forward pass.

9. **The Ball in and out of Play**

Normal rules apply (please refer to www.scottishfa.co.uk).

10. **The Method of Scoring**

Normal rules apply (please refer to www.scottishfa.co.uk).

11. **Offside**

There is no offside rule and there is no retreating line.

12. **Fouls and Misconduct**

Normal rules apply (please refer to www.scottishfa.co.uk).

Team coaches should immediately substitute any player showing unacceptable behaviour.

13. **Free Kicks**

Normal rules apply except that the distance an opposing player must be is 6 metres from the ball (please refer to www.scottishfa.co.uk).

14. **The Penalty Kick**

No penalty kicks.

15. **The Throw In**

In the event of the ball going out of play, a kick-in will be awarded. All opposition players must be 6 metres from the ball.



16. The Goal Kick

Goal kicks should be taken out from the goal area, but without a goal area marked players should be encouraged to place the ball and play from there.

17. The Corner Kick

Normal rules apply except that opposing players to be 6 metres away from the ball (please refer to www.scottishfa.co.uk).

General

- Team coaches will stand on the same side of the field. Parents should stand on the opposite side of the pitch behind a marked area, for example, cones, pitch tapes etc. Depending on the venue, parents should be encouraged to stand a distance away from the pitch, only encourage players and should uphold fair play
- Team coaches should encourage the rotation of players to experience different parts of the pitch
- At the end of every game, team coaches should encourage both teams to shake hands with each other and the officials

Recommended Coach Education

Recommended Coach Education Award is Level 1/2 of the SFA Children's Pathway plus the additional resources, Development Fours and Creative Player. Additional in-service provision on the Creative Player and Development Fours.

Scottish FA Children's Pathway

Level 1
Early Touches
Certificate

Level 2
Basic
Children's
Award

Level 3
Coaching
in the Game

Level 4
Coaching
Young
Footballers

Level 5
Advanced
Children's
Licence

Soccer Sevens

Nine to twelve years





Soccer Sevens (nine to twelve years)

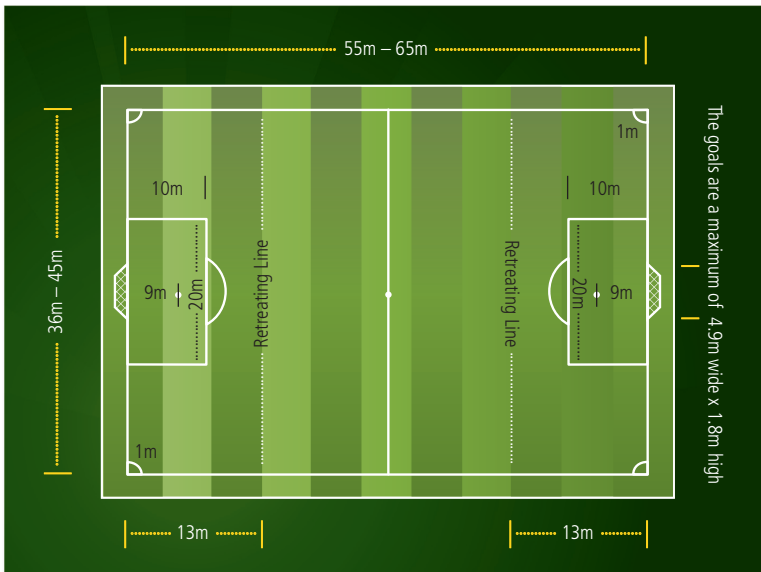
1. The Field of Play

Recommended

- The field of play shall be 36 to 45 metres wide and 55 to 65 metres long
- Goalposts should be no more than 4.9 metres x 1.8 metres (16ft by 6ft)

The Goal Area

- The goal area is defined at each end of the field as follows:
- Two lines are drawn at right angles to the goal lines 20 metres apart from each other. These lines extend into the field of play for a distance of 10





metres and are joined by a line drawn parallel with the goal line

- Within each goal area a penalty mark is made 9 metres from the midpoint between the goalposts and equidistant to them
- A centre mark at the midpoint of the halfway line

Alternative

- Field and goalposts as supplied by the local authority may be used
- Coaches should adapt the recommendations according to the venue specifications

2. The Ball

A size 4 ball should be used

3. The Number of Players

Teams will comprise 6 outfield players plus a goalkeeper. Team squads may consist of up to 10 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible. In the event of an obvious mismatch, the weaker team, as jointly agreed by the respective team leaders, may field an extra player.

