

HANDBOOK

2024

UNDER 12



U12 FOOTBALL

This handbook with rules and playing format provides assistance to referees, coaches and managers to implement.

Under 12 football is a modified form of 11-a-side football designed to meet the need of players as such the under 12's play 9v9 on modified field dimensions.

It is structured for the players to have fun and enjoyment leading to progression of 11-a-side format as they get older.

PROVEN BENEFITS

- Improved technical ability with more touches of the ball and goal scoring opportunities.
- Quicker decisions and improved reaction time by playing on smaller fields.
- Improves confidence and self-esteem.
- A more active child is healthier, smarter and a more productive member of the community.

RESIDUAL BENEFITS

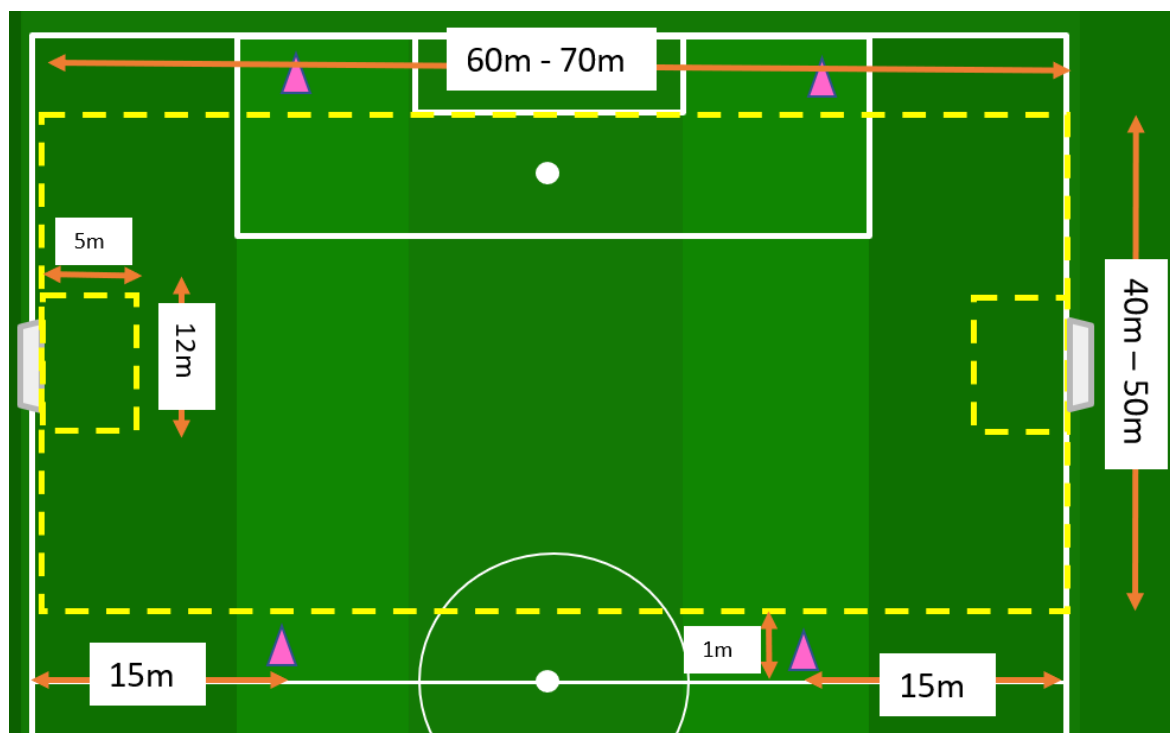
- The rest of the world is playing small sided games and we are part of the football world.
- Parents are introduced to the game in smaller, understanding doses.
- Small sided football is a great place to train new referees.



