

2023 Season – U12 League

The Under 12 league will play under FIFA Laws to assist players and coaches to the transition to 11v11 football and rules. The Under 12 league will not have a league table, but will be included in the Cup competition during the season.

INTRODUCTION

The 9-a side game in Under 12's allows players to be challenged technically as well as physically through multiple repeated actions in smaller areas. It also aims to set realistic expectations that meet the needs of young footballers, rather than senior players. It focuses on the development of a player rather than the result of the match.

12's & Under GUIDELINES

Format - 9 v 9 (8 field players + goalkeeper)

Game lengths: 2 x 25 min halves with a 5-minute break / Size 4 ball

Pitch size: Length: 60m - 70m Width: 40m x 50m / Goals: 2 x 5 m

Offside rule: The offside rule will be included in the Under 12 league as it is an integral rule to the game of football. 9v9 on the recommended size pitch will help players learn the rule as there is no longer as much space between the halfway line and the opposition goals.

Penalties: In accordance with FIFA LOTG, a penalty kick will be awarded if a player commits a direct free kick offence inside their penalty area.

Goalkeeper: The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or dropkick the ball from their hands.

Goal kick: Goal kicks can be taken from anywhere within the penalty area. Opponents must be outside the penalty area until the ball is in play. The ball is in play once it is kicked and clearly moves. Players from the defending team may receive the ball inside the penalty area from a goal kick.

Throw ins: Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over their head. The thrower must not touch the ball again until it has touched another player. The ball is in play once it enters the field of play. A goal cannot be scored directly from a throw in.

Corner kicks: Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.