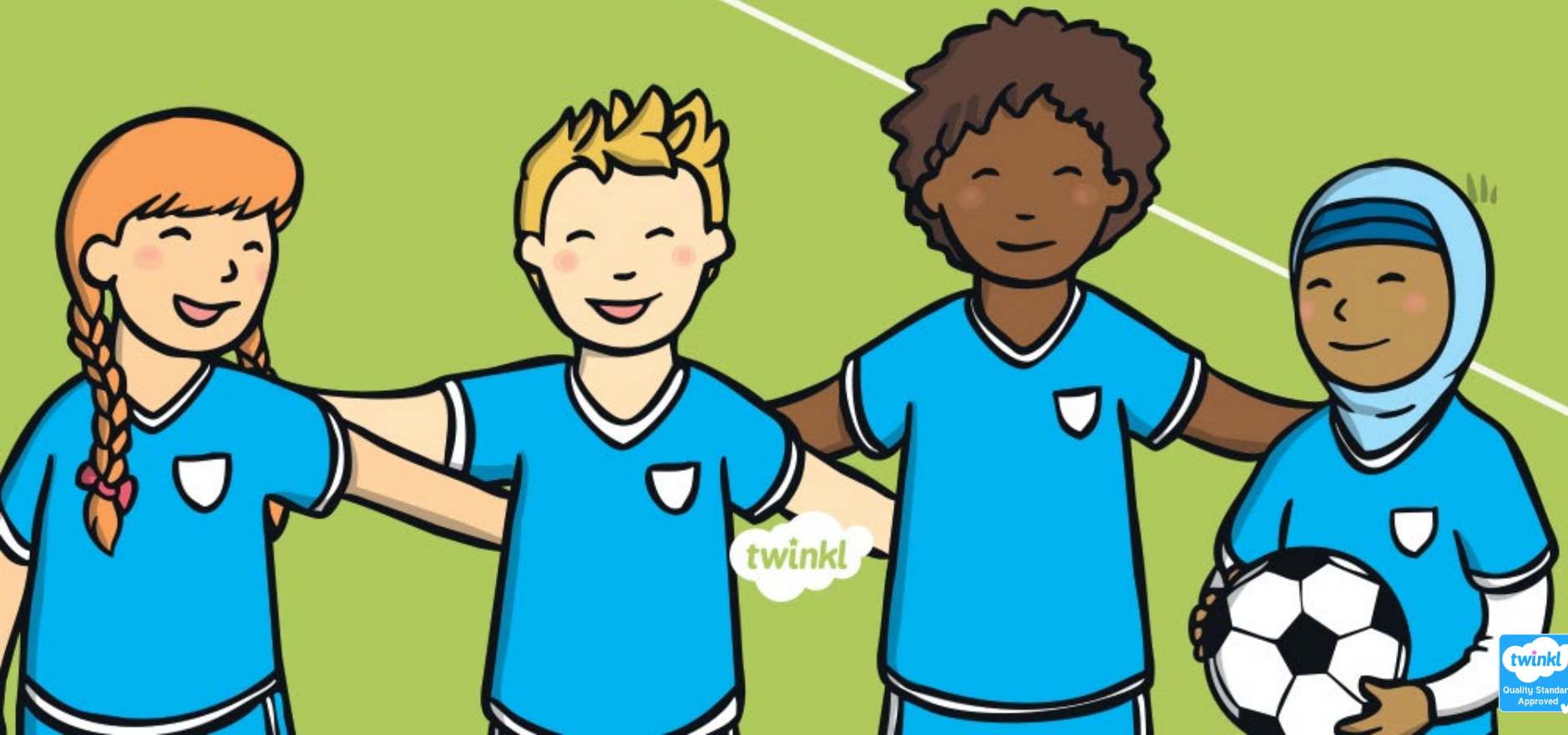


# Children's Football Rules



# Teams

Each team should have one goalie.  
This role can be rotated for each game .

Smaller teams are more  
beneficial and this event will be  
a Team of 7.



Each half of the game will be **8 minutes long** .  
You will have a break of **2 minutes** in between the halves.





To start the game, team captains will toss a coin to see who will begin the game with the ball. They will take the ball to the centre circle and begin there.

**When the referee blows the whistle to start play, the game is started by a kick from the player in the middle of the centre circle.**

This is called a 'kick off'. Every other player must be six paces from the child taking the kick off.

The opposing team will begin the second half with the ball.

After each goal, the team who lost the goal begins play again with a kick off.





If you wish to defend someone, you can stand as near as you wish and use your feet to try to knock the ball while the opponent is dribbling or while the opponent is standing with the ball.


