

Ourimbah United Football Club

Under 5's - Under 7's

How it work's

All the kids will be grouped into teams in the preseason based on our [Junior Grading Policy](#) and will usually have between 6 and 8 players (depending on overall numbers).

Games are played on modified small pitches with pop-up style or 1.8 x 1 meter goals, and have modified rules designed for young kids. The format for play is 4 v 4 and the game has two 15 minutes halves. Substitutions should be done to ensure all players have an equal amount of game time.

Ball size is **No. 3**. Please get a size 3 ball for home and encourage your child to play at home in the backyard. Please don't get a regular full size 5 ball its way too big.

Under 5's - Under 7's is a non-competition age group meaning there are no winners or losers, and the aim is for the kids to have a great time and learn some new skills.

Start of the Season

At the start of the season each team requires a Coach and Manager after the teams have been created. This can be the same person or it can be two or more people. Roles can be shared if needed. It's really quite easy and fun. Coaches and Managers must also register online which is really simple at myfootballclub.com.au and also complete a 'Working with Children' application here: [Working with Children Application Form](#).

Basic Rules for Under 5's & Under 7's

- 4 players on the field only – No goalkeepers are allowed
- Game start - Is from the centre spot on the field. Ball should be kicked forward or a small pass to a team mate sideways. Opposition team should be back at least 5 metres.
- Ball out on sideline - The team that did not kick it out restarts play by passing it in to a team mate. Opposition team must retreat 5 metres. Coach and referee to bring them back.
- Ball out over goal line - Always a goal kick from the goal line, there are no corner kicks. Opposition team should retreat back to halfway and wait for the other team to get second touch unless it kicked up to the opposition players with one big kick.
- Goal is scored - Restart from half way by team who conceded the goal. Opposition team to retreat 5 meters.
- For more information the Official rules for Small sided football can be found by clicking [HERE](#) or looking in the club Library in the Junior Football section
- Under 7's will be the first year the kids will be regrouped in teams of like-abilities as per CCF Regulations. The club works with the teams Coaches to organise this to best suit everyone.