



Junior Playing Regulations

2018

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Glossary of Terms

‘Administrator’	The person appointed by the Competition Manager to perform administrative functions on behalf of Capital Football.
‘Advisory group’	The group appointed to advise the Board on local district and junior club football related matters.
‘Board’	The Capital Football Board designated by NZF to make decisions on football related matters in the Capital Football districts.
‘Capital Football’	The name used for Capital Football Federation.
‘Charge grounds’	Football pitches and grounds operated by local bodies and private entities who may charge an additional fee for use of the ground.
‘Club’	An organisation within a local district that administers football for players who belong to that organisation.
‘Junior club’	A club or adjunct of a club which administers junior players.
‘Junior Regulations’	The Capital Football 2018 Junior Playing Regulations.
‘Local district’	Capital Football districts are Wairarapa, Hutt Valley, Kapiti, Wellington, Western
‘Player’	A registered player of any junior club playing under the Junior Regulations.
‘Technical area’	The area inside the crowd barriers for the sole use of team officials, players and substitutes.
‘The Competition Manager’	The Chief Executive of Capital Football or associate delegated to oversee the administration of junior football in the local districts.

Regulation 1 – ADMINISTRATION

1. Introduction

- 1.1 The Junior Regulations supersede all former rules and regulations.
- 1.2 All Capital Football administrative functions will be carried out from the Capital Football office.
- 1.3 The Competition Manager may appoint an administrator to perform the administrative functions for each local district.
- 1.4 All clubs will be represented on the Junior Advisory Group by a nominated individual, who will liaise with clubs and provide feedback as required to Capital Football.

2. Finance

- 2.1 Capital Football Finance Regulations can be found on the Capital Football [regulations](#) page.

Regulation 2 – SENIOR FOOTBALL

1. Senior regulations

- 1.1 Regulation 2 relates to the Capital Football [Senior Playing Regulations](#).

Regulation 3 - JUNIOR FOOTBALL

1. General provisions

- 1.1 The Junior Regulations apply to all players in all junior competitions within the Capital Football district.
- 1.2 The Competition Manager is responsible for managing competitions in a manner that is consistent with the objectives of Capital Football and the Board.

2. Leagues/matches

- 2.1 The final composition of leagues is at the discretion of the Competition Manager.
 - 2.1.a Each junior club will confirm their acceptance for each team, in each league in writing to the Competition Manager.
 - 2.1.b The Competition Manager can accept further entries during the season with the support of the Board and the Junior Advisory Group.
 - 2.1.c The Competition Manager can amend the number and composition of leagues with the support of the Board and the Junior Advisory Group.
- 2.2 Age grades are calculated on the age the player turns in that year.
 - 2.2.a e.g. A player who turns 11 during the year (1 January to 31 December) must play in the 11th grade, unless an application for Age Dispensation has been approved by Capital Football.
 - 2.2.b Girls can play in the age group below their chronological age, **in mixed football competitions**, as per regulation 2.2a e.g. an 11th grade girl may play in a 10th grade team.
 - 2.2.c In addition, 16th grade girls can play in the 14th mixed grade.
 - 2.2.d In the event of a dispute over a player's age, birth certificates may be required.
- 2.3 Junior leagues are mixed grades and girls-only unless stated otherwise.

2.4 The following recommendations should be used for all junior league matches:

Grade	Playing numbers	Match duration
First Kicks - 4 th to 6 th grade	3 v 3 or 4 v 4	3 x 8 to 10 minute station activities 3 x 10 minute small sided matches
Fun Football 7 th and 8 th grade	5 v 5	3 x 8 to 10 minute station activities 3-4 x 12-15 minute small sided matches
Mini Football 9 th and 10 th grade	7 v 7	10 minute station activity as warm-up 2 games of 2x 12 minute halves with a 60 second turnaround
Mini Football 11 th and 12 th grade	9 v 9	10 minute station activity as warm-up 2 x 25 minute halves
13 th grade	11 v 11	2 x 30 minute halves
14 th grade & U15 Girls only	11 v 11	2 x 35 minutes halves

2.5 9th to 14th grade teams need a minimum of two players less than the playing numbers given in Clause 2.4 otherwise they default the match.

