



KUAFC – 2025 Junior Season: Point System and Rules

KEY DETAILS PER GRADE:

Under 8's	Under 11's	Under 14's
<ul style="list-style-type: none">• Games from 8:30am• 20 minute halves• 7 a-side• 25m x 35m Field• Ball size 3	<ul style="list-style-type: none">• Games from 9:30am and 10:30am• 25 minute halves• 7 a-side• 50m x 35m Field• Ball size 4	<ul style="list-style-type: none">• Games from 11:30am• 30 minute halves• 7 a-side• 50m x 35m Field• Ball size 4

Goal Size

All grades Under 8 to Under 14 play with a 4 metre by 2 metre framed goal. All goals should have nets.

POINTS:

League Competition

- 4 for a win
- 2 for a draw
- 1 for a loss
- 2 for a bye
- 0 for defaulting. Opposition team awarded a win. Result of 4-0 given.

If two or more teams finish on the same number of points at the completion of the league round, the following is used to determine the finishing order in competitions:

(i) Goal Difference- subtract the goals conceded from the goals scored; then

(ii) Goals Scored- if Goal Difference is the same the team scoring the most number of goals is ranked higher.

Knockout Competition

- If knockout games end in a draw, ten minutes of extra time is played (two, 5 minute halves). If the result is still a draw, the result is decided by kicks from the penalty mark. A goalie is present.
- The referee chooses the goal at which the kicks will be taken.
- The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick.

Subject to the conditions outlined below, both teams take five kicks. The kicks are taken alternately by the teams.

- If, before both teams have taken five kicks, one has scored more goals than the other team could score even if it were to complete its five kicks, no more kicks are taken.
- If, after both teams have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other from the same number of kicks.
- Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick.
- A maximum of two dispensated players per team are allowed to participate in the shoot-out.

RULES:

Kick Off

- The ball may be kicked in any direction from a kick off however it must go to another player and cannot be touched twice in a row by the person taking the kick off.

Corners

- A corner kick is awarded if a defending player is last to touch the ball before it goes over the goal line.
- Taken from the corner of the pitch
- A goal can be scored directly from a corner kick.
- The ball is in play once it has been kicked and moves.
- The kicker cannot touch the ball again until someone else has. An Indirect free kick will be awarded against them.
- Opponents remain at least 5 metres from the ball until it is in play.

Rolling substitutes

- There can be any number of substitutes.
- Substitutions must always be made from halfway.
- Any team may be made up to full strength by spare players of the opposing team by mutual agreement of the two teams. If it is agreed that players from the opposing team can be used, unless the match has already been forfeited due to a default situation, the result for the match stands and counts towards the competition.

Playing up a grade

- At the player and parent's discretion, players from the same club can play up 1 grade, providing there are no more than 2 subs available.

Offside

- A player is offside if he/she is closer to the opponents' goal, than the ball and 2 defenders when the ball is played. The goalie being one defender.
- An offside player is only penalised, when he/she is involved in active play; by interfering with play, or an opponent or gaining an advantage from being offside.

- A player is **not** offside if he/she receives the ball directly from a goal kick, a throw in, a corner kick, or if he/she is in his/her own half.
- For any offside offence the opposing side are given an indirect free kick from where the offence occurred.

Goal Kick

- A goal kick is given when the ball crosses fully over the goal line, having been last touched by one of the attacking team.
- A goal kick restarts the game. The ball is not **in play**, this means that the only person who can play the ball is the person taking the goal kick, until the ball is kicked directly beyond the penalty area, from the goal line.
- If the ball is not kicked directly into play, beyond the goal box, the kick is retaken.
- All opponents are to be back in their own half when the kick is taken and cannot touch the ball until it is **in play**. This is known as the Retreating Line. Defending team members can be in their own half to receive the goal kick.
- The kick can be taken from anywhere in the goal area. The ball must be kicked from ground unless the Goalie has picked the ball up themselves in the goal box area prior to it going out of play.
- The goal kick can be taken by the goalie or a defender.
- The goalie can only handle the ball inside the goal box.
- However a goalie cannot touch the ball with his hands inside the goal box if it has been passed back to them by a teammate by foot. If a defender uses his head the goalie may pick up the ball.
- You cannot score an own goal from the goal kick.
- When the goal kick is taken it must **not** go over the halfway line without first touching another player from the goalies own team. If this occurs an indirect free kick is awarded to the other team from where it crossed the half way line.

