

Match day information

Check list

For each home match that you host you will need the following:

- Goals – Check they are fit for purpose (mostly these will be already in place)
- Nets, Velcro ties and pegs
- Corner flags
- 2 match balls of the correct size
- Respect banners (or cones to mark a line for spectators 2M from the playing area)
- Player registration cards (no card – no play)
- First Aid kit
- Cones for warm up drills
- Bibs – Substitutes should wear a bib when not playing
- Training balls for warm up
- Whistle, note pad and pen (if you are using a volunteer referee)

For way games, your opposition will provide goals, nets and referee etc)

Formats

For boys football teams:

Team Age Group	Playing format	Ball Size	Game Duration	Player max Playing time	Min Start Number	Notes
Under 8s	5v5	3	10-15min each way	40 minutes	4	2 games permissable
Under 9s	7v7	3	20 mins each way	60 minutes	5	2 games permissable
Under 10s	7v7	4	20 mins each way	60 minutes	5	2 games permissable
Under 11s	9v9	4	25 mins each way	80 minutes	6	
Under 12s	9v9	4	30 mins each way	80 minutes	6	
Under 13s	9v9	4	35 mins each way	100 minutes	6	
Under 14s	11v11	4	35 mins each way	100 minutes	7	
Under 15s	11v11	5	40 mins each way	100 minutes	7	
Under 16s	11v11	5	40 mins each way	100 minutes	7	
Under 17s	11v11	5	45 mins each way	100 minutes	7	

For girls football teams:

Team Age Group	Playing format	Ball Size	Game Duration	Player max Playing time	Min Start Number	Notes
Under 9s	7v7	3	20 mins each way	60 minutes	5	
Under 10s	7v7	4	25 mins each way	60 minutes	5	
Under 11s	7v7	4	30 mins each way	80 minutes	6	
Under 12s	9v9	4	30 mins each way	80 minutes	6	
Under 13s	9v9	4	35 mins each way	100 minutes	6	
Under 14s	11v11	4	35 mins each way	100 minutes	7	
Under 15s	11v11	5	40 mins each way	100 minutes	7	
Under 16s	11v11	5	40 mins each way	100 minutes	7	
Women's	11v11	5	45 mins each way	N/A	7	

Best practice

- Retain your player's registration cards for use on match-day (rather than hand them to parents to bring along each time).
- In times of wet weather pitches may not be cut or marked out – take plenty of cones to mark pitch if the need arises.
- Liaise with fellow Sparrows managers if you share a pitch and double check fixtures for clashes
- Use the tables above as guidance and remember, young players are limited to the number of minutes they can play.

Respect

At all times remember we are running children's teams and all grass roots football should be about fun and participation. Winning is great but shouldn't be achieved at all costs.

The players and their parents will look to you in how to behave so please refrain from over-zealous coaching and questioning the decisions made by the officials.

The FA' respect documents have been provided – please share them where appropriate