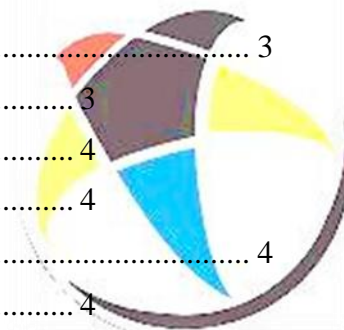




Junior Playing Regulations

2016



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Regulation 1 - ADMINISTRATION

1. 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, instead of its legal name ‘No. 5 District Federation of New Zealand Soccer Incorporated’.
‘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 2016 Junior Playing Regulations.
‘Local district’	Capital Football districts are: Central/Southern Hutt Valley Wairarapa Horowhenua/Kapiti North Wellington Northern Hutt Valley South/East Wellington West Wellington.
‘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.



2. Introduction

- 2.1 The Junior Regulations supersede all former rules and regulations.
- 2.2 All Capital Football administrative functions will be carried out from the Capital Football office.
- 2.3 The Competition Manager may appoint an administrator to perform the administrative functions for each local district.
- 2.4 Each local district will have meetings as required by its members and will provide minutes of any meeting to Capital Football.



3. Finance

- 3.1 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

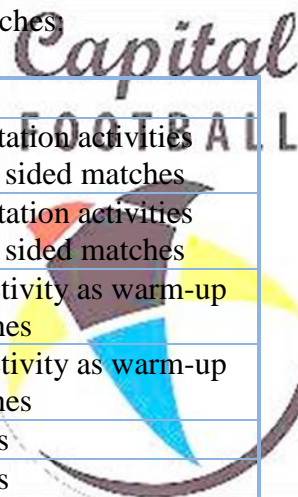
- 1.2 The Junior Regulations apply to all players in all junior competitions within the Capital Football district.
- 1.3 The Competition Manager is responsible for managing competitions in a manner that is consistent with the objectives of Capital Football and the Board.

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 A player who turns 11 during the year (1 January to 31 December) may play in the 11th grade.
 - 2.2.b Girls can play in the age group below their chronological age 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 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.
 - 2.3.a **Refer to the Girls Regulations for girl's only summer leagues.**

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 4 x 10 minute small sided matches
Mini Football 9 th and 10 th grade	7 v 7	10 minute station activity as warm-up 2 x 25 minute matches
Mini Football 11 th and 12 th grade	9 v 9	10 minute station activity as warm-up 1 x 50 minute matches
13 th grade	11 v 11	2 x 30 minute halves
14 th grade	11 v 11	2 x 35 minute 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	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.

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

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.
 - 4.2.a The away team must wear an alternative coloured shirt or bib (where necessary).

5. Substitutes

- 5.1 Unlimited rolling substitutes may be used in all junior leagues (other than Premier Leagues).
 - 5.1.a Referees permission needs to be sought for substitutions in all Premier Leagues.



6. Referees

- 6.1 All 10th to 12th grade Premier League teams must have an Introduction to Refereeing qualified referee and all 13th to 14th Premier League teams a Level 1 qualified referee.
 - 6.1.a The referee should not be a team's main coach.
 - 6.1.b Home teams in all other leagues must have an Introduction to Refereeing qualified referee for each match.
- 6.2 The home team will supply a currently qualified referee for each match.
 - 6.2.a If a home team's qualified referee is not available, the away team's qualified referee may officiate the match.
- 6.3 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 first half.
- 6.4 Only the referee and the players are allowed on the field during the match.
- 6.5 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.
- 6.6 The referee will toss a coin at the start of the match.
 - 6.6.a The team that wins the toss decides which way they want to play.
 - 6.6.b The opposing team takes the kickoff to start the match.

7. Goal Advantage - First Kicks to Mini Football 11th grade only

7.1 If a team goes ahead by eight goals:

- the match ends
- the score is recorded for grading purposes
- the two teams are mixed to form two teams of similar ability
- the remainder of the match is played but the score is not recorded.

