



Organization and rules

the 3 against 3 league Cologne

Valid since: 01.08.2019 – Revised version from 01.07.2024 for the 2024/25 season

Juniors - U6/U7 (Bambini), U8/U9 (F-Youth), U10/U11 (E-Youth)

Created on behalf of the 3 against 3 League

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1. Game forms

The 3 against 3 league, in consultation with all participating coaches, clubs and coordinators, has defined the following game formats of the 'Cologne Way' in children's and youth football:

	Age group	Game form on mini goals	Game form on youth goals (+TW)
G-Youth	U6	2 against 2 or 3 against 3 3	No
	U7	against 3	2+1 against 2+1
F-Youth	U8	3 against	3+1 against 3+1
	U9	3 3 against	3+1 against 3+1
E-Youth	U10	3 4 against	4+1 against 4+1
	U11	4 4 against 4	4+1 against 4+1

2. Field sizes and field structure

i. On the sports field (at least half of the field), 4 to 8 small fields (**2 fields per game format**) are marked out, according to the following information for the respective age group and **Figures 3 and 4** in the appendix:

	Age group	Field size
G-Youth	U6 and U7	approx. 20 x 15 meters
F-Youth	U8 and U9	approx. 25 x 20 meters
E-Youth	U10 and U11	approx. 30 x 25 meters

ii. The youth goals are reduced in height in the age groups U7 to U9.

iii. The shooting zone is marked at a distance of 6 metres from the mini goals (U7 to U11).

In the fields with youth goals and in the U6 (shooting line) only the center line is marked, there is no shooting zone here.

3. Number of players

i. The coaches divide their team (squad) into small teams as follows:

	Age group	Game form on Mini goals	Game form on Youth goals (+TW)	Rotation players	Total number of players (Min.-Max.)
G-Youth	U6	2/3 field players	No	1-2	4-5
	U7	3 field players	3 field players + 1 goalkeeper	1-2	4-5
F-Youth	U8	3 field players	3 field players + 1 goalkeeper	1-2	4-5
	U9	3 field players	3 field players + 1 goalkeeper	1-2	4-5
E-Youth	U10	4 field players	4 field players + 1 goalkeeper	1-2	5-6
	U11	4 field players	4 field players + 1 goalkeeper	1-2	5-6

In 2+1, 3+1 and 4+1, a goalkeeper completes the team. In the U10 and U11, the number of field players increases by one player each.

- ii. The rotation players are changed after each goal, at the latest after 1 minute of play.
- iii. The number of teams for the match day will be reported to the organizing coach of the venue no later than 19:00 on **the Thursday before the match day**.
- iv. The coach/supervisor of the organizing club opens a chat group early (at the latest on the **Thursday before the match day**) in which all other content for the match day (number of teams, times, mobile goals, etc.) is agreed upon.

4. Rules

- i. Game opening: The game begins in the traditional way with all players racing to the ball in the middle from their own goal line. Alternatively, a coin toss or 'rock, paper, scissors' can be used.
- ii. When the ball is dribbled or passed into the sidelines, the player who dribbles in is allowed to shoot at goal after he has dribbled into the field. It is important to ensure that the ball is on the sideline and that the player does not dribble in from the sidelines with excessive speed (otherwise the dribble will be repeated).
- iii. When the ball is out of play, it is dribbled or passed from the goal line.
Players of the attacking team must be in the shooting zone.
- iv. Instead of a corner kick, the ball is dribbled or passed in from the marker cone of the shooting zone. The same applies to the attacking team's out-of-bounds kick if the ball lands in the touchline of the shooting zone.
- v. The distance for restarts (touchdown, corner kick, simple infringement of the rules on the field) is 3 metres. - **Player substitutions only take place at the halfway line and at the coaches in the substitution zone.**
- vi. If a goal is scored, play is restarted with a dribble from the goal line. No opponent may be in the shooting zone.