2.6 The following format should be used for all junior league matches:

Grade	Pitch size	Goal size	Goalkeepers	Match ball
First Kicks - 4 th to 6 th grade	30m x 20m	2m x 1m	No	Size 3
Fun Football 7 th and 8 th grade	30m x 20m	2m x 1m	No	Size 3
Mini Football 9 th and 10 th grade	50m x 30m	4m x 2m	Yes	Size 4
Mini Football 11 th and 12 th grade	60m x 45m	4m (or 5m) x 2m	Yes	Size 4
13 th grade	Full size	Full size	Yes	Size 4
14 th grade and U15 Girls only	Full size	Full size	Yes	Size 5

3. Match points

3.1. For all league matches, three points are awarded for a win, one point for a draw and zero points for a loss.

3.2. A team's accumulated points will govern all promotions and relegations for that season.

3.3. In the case of a tie, the deciding factor for promotions and relegations will be (in hierarchical order):

- the highest goal difference between the tied teams
- the higher number of goals scored between the tied teams
- the goal difference from the matches played between the tied teams

- the team with the superior disciplinary record
- a ballot drawn by the Competition Manager.

3.4. A team with an unbeatable lead will win the league if the league cannot be completed.

3.5. If the league leader can be caught, the winner shall be the team that led at the end of the last completed round.

2.2 If a team defaults a match the score will be recorded as a 3-0 win to the opposition.

4. Team Colours

4.1 ~~The team listed first in the draw is the home team.~~

4.2 ~~The team listed second in the draw is the away team.~~

4.3 Where there is a clash of shirt colours, the away team must wear an alternative coloured shirt or bib.

5. Substitutes

5.1 Unlimited rolling substitutes may be used in all junior leagues (other than Premier Leagues).

6. Referees

6.1 All 10th to 14th grade and U15 Girls only teams must have an Introduction to Refereeing qualified referee, excluding 13th to 14th Premier League teams which must have a Level 1 qualified referee.

6.2 **No team has the right to refuse an appointed match official by Capital Football**

6.3 The home team (**team listed first**) will supply a currently qualified referee for each match.

6.3.a The referee should not be a team's main coach

6.3.b If a home team's qualified referee is not available, the away team's qualified referee may officiate the match.

6.4 If neither side has a qualified referee available:

- a neutral referee may be used if available and both teams agree
- a home team representative will the referee for the first half
- an away team representative will the referee for the second half.

- 6.5 Only the referee and the players are allowed on the field during the match.
- 6.6 Before kickoff, the referee must ensure:
- all players are wearing shin guards
 - no player is wearing or carrying dangerous items
 - no spectators or coaches are within 5 metres of the goal while the match is in progress (9th grade and above)
 - all coaching is taken place from the sideline only.
- 6.7 The referee will toss a coin at the start of the match.
- 6.7.a The team that wins the toss decides which way they want to play.
- 6.7.b The opposing team takes the kickoff to start the match.

7. Goal Advantage - First Kicks to Mini Football 12th grade only

- 7.1 If a team goes ahead by eight goals:
- the match is paused
 - the score is recorded for grading purposes
 - The coach of the losing team has the option of:
 - i. the two teams are mixed to form two teams of similar ability & the remainder of the match is played
 - ii. the match is continued but the final score is not recorded

8. Goal Kicks - First Kicks to Mini Football 10th grade only

- 8.1 Goal Kicks:
- a goal kick is taken when the ball goes out of play over the goal line and was last touched by the attacking team
 - the opposing team must retire to halfway
 - players of the team taking a goal kick can stay inside the penalty area
 - goal kicks are to be taken from:
 - i. the goal line as a pass in for First Kicks and Fun Football (7/8th grades)
 - ii. 5 metres out from the goal line for 11th and 12th grade or where the pitch has no markings

9. Goal Kicks – 11-14th Grade

- 9.1 FIFA Laws of the Game rules apply to Goal Kicks

10. Goalkeeper distribution - Mini Football 9th and 10th grade only

- 10.1 Goalkeepers can distribute the ball as a throw, roll or kick from the ground.

10.2 Goalkeepers may not kick out of their hands, or drop-kick the ball

10.3 The opposing team must make an effort to retire towards halfway.

11. Corner Kicks

11.1 First Kicks and Fun Football:

- no corner kicks
- if, in the opinion of the referee, a defender deliberately kicks the ball out, the opposition will restart the match from half way.

11.2 Mini Football 9th to 12th grade:

- corner kicks to be taken from the smaller size pitch's corner arc.

11.3 13th grade:

- corner kicks to be taken 5 metres from the point where the goal line meets the penalty area (approximately 21 metres).

11.4 14th grade and U15 Girls only:

- corner kicks to be taken from the full size pitch's corner arc.

12. Free Kicks & Penalties

12.1 First Kicks and Fun Football (7/8th grade) – all free kicks are indirect

12.1.a Opponents must be at least 5 metres from the ball

12.2 Penalties only apply for junior leagues 9th grade and above.

13. Offside

13.1 First Kicks to Mini Football 10th grade only:

- no free kicks for non-deliberate offside will be awarded
- deliberate offside play is to be actively discouraged
- if a player deliberately and consistently stands offside, the referee will inform the player and coach that this is not within the spirit of the match, and an indirect free kick will be awarded to the opposing team.

