



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 7-8-9 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 participating may have a MAXIMUM of EIGHT (8) players per squad (5v5+3)
- Cluster Matches:
- Each team participating may have unlimited squad size

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 four (4) field 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 THREE (3) periods of TEN (10). With a TWO (2) minute interval between each period.
- A different player MUST play in goal in each interval (unless agreed upon before the match starting between coaches that a player may still be in goals for more than one period), and no player should play in goal for more than one period. The buy-in of coaches is requested, as it is important that a player is not pigeon-holed as a goalkeeper before U10. Referees to check the goalkeeper at the start of each period.
- Every player must play a minimum of one (1) full period per game, in terms of total time played.

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, a **kick-in** will take place. Opposition players MUST be three (3) meters away from the kick-in to allow play to restart. The team taking the kick-in may be as close to the kick-in as they like.

a. No direct shooting permitted from dead ball situations (kick-in, free kick, corner), even if the ball is shot at goal and deflects off an opposition player or a teammate, the dead ball situation must be retaken. The ball must be played to a teammate before shooting at goal.

b. Full corners – opponents to be three (3) meters away.

c. No goals can be scored directly from any corner.

d. A penalty awarded within the goal area shall be taken six (6) meters from the goal line.



9. Goalkeepers

- A goalkeeper can only throw / roll the ball back into play from a save or when the ball goes over the goal line (missed shot).
- The goalkeeper can drop the ball and pass the ball, play is active once the ball is on the ground.
- No goal kicks are permitted.
- The goalkeeper **cannot** kick out of hand.
- Opposing players must retreat 3 (three) meters from the goalkeeper to allow play to restart.
- The referee is encouraged to allow the goalkeeper space to get the ball back into play.
- The goalkeeper can play as a sweeper as well. He / She is allowed outside the goal box area.
- The goalkeeper cannot pick up a back pass:

a. 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.

b. If the last pass was made inside the box, then an indirect free kick takes place outside the box at the nearest edge closest to the goal to where the keeper picked up the ball in the box.

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.



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As authorized and issued by:

Grant Scholtz



Date: 18 March 2026

Vice President: Youth Football

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