8. Free kicks - First Kicks and Fun Football only

8.1 All free kicks are indirect.

8.2 Opponents must be at least 7 metres from the ball.

8.3 There are no penalty kicks.

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

9.1 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 5 metres out from the goal line if the pitch has no markings.

9.2 Normal rules apply for other junior leagues with the exception of 11th and 12th grade where goal kicks will be taken 5 metres from the goal line.

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.

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



12. Penalties

- 12.1 9th Grade and above penalty kicks will apply.

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 stands offside, the referee will inform the player and coach that this is not within the spirit of the match
 - 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.

- 15.2 Cancellations, ground transfers and defaults are broadcast on:
- Capital Football's website from Friday night (www.capitalfootball.org.nz).

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 GoalNet database. It is the club's responsibility to ensure that the information held in GoalNet 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 GoalNet.
- 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 Goalnet:
- **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 Goalnet
- 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 **Premier Leagues will be determined by:**
- 10th grade – one grading round
 - 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.
- 17.2 10th grade Premier Leagues will be made up of three pools of eight teams.

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

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

17.4 After round 1:

- the bottom two teams from leagues A and B will be relegated
- the top two teams from leagues B and C will be promoted
- points return to zero
- a second round of games is played.



18. End of season tournament day

18.1 Competition Manager will organise a finals day for all teams entered into the 13th and 14th grade Premier Leagues.

18.2 A tournament will be run after the completion of the final league round. Premier League:

- A teams will compete for the Cup
- B teams will compete for the Plate
- C teams will compete for the Bowl.

18.3 If a tournament final score is equal:

- two halves of 10 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 (Player Centred Coach) certificate.

20. 13th and 14th grade

20.1 Each 13th and 14th grade team's coach must have at least NZF youth level 2 (Player Centred Coach) certificate.

21. Equipment for 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 phoning, texting or emailing 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.

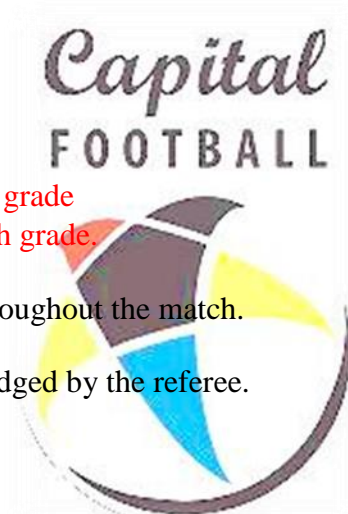
22. Premier League substitutions

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 3 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.

22.1.b Substitutions can be made during match stoppages if acknowledged by the referee.



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.

25. Fines

25.1 Any team defaulting without the consent of the Competition Manager will be fined \$100.00 per default.

25.1.a Further defaulted matches may result in expulsion from the Premier League.

26. Re-grading of players

26.1 A maximum of two players may be re-graded to a lower grade team from any Premier League team on any playing day.

26.2 Any player who has played 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.

26.3 Failure to comply with this regulation will result in a 2 – 0 win to the opposing team.

27. Discipline

- 27.1 Refer to the NZF [Disciplinary Code](#).