4. The Players' Equipment

- All players must wear shin-guards
- Metal studs are suitable for grass fields only
- Players must wear the appropriate clothing dependant on weather
- Glasses may be worn provided they have safety frames and lenses



5. The Referee

A match supervisor, shall be either a club official or an adult approved by the SYFA and agreed by both sides and will not be allowed to coach either team.

6. Assistant Referees

Assistant referees are not required.

7. Duration of the Game

Recommendation

At age groups 9 and 10 the duration of the game shall be 2 periods of 20 minutes with a 5 minute interval. Matches should be organised on a festival basis or as weekly fixtures and shall be trophy free.

Festival format may require some flexibility in timing depending on the venue and booking times.

Alternative

At age groups 9 and 10 the duration of the game may be 3 periods of 15 minutes with 5 minute intervals. Matches should be organised on a festival basis or as weekly fixtures and shall be trophy free.

Festival format may require some flexibility in timing depending on the venue and booking times.

Recommendation

At age groups 11 and 12 the duration of the game shall be 2 periods of 25 minutes with a 5 minute interval. Matches should be organised on a festival basis or as weekly fixtures and shall be trophy free.

Festival format may require some flexibility in timing depending on the venue and booking times.



Alternative

At age groups 11 and 12 the duration of the game may be 3 periods of 15 minutes with 5 minute intervals. Matches should be organised on a festival basis or as weekly fixtures and shall be trophy free.

Festival format may require some flexibility in timing depending on the venue and booking times.

Flexibility should prevail. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch.

8. The Start and Restart of Play

On scoring a goal, the team that scores will retreat to the halfway line. The team conceding the goal will restart the game with a kick-off at the centre of the pitch. Opponents should be 6 metres away from the ball.

9. The Ball in and out of Play

Normal rules apply (please refer to www.scottishfa.co.uk).

10. The Method of Scoring

Normal rules apply (please refer to www.scottishfa.co.uk).

11. Offside

There is no offside rule.

Retreating Area

- For age group 9 there will be no retreating area
- For age groups 10 there will be a 13 meter retreating area. When the goalkeeper has the ball in his/her hands, the opposing team must retreat



behind the retreating area (marked by cones, flat markers, poles or the match supervisor can be used to make a line) until the ball has been played to a member of his team. No player from the opposition is allowed into the retreating area until the outfield player has touched the ball

- For age groups 11 and 12 there will be no retreating area

12. Fouls and Misconduct

Normal rules apply except in relation to a deliberate pass to the goalkeeper, commonly known as the 'pass back' (please refer to www.scottishfa.co.uk).

Pass Back

- For age groups 9 and 10 the deliberate pass to the goalkeeper does not apply
- For age group 11 and 12 the deliberate pass to the goalkeeper does apply (please refer to www.scottishfa.co.uk)

13. Free Kicks

Normal rules apply (please refer to www.scottishfa.co.uk).

14. The Penalty Kick

Normal rules apply (please refer to www.scottishfa.co.uk).

15. The Throw In

- Age groups 9 and 10 should use kick-ins. In the event of the ball going out of play, a kick-in will be awarded. At all kick-ins all opposition players must be 6 metres from the ball. Coaches should encourage short passing from a kick in
- Age groups 11 and 12 should take throw-ins. In the event of the ball going out of play, a throw-in will be awarded



16. The Goal Kick

Normal rules apply (please refer to www.scottishfa.co.uk).

17. The Corner Kick

Normal rules apply (please refer to www.scottishfa.co.uk).

