Welcome to the MESC Cup 2026

Rules of Play

1. This event is for Community teams only. Academy and NPL teams must apply in writing before registering and may only be accepted if a position is available and at the discretion of the MESC Cup organisers.

2. If an age group consists of one pool, at the end of the 3 round robin matches. The 2 teams finishing top on points will play off in a Grand Final.

3. If the age group consists of two pools of the same ability level (i.e., Premiers or Champions at the end of the 3 round robin matches.
   The team finishing top on points in Pool A, will play the team finishing top on points in Pool B in a Grand Final.
   If an age group has more than two pools, final process will be confirmed before the event with the inclusion of Semi and possibly Quarter finals.

4. In the round robin phase
   3 points for a win, 1 point for a draw, 0 points for a loss, 3 points to opposition for forfeit, 0 points for team forfeiting.

5. If teams in a pool are level on points at the end of their round robin games, positions will be decided by.
   1. Best goal difference. **2.** Goals scored. **3.** Goals against. **4.** The team that won the head-to-head game during the group stage, if this game was drawn then the final action will be. **5.** Penalty shootout (3 players each team)

6 In case of a tied result in a final (1/4 and Semi Finals excluded)
   If there is no game following on the same pitch, there can be 8 m extra time, 4 minutes each way, no HT break.
   Extra time can be avoided in a final, if both team leaders agree to go straight to Penalties.
   All ¼ and Semi Finals will be decided by penalties as above as first option, however if time allows and the referee Co Ordinator offers, extra time can be played.
   Each team will select **Three penalty takers**. If the score remains even after 3 penalties, teams continue with sudden death. No player can take another penalty until all including the Goalkeeper had an attempt.

https://www.playbytherules.net.au/let-kids-be-kids

Coaches, Team Managers & Spectators -

- **<u>All teams will be asked to nominate a marshal for each game to assist referees and maintain respect toward players and officials.</u>**
- Remember that children participate in sport for their enjoyment, not yours.
- Focus on your child's efforts and performance rather than whether they win or lose.
- Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example, appreciate good performance and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- **Respect officials' decisions and teach children to do likewise.**
- Show appreciation for volunteer coaches, officials, and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, or religion.
- Encourage children to participate, do not force them.

YOUR GAME WILL BE CALLED OFF IF VERBAL OR PHYSICAL ABUSE IS SEEN OR HEARD.
The outcome of the game will be determined by Mt Eliza Cup organisers/representatives.

All MESC Cup games should be played with respect to the rules of competition and fair play. The following policies are in place in accordance with Child Safe requirements:

- Anti-bullying
- Code of Conduct: Inclusive environment
- Drug and Alcohol
- Complaints Management
- Child Safety Aim: Safe, happy, and engaged children – enjoying the game of football, win lose or draw.

MESC Cup COMPETITION RULES

Player eligibility Age Groups are as follows:
FFA ID Number will be required with player registration as well as, being listed on the Team sheet. Please have available players FFA Passport photo, should a players age be questioned.

AGE GROUP YEAR (Age groups may be combined to even out groups, in the case of insufficient numbers)

7s Must turn 7 years or lower within the year of competition.

U8 Must turn 8 years or lower within the year of competition.

U9 Must turn 9 years or lower within the year of competition.

U10 Must turn 10 years or lower within the year of competition.

U11 Must turn 11 years or lower within the year of competition.

etc. etc.

Registration

• All teams must be registered by a team manager/leader, on the MESC registration page website as per the date listed on registration link

• All players must be listed on the team sheet with FAA player ID number and submitted to admin before your first game

- Dispensations for playing out of your age group, may be requested. MESC admin must be notified of any dispensations in a team. The following dispensations are allowed.
- Players who are playing their first year of football, are eligible to play in an age group one (1) year below their age.
- Girls are permitted to play in boys' competition that is one (1) year below their age.
- Each team may request a maximum of two (2) dispensations per team.
- Teams may play with guest players, so long as they are registered with Football Victoria. Dispensation for NPL players may be granted upon request to MESC Football Committee (Max 2 per team). Any team with an NPL player will be placed in the Premiers Cup only. If there is no Premiers Cup option available, NPL players will not be able to play.
- Any team found to be playing NPL, unregistered or over age players without signed approval from a MESC official before the match in question, will lose any points for that game, a resulting 3 goal forfeit will be given to the opposing team.

The player's equipment

• Players are recommended to wear Football Boots for better traction on grass surfaces. Runners may be worn
• All players must wear shin guards to take the field

• No jewellery or any item which maybe a danger to a participant or other participant may be worn on the field of play.

Age Group Ball Size

Ages U7 to U9s - Size 3
Ages U10 to U13s - Size 4
Ages U14 to U16s - Size 5

Fixture requirements & details Fixtures
• All games will be fixtured at the commencement of program. Due to possible cancelation of games MESC will notify teams of any changes.

