



WMMF

Competition Rules

Cadets

10–14 Years



Teach First

Penalize Second

2025

Feel the Rush

Dare to Play



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Article 1 – APPLICATION

1.1 These Cadet Competition Rules shall apply to all WMMF Cadet competitions.

1.2 Except where specifically modified by this Handbook, all provisions of the official WMMF Competition Rules shall apply.

1.3 The purpose of the Cadet Competition Rules is to provide a developmental environment that promotes learning, skill development, sportsmanship, discipline, and preparation for Junior competition.

Article 2 – FIELD OF PLAY

2.1 The Field of Play shall be rectangular.

2.2 The Field of Play shall measure:

- a) Ten (10) metres (32.8 ft) in length;
- b) Eight (8) metres (26.25 ft) in width.

2.3 The Field of Play shall include:

- a) Boundary lines;
- b) Goal lines;
- c) Centre line;
- d) Centre mark;
- e) Corner markings;
- f) Penalty Area 1 (PA1);
- g) Penalty Area 2 (PA2);
- h) Penalty Line 1 (PL1);
- i) Penalty Line 2 (PL2);
- j) Penalty Box.

2.4 Line Width

All field markings shall have a width of between five (5) and ten (10) centimeters (2–4 inches).

2.5 Penalty Area 1 (PA1)

PA1 shall:

- a) Extend one (1) meters (3.3 ft) from the goal line;
- b) Begin seventy (50) centimeters (1.65 inches) from each goalpost.

2.6 Penalty Area 2 (PA2)

PA2 shall:

- a) Extend two (2) meters (6.6 ft) from the goal line;
- b) Begin one and one half (1.50) meters (4.90 ft) from each goalpost.

2.7 Penalty Line 1 (PL1)

PL1 shall:

- a) Be positioned one and one-half (1.30) meters (4.25 ft) from the goal line, measured to the center of the line;
- b) Measure ninety (90) centimeters (35.4 inches) in length;
- c) Contain three designated kicking spots spaced thirty (30) centimeters (12 inches) apart.



2.8 Penalty Line 2 (PL2)

PL2 shall:

- a) Be positioned two and one-half (2.5) meters (8.2 ft) from the goal line, measured to the center of the line;
- b) Measure ninety (90) centimeters (35.4 inches) in length;
- c) Contain three designated kicking spots spaced thirty (30) centimeters (12 inches) apart.

Article 3 – MATCH DURATION

3.1 Matches shall consist of two (2) halves of eight (8) minutes each.

3.2 Halftime shall be two (2) minutes.

3.3 Only the Technical Delegate (TD) may authorize a reduction in playing time.

3.4 Under exceptional circumstances, the TD may reduce playing time no more than to a minimum of five (5) minutes per half.

Article 4 – TEAM COMPOSITION

4.1 Teams shall consist of:

- a) Teams may register up to five (5) players on the Team List.
- b) A maximum of three (3) players may be on the Field of Play at any time.

4.2 Unlimited substitutions shall be permitted.

4.3 Substitutions shall be conducted in accordance with the WMMF Competition Rules. (Appendix 1)

4.4 Where a team commits an incorrect substitution:

- a) The first offence may be managed through an instructional warning;
- b) Repeated offences shall be penalized in accordance with the WMMF Competition Rules. (See WMMF Competition Rules & Regulation for Juniors & Seniors)

Article 5 – EDUCATIONAL OFFICIATING

5.1 Referees shall enforce the Laws of the Game while promoting player learning and development.

5.2 Referees may provide brief instructional guidance regarding:

- a) Restarts;
- b) Positioning;
- c) Substitution procedures;
- d) Time-count procedures;
- e) Safety requirements.

5.3 Such instruction shall not provide a competitive advantage to either team.

5.4 Referees shall not coach tactics, strategy, or team play.

Article 6 – TEAM BALL POSSESSION

6.1 A forty (40) second team ball possession count shall apply.

6.2 Referees may verbally indicate the countdown to assist player development.

6.3 Referees may announce:

- a) Ten (10) seconds remaining;
- b) Five (5) seconds remaining.