Recommendation: If the pressure on the opening team is still too great, the opponents should move back to the halfway line.

- vii. If a team is leading by 3 goals, the losing team substitutes a 4th field player and plays with a numerical advantage (3vs2/4vs3/5vs4/6vs5) until the difference is only 1 goal. If the losing team has no rotation players, the leading team substitutes 1 player and plays with a numerical disadvantage (2vs3/3vs4/4vs5). - This rule also applies to games with a goalkeeper on youth goals, depending on the number of players.
- viii. Serious violation of the rules/preventing a goal in the shooting zone: If the defender violates the rules within his own shooting zone, the fouled team receives a penalty attack (Penalty: A player from the fouled team starts dribbling with the ball at the halfway line. A player from the defending team is in his own shooting zone. All other players are behind the attacker on the goal line.

As soon as the attacker starts with the ball, all players can start running).
- ix. The game is played in **fair play mode** (without a referee). Parents keep a distance of about 15 meters from the game and do not interfere with the game. **The coaches stand together at the edge of the field (changeover zone on the center line)**, do little to no coaching and mainly ensure the rotation of the players and the smooth running of the game day.
- x. There will be no collection of results and **results will not be evaluated**. There will be no matchday winner/group winner. Results should expressly take a back seat. What counts is the children's football training and the football experience.

- xi. **Recommendation 2+1, 3+1, 4+1:** The goalkeeper should be encouraged to play an active role.

Opening the game without a throw-in/throw-in over the center line and back passes without using of the hands. Picking up the ball more than once with the hands should also not take place. However, neither should be penalized in terms of playing technique. (Coach with a hint.)

5. Game mode and playing times

- i. **Game mode: everyone against everyone (6 games against 6 different teams).**

- ii. Playing strength of the teams: teams of equal strength at the same venue, if possible in 2 groups ("stronger" / "weaker" teams). The playing strength at the venue must be specified in the season planner. *[The terms are used here for clarification, not as a judgment.]*

- iii. Playing times per individual game:

	Age group	Playing time
G-Youth	U6 and U7	6 games with 6 minutes
F-Youth	U8 and U9	6 games with 7 minutes
E-Youth	U10 and U11	6 games with 8 minutes

Total duration of the match day: approx. 60 minutes. – In the U10 and U11 there should also be the possibility of adjusting the playing time to 9 minutes.

- iv. Any game or tournament planner can be used for the planning of football festivals by the coaches or supervisors. It is recommended to use the matchday planner of the 3 against 3 league Cologne, which is adapted to the needs of the organization and the game formats. – Matchday planner: <http://www.spieltagsplaner.de> (Development: Stefan Höfs)

6. Aim, organisation and instructions

- i. **Aim of the 3 against 3 League Cologne:** The 3 against 3 League Cologne is an alliance of coaches and clubs with the purpose of organizing and implementing new forms of play in children's soccer.

The aim is to enable all children to have lots of ball action (dribbling, passing, shooting, goalkeeping) and success (own goals, assists, goalkeeping saves) and to participate in the football experience at all times and on an equal basis. The motto of the 3 against 3 league in Cologne is: All children can always play - no one stays at home.

- ii. **Organisation of the 3 against 3 League Cologne:** The 3 against 3 League Cologne is organised independently by the trainers and clubs (principle of self-organisation). **The trainers and clubs are responsible for registering and carrying out the football festivals within the framework of the requirements of the regional associations and districts.** They are supported in the organisation on a voluntary/volunteer basis by the voluntary organisers and coordinators of the 3 against 3 League Cologne, without them assuming any responsibility for registration and implementation. The 3 against 3 League Cologne is not limited to the Cologne region. Trainers and clubs outside of Cologne can also take part in it within the framework of the

organize according to the respective association guidelines.

Notes on matchday:

ÿ The football festivals of the 3 against 3 league are carried out in FairPlay mode. No parents enter the playing fields or actively intervene from outside. The games are dedicated to the free development and football experience of the children. All those involved should respect this.

