



FAM

FAM GRASSROOTS COMPETITION FORMAT 2019/2020

	U8	U10	U12
Playing format	5 v 5 (with goalkeeper)	7 v 7 (with goalkeeper)	9 v 9 (with goalkeeper)
Field of play	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)
Duration of play per half (2 half per match)	Min: 10 min Max: 15 min	Min: 20 min Max: 30 min	Min: 25 min Max: 35 min
Goal size	Height = 2m Length = 4m	Height = 2m Length = 5m - 6m	Height = 2m Length = 5m - 6m
Ball size	3 / 4	4	4
Offside	N.A.	N.A.	Applicable
Back pass rule	Applicable	Applicable	Applicable
Penalty	N.A.	N.A.	Applicable
Free kick	Direct / Indirect	Direct / Indirect	Direct / Indirect
Throw-In	Kick-in / dribble in	Kick-in	Applicable
Goal kick / Goalkeeper build up from the back	8m protected zone	Encourage	Encourage
Corner Kick	Applicable	Applicable	Applicable
Substitutions	Free (Rolling)	Free (Rolling)	Free (Rolling)
Yellow + Red Cards	N.A.	N.A.	N.A.
Refereeing strictness	Very lenient (avoid stopping the game)	Lenient (only obvious fouls play)	Fairly Strict
Equipment	Football boot / Sports shoe	Football boot	Football boot with Shin Pad
Results	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 2019/2020

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”

- Malaysia Football Plan 2019

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)