



JUNIOR FRAMEWORK – PLAYING FORMATS 2023

5 v 5 PLAYING FORMAT (FUN FOOTBALL 7th, 8th Grade, U8 Girls)

Pitch Dimensions

Grade	Game Duration	Ball Size	Pitch Size	Goal Size	Goal Box	Penalty Area	Centre Circle
7th Grade	2 x 20 minute games*	Size 3	min 25 x 20m max 30 x 20m	min 1.8 x 0.9m max 2 x 1m	NO	NO	NO
8th Grade; U8 Girls	2 x 20 minute games*	Size 3	min 25 x 20m max 30 x 20m	min 1.8 x 0.9m max 2 x 1m	NO	NO	NO

* Rotation format - EBOP 7th grade 3 x 12 minute games, Thames Valley u8s rotation format 3 x 10 minute games, Rotorua 7th & 8th grade 2 x 15 minute games

5 v 5 Specific Rules

Grade	No of players	Recommend squad size	Off Sides	Retreating line	Corners	Goal Kicks	GK	Throw-Ins
7th Grade	5 (no GK)	6 – 8	NO	half-way	NO	YES	NO	NO
8th Grade; U8 Girls	5 (no GK)	6 - 8	NO	half-way	NO	YES	NO	NO

7 v 7 PLAYING FORMAT (MINI FOOTBALL 9TH & 10TH Grade, U10 Girls)

Pitch Dimensions

Grade	Game Duration	Ball Size	Pitch Size	Goal Size	Goal Box	Penalty Area	Centre Circle
9 th Grade	2 x 25 minute halves	Size 4	min 45 x 30m max 55 x 35m	min 3.8 x 1.9m max 4 x 2m	NO	8m x 16m	NO
10 th Grade; U10 Girls	2 x 25 minute halves	Size 4	min 45 x 30m max 55 x 35m	min 3.8 x 1.9m max 4 x 2m	NO	8m x 16m	NO

7 v 7 Specific Rules

Grade	No of players	Recommend squad size	Off Sides	Retreating line	Corners	Goal Kicks	GK	Throw-Ins
9th Grade	7 (inc GK)	8 – 10	YES*	YES	YES	YES	YES	YES
10th Grade; U10 Girls	7 (inc GK)	8 - 10	YES*	YES	YES	YES	YES	YES

* The retreating line is the offside line on attack. Players should **only be penalised for blatant offside** (including goal-tending). Please refer to the '9th, 10th Grade and U10 Girls Retreating Line Rules' Document for more information.



**9 v 9 PLAYING FORMAT (MINI FOOTBALL 11TH & 12TH Grade, U12 Girls)
U14 GIRLS & CENTRAL BOP 13TH/14TH GRADE**

Pitch Dimensions

Grade	Game Duration	Ball Size	Pitch Size	Goal Size	Goal Box	Penalty Area	Centre Circle
11th Grade/12th Grade, U12 Girls	2 x 30 minute halves	Size 4	min 64 x 45m max 70 x 50m	min 4 x 2m max 5 x 2m	NO	10m x 24m	NO
U14 Girls, CBOP 13th/14th Grade	2 x 35 minute halves	Size 4	min 64 x 45m max 70 x 50m	min 4 x 2m max 5 x 2m	NO	10m x 24m	NO

9 v 9 Specific Rules

Grade	No of players	Recommend squad size	Off Sides	Retreating line	Corners	Goal Kicks	GK	Throw-Ins
11th Grade/12th Grade, U12 Girls	9 (inc GK)	10 – 13	YES	YES	YES	YES	YES	YES
U14 Girls, CBOP 13th/14th Grade	9 (inc GK)	10- 14	YES	NO	YES	YES	YES	YES

YOUTH PLAYING FORMATS

All Federation Youth leagues will play using the formats below.

If playing in a dual banded age group, the playing format is that of the younger age group. Eg in 13th/14th grade you would use a Size 4 ball and play 2 x 35 min halves.

Age Group	Playing Format	Game Duration	Ball Size	Pitch Size	Goal Size	Penalty Area	Subs.
13	11v11	2 x 35 min halves	Size 4	min 80 x 45m <i>optimum 82 x 50m</i> max 90 x 55m	min 6.4 x 2.1m <i>optimum 6.4 x 2.1m</i> max 7.3 x 2.4 m	min 32 x 12.8m <i>optimum 32 x 12.8m</i> max 40 x 16.5m	3-5 rolling
14	11v11	2 x 35 min halves	Size 5	min 80 x 45m <i>optimum 82 x 50m</i> max 90 x 55m	min 6.4 x 2.1m <i>optimum 6.4 x 2.1 m</i> max 7.3 x 2.4 m	min 32 x 12.8m <i>optimum 32 x 12.8m</i> max 40 x 16.5m	3-5 rolling
15/Baywide Snr Girls	11v11	2 x 40 min halves	Size 5	min 90 x 55m <i>optimum 90 x 55m</i> max 100 x 60m	Full Sized: 7.3 x 2.4 m	40 x 16.5m	3-5 rolling
16	11v11	2 x 40 min halves	Size 5	min 90 x 55m <i>optimum 90 x 55m</i> max 100 x 60m	Full Sized: 7.3 x 2.4 m	40 x 16.5m	3-5 rolling
17+	11v11	2 x 40 min halves	Size 5	min 90 x 55m <i>optimum 100 x 60m</i> max 100 x 65m	Full Sized: 7.3 x 2.4 m	40 x 16.5m	3-5 rolling

The following leagues will play under the 13th Grade Rules, but on a 9 v 9 pitch with 9 players:

Waikato and Western BOP U14 Girls (Kaimai and Koru Leagues)

Central Bay 13th/14th Grade League

Baywide Junior Girls Football 9's (U16) will play under the 14th Grade Rules but on a 9 v 9 pitch with 9 players.

Baywide Senior Girls league will operate under the 15th Grade Age Group.