ÿ There are no referees. The children decide and find solutions on their own. In the event of disputes, the coaches help and only make a decision if no solution can be found with the help of the coaches.

ÿ It is sufficient if the coach and assistant coach are present on the sidelines as game companions. This means that there are enough game companions on the field. Not every team has to be supervised by the team's coach. All coaches are present for the benefit and support of the children and are aware of their role model function. However, only a maximum of

There will be as many supervisors on the pitch as teams have been registered. (3 teams = 3 supervisors)

ÿ Changing the pitch – timing: The concept of the 3 against 3 league in Cologne is designed to hold a football festival in 60 minutes. The schedules and breaks must be observed, as many clubs have tight schedules at their facilities.

(Bring water bottles with you – take breaks on the next pitch – no meetings or motivational circles during breaks or before individual games)

ÿ The trainers do not coach at all or only very little. They do not control the children with commands, but give them the freedom to make their own decisions during the game and to find creative solutions to game situations.

Attachment

Field structure, field markings and naming of the individual zones and areas

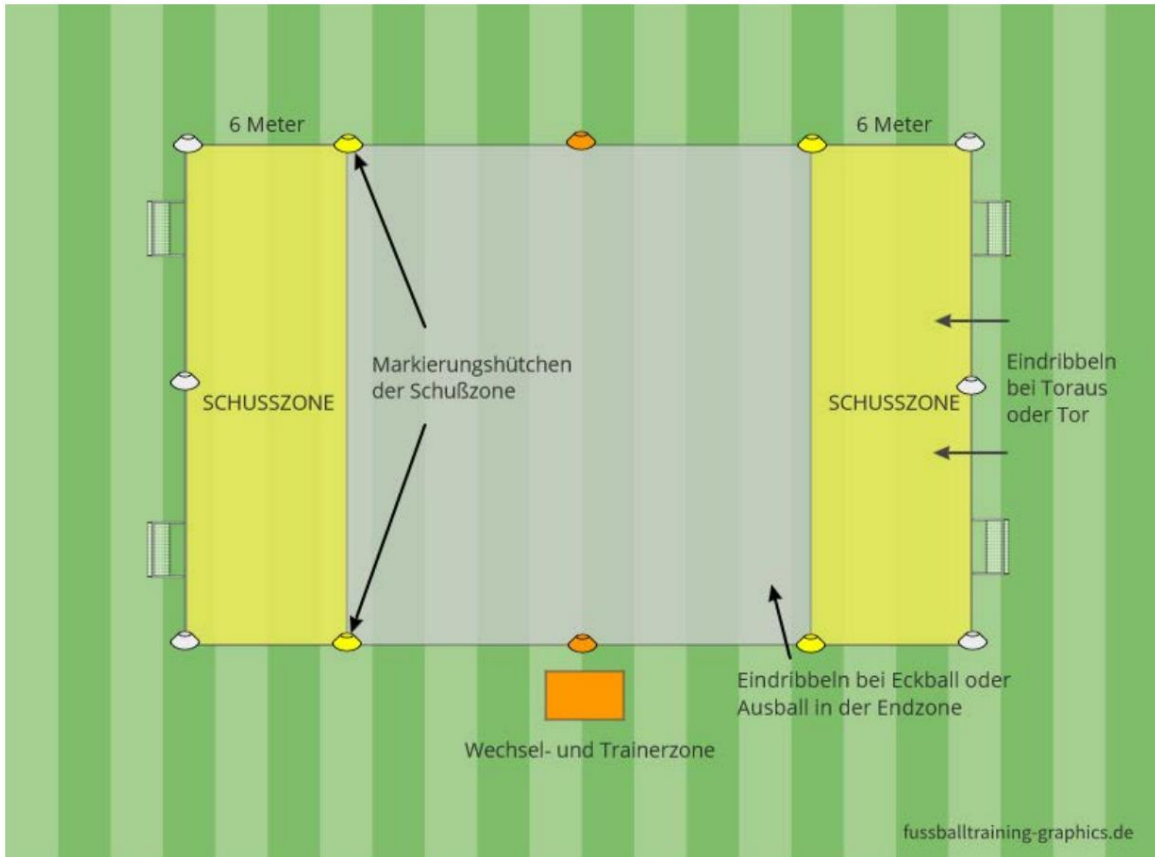


Figure 1: Field layout and markings of a field with mini goals - Explanation of terms