28. Protests

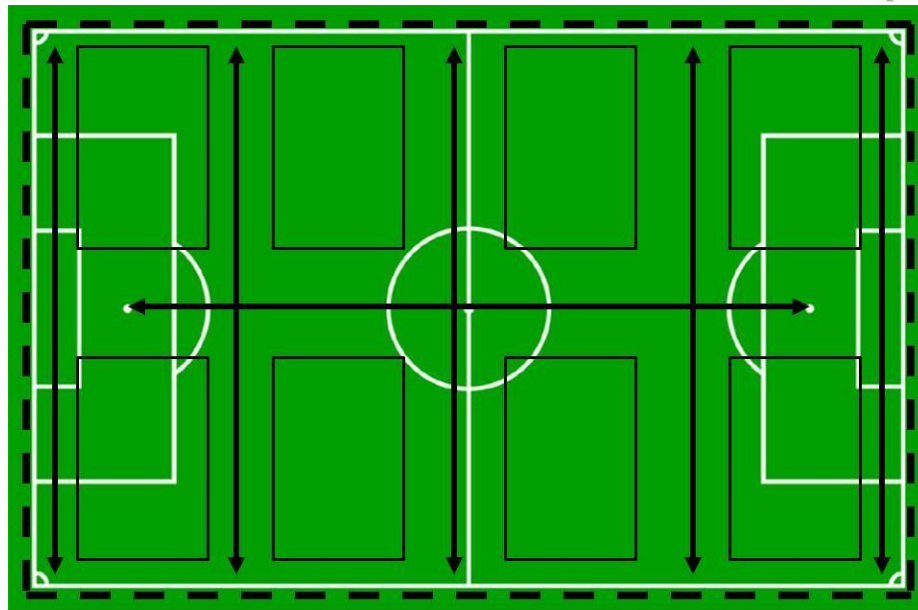
- 28.1 Any club may bring a protest or complaint to Capital Football through the Competition Manager.
- 28.2 A protest or complaint must be made within three days of the alleged breach, by forwarding a written statement, on the club's letterhead, detailing the:
- name of the club, player or person(s)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



29. Recommended Pitch Layouts

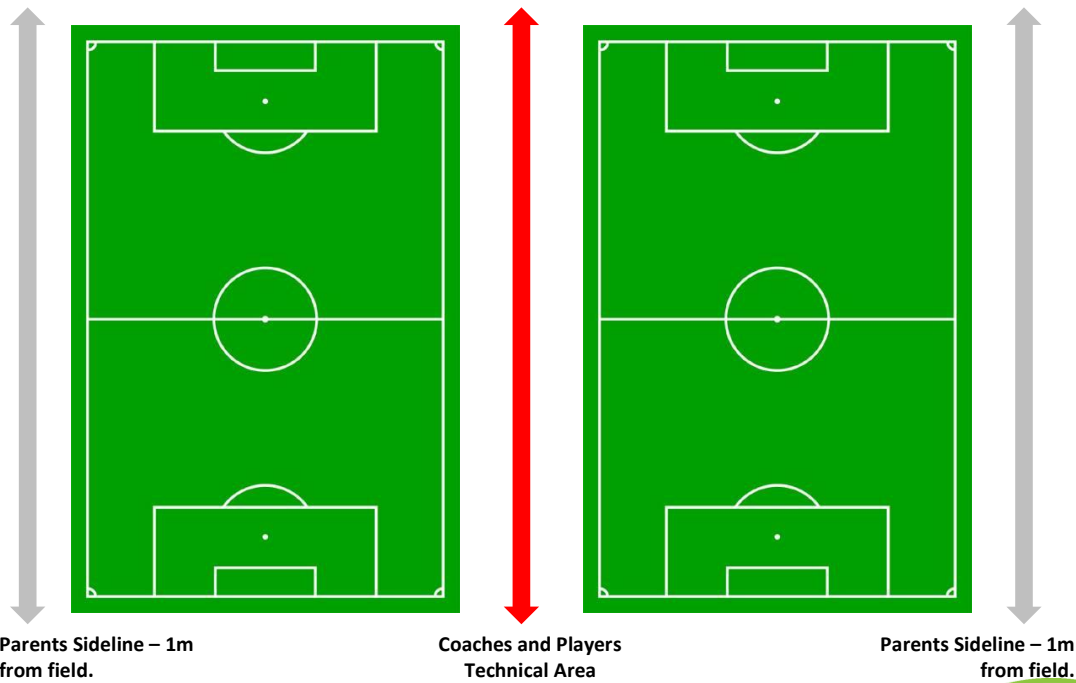
29.1 Fun Football (7th and 8th Grade)

Capital
FOOTBALL



← → Arrow = Players and Coaches ONLY
- - - - - Dash line = Parents / Spectators Area

29.2 Mini Football (9th and 10th Grade)



Parents Sideline – 1m
from field.

Coaches and Players
Technical Area

Parents Sideline – 1m
from field.

www.nzfootball.co.nz