13.2 Normal offside rules apply for all other junior leagues.

14. Throw ins

14.1 First Kicks and Fun Football:

- no throw ins
- a kick in from where the ball went out will replace the throw in

- a goal cannot be scored directly from a kick in.
- 14.2 Mini Football 9th and 10th grade:
- foul throws are to be retaken
 - the referee can instruct the player on the correct way to throw in.
- 14.3 Normal throw in rules apply for all other junior leagues.

15. Cancellations

- 15.1 The referee may cancel a match for:
- adverse weather
 - the comfort and safety of players
 - following consultation with the Competitions Manager
- 15.2 Cancellations, ground transfers and defaults are published on:
- Capital Football's website for individual fixtures from Friday afternoon (www.capitalfootball.org.nz).
 - For more information regarding cancellation processes and ground allocation policy see Capital Football website [here](#).

16. Junior Data

- 16.1 Players taking part in any Capital Football junior competition must be registered for the club for which they appear at the time of their appearance.
- 16.2 All registrations will be held in the **COMET** database. It is the club's responsibility to ensure that the information held in **COMET** is correct.
- 16.2.a Every new junior player will provide the necessary details advised by Capital Football for registration.
- 16.2.b No junior player will be deemed to be registered until a national number is allocated under **COMET**.
- 16.2.c In the event of any junior player being registered twice, the second registration will be deemed to be null and void.
- 16.2.d Registrations must be retained by the club for as long as the junior player is a member of that club.
- 16.2.e All data must be received by Capital Football by the 31st May of the relevant season Failure to do this will result in a \$250.00 fine.

16.2.f Girls may be registered for one club for 'girls only' and with a different club for 'mixed' football teams.

16.2.g All player transfers must be done through **COMET**:

16.2.h If a player is 10 years of age or older and comes from overseas to NZ, Capital Football must be notified and a transfer request made through **COMET**

16.3 Capital Football will investigate any registration disputes.

16.3.a Any club involved in a registration dispute is bound by any decisions made by Capital Football.

PREMIER LEAGUES

17. Premier Leagues – 10th to 14th grade

17.1 All clubs have the right to enter and start with a maximum of two Premier League teams in any age grade

17.2 Premier Leagues will be determined by:

- 10th grade – one grading round, then one full round of competition before promotion/relegation
- 11th-14th grade – league entries are based on where a team finished in the league the previous season, after two teams are promoted and two relegated.

17.3 10th grade Premier Leagues will be made up of three pools of eight teams. 11th and 12th grade Premier Leagues will, where possible, be made up of two (or three) pools of eight teams

17.4 If any Premier League has less than eight teams, the Competition Manager may invite clubs to enter a second team to fill the vacancy.

17.5 After round one:

- the bottom two teams from division A and B will be relegated
- the top two teams from division B and C will be promoted
- points return to zero
- a second round of games is played.
- Where a division has six teams, only one team will be promoted or relegated.
- The Capital Football Competitions Manager may identify teams that could need regrading up or down, but sit outside the regrading criteria, and offer a place into a different league, where the competitions structure allows.

- If a team sits at the bottom or second to bottom of a 'Premier C' grade the Competitions Manager will offer a spot in a local league competition and look to offer their respective place to a local league team, where applicable.

18. End of season tournament day

- 18.1 At the conclusion of the final full round, the Competition Manager will organise a finals day for all teams entered into the 13th and 14th grade Premier and Girls only Leagues. **The tournament will only take place where or if there is time, with the league the priority to finish.**
- A teams will compete for the Cup
 - B teams will compete for the Plate
 - C teams will compete for the Bowl
- 18.2 If a tournament final score is equal:
- two halves of 5 minute will be played
 - if scores are still equal, a penalty shoot-out will decide the result.

19. 10th, 11th and 12th grade

- 19.1 Each team's coach must have at least NZF junior level 2 (~~Developing Technique & Skills~~ **Football Fundamentals**) certificate.

20. 13th and 14th grade

- 20.1 Each 13th and 14th grade team's coach must have completed **at least one** NZF youth level 2 certificate **in the 2018 season**. It is recommended that coaches have also completed the FIFA 11+ injury prevention course

21. Equipment for 11-14th Grade Premier Leagues ~~from 11th grade~~

- 21.1 The home team will provide the following equipment for all league matches:
- Nets, corner flags, and match ball.
- 21.2 ~~Teams that do not provide the above equipment will be fined \$20.00 for each offence.~~
- 21.3 Both teams are responsible for **reporting** the result of their match to Capital Football by 4.00pm on the day of the match.
- 21.4 ~~Teams that submit late results to Capital Football will be fined \$10.00 for each offence.~~

22. Premier League substitutions

- 22.1 A maximum of :

- 7 players and 3 substitutes can be named in the 10th grade
- 9 players and 3 substitutes can be named in the 11th and 12th grade
- 11 players and 5 substitutes can be named in the 13th and 14th grade.

