



12U Guidelines

The Field: The Field Size for 12U games is 100 yards long and 50 yards wide.

The Markings: The Center Circle Radius is 8 yards, the Goal Area is 5 yards x 16 yards, Penalty Area is 14 yards x 36 yards, and Goal Line to Penalty is 10 yards.

The Goals: Goal Size is 6.5 feet high x 18.5 feet wide. (Max size - 7 feet high x 21 feet wide).

The Ball: A size 4 ball is used for 12U games.

The Players:

- **Numbers:** Nine per team on field; one of which is a goalkeeper. 12 maximum on roster.
- **Substitutions:** Between periods, at halftime and for injuries.
- **Playing Time:** Minimum of two periods per game and no player should play four periods until everyone has played three. A goalkeeper may play three quarters as a keeper (and must still abide by the $\frac{3}{4}$ rule).
- **Teams:** Separate girls and boys teams should be promoted at all levels of play.
- **Coach:** The coach must be a certified 12U coach.

Player Equipment: Shoes and shin guards, covered by the socks are mandatory at all practice and game activities. Soccer shoes, tennis shoes, or similar type athletic shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. For safety, no jewelry is allowed including watches, earrings, barrettes, etc. (Medical bracelets are okay).

Duration of Game: Four 15-minute periods. Halftime breaks of 5 minutes as designated by the referee. A minimum of six players per team are required to start a game. Quarter breaks are for substitution only. If a player arrives after the start of the first period, they are only required to play two periods. If a player arrives after the start of the second period, they are only required to play one period.

Referee: The referee must be a certified regional referee or above and must have a current AYSO Volunteer application on file with AYSO in addition to current AYSO Safe Haven and Concussion Awareness Certifications.

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. An indirect free kick will be awarded to the opposing team if a player deliberately touches the ball with his/her head during a match (taken where the player touched the ball with his/her head).

Fouls: For 10U and older games, all fouls identified in Law 12 apply. Refer to the Laws of the Game for more information. No other changes from play as specified in FIFA Laws of the Game printed for AYSO.