

# 12U Guidelines

## **The Ball:**

A size 4 ball is used for U-12 games.

## **The Players:**

- **Numbers:** Nine per team on field; one of which is a goalkeeper.
- **Playing Time:** Minimum of two periods per game and no player should play four periods until everyone has played three.

## **Player Equipment:**

Shoes and shin guards (covered by the socks), are mandatory at all practice and games.

All FIFA rules are in place.

## **Referee:**

The referee should briefly explain any infringements to the player(s) and encourage proper play and sporting behavior. As with all games, every effort should be made to keep the game moving and free from stoppages for doubtful infractions. Let them play and enjoy.

## **Throw-In:**

Second chances are not given for improper throw-ins. An improper throw-in results in a throw-in for the opposing team.

**Kick-Off:** The kicker may be in the opponent's field if they kick the ball back to their side. The ball is in play the moment it moves.

**Offside:** The offside position is judged at the moment the ball is played. It is not an offense to be in an offside position, only if the player plays the ball, interferes with opponent, including after a save or rebound. An Indirect Free Kick is taken where the offside offense occurred, even in the player's own half.

## **No Heading:**

Consistent with the US Soccer mandates on heading the ball, heading is banned for all division 12U and below in both practices and matches.