Throw Ins

- A goal cannot be scored directly from a throw in.
- The person throwing the ball must;
 - face the field of play
 - use both hands
 - have both feet on the ground and either on the line or outside the line (the rear foot may be dragged but must remain in contact with the ground at all times)
 - deliver the ball from behind and over his/her head
 - not touch the ball again until someone else does. If this happens an indirect free kick will be awarded against him.
- All opponents must stand no less than 5 metres from the point at which the throw in is taken.
- If a throw in is not taken correctly, the referee will explain how it is done and the throw in can be repeated. If still not taken correctly the throw in is awarded to opposition.

Indirect Free Kicks

- A goal cannot be scored by kicking the ball straight into the opponents' goal from an indirect free kick. It must touch an opponent or teammate first.

- An indirect free kick is awarded to the opposition when;
 - a goalie takes more than 6 seconds to get the goal kick away
 - a goalie touches the ball again with his/her hands after he/she has released the ball and it has not touched any other players
 - a goalie, in his/her goal box, handles the ball, when it has been passed directly back to him/her by foot from a Teammate. When this is deemed by the referee to have occurred from a deliberate pass from player to keeper (and not an accidental tap back) an indirect free kick is awarded from where the offence took place. If this is inside the goal box then the free kick becomes a penalty kick by default.
 - a goalie wastes time.
 - a goalie, in his/her goal box, handles the ball, when a teammate throws the ball directly to him/her from a throw in
 - a player acts, in the ref's opinion, in a dangerous manner.
 - a player impedes the progress of an opponent.
 - a player prevents the goalie from releasing the ball from his/her hands.
 - any offside offences occur.
 - at a kick off, the kicker touches the ball again before another player has touched it.
 - at a throw in, the thrower touches the ball again before another player touches it.
 - at a corner kick, the kicker touches the ball again before another player has.
 - at a free kick, the kicker touches the ball again before another player has.
- Indirect free kicks are taken from where the offence occurred.
- If an indirect kick goes directly into the opponents' goal, a goal kick is awarded.
- If an indirect kick goes directly into the team's own goal, a corner is given to the opposition.
- All opponents must be 10 metres from the ball unless they are on their own goal line in the goal.
- If an indirect kick is awarded to the defending team inside its own goal box all opponents stay outside the goal box until the ball is kicked directly beyond the goal box, into play. If the kick does not make it outside the goal box it is retaken.

Direct Free Kicks

- A direct free kick means a player can kick the ball straight into the oppositions' goal, unlike an indirect free kick.
- A direct free kick is awarded when;
 - A player kicks or tries to kick an opponent.
 - A player trips or tries to trip an opponent.
 - A player jumps at an opponent.
 - A player charges an opponent.
 - A player strikes or tries to strike an opponent.
 - A player pushes an opponent.
 - A player holds an opponent.
 - A player spits on an opponent.
 - A player handles the ball, except goalie, in his goal box.
 - A player tackles an opponent and does not touch the ball before the opponent.
 - A goalie handles the ball outside his/her goal box.
- A direct free kick is taken from where the offence happened.

- All opponents must be 10 metres back when the kick is taken.

Penalty Kick

- Taken 7 metres out from the centre of the goal.
- A penalty kick is given if, any of the direct free kick offences happen in the goal box.
- The goalie remains stationary on the line, until the ball has been kicked.
- If the goalie moves before the ball is kicked, but the kick goes in, a goal is scored. If the kick does not go in, the penalty is retaken.
- All other players are to be behind and at least 10 metres from the penalty mark.

Safety

- Players must wear shin guards at all times whilst playing, and ensure that they are covered entirely by the player's socks.
- Not use equipment or wear anything that is dangerous to themselves or another player, including any kind of jewellery. (Particular attention is drawn to boot studs).

Spectators

- Spectators/Coaches are not permitted to stand behind the goal or on the goal line.
- Spectators are not allowed on the field of play before, during or after any game. The only exceptions are, at the request of the referee, assistant referees (linesmen) or team/official first aid personnel.
- Referees have absolute discretion to not commence a game until these requirements are complied with.
- Spectators breaching this regulation could cause their team to forfeit the match and for a repeat breach the team being stood down or withdrawn from the competition.