General

- Team coaches will stand on the same side of the field. Parents should stand on the opposite side of the pitch behind a marked area, for example, cones, pitch tapes etc
- Depending on the venue parents should be encouraged to stand a distance away from the pitch and to only encourage players and to uphold fair play
- Team coaches should encourage the rotation of players to experience different positions on the pitch
- Goalkeepers should also be encouraged to pass or throw the ball to team mate rather than just kick from hand.
- It is recommended, time permitting, that matches will finish with every player taking a penalty kick
- At the end of every game, team coaches should encourage both teams to shake hands with each other and the officials

Recommended Coach Education

- For age groups 9 and 10 the recommended Coach Education Award is Level 2/3 of the SFA Children's Pathway, SFA Physical Preparation plus the additional resource Small Sided Games and the Creative Player and additional in-service training on retreating line



PlayerPathway

- For age group 11 and 12 the recommended Coach Education Award is Level 3 and Level 4 of the SFA Children's Pathway, SFA Physical Preparation plus additional resource Small Sided Games with additional In-service provision on pass back, throw in and shaping a 7 a side team

Scottish FA Children's Pathway

Level 1
Early Touches
Certificate

Level 2
Basic
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Award

Level 3
Coaching
in the Game

Level 4
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Young
Footballers

Level 5
Advanced
Children's
Licence

11-a-side

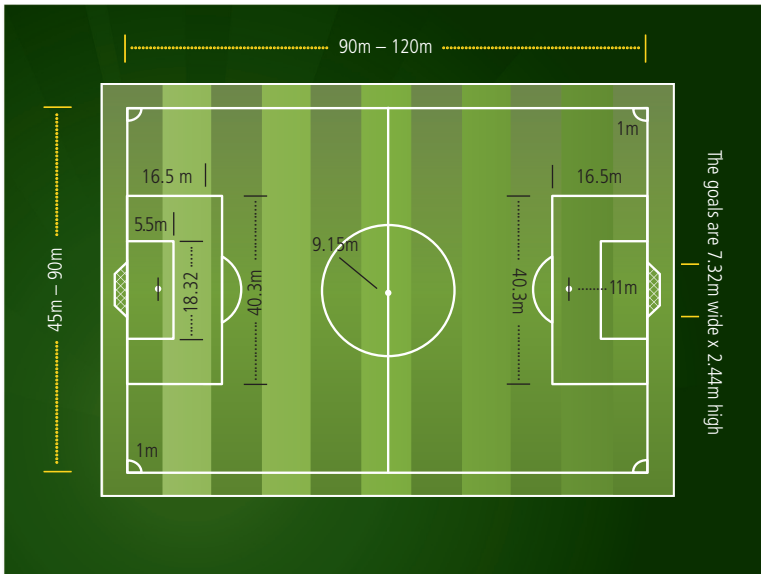
Age groups thirteen to twenty-one years





11-a-side (age groups thirteen to twenty-one years)

All matches to be played in accordance with the Constitution and Rules of the Scottish Youth FA and the Laws of the Game.



Scottish FA Youth Pathway

Level 1
Early Touches
Certificate

Level 2
Basic
Children's
Award

Level 3
Coaching
in the Game

Level 4
Coaching
Young
Footballers

Level 5
Advanced
Children's
Licence

Referee Secretaries

If you would like information about refereeing in Scotland, please contact the appropriate office.

Aberdeen & District

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www.scottishfa.co.uk

If you Live It, Play It,
Love It... you'll find a wealth of
online web resources
at scottishfa.co.uk

If you are currently coaching or thinking about volunteering and taking your first steps towards coaching, the Scottish FA website has a wide range of resources and advice to support you. With over 450 coach development courses available each year covering Children, Youth, Adult, Goalkeeping and Disability football, there are many local, regional and national opportunities and events to get involved in to help improve your coaching skills. Have a look at www.scottishfa.co.uk for information on:

- Event and course information
- Downloadable training plans
- Club development support
- Skills tests for young players
- Sports science resources
- Animated training and shaping drills
- Printable coach resources
- Regular advice from Scottish FA coaches
- Best practice from our foreign club visits



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SCOTTISH FA
YOUTH

