

Junior Soccer Rules & Game Guide

To ensure a safe, fair, and fun experience for all players, please take a moment to read through the official rules. It is the responsibility of the **Team Captain/Manager** to ensure all players are aware of the rules and centre policies.

Team Responsibilities

- Ensure **all match fees** are paid before the season starts.
- Complete **player details** (name, address, DOB) correctly at registration.
- Age eligibility is based on age as of **31 March 2026**.

*Example: A player turning 11 before this date **cannot** play in U/10.*

Game Format

- 2 × 13-minute halves
 - 1-minute half-time break
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Goals

- **No goals** can be scored directly from a kick-off unless touched by another player.
 - A goal counts **only** when the ball completely crosses the goal line.
 - After a goal, restart from the **centre spot**.
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Goalkeeper Rules

- Must dispose of the ball within **5 seconds** (free kick awarded at centre if delayed).
- No AFL-style drop kicks.
- May **throw** or **place and kick** the ball.

- Goalkeeper **must stay within their area**—a penalty is awarded if breached.
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Tackling & Fouls

- No tackles from behind or side. No slide tackles.
 - Players **must be standing** to kick the ball (no kicking from the ground).
 - **Fouls** include:
 - Swearing
 - Obstruction or pushing
 - Holding players or nets
 - Time-wasting
 - Intentional handballs
 - Fouls result in a **free kick** to the opposing team.
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Late Starts

- Teams must have **at least 4 players** on court at the scheduled start.
 - A **2-minute grace** is allowed.
 - After that, **1 goal per minute late** will be awarded to the opposing team.
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Substitutions

- Allowed **only after a goal is scored** or if a player is **genuinely injured**.
 - If no goals occur for 5 minutes, the referee may allow substitutions.
 - All subs must be **approved by the referee** before entering the court.
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Penalty Kicks

- If the Goal Keeper **crosses the Goal Semi Circle Line**.

- If a defending player enters the **opposing goalkeeper's area**, a penalty is awarded.
 - **Only one step** is allowed before taking a penalty kick.
(No shuffling permitted)
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Finals Rules

- **Semi-Final Draw:** Higher-ranked team on the ladder advances.
 - **Grand Final Draw:**
 1. **Golden Goal** – 2 × 2-minute halves
 2. If still tied, **Sudden Death Penalties** – 1 kick each until a winner is determined.
 3. Higher-ranked team kicks first.
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Fair Play Comes First

Please respect referees, opponents, and teammates. These rules are designed to keep the game safe, enjoyable, and competitive for everyone.

**Indoor Netball, Indoor Soccer , Junior Soccer , Tennis , Basketball,
Venue Hire & Events**

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