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## Jersey FA “Foundation Phase 5- 11s” Guidelines, Rules and Formats

**MINI-SOCCER – Children are naturally competitive when they play football. They learn better when they are matched by ability and the games are close.**  
**This is why it is known as Development Football.**

Age	Format	Match Length	Game Time	Pitch Size (Max)	Ball Size	Goal Size (Max)	Additional Rules (Optional)
U6's Year 1	Maximum 5 v 5  Smaller sided Recommend (2v2/3v3/4v4s)	40 minutes (maximum)	Equal playing time for all	40yd x 30yrd	3	12ft x 6ft  Recommend Mini Goals 5ft x 3ft	<b>Retreat Lines</b> – Players to be at halfway line on goal kicks to give opposition opportunity to play out <b>Restart of Play</b> – Follow laws of the game. Throw ins, option to use kick ins (to be agreed before KO) <b>Powerplay</b> – Score line of 4 goal difference the losing team can put an additional player on. 6 goal difference put an additional player on. Coaches to discuss when best to remove additional player. (Create challenging overloads rather than taking players off) <b>Positional rotation</b> – After each break consider players having opportunities to play within all positions <b>Officials</b> – 1 official to referee and coaches to be on side lines not on the pitch. <b>Give children opportunity to play and learn themselves. Key Learnings – Having fun and playing with their friends</b>
U7's Year 2	5 v 5  Smaller sided Recommend (2v2/3v3/4v4s)	40 minutes (maximum)	Equal playing time for all	40yd x 30yrd	3	12ft x 6ft  Recommend Mini Goals 5ft x 3ft	<b>Retreat Lines</b> – Players to be at half way line on goal kicks to give opposition opportunity to play out <b>Restart of Play</b> – Follow laws of the game. Throw ins, option to use kick ins (to be agreed before KO) <b>Powerplay</b> – Score line of 4 goal difference the losing team can put an additional player on. 6 goal difference put an additional player on. Coaches to discuss when best to remove additional player (Create challenging overloads rather than taking players off) <b>Positional rotation</b> – After each break consider players having opportunities to play within all positions <b>Officials</b> – 1 official to referee and coaches to be on side lines not on the pitch. <b>Give children opportunity to play and learn themselves. Key Learnings – Having fun and playing with their friends</b>
U8's Year 3	5 v 5  Smaller sided To be considered (2v2/3v3/4v4s)	40 minutes (maximum)	Equal playing time for all	40yd x 30yrd	3	12ft x 6ft  Consider Mini Goals 5ft x 3ft	<b>Retreat Lines</b> – Players to be at half way line on goal kicks. 1 opposition player to be allowed in attacking half. <b>Restart of Play</b> – Following FA laws of the game, encourage support and advise with throw ins <b>Powerplay</b> – Score line of 4 goal difference the losing team can put an additional player on. 6 goal difference put an additional player on. Coaches to discuss when best to remove additional player. (Create challenging overloads rather than taking players off) <b>Positional rotation</b> – After each break consider players having opportunities to play within all positions <b>Officials</b> – 1 official to referee and coaches to be on side lines not on the pitch. <b>Give children opportunity to play and learn themselves. Key Learnings – Having fun and playing with their friends</b>
U9's Year 4	6 v 6	60 minutes (maximum)	Equal playing time for all	60yd x 40yrd	3	12ft x 6ft	<b>Retreat Lines</b> – Players to be at half way line on goal kicks. 2 opposition players to be allowed in attacking half. <b>Restart of play</b> – Following FA Laws of the game for kick off, throw ins, corners and goal kicks <b>Powerplay</b> – Score line of 4 goal difference the losing team can put an additional player on. 6 goal difference put an additional player on. Coaches to discuss when best to remove additional player <b>Positional rotation</b> – After each break consider players having opportunities to play within all positions <b>Officials</b> – 1 official to referee and coaches to be on side lines not on the pitch. <b>Give children opportunity to play and learn themselves. Key Learnings – Acquiring skills and trying their best</b>
U10's Year 5	7 v 7	60 minutes (maximum)	Equal playing time for all	60yd x 40yrd	3	12ft x 6ft	<b>Retreat Lines</b> – No retreat lines, coaches to implement retreat lines during if it supports player development. <b>Restart of play</b> – Following FA Laws of the game for kick off, throw ins, corners, and goal kicks <b>Powerplay</b> – Score line of 4 goal difference the losing team can put an additional player on. 6 goal difference put an additional player on. Coaches to discuss when best to remove additional player <b>Positional rotation</b> – After each break consider players having opportunities to play within all position <b>Officials</b> – 1 official to referee and coaches to be on side lines not on the pitch. <b>Give children opportunity to play and learn themselves. Key Learnings – Acquiring skills and trying their best</b>

**RESPECT – PLEASE ENSURE PROVISION OF DESIGNATED SPECTATOR AREAS (2 yards from the side of the pitch on the opposite side to the coaches and substitutes)**

**‘WE ONLY DO POSITIVE’ – LEAD BY EXAMPLE – CREATE THE RIGHT ENVIRONMENT – BUILD A POSITIVE TEAM AROUND YOU**

**The above guidelines, rules and formats have been updated after JFA Minis Coordinators meeting in January '22 using feedback from coaches & players**