



**FAM**

## FAM GRASSROOTS COMPETITION FORMAT

	U8	U10	U12
<b>Playing format</b>	5 v 5 (with goalkeeper)	7 v 7 (with goalkeeper)	9 v 9 (with goalkeeper)
<b>Field of play</b>	Width: 20m to 25m Length: 30m to 35m	Width: 45m to 60m Length: 60m to 80m (Half field)	Width: 50m to 60m Length: 60m to 80m (Half field)
<b>Duration of play per half (2 half per match)</b>	Min: 20 min Max: 25 min	Min: 20 min Max: 30 min	Min: 25 min Max: 35 min
<b>Goal size</b>	Height = 2m Length = 4m	Height = 2m Length = 5m - 6m	Height = 2m Length = 5m - 6m
<b>Ball size</b>	3 / 4	4	4
<b>Offside</b>	N.A.	N.A.	Applicable
<b>Back pass rule</b>	Applicable	Applicable	Applicable
<b>Penalty</b>	N.A.	N.A.	Applicable
<b>Free kick</b>	Direct / Indirect	Direct / Indirect	Direct / Indirect
<b>Throw-In</b>	Kick-in / dribble in	Kick-in	Applicable
<b>Goal kick / Goalkeeper build up from the back</b>	8m protected zone	Encourage	Encourage
<b>Corner Kick</b>	Applicable	Applicable	Applicable
<b>Substitutions</b>	Free (Rolling)	Free (Rolling)	Free (Rolling)
<b>Yellow + Red Cards</b>	N.A.	N.A.	N.A.
<b>Refereeing strictness</b>	Very lenient (avoid stopping the game)	Lenient (only obvious fouls play)	Fairly Strict
<b>Equipment</b>	Football boot / Sports shoe	Football boot	Football boot with Shin Pad
<b>Results</b>	No prize money. No keeping of scores / No ladder	No prize money. Medals and trophies allowed	No prize money. Medals and trophies allowed



# FAM GRASSROOTS COMPETITION GUIDELINES

Creating a fun & safe environment at grassroots competition



*“Winning is always the objective of every game of football, but **never at all cost**. Especially in youth development never at the cost of how you want to play and never at the cost of the **learning and (individual) development of the players**”*

**- Malaysian Football DNA**

In an effort to change behaviors and the culture at grassroots football - a new set of competition format and guidelines will be piloted by FAM:

1. **Play out from the back** - goalie are encouraged to build up from the back
2. **Pass back rule** - goalie are encouraged to improve their footwork by being banned from picking up the ball from a pass back
3. **Equal playing time** - all squad members are encouraged to be involved for at least 50% of a match
4. **Positive spectators** - spectators are encouraged to applaud passages of good play and goals during a match. Be encouraging, no coaching
5. **Number of matches** per team in competition recommended:



- League (Min 14 matches with **8** participating teams)
- League (Min 18 matches with **10** participating teams)
- League (Min 22 matches with **12** participating teams)



- Cup (**Winner & Plate** category)
- Cup (Min 3 matches in group stages)
- Cup (Final placing matches in Winner & Plate category)



- Festival (Minimal coaching & **Just Play!**)
- Festival (Min 2 small-sided matches)