PROGRESSION THROUGH MiniRoos/MiniTildas to competition games

PLAYING FORMAT	UNDER 6 & 7	UNDER 8 & 9	UNDER 10 & 11	UNDER 12 COMPETITION
Points table and Finals	No	No	No	Yes
Number of Players	4 v 4	7 v 7	9 v 9	9 v 9
Goalkeeper	No	Yes	Yes	Yes
Field Size	Length: 30m Width: 20m	Length: 40m-50m Width: 30m -40m	Length: 60m-70m Width: 40m -50m	Length: 60m-70m Width: 40m -50m
Exclusion zone (Quarter Line)	Halfway line	Halfway between halfway line and goal line	15m from the goal line	15m from the goal line
Penalty Area	No	Depth: 5m Width: 12m	Depth: 5m Width: 12m	Depth: 5m Width: 12m
Offsides	No	No	No	Yes
Goal Size	Width: 1.5m-2m Height: 0.9m-1m	Width: 2.5m-3m Height: 1.8m-2m	Width: 4.5m-5m Height: 1.8m-2m	Width: 4.5m-5m Height: 1.8m-2m
Ball Size	3	3	4	4
Playing Time	2 x 20 minutes	2 x 20 minutes	2 x 25 minutes	2 x 25 minutes
Half Time Break	5 minutes	5 minutes	5 minutes	5 minutes
Referee	Game Leader	Instructing Referee	Instructing Referee	Level 4 Referee or higher

AGE GROUP – UNDER 12 FIELD OF PLAY



Dimensions

The field should be rectangular in shape - Length: 60m – 70m, Width: 40m – 50m.

Markings

Markers or painted line markings.

If no centre circle is marked opposing players from the kick off or restart after a goal are to stand 5m from the half way line.

Goal Size

Width: 4.5m – 5.0m, Height: 1.8m – 2.0m

Goal Type

It is recommended that clubs use suitable portable goals where possible.

Penalty Area



Rectangular – Depth: 5.0m, Width: 12m

Penalty kicks are taken 8m from the goal line

The Ball

Size 4

Duration of Game

2 x 25 minute halves

Half-time break of 5 minutes

Number of Players

9 v 9 – **Including Goalkeeper**

A maximum of five (5) substitutes are permitted which may rotate during the entire game.

The coach or manager may make substitutions when there is stoppage of play during the game, as approved by the match official.

Throw in's

All throw in's are subject to the foul throw requirements as a regular 11v11 competition fixture.



UNDER 12 LAWS OF THE GAME

The U12 format wherever possible is similar to 11v11 and will be played under the laws of the game with referees, offsides, red/yellow cards, competition points etc. Please refer to the Hills Football By-laws and The Laws of the game for all other rules.

Offside

There is offsides. To be on/offside the rule is exactly the same as 11v11 laws of the game.

The Goalkeeper/Goal kicks

After a save or gather of the ball (the ball DID NOT leave the field of play)

- **After a save or gather the ball with their hands**, the ball can be thrown or rolled from the hands or played with their feet, within 6 seconds.
- The Goalkeeper is allowed to kick or drop-kick the ball directly from their hands.
- Should the goalkeeper wish to **place the ball on the ground** and then pass it, **after a save or gather the ball with their hands (i.e. the ball has not left play)**. The ball remains in play whilst the Goalkeeper has the ball in their hands. As such if the goalkeeper places the ball on the ground to then pass the ball out, an opposition player can attempt to intercept the ball before the kick is taken, this replicates 11v11 competition rules
- Opposition players cannot restrict, attempt to disrupt or stop the Goalkeeper from realising the ball.
- An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to the goalkeeper by a team-mate.

After the ball has left the field of play at the goal line

- The play will be re-started with a goal kick. The goal kick is to be placed on the ground anywhere within the marked box.
- Opposition players are all to retreat behind the 15 metre exclusion zone. Opposition players cannot enter the exclusion zone until
 - a) The ball has been passed too and touched by a second player (must be from the same team as the player taking the goal kick) within the exclusion zone,
 - b) The ball has left the exclusion zone,
 - c) The ball has left the field of play,



- Should the ball not reach a player of the same team, and as stopped still inside the exclusion zone, the Goalkeeper cannot touch it again, and all opponents must remain outside the zone until a player of the same team has gone to collect the ball or if the referee deems appropriate orders a re-take.