



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
- No limit on the number of consecutive plays (except two bounces)
- '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