6.4 Exceeding the thirty (30) second possession limit shall result in the lost of Ball Possession.

Article 7 – GOALKEEPER

7.1 A fixed goalkeeper is not required.



7.2 Any player on the Field of Play may act as the goalkeeper.

7.3 Only one (1) player per team may be within PA1 at any time to defend the goal as the goalkeeper.

7.4 The role of goalkeeper may be exchanged freely between players during play.

7.5 Repeated or deliberate violations shall be penalized immediately.

Article 8 – DISCIPLINE

8.1 See Article 24 for complete details on disciplinary sanctions during the match.

8.2 Educational explanations shall not delay the match unnecessarily.

Article 9 – COACH CONDUCT

9.1 Coaches shall act as positive role models.

9.2 Referees may issue a verbal warning for minor misconduct.

9.3 Coaches remain subject to Yellow and Red Card after first verbal warning.

9.4 A Yellow Card issued to a Coach constitutes a strong official warning. Should the Coach repeat the same offence or continue the misconduct after receiving the warning, the Referee shall issue a Red Card and apply the appropriate disciplinary sanction.

9.5 Where a coach receives a Red Card:

- a) The coach shall immediately leave the technical area;
- b) The coach shall take no further part in the match;
- c) A penalty from PL2 shall be awarded to the opposing team for the Red Card issued.
- d) If the violation is serious the coach shall comply with any further disciplinary sanctions imposed.

Article 10 – ACCUMULATED FOULS

10.1 Team fouls shall be recorded.

10.2 Cadet teams are allowed eight (8) team fouls

10.2 The ninth (9th) accumulated team foul shall result in a PL2 penalty being awarded to the opposing team.

10.3 Each subsequent accumulated foul shall result in a PL2 penalty.

Article 11 – RESTARTS

11.1 All standard WMMF restart procedures shall apply.

11.2 Referees may permit the correction of minor procedural errors where doing so supports player development.

Article 12 – SPIRIT OF COMPETITION

12.1 Objectives

Cadet competitions shall emphasize:

- a) Learning;
- b) Respect;
- c) Sportsmanship;
- d) Fair Play;
- e) Skill Development;
- f) Enjoyment of the Game.

12.2 Fair Play

All participants shall compete honestly, fairly, and in accordance with the WMMF Competition Rules.



12.3 Respect

Players, coaches, officials, and spectators shall demonstrate respect toward teammates, opponents, match officials, and all other participants.

12.4 Sportsmanship

Participants shall conduct themselves in a positive and sporting manner at all times. Unsporting conduct shall not be tolerated.

12.5 Player Development

The primary purpose of Cadet competition is player development.

Winning shall never take precedence over learning, personal growth, skill development, safety, and athlete welfare.

Article 13 – Matters Not Covered

Any rule, regulation, procedure, or matter not specifically provided for in this Handbook shall be governed by the WMMF Competition Rules and Regulations for Juniors and Seniors Handbook.

APPENDIX A

EDUCATIONAL OFFICIATING GUIDELINES

B.1 Purpose

The purpose of these Guidelines is to support player development while maintaining the integrity of competition. Cadet competition is intended to serve as a transitional stage between Sub-Cadet and Junior competition.

B.2 Educational Philosophy

Referees shall enforce the Rules of the Game while recognizing that Cadet players are still developing their understanding of the sport.

The objective is to teach players the correct application of the Rules while preserving fair competition.

B.3 Educational Intervention Authority

The referee may briefly intervene to explain a rule, procedure, or safety requirement where such intervention is considered beneficial to player development.

Educational interventions shall be brief and shall not unnecessarily delay the match.

B.4 Permitted Educational Interventions

Referees may provide instructional guidance regarding:

- a) Restart procedures;
- b) Substitution procedures;
- c) Goalkeeper possession requirements;
- d) Team ball possession counts;
- e) Field positioning for restarts;
- f) Safety-related matters;
- g) Sportsmanship and respect.

B.5 Prohibited Educational Interventions

- a) Referees shall not:
- b) Coach tactics or strategy;
- c) Recommend player positioning during active play;
- d) Assist one team to gain a competitive advantage;
- e) Influence match outcomes.



B.6 Progressive Discipline

Referees are encouraged to apply discipline progressively where appropriate.

For minor procedural violations, a brief explanation may be provided before sanctions are imposed.

Repeated, deliberate, reckless, or unsporting conduct shall be penalized immediately.

B.7 Neutrality

All educational interventions shall be applied fairly and consistently to both teams.

B.8 Match Flow

Educational interventions should be limited to situations where learning benefits outweigh interruption to match flow.

The referee shall ensure that the match remains active, enjoyable, and competitive.

B.9 Transition to Junior Competition

As players progress through the Cadet age category, referees should gradually reduce educational intervention and increase reliance upon standard rule enforcement in preparation for Junior competition.

APPENDIX B CADET COMPETITION PHILOSOPHY

B.1 Purpose

The Cadet Competition Rules are designed to provide a structured, educational, and competitive environment for players aged 10–14 years.