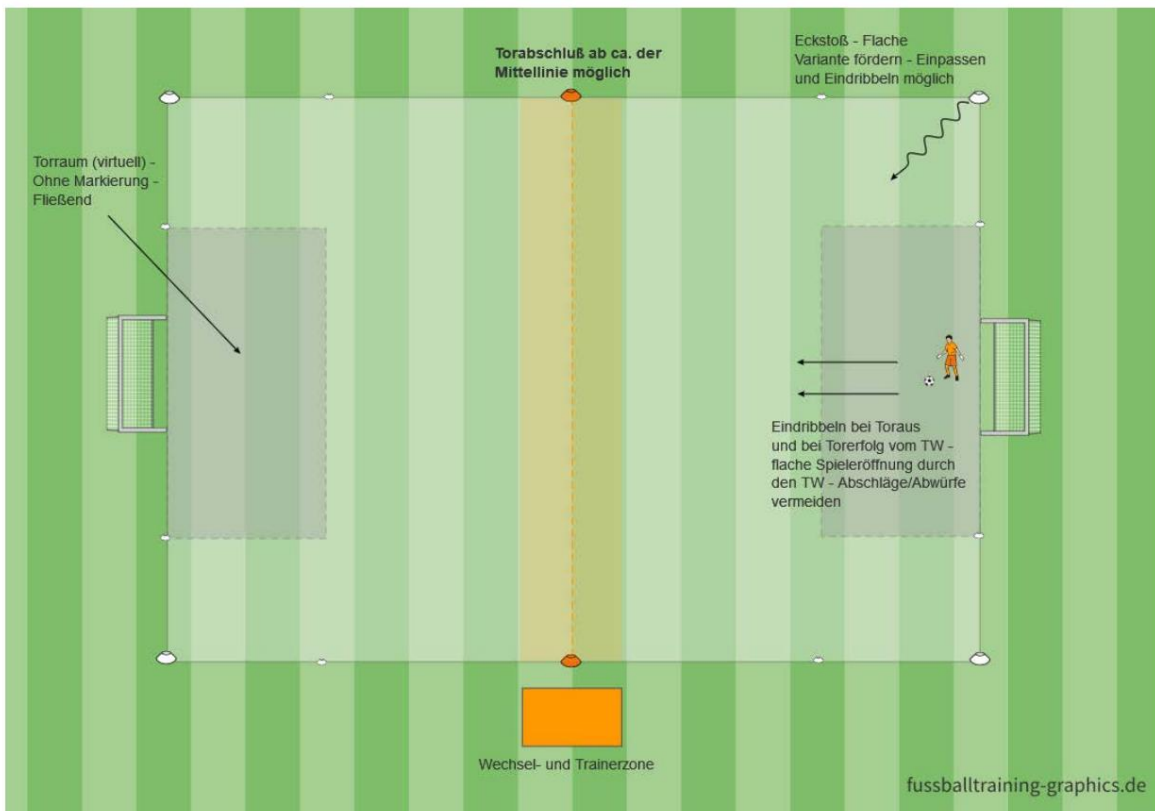


Figure 2: Field layout and markings of a field with youth goals - Explanation of terms

