

# UNDER 13 Girls 9 v 9 format Competition Guidelines 2021



*Limestone Coast*  
FOOTBALL ASSOCIATION

## Introduction

Since 2019 the U13 Girls Competition in the Limestone Coast region has been utilizing a 7v7 format, with the aim of developing into a 9v9 format / competition. This decision has been made to provide the best learning environment for young female players so that each individual can realise their full potential.

9-a side in Under 13's allows players to be challenged technically as well as physically through multiple repeated actions in smaller areas. It also aims to set realistic expectations that meet the needs of young footballers, rather than senior players. It focuses on the development of a player rather than the result of the match.

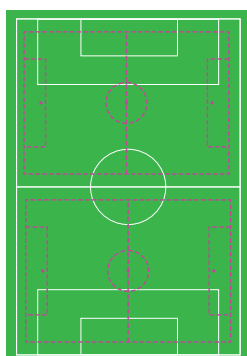
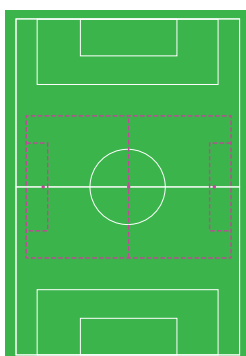
The playing format for the LCFA Under 13 Competition is as follows:

Numbers	9 v 9 Including Goalkeeper. Max of 5 substitutes
Field Size	Length: 60 - 70m Width: 40 - 50m
Goal Size and Type	Height: 2m Width: 5m
Field Marking	Marked or Painted Lines are encouraged
Penalty Area	Depth: 10m Width: 20m Penalty Spot 7m from goal line
Duration of Game	2 x 25 minute halves
Half Time	5 minutes
Referee	LCFA / Club Appointed Referees
Linesman/AR	Club appointed Assistant Referees
Interchange	Maximum 5 Players
Ball Size	5
Points Table & Finals	Yes

## Competition Rules

The U13 competition is played under FIFA / IFAB Laws of the Game with modified rules to assist players in their development and also refine the transition to 11v11 football, these include:

**Field Markings:** All field markings as required for a full-size pitch, including the penalty area, are required for Under 13 matches. Field markings can be marked with paint, or flat markers. Painted lines must be a different colour to any existing line markings used for the full-size pitches.



**Offside rule:** The offside rule is included in the Under 13 competition as it is an integral rule to the game of football. 9v9 on the recommended size pitch will help players learn the rule as there is no longer as much space between the halfway line and the opposition goals.

**Penalties:** In accordance with FIFA & IFAB LotG, a penalty kick will be awarded if a player commits a direct free kick offence inside their own penalty area.

**Goalkeeper:** The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or dropkick the ball from their hands.

**Goal kick:** Goal kicks can be taken from anywhere within the penalty area. Opponents must be outside the penalty area until the ball is in play. The ball is in play once it is kicked and leaves the penalty area.

**Throw ins:** Players face the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over their head. The thrower must not touch the ball again until it has touched another player. The ball is in play once it enters the field of play. A goal cannot be scored directly from a throw in.

**Corner kicks:** Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

**Discipline:** Red and Yellow cards may be issued to players in the U13 competition as part of developing and protecting skillful play.

Any fouls that would ordinarily result in a red card, the match official will instruct the player to leave the field of play for the remainder of the match, any player sent from the field of play may NOT be replaced by any other player.

For any offense that would ordinarily result in a red card for violent or offensive behavior (i.e. R2 - Violent conduct, R3 – Spitting, R6 – uses offensive or insulting or abusive language / gestures) the match official will be required to submit a misconduct report to the LCFA which may result in further disciplinary action for that player.

**Team shape (formation):** Teams must setup using at least 3 lines for example; GK – 3 – 2 – 3, GK – 4 – 3 – 1, GK – 3 – 3 – 2. This rule is to introduce players to an 11v11 like formation and structure thus assisting with the transition to U16 Girls competitions.

**Playing style:** The LCFA strongly encourage Football Australia's "proactive brand of football", based on effective possession with the attacking edge provided by creative individuals. Defensively, the key components are quick transitions and intelligent, collective pressing. Football Australia's Playing Style is underpinned by a strong team mentality, capitalising on "Australia's traditional strengths".

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## Day of Play

Currently the LCFA U13 Girls competition is preferred to run on Saturday mornings. As a point of difference to the current U12 Boys competition which runs on Sunday mornings. However Clubs do have the opportunity to nominate U13 Girls matches on either a Saturday or Sunday.

Provided there is sufficient notice given for requests to play on a Sunday at a Club, the LCFA will allow this where both clubs agree to the restructuring / match time changes 7 days prior to Match Day for U13 Girls.

The ability to have Saturday competitions provides the opportunity to increase teams at clubs and allocation of pitch space.

**Kick off times:** The preferred kick off times will be at 9.30am.

## Results and Ladders

Results and Ladders will remain in the Under 13 9v9 format and must be submitted online by the home club 6:00pm on the same day.

## Number of Players Required

In the LCFA U13 Girls competition teams are required to commence each game with nine (9) players at any given time.

Where a team is unable to field nine (9) players, a game may only commence if the team has a minimum of seven (7) players on the field.

If a team has less than seven (7) players, the team will forfeit the game.

Matches may commence where a team has less than seven (7) players on the field, however, the Match Official is to instruct Coaches & Team Managers that the match result will be recorded as a forfeit.

## Team Sheets & FFA Identification

Given there are results and ladders kept, accurate team sheets are required to be submitted prior to each game. Accordingly, FFA Player ID numbers are also required.

## Match Officials

Where possible, the LCFA will continue to appoint Referees to U13 matches as has been the case in previous seasons.

Similar to the concept of the players learning the game through small sided football, the LCFA will also seek to utilise U13 Girls matches as a way of introducing new referees to the game.

Clubs are asked to provide Assistant Referees as per normal. This breaks down barriers and allows parents / carers to learn the rules of the game in a similar learning environment to the referees and players.

Home clubs remain responsible for supplying Match Referees, with the minimum **Laws of the Game qualification / certification.**

## Coaching

It is an expectation that ALL Coaches hold the minimum requirement of a **Game Training Certificate** or hold a valid **Senior Licence**. If club coaches are found not to be accredited whilst undertaking coaching duties, sanctions may apply.

## Further Information

For any further information including questions in relation to coaching and player development contact the LCFA Secretary at – [secretary.lcfa.2021@gmail.com](mailto:secretary.lcfa.2021@gmail.com) or for any questions relating to competition matters contact LCFA Competitions Director – [competitions.lcfa@gmail.com](mailto:competitions.lcfa@gmail.com)