The Cadet category serves as a transitional stage between introductory participation and full competitive play.

B.2 Objectives

The objectives of Cadet competition are to:

- a) Develop technical skills;
- b) Improve decision-making;
- c) Promote teamwork and communication;
- d) Teach accountability and discipline;
- e) Encourage sportsmanship and respect;
- f) Prepare players for the full application of the WMMF Competition Rules.

B.3 Learning Through Competition

Cadet competition recognizes that players are still developing their understanding of the game.

Competition shall therefore provide opportunities for players to learn from both success and mistakes while maintaining a fair and competitive environment.

B.4 Educational Approach

Cadet competition combines competitive play with limited educational support from match officials.

Referees may provide brief instructional guidance regarding rules, procedures, and safety requirements where appropriate.

Educational intervention shall never replace proper rule enforcement.

B.5 Progressive Responsibility

B.5.1 Players are expected to gradually assume greater responsibility for their actions and decisions.



8.5.2 As players advance through the Cadet category, they should demonstrate increasing understanding of:

- a) The Rules of the Game;
- b) Match procedures;
- c) Sportsmanship;
- d) Respect for officials;
- e) Personal accountability.

B.6 Discipline and Conduct

Cadet competition introduces players to the full disciplinary structure of the game. Participants are expected to conduct themselves responsibly and respectfully at all times. Discipline shall be applied fairly, consistently, and with consideration for player development.

B.7 Preparation for Future Competition

The Cadet category is intended to prepare players for higher levels of competition by introducing the complete structure of the game in a developmentally appropriate manner. By the conclusion of the Cadet age category, players should possess the knowledge, skills, confidence, and discipline necessary to compete under the full WMMF Competition Rules.

B.8 Guiding Principles

Cadet competition shall be guided by the following principles:

- a) Development before results;
- b) Respect for all participants;
- c) Fair Play;
- d) Sportsmanship;
- e) Learning through participation;
- f) Enjoyment of the game.

Appendix C – Substitutions

C 1 Number of Substitutions

- a) Unlimited rolling substitutions shall be permitted during a match.
- b) A substituted player may re-enter the match an unlimited number of times provided all substitutions are conducted in accordance with these Rules.

C 2 Substitution Area

All substitutions shall take place directly in front of the team's bench area.

C 3 Substitution Procedure

- a) Substitutions may be made at any time during active play without requiring the match to be stopped.
- b) The player being substituted must leave the Field of Play before, or simultaneously with, the substitute entering the Field of Play.
- c) The player leaving the Field of Play and the substitute entering the Field of Play shall each raise one arm to clearly identify the substitution.
- d) Players entering and leaving the Field of Play shall do so from the area directly in front of their team bench.



- e) The match clock shall not be stopped solely for the purpose of a substitution unless directed by the Referee.

C 4 Eligible Substitutes

Only players listed on the official Team List Form shall be eligible to participate as substitutes.

C 5 Unregistered Players

- a) No unregistered player shall be permitted to participate in a match. If an unregistered player takes part in a match, the offending team shall forfeit the match immediately.
- b) If a team submits credible evidence that an opposing team has used an unregistered player, and the violation is confirmed by TD/the Competition Committee, the offending team shall be immediately disqualified from the competition and all results involving that team shall be dealt with in accordance with the competition regulations.

C 6 Suspended Players

A player serving a disciplinary suspension - Power Play penalty - may not be substituted during the suspension period.

- a) Teams required to play short-handed due to disciplinary sanctions shall continue with the reduced number of players for the full duration of the applicable Power Play unless an Early Release applies under these Rules.

C 7 Monitoring of Substitutions

The Line Referee shall monitor all substitutions and shall immediately notify the Referee of any substitution violation by raising the flag.

C 8 First Substitution Violation

A first illegal substitution by a team shall result in an official warning.

C 9 Second Substitution Violation

A second illegal substitution by the same team shall result in a Yellow Card being issued to the entering player and a Short Power Play being awarded to the opposing team.

C 10 Third and Subsequent Substitution Violations

A third illegal substitution, and each subsequent illegal substitution, shall result in a Blue Card being issued to the entering player and a Long Power Play being awarded to the opposing team.

C 11 Authority of the Referee

The Referee shall have full authority over all substitution procedures and may stop, delay, refuse, or sanction substitutions that violate these Rules or interfere with fair play.

C 12 Goal Following a Substitution Violation

A goal scored by a team immediately following a substitution violation committed by that team shall not be awarded.