Field layout and playing fields – U6 to U11

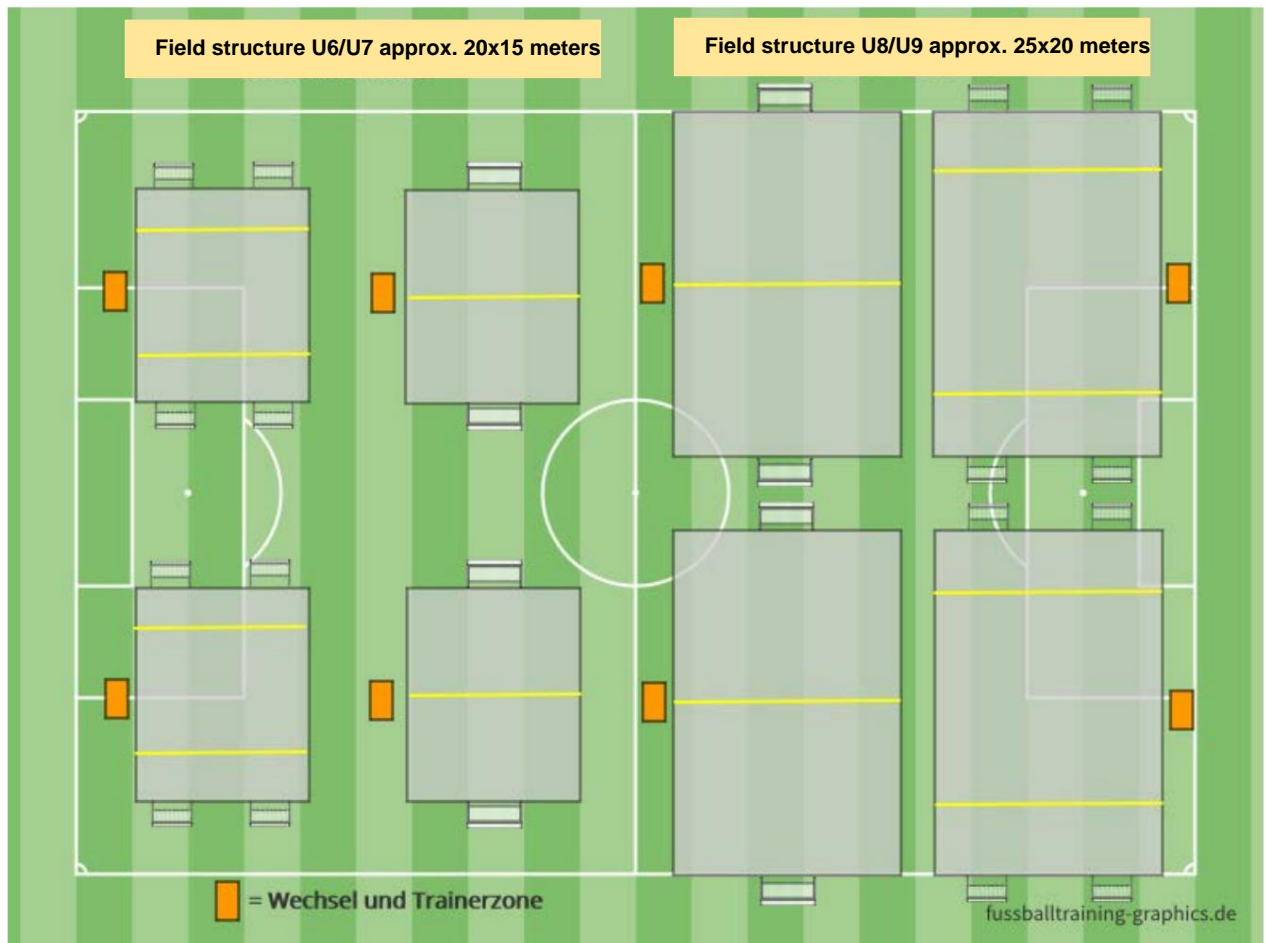


Figure 3: Field structure U6/U7 and U8/U9

