

COFA - Rules and Guidelines

Rules - these are the NZF rules that will be applied for all COFA games. They ensure a fair game is played at all times and teach kids about sportsmanship.

Age group	Team size	Scorecards	Offsides	Goalkeepers	Goal kicks/punts	Retreating line rules	Rules for throw-ins	Corners	Coaches on the field?
U17	11 v 11	The score to be emailed to club by the coach of the home team.	Normal offside rules apply. Offside cannot be given if the player is in their own half of the field of play. A player is in an offside position if they are nearer to the opponents' goal line than both the ball and the second last opponent (at the point the ball is passed to them).	Yes - goal keepers as normal.	Normal football rules apply.	Normal football rules apply.	Normal football rules apply.	Yes - normal football rules apply.	Home club to organise club based referee. In event of no club based referee, ask a parent to referee half the game each, no coaching of players while refereeing.
U15/14	11 v 11								
U12/13	9 v 9	Not required.	Offside as above however the retreating line is the off side line, instead of halfway. A player is in an offside position if they are nearer to the opponents' goal line than both the ball and the second last opponent (at the point the ball is passed to them).	No punts or drop-kicks from the goalkeepers hands are allowed. When ball is in open play and passed back to GK by own teammember he can't pick up the ball with his hands. When he does, a indirect free kick awarded.	Opponents all retreat behind the retreating line, until the ball crosses the retreating line or is within 1 meter radius of the receiving player.	Throw-ins apply, focus on rules/technique. Meaning that players can retake a throw-in when throw in is not taking correctly.	Yes - normal football rules apply.	Home club to organise club based referee. In event of no club based referee, ask a parent to referee half the game each, no coaching of players while refereeing.	
U11									
U10	7 v 7	Not required.	No offsides - coaches to discourage goal hanging.	No goal keepers - no goal guarding allowed. Any player can take the goal kick Players by dribbling on the pitch or pass to a teammate to restart the game.	All opponents must retreat to half way before game restarts. Attacking players may move forward when the ball is dribbled in or within 1 meter radius of the receiving player or the ball crosses the half way line.	Short pass-in or dribble- in to restart. No long kicks allowed.	No - goal kick when the ball crosses the goal line.	Yes - referee half field each. Provide guidance/structure but encourage kids to make decisions.	
U9									
U8	5 v 5	Not required.	No offsides - coaches to discourage goal hanging.	No goal keepers - no goal guarding allowed. Any player can take the goal kick Players by dribbling on the pitch or pass to a teammate to restart the game.	All opponents must retreat to half way before game restarts. Attacking players may move forward when the ball is dribbled in or within 1 meter radius of the receiving player or the ball crosses the half way line.	Short pass-in or dribble- in to restart. No long kicks allowed.	No - goal kick when the ball crosses the goal line.	Yes - referee half field each. Provide guidance/structure but encourage kids to make decisions.	
U7									
U6	4 v 4	Not required.	No offsides - coaches to discourage goal hanging.	No goal keepers - no goal guarding allowed. Any player can take the goal kick Players by dribbling on the pitch or pass to a teammate to restart the game.	All opponents must retreat to half way before game restarts. Attacking players may move forward when the ball is dribbled in or within 1 meter radius of the receiving player or the ball crosses the half way line.	Short pass-in or dribble- in to restart. No long kicks allowed.	No - goal kick when the ball crosses the goal line.	Yes - referee half field each. Provide guidance/structure but encourage kids to make decisions.	

Guidelines - these are COFA guidelines that encourage the development of versatile, skilled footballers and aim to provide an enjoyable footballing experience for all players, coaches and spectators.

Age group	Game days	Positions/starting teams/substitutions	Changes to manage one sided games, e.g. >6 goal difference	Playing times (half, third, quarter time/breaks)	Parents/supporters
U17	As per the draw	Coaches discretion, all players to get at least half a game.	* Coaches discretion. * Play players in different positions.	2 x 45 = 90 (10 min half time)	Encourage and support positive play from both teams - don't coach/instruct the kids!
U15/14				3 x 25 = 75 (5 min between 3rds)	
U12/13		Rotate all players - equal opportunity for all players to try different positions over the course of the season. All players to play at least half the playing time. Rather than only sub players at half time, sub players one at the time after x minutes. Avoid 3 or 4 subs going on at the same time. e.g. sub every 5 - 10 minutes	1. Set new targets , tasks for the most dominant team & or player(s) <ul style="list-style-type: none"> • Only score with non-dominant foot • Only score with a first time finish • Before you can score complete an X number of passes • Restrict amount of touches 2. Change of positions <ul style="list-style-type: none"> • Let players explore a different position than they usual play. e.g. the striker becomes a fullback. 3. Review the playing numbers <ul style="list-style-type: none"> • Add a player for the weaker team e.g. 8 v 7 or 10 v 9 • Avoid adding a player to a 11-a side game • The dominant team withdraw 1 player and play 1 player down • Never withdraw more than 1 player from the original format (7 v 7, 9 v 9, 11-11) 4. Mix the two teams <ul style="list-style-type: none"> • If the score line is still going up rapidly and the guidelines above don't work please be willing to mix the teams and play out the times as a training / friendly match. 	3 x 22.5 = 67.5 (5 min between 3rds)	
U11				3 x 20 (3 games back to back, no half times ,5 min between games)	
U10	As per the draw - Due to field size/availability and team number considerations, the game day format may mean that some teams play other teams more often than others. This allocation of games will be random, however the relative strength of teams will be considered mid-season. Skill stations are a bye round due to an uneven number of teams in the age grade and/or a player/coach education tool. Each team will get a similar number of skill station slots over the course of the season.	Equal opportunity for all players - positions. All players to play at least half the playing time. Rather than only sub players at half time or after a third, sub players one at the time after x minutes. Avoid 3 or 4 subs going on at the same time. e.g. sub every 2 - 3 minutes	Swap players.	3 x 15 = 45 (5 min between games, no half times)	
U9				3 x 15 = 45 (5 min between games, no half times)	
U8				3 x 10 = 30 (5 min between games, no half times)	
U7					
U6					