22.1.a Players and substitutes may be rolled on and off as required throughout the match with the Referees permission.

23. Team entries

23.1 The Competition Manager can accept further entries or alter any league's eligibility criteria during the season with the support of the Board and the Junior Advisory Group.

24. Match scheduling

24.1 The Competition Manager will schedule all matches to ensure completion of each league by the end of each season.

24.2 Teams may be required to:

- play more than one match per weekend in exceptional circumstances
- extend the season into the first weekends of September
- play Friday evening, and Sunday matches
- be available for the first available playing weekend after Easter
- play on an artificial surface.

24.3 Any team defaulting without the consent of the Competition Manager **could** be fined \$100.00 per default **and further defaulted matches may result in expulsion from the Premier League.**

25. Re-grading of players **within the age grade**

25.1 A maximum of two players may be re-graded to a lower division team, **or local division team**, from any Premier League team on any playing day, **where absolutely needed.**

25.2 Any player **who has had dispensation** to play in a higher age grade for more than five matches in a season cannot re-grade to their own age grade until the following season.

25.3 Where players have been given dispensation to play in a **senior competition**, i.e. U17 they are unable to be regraded into **any** junior competition without the prior consent of the Competition Manager.

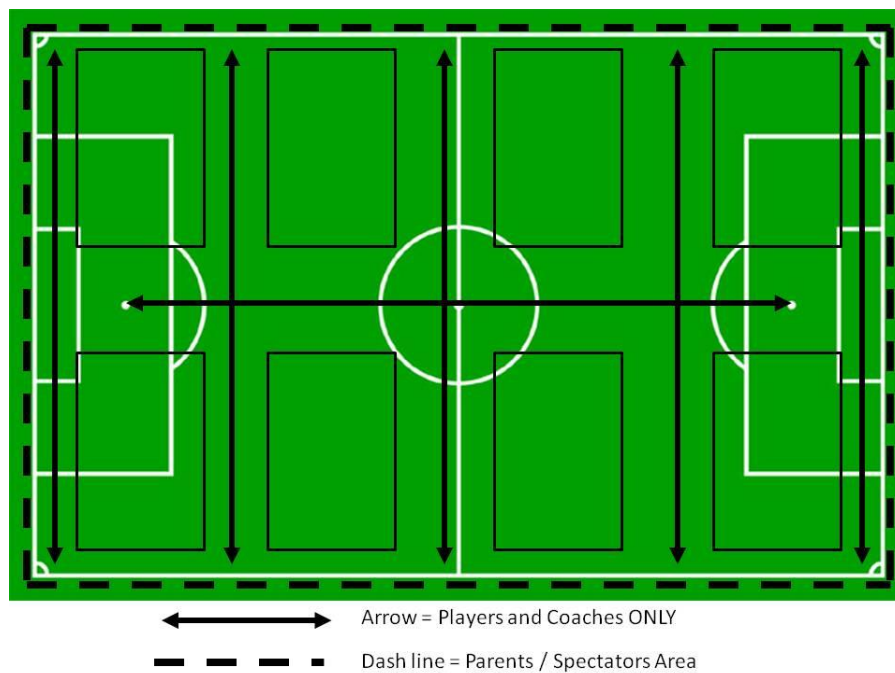
25.4 Failure to comply with this regulation will result in a **3** – 0 win to the opposing team.

26. Discipline, Protests & Complaints

- 26.1 Refer to the NZF [Disciplinary Code](#) and Code of Conduct.
- 26.2 Any club may bring a protest or complaint to Capital Football through the Competition Manager.
- 26.3 A protest or complaint must be made within three days of the alleged breach, by forwarding a written statement, on the club's letterhead, detailing the:
- name of the club, player or person(s) complained against
 - alleged breach.
- 26.4 Capital Football will forward a copy of the protest or complaint to the club complained about for a response.
- 26.4.a After ascertaining all details of the alleged complaint, Capital Football will advise both parties of their decision.
- 26.4.b A fee of \$100.00 plus GST will be charged for trivial protests or complaints.
- 26.5 Any club has the right to appeal against the application of one or more of the Regulations.
- 26.5.a Appeals will be decided by an independent local judicial panel.
- 26.5.b Further appeals can be made to NZF.

27. Recommended Pitch Layouts

27.1 Fun Football (7th and 8th Grade)



27.2 Mini Football (9th and 10th Grade)

