



JUNIOR FOOTBALL GUIDELINES

2022-23 SEASON



JUNIOR FOOTBALL | UNDER 14-17

From the 2022-23 season, a standardised set of Junior Football Rules will be introduced to ensure a consistent playing format is followed throughout Wales. Developing a standardised set of rules specific to junior football will help to:

- Make it simpler for players, coaches, clubs, leagues and parents to better understand the rules which are consistent across the Country
- Retain players, make the game more accessible for players of all abilities and make football a more appealing sports for players and parents.
- Ensure rules are age appropriate

The following rules are to be Implemented as guidance for the 2022-23 season, with a mandatory requirement for Junior Leagues to comply from the 2023-24 season.

1. PLAYING FORMAT

- 1.1. The Playing Format below is to be implemented as guidance for the 2022-23 season and will be mandatory for all Leagues to adopt from the 2023-24 season.

Age Group	Playing Format	Max number of players in match day squad	Ball Size	Squad Size Cap	Match Duration
Under 14	11 v 11	18	5	20 players	70 mins (35 min halves)
Under 15	11 v 11	18	5	20 players	80 mins (40 min halves)
Under 16	11 v 11	18	5	20 players	80 mins (40 min halves)
Under 17	11 v 11	18	5	20 players	80 mins (40 min halves)

- 1.2 From the 2023-24 season, where two-year age bands apply, the playing format must reflect the youngest age group of players. For example, from the 2023-24 season, an under 14 fixture consisting of under 13 players must play the 9v9 format and not 11v11.

2. AGE GROUPS

- 2.1. To align with the Small sided football regulations, players are permitted to play a year group up. Age groupings must be a minimum of a one academic year and a maximum of two academic years (FAW rule 88.2).
- 2.2 From the 2022-23 season, the Junior Football age bandings have been extended to Under 17 (academic year 12).
- 2.3 A Junior player is permitted to play in the age group directly one year above. The age groups that a player is eligible to play in are set out in the table below:



Age as of August 31 st of the relevant playing season	Academic year	Eligible age groups	Format
13	9	Under 14	11v11
		Under 15	11v11
14	10	Under 15	11v11
		Under 16	11v11
15	11	Under 16	11v11
		Under 17	11v11
16	12	Under 17 & Open age	11v11

- 2.4. Junior Leagues will have discretion on whether to introduce an under 17 league programme. This age group is not a mandatory requirement.
- 2.5. On their 16th birthday, a player will be permitted to play open age football for the same registered club. Therefore, a player on their 16th birthday would have permission to play in both junior, youth and senior matches.

3. Football size

- 3.1 The ball size for all junior football must be size 5.

4. Match Duration

- 4.1. Match duration for each age group is set out in the table below:

Age Group	Match Duration
Under 14	70 minutes (35 minute halves)
Under 15	80 minutes (40 minute halves)
Under 16	80 minutes (40 minute halves)
Under 17	80 minutes (40 minute halves)
Under 18 and above	90 minutes (45 minute halves)

5. Squad size

- 5.1 To help provide adequate playing opportunities, teams can have a match day squad cap of up to 18 players, all of whom are eligible to play (teams can use all 7 substitutions). Teams are capped at signing 20 players per squad.

6. Playing time

- 6.1 All players in the match day squad must have a minimum of 50% playing time when participating in matches.

7. Substitutions

- 7.1 There is no limitation on the number of substitutions allowed during a match. Rolling substitutions are allowed throughout meaning players may re-enter the game after being substituted.



8. Smoking

8.1 Smoking is banned from the side-lines at all training and matches. This includes e-cigarettes.

9. IFAB Laws of the game

9.1 Expect for the regulations detailed above, the '[IFAB Laws of the Game document](#)' must be followed.

