

12U

Field: Small regulation full-size: 50 yards x 100 yard rectangle with halfway line and 10 yard radius center circle. Goal area is 20 x 6 yards, with an 8 foot by 24 foot goal. Penalty area is 44 yards by 18 yards, with the spot at 12 yards, and a 10 yard arc.

Ball: Size 4

Players: Maximum roster of 12, 9 vs. 9 on the field. All players to play half the game, recommend as many as possible play three quarters.

Referees: Certified referees, or volunteer.

Duration: U12: Two 30 minute halves with quarter break at approx. midpoint of both.

Starts and restarts:

Kickoffs from the center circle at the start of each half and after a goal. Direct free kicks after assessment of a penal foul, opposition to give 10 yards until kick is taken. Indirect free kicks after a non-penal foul, opposition to give 10 yards until kick is taken. A corner as normal, opposition to give 10 yards until kick is taken. Goal kicks as normal. Penalty kicks as regulation, taken from 12 yards away. Throw-ins are as normal. Drop balls after stoppage without an infraction (dog, rain, injury etc.)

FIFA Law changes:

Kickoff from center circle may move backwards on first touch.
ABSOLUTELY NO heading the ball. If the ball is touched by the head an indirect free kick will be awarded to the opposing team. Repeated infractions of this will NOT result in a card.

Cautions and Ejections:

Cautions are signified by a yellow card being shown to the player when they are guilty of being unsporting, show dissent by word or action, persistently breaches the Laws, delays a restart, fails to give the required distance at a kick, or enters, leaves, or re-enters the field without the referee's permission. Ejections are signified by showing the player a red card. This occurs after serious foul play or violent conduct, if a player spits at anyone, uses abusive, offensive, or insulting language or gestures, if a player denies a goal or an obvious chance by committing a foul, or when a

player gets two yellow cards in the same game. A player who is ejected must leave the vicinity of the field and the coach's area. The referee is the judge of how far is far enough.

Practice duration:

Three hours per week. Split at the coach's discretion.