



FOOTBALL  
QUEENSLAND

# Policy Document

## The Rules of Rooball - Age Appropriate Junior Football

### 1. The Field of Play

To ensure that Rooball can be easily played and very few special requirements are needed the dimensions of a Rooball field can easily fit into an adult football field. Rooball can be played on any field or open area.

If marked a centre circle is required, it is to be the same radius as the goal area.

#### **Dimensions**

The field of play should be rectangular. In the adult game large variations in length and breadth are allowed. In view of the fact that Rooball may be played on the quarters or halves of a main adult field there will still be variations.

The recommended sizes are:

Under 8 years of age

Max: 50mx35m      Min: 40m x 25m

Under 10 years of age

Max : 70m x 50m    Min : 60m x 45m

#### **Markings**

To simplify the markings there is to be a halfway line, a centre spot and a goal area.

#### **Goal Area**

The size of the goal area should be

Under 8 years of age:                      6m radius from the goal line

Under 10 years of age:                    7m radius from the goal line

#### **Corner area**

There is no need for the corner area to be marked for Rooball. Corners can be taken from the point where goal line and touch line meet.



FOOTBALL  
QUEENSLAND

# Policy Document

## The Goals

It is very important for younger players that the goal size is closely related to their age.

The internal height and width of the goals should be:

Under 8 years of age: 1.7m x 5m

Under 10 years of age 2m x 6m

## The Field

To ensure that Rooball can be easily played and very few special requirements are needed the dimensions of a Rooball field can easily fit into an adult football field. Rooball can be played on any field or open area. If marked a centre circle is required, it is to be the same radius as the goal area.

## 2. The Ball

Ball sizes should be

Under 8 years Size 3

Under 10 years Size 4

## 3. The number of players

The number of players for Rooball provides for the optimum involvement and development of the young player

Under 8 years of age 6 players including the goalkeeper

Minimum of 3 players one of whom must be a goalkeeper

Under 10 years of age 9 players including a goalkeeper

Minimum of 5 players one of whom must be a goalkeeper

Interchange of players is permitted during all Rooball games. Interchange is encouraged to provide each player equal time and provide an opportunity for a supportive coach to help the young player. Each side may field a maximum of 3 interchange players. Any player may be interchanged at any time, including the goalkeeper. The referee must be advised at the time of changing. The referee may direct that a player be interchanged if, in their opinion, the players behaviour warrants it.



FOOTBALL  
QUEENSLAND

## Policy Document

### 4. Player's Equipment

A player taking the field of play shall not wear anything which is dangerous to themselves or to another player.

Boots or training shoes and shin pads must be worn.

### 5. Referees

At this level official referees are not necessary, although in some areas special courses are run for Rooball. Players in these age groups rarely attempt to deliberately break the law. If they do other players will all too readily draw attention to it.

Responsible adults organising games could well referee the matches if needed.

Clubs are to supply Referees for all Rooball games preferably not the coach or manager of the team playing. The role of the referee in such games should be to encourage the participants and offer constructive advice where appropriate, and also to give positive praise to players from both sides.

The referee is to be agreed on for the WHOLE MATCH prior to the start of the match.

### 6. Assistant Referees

They are not required at this level of soccer but may be used if desired

### 7. Duration of the Game

Young players organizing their own games rarely set time limits. They will normally play for as long as they are enjoying themselves. Recommended times have been set with the interchange of players in mind. There is no stoppage of play for interchange.

Therefore the recommended times for Rooball are:

**Under 8 years of age:** 2 halves of 20 minutes each

**Under 10 years of age:** 2 halves of 25 minutes

At half-time the interval should be 5 minutes for all age groups.



FOOTBALL  
QUEENSLAND

## Policy Document

### 8. The Start of Play

A game is started by a kick-off from the centre mark. The team winning the toss of a coin shall have the choice of ends. The team not kicking off must stand outside the centre circle until the ball is kicked. After a goal has been scored the game is restarted from the centre mark with the side conceding the goal taking the kick.

Following half-time the game is restarted with the teams changing ends and the kick-off being taken by the side who did not start the game. A goal **cannot** be scored direct from the kick-off.

### 9. Ball in and out of Play

The ball is out of play when is wholly crossed the goal line or the touch line, or when play has been stopped by the referee. These lines are part of the field play. If the ball is kicked over the goal line(not in the goal) by an attacker a goal kick is taken from inside the goal area. If the ball is kicked over the goal line (not in the goal) by a defender a corner kick is taken from the nearest corner.

### 10. Method of Scoring

A goal is scored when the ball has wholly crossed the goal line between the goal posts and under the crossbar. Players in under 7 & 8 may not score goals from inside the goal area. Players in under 9 & 10 may score goals from anywhere on the field.

### 11. Offside

There is no offside in Rooball, but deliberately placing a player or players in an offside position **is contrary to the spirit of the game and is discouraged.**

### 12. Fouls and Misconduct

This is an important rule that relates to the behaviour of players during play. Players may not kick, trip, jump at, strike, hold, push, charge or violently charge an opponent.

The law emphasises the need for players to behave in a manner appropriate for a sportsperson. At this level it is important for referees to determine the intention of the players relative to the above offences and to at all times encourage sporting conduct.



FOOTBALL  
QUEENSLAND

## Policy Document

At Rooball level it is important for the referee to consider the intention of the players relative to the above offences and at all times encourage sporting conduct.

Only goalkeepers may touch the ball with their arms or hands, and only within their goal area. The “back pass” rule applies to all age groups. Only the defending goalkeeper is allowed to handle the ball in the penalty area. Upon receiving the ball, in his penalty area, during the course of normal play the goal keeper may kick or throw (note backpass rule) the ball back into play.

### 13. Free Kicks- Indirect

In Rooball all free kicks are deemed to be “indirect”.(The “indirect” free kick is one where a goal cannot be scored unless it has been touched by another player other than the kicker). All of the opposing players should be at least 7 metres from the ball when a free kick is taken. If a free kick is awarded to the defending team within the goal area, the kick can be taken anywhere inside the area. Free kicks awarded in the goal area to the attacking team are taken from the goal area line at a point nearest to where the foul occurred. All other free kicks are taken from where the foul occurs.

### 13. Throw-Ins

When the whole of the ball passes out of the field of play along the touch line a throw-in is awarded to the opposing side to that of the player who last played or touched the ball.

The ball is thrown in from the spot where the ball left the field of play. The player taking the throw-in must face the field with both feet on the ground and throw the ball into the field delivering the ball over the head using both hands.

At Rooball level players should be given a second attempt if the first throw is invalid. The referee or coach should assist the player to achieve the correct method. Following two foul attempts then the throw-in is given to the opposing team.

### 14. Goal Kicks

Goal kicks may be taken from anywhere within the goal area. Goal kicks are awarded when the whole of the ball has crossed the goal line (except for the scoring of a goal) and was last touched by one of the attacking team. Opponents must be 7 metres from the ball.



FOOTBALL  
QUEENSLAND

## Policy Document

### 15. Corner Kicks

When the ball passes wholly over the goal line (as above) and was last touched by a player from the defending team then a corner kick is awarded.

Opposing players should be 7 metres from the ball.

## APPENDIX

### Coaching

Coaches may give instructions from the sideline only (not behind the goal) and then only if they are conveyed quietly without excessive emotion.

Coaches and managers should be allowed to enter the field at ages 5&6 to help players in their very early years. In all other age groups coaches and managers are not permitted to enter the field, during play, unless given permission by the referee.