You must only touch the ball with your feet and no other part of your body. The goalie may use their hands to defend the goal. The goalie is only allowed to use their hands to defend the ball when inside the box.



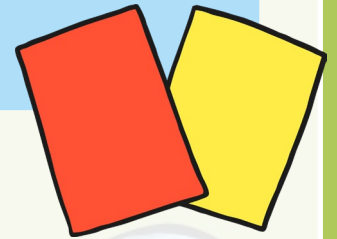
To move the ball, you may use the side of your foot to push the ball. This is good when dribbling and moving with the ball.

You may wish to kick or chip the ball using your foot. This is when you swing your leg back then swing forward to strike the ball. This would be to pass the ball a longer distance.





**Football is a contact sport, therefore you can come into contact with any other player.**



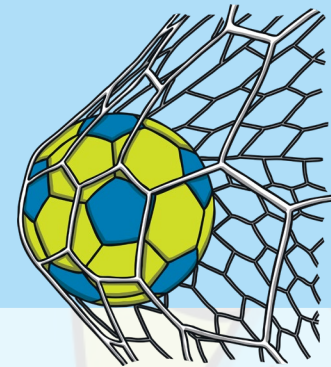
However, you may not use force against the other player. This means no pushing, shoving or unfair contact. This is called a foul and the other team will receive a free kick from where the foul occurred. All other players must be six paces from the person taking the free kick.



To score a goal, a player must kick the ball and it must go completely over the goal-line and in the goal.

If a penalty or foul occurs inside the box, a penalty kick takes place. If a foul was made against you while you were attacking in the box, a penalty kick will be given to you. You will take the ball to the penalty spot inside the attacking box and have one kick to try and score a goal. All other players must stand behind you while you take the kick. The game continues as normal once you have kicked the ball.

Each goal is worth one point.



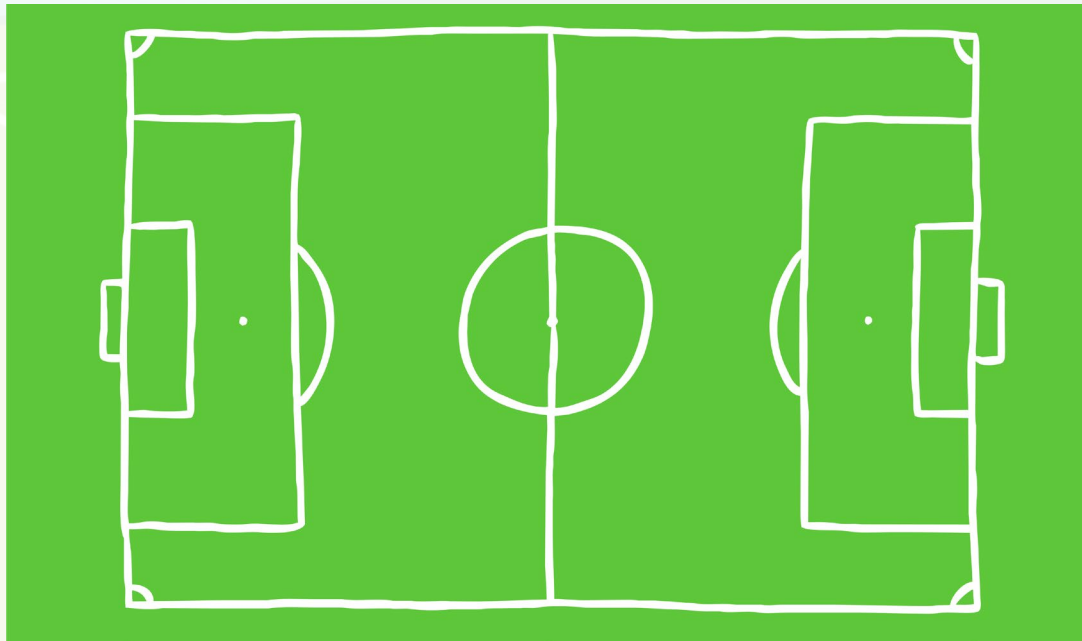


If the ball is out of field of play, it will be decided who was the last team to touch the ball. The other team will then be given the side-line throw-in. This is an overhead throw taken from the side line at the position it went out.

If the ball is hit out on the back-line, then the throw-in would be from the nearest corner of the field.

Until the ball is thrown-in, all players must be 6 paces away from the ball.





**Players are allowed anywhere  
in the pitch when playing  
football.**

Date this is all happening, international women's day!

Friday 7<sup>th</sup> March 9.30 am – 12pm

At Stanley Park Chippenham

[Stanley Lane,](#)

[Pewsham](#)

[SN15 3RR](#)

If you have any questions please do not hesitate to contact  
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LEAD SCHOOL



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