



# Under 12 Football



## AIM

At this age the players are almost playing full football rules but with still reduced playing numbers which will give young players better opportunity to develop their skills. U/12 is the first time referees record scores in an effort to make sure that teams are streamed in the right league for U13 competition.

## PLAYING RULES

- Play to commence with a throw up in centre
- Goalkeeper may advance 10m for a kick out
- The ball must be lifted off the ground using the toe.
- '45's' are awarded. These will be taken from 40m out in line with where the ball went out of play.
- If a free is conceded via an aggressive foul within 13m from the goal a penalty is awarded taken 11m from goal.
- Technical free within the square is a penalty
- A 'square ball' will be called by refs at this age.
- Black cards not applicable at this age grade

## SCORING SYSTEM

- 1 point when the ball is played over the crossbar.
- 3 points when the ball is played under the crossbar.

## PLAYING THE GAME

- 13 v 13 (max) 11 v 11 (min)
- (90-100m) x (40-50m) or 20m line to 20m line
- Teams must be streamed according to ability
- At this age teams are divided into divisional sections

## TIME DURATION

- 50 minute game
- 25 minutes per half
- 1 game per occasion

## EQUIPMENT

- Portable Goal posts (15' x 7' or 4.5m x 2.2m)
- 3 Smart Touch (Size 3) footballs - one placed behind either goal and one in play

## RECOMMENDED PLAYING AREA