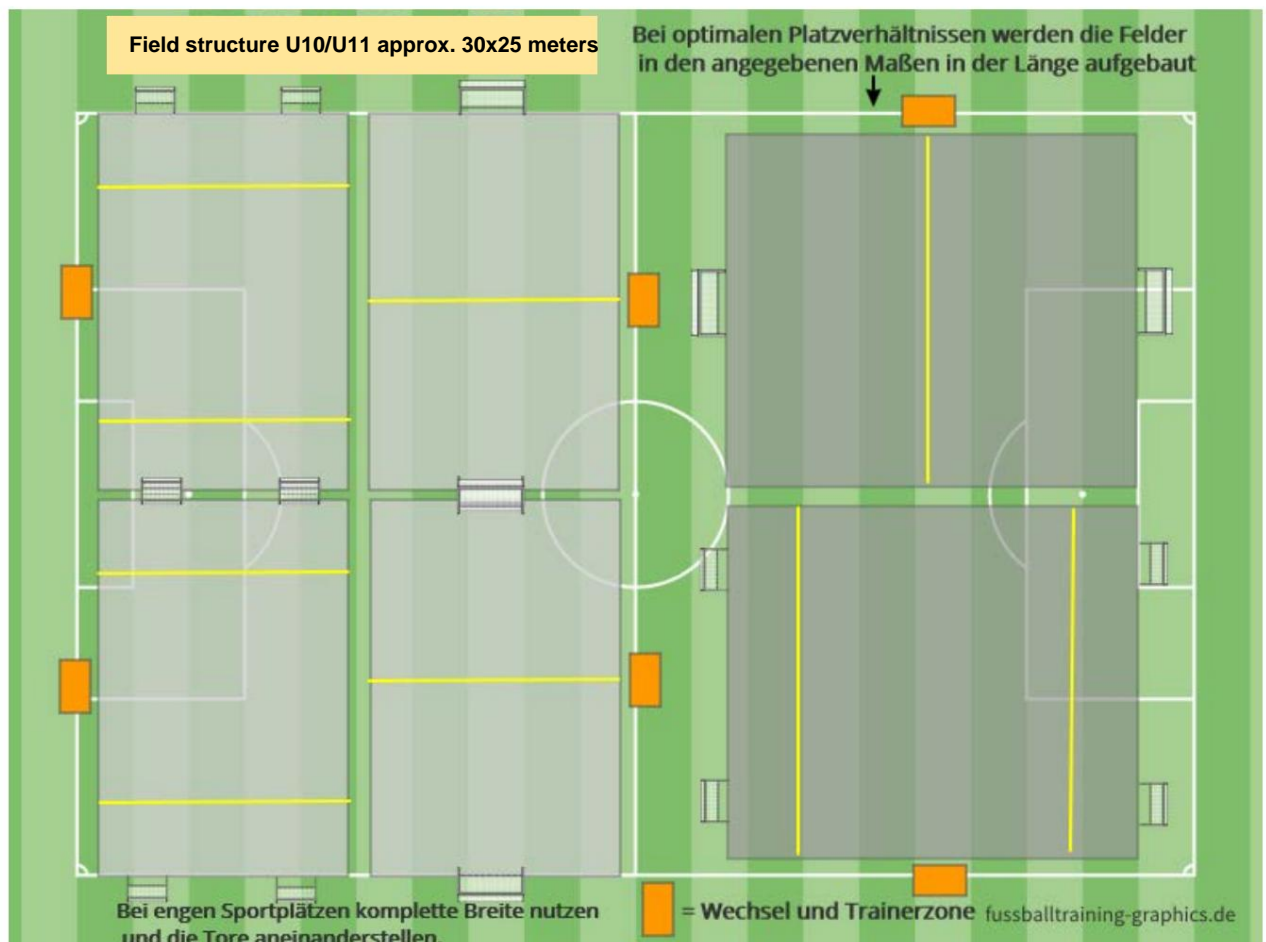


Figure 4: Field structure U10/U11 – With additional representation in optimal space conditions (entire field)