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## Jersey FA “Foundation Phase 5-11s” Guidelines, Rules and Formats

**MINI-SOCCER – Children are naturally competitive when they play football. They learn better when they are matched by ability and the games are close. This is why it is known as Development Football.**

<u>Age</u>	<u>Format</u>	<u>Match Length</u>	<u>Game Time</u>	<u>Pitch Size (Max)</u>	<u>Ball Size</u>	<u>Goal Size (Max)</u>	<u>Additional Rules (Optional)</u>
U6's Year 1	Maximum 5 v 5  Smaller sided Recommend (2v2/3v3/4v4s)	40 minutes (maximum)	Equal playing time for all	40yd x 30yrd	3	12ft x 6ft  Recommend Mini Goals 5ft x 3ft	<b>Retreat Lines (Optional)</b> – All players to be at halfway line on goal kicks to give opposition opportunity to play out <b>Restart of Play</b> – Follow laws of the game. Throw ins, option to use kick ins (to be agreed before KO) <b>Powerplay</b> – Score line of 4 goal difference the losing team can put an additional player on. 6 goal difference put an additional player on. Coaches to discuss when best to remove additional player. <i>(Create challenging overloads rather than taking players off)</i> <b>Positional rotation</b> – After each break consider players having opportunities to play within all positions <b>Officials</b> – 1 official to referee and coaches to be on sidelines not on the pitch. <b>Give children opportunity to play and learn themselves. Key Learnings – Having fun and playing with their friends</b>
U7's Year 2	Maximum 5 v 5  Smaller sided Recommend (2v2/3v3/4v4s)	40 minutes (maximum)	Equal playing time for all	40yd x 30yrd	3	12ft x 6ft  Recommend Mini Goals 5ft x 3ft	<b>Retreat Lines (Optional)</b> – All players to be at halfway line on goal kicks to give opposition opportunity to play out <b>Restart of Play</b> – Follow laws of the game. Throw ins, option to use kick ins (to be agreed before KO) <b>Powerplay</b> – Score line of 4 goal difference the losing team can put an additional player on. 6 goal difference put an additional player on. Coaches to discuss when best to remove additional player <i>(Create challenging overloads rather than taking players off)</i> <b>Positional rotation</b> – After each break consider players having opportunities to play within all positions <b>Officials</b> – 1 official to referee and coaches to be on side lines not on the pitch. <b>Give children opportunity to play and learn themselves. Key Learnings – Having fun and playing with their friends</b>
U8's Year 3	5 v 5  Smaller sided To be considered (2v2/3v3/4v4s)	40 minutes (maximum)	Equal playing time for all	40yd x 30yrd	3	12ft x 6ft  Consider Mini Goals 5ft x 3ft	<b>Retreat Lines (Optional)</b> – Players to be at halfway line on goalkicks. 2 opposition players to be allowed in attacking half. <b>Restart of Play</b> – Following FA laws of the game, encourage support and advise with throw ins <b>Powerplay</b> – Score line of 4 goal difference the losing team can put an additional player on. 6 goal difference put an additional player on. Coaches to discuss when best to remove additional player. <i>(Create challenging overloads rather than taking players off)</i> <b>Positional rotation</b> – After each break consider players having opportunities to play within all positions <b>Officials</b> – 1 official to referee and coaches to be on side lines not on the pitch. <b>Give children opportunity to play and learn themselves. Key Learnings – Having fun and playing with their friends</b>
U9's Year 4	6 v 6	60 minutes (maximum)	Equal playing time for all	60yd x 40yrd	3	12ft x 6ft	<b>Retreat Lines (Optional)</b> – Players to be at halfway line on goalkicks. 2 opposition players to be allowed in attacking half. <b>Restart of play</b> – Following FA Laws of the game for kick off, throw ins, corners, and goal kicks <b>Powerplay</b> – Score line of 4 goal difference the losing team can put an additional player on. 6 goal difference put an additional player on. Coaches to discuss when best to remove additional player <b>Positional rotation</b> – After each break consider players having opportunities to play within all positions <b>Officials</b> – 1 official to referee and coaches to be on side lines not on the pitch. <b>Give children opportunity to play and learn themselves. Key Learnings – Acquiring skills and trying their best</b>
U10's Year 5	7 v 7	60 minutes (maximum)	Equal playing time for all	60yd x 40yrd	3	12ft x 6ft	<b>Retreat Lines (Optional)</b> – No retreat lines, coaches to implement retreat lines during if it supports player development. <b>Restart of play</b> – Following FA Laws of the game for kick off, throw ins, corners, and goal kicks <b>Powerplay</b> – Score line of 4 goal difference the losing team can put an additional player on. 6 goal difference put an additional player on. Coaches to discuss when best to remove additional player <b>Positional rotation</b> – After each break consider players having opportunities to play within all position <b>Officials</b> – 1 official to referee and coaches to be on side lines not on the pitch. <b>Give children opportunity to play and learn themselves. Key Learnings – Acquiring skills and trying their best</b>

**RESPECT – PLEASE ENSURE PROVISION OF DESIGNATED SPECTATOR AREAS (3 yards from the side of the pitch on the opposite side to the coaches and substitutes)**

**‘WE ONLY DO POSITIVE’ – LEAD BY EXAMPLE – CREATE THE RIGHT ENVIRONMENT – BUILD A POSITIVE TEAM AROUND YOU**

**The above guidelines, rules and formats have been updated after JFA Minis Coordinators meeting in January '22 using feedback from coaches & players**