Duration of The Game (Round Robin, Quarter Finals, Semi Finals)
• Ages U7 to U8s, 2 x 10-minute halves with 5 min. half time break
• Ages U9 to U13s, 2 x 15-minute halves with 5 min. half time break
• Ages U14 and above, 2 x 15-minute halves with 5 min. half time break
• MESC may change the duration of both halves and/or half time to ensure the match is finished by the scheduled time
• If a match is delayed due to a team not being ready to commence the match, the late team will be penalised one (1) goals for every five (5) minutes the start of the match is delayed
• No additional time will be added on for late starts. All matches must start and finish at the scheduled time
• If the match is delayed by 15 minutes, the match will be deemed a forfeit with the compliant team awarded a 3-0 win.

Duration of The Game (Finals)
• Ages U7 to U8s, 2 x 10-minute halves with 5 min. half time break
• Ages U9 to U13s, 2 x 15-minute halves with 5 min. half time break
• Ages U14 and above, 2 x 15-minute halves with 5 min. half time break

The Goalkeeper (All ages)
• The goalkeeper can handle the ball anywhere in the penalty area
• To restart the play after a save or gathering the ball with their hands, the goalkeeper is not allowed to kick the ball directly from their hands unless playing in 11 v 11 games.
• The ball must be thrown or rolled from the hands, or played from the **ground** with their feet, within six (6) seconds. **Drop kicks are not allowed**.
• To restart the play after the opposing team has kicked the ball out over the goal line, the ball must be played from the ground within the penalty area
• Goalkeepers may not pick the ball up if it has been passed to them by foot from a teammate

• An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

MATCH PLAY The match official

• Law 5 of the FIFA Laws of the Game applies
• Team Managers or Captains are the only people who can communicate with the Match Official immediately before, during and after the game
• At no time should any person enter the field of play unless instructed by the Match Official
• All decisions by the referee are final.

Offside

• There is no offside in any 7 v 7 games
• There is no offside in any U10/U11s 9 v 9 games
• Game Leaders in under 10/11 should strongly discourage players from permanently standing in blatant offside positions. Match officials are requested to make team leaders aware if there is an obvious attempt to gain an unfair advantage.
• Football Victoria Laws of the Game applies to all U8 to U16s
• Each team, U12s to U16s will be required to nominate a linesman.

Start of play and restart after goal

• Kick-off will be from the middle of the halfway line
• All players must be in their own half of the field of play
• **Opponents must be at least 5m away from the ball at any kick-off.**
• The ball is in play once it moves
• A goal may be scored directly from a kick- off.

Ball crossing the touch line Facilities with Line-Markings

• **A throw-in** is awarded to the opponents of the player who last touches the ball when the whole of the ball crosses the touch line, either on the ground or in the air
• The ball is in play when it enters the pitch
• A goal may not be scored directly from a throw-in
• Opponents must be at least 5m away from the ball until is in play
•Note, Under 10 and 11 shall be permitted with one retake for a foul throw.
•Throw in applies as per laws of the game for Under 12 and above.

Corners: Ball crossing the goal line after Touching the Defending Team Last:

• A corner kick is awarded to the attacking teams when the whole of the ball crosses the goal line, either on the ground or in the air
• Opponents must be at least 5m away from the ball until it is in play
• The ball is in play when it is kicked and moves
• A goal may be scored directly from a corner kick

Goal Kick Ball crossing the goal line after Touching the Attacking Team Last:

• The ball can be placed on the ground from anywhere within the penalty area
• A goal may not be scored directly from a goal kick
• All opposing players must be outside the penalty area.
• The ball is in play once it is kicked directly out of the penalty area or received by a teammate inside the penalty area.

Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct.
Opponents must be at least 5 metres away from the ball, (Distance relevant to age group) when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).
For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded.
For under 7 to 13 Penalty shall be taken at 8-metre penalty mark. All players other than the goalkeeper and Penalty taker, must be outside the penalty area and be at least 5 metres behind the penalty mark.

Fouls and misconduct are:

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps or charges at an opponent;
- strikes or attempts to strike an opponent; pushes an opponent;
- tackles an opponent from behind to gain possession of the ball.
- makes contact with the opponent before touching the ball;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player. Penalties
- All penalties are taken from the penalty spot

Slide tackling

- No slide tackles are permitted in U7- U13

Red / Yellow cards

- Referees will be permitted to issue cards as per rules of the game
- Any player issued with a Red card will miss the following game.
- Any serious offence and player will be asked to leave the tournament.

Pitch & equipment The field of play

<u>Ages U7 to U9s</u>

- Size 37-40m long x 28-30m wide,
- Penalty area 5m deep x 12m wide (should be marked with flat disc if not line marked)

Ages U10 to U13

• 57-60m long x 37-40m wide
• Penalty area: 10m deep x 20m wide (should be marked with flat disc if not line marked)
• Interchange players should position in the area marked
• All spectators must remain a safe distance from the field of play as directed by the Referee or Venue staff.

Ages U14 and above

• 11 v 11 on a full-sized field
• Interchange players should position in the area marked
• All spectators must remain a safe distance from the field of play as directed by the Referee or Venue staff.

Goal Sizes

• The following are the minimum, best practise, and maximum goal sizes:

• Maximum: 5m wide x 2m high • Best practise: 5m wide x 2m high • Minimum: 3m wide x 2m high