



Cape Town Tygerberg Local Football Association

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TO	All Clubs
ATTENTION	Junior Chairperson, Head of Youth, Mini Co-ordinators
DATE	17 March 2026
SUBJECT	MINI FOOTBALL UNDER 10 & 11 MATCH DAY RULES

1. Kick off times:

- Kick-Off Times may be agreed between match coordinators of clubs or cluster coordinators.

2. Team sizing rules:

- Club v Club
- Each team may have a MAXIMUM of TWELVE (12) players per squad (9v9+3)
- Cluster Matches:
- Each team may have unlimited squad size observing that the match team size is 9v9.

3. Players and Technical Team Legality and Eligibility

- Every player must be registered for the current season (NO CARD NO PLAY)
- All coaches, managers, and referees to be SAFA (CT) card carrying members.

4. Pre-Match Etiquette

- Both teams to line-up 2 minutes before kick-off to present player cards to coaches and to shake the opposition's hand.



5. Match starting team make up

- Each team must field one (1) goalkeeper and eight (8) outfield players.

6. Substitutions

- Unlimited rolling substitutions may be made at any stage during play. Players may be brought on and off the field multiple times throughout a game.

7. Match Length Times

- The match will consist of TWO (2) halves of TWENTY (20) minutes each. With a FIVE (5) minute interval at the 1st half end.

8. Restarts during Matches

- At the start of a game, and when a goal is scored, the game must begin from the middle of the field.
- Where the ball goes out over the touch line, throw-ins will take place. The referee should be lenient, give the kids an opportunity to retake the throw. Normal Rules apply.
- Full corners – opponents to be TEN (10) yards away. Normal Rules apply.
- Free-kicks – opponents to be TEN (10) yards away. Normal Rules apply. Match Official to instruct the kicker / team if direct or Indirect.
- A penalty awarded within the goal area shall be taken eight (8) meters from the goal line.

9. Goalkeepers

- Goal kicks are permitted. If the opposition shoots at goal and misses, a goal kick will be awarded to the defending team. The ball is only live once the defending team has kicked the ball.
- The goalkeeper cannot kick out of hand during open play (to prevent long kicks on a shortened field)
- The goalkeeper can drop the ball and pass the ball, play is active once the ball is on the ground.
- The goalkeeper can play as a sweeper. He / She is allowed outside the goal box area.
- The goalkeeper cannot pick up a back pass, if the goalkeeper picks up a back pass, an indirect free kick is awarded to the non-offending team from the place of the last pass.



10. Off Side Rule

- No off-side rules in the game, but players must be made aware of the off-side rule to avoid “camping” in the opponent's half. Match officials always apply and speak to both players and coaches.

a. “Camping” is deemed when a player is more than 2m away from the last defender in the defending team, and closer to the goalkeeper and the goals.

11. Officials (Match and Technical) as part of play

- Only the referee is allowed on the field of play
- Coaches and managers are NOT ALLOWED on the field of play.
- Depending on space, coaches and substitutes may be permitted behind the goal line during play closest to the corner flag but NOT directly behind or next to the goal posts.

As authorized and issued by:

Grant Scholtz



Date: 18 March 2026

Vice President: Youth Football

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