



Laws of the Game

For the 12 and Under Age Group



Law 1 – The Field of Play

Dimensions: The field of play must be rectangular.

Field Length Range: 70 yards – 80 yards

Field Width Range: 45 yards – 55 yards

Field Markings: The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

The Goal Area: 5 yards out from the goal line x 16 yards wide

The Penalty Area: 14 yards out from the goal line x 36 yards wide. Within each penalty area a penalty mark is made ten (10) yards from the midpoint between the goalposts. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

Flag Posts: Conform to the IFAB Laws of the Game.

The Corner Arc: Conform to the IFAB Laws of the Game.

Goals: Goals must be placed on the center of each goal line. The recommended goal size is eighteen and a half (18.5) feet wide by six and a half (6.5) feet high.

Optional: The goals may be seven (7) feet high by twenty-one (21) feet wide.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

Law 2 – The Ball

The 11 and under and 12 and under age groups use a size four (4) ball.

Law 3 – The Number of Players

A match is played by two teams, each consisting of not more than nine (9) players on the field, one of whom is the designated goalkeeper. A match may not start or continue if either team consists of fewer than six (6) players. Teams and matches may be coed.

The maximum team roster size is sixteen (16).

Substitutions: After approval from the referee, at any stoppage of play and unlimited.

Playing time: It is recommended that each player plays a minimum of 50% of the total playing time, which is controlled by the coach.

Law 4 – The Players Equipment

Conform to the IFAB Laws of the Game. Non-uniform clothing, matching the uniform color, is allowed based on weather conditions. Uniforms must distinguish teams. Shinguards are MANDATORY for both practices and games, and must be covered entirely by socks.

Safety: A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry, except for a medical alert bracelet/necklace).

Law 5 – The Referee

Registered referee with a minimum of a US Soccer Grassroots Certification.

Law 6 – The Assistant Referees

Use registered Assistant Referees. If such personnel are unavailable, then use club Assistant Referees, who are only to determine when the ball goes in and out of play.

Law 7 – The Duration of the Match

Conform to the IFAB Laws of the Game except for the match being divided into two (2) equal halves of thirty (30) minutes each. There shall be a half-time interval of up to ten (10) minutes.

Law 8 – The Start and Restart of Play

Conform to the IFAB Laws of the Game with the exception that the defending team is at least eight (8) yards from the ball until it is in play.

Law 9 – The Ball In and Out of Play

Conform to the IFAB Laws of the Game.

Law 10 – The Method of Scoring

Conform to the IFAB Laws of the Game.

Law 11 – Offside

Conform to the IFAB Laws of the Game

Law 12 – Fouls and Misconduct

Conform to the IFAB Laws of the Game with the following exception – for games in the 11 and under age group:

Deliberate heading of the ball is not allowed in the 11 and under age group. If a player deliberately heads the ball in a game, an indirect free kick is awarded to the opposing team from the spot of the infraction.

Heading the ball in games is allowed in the 12 and under age group.

**All players 10 years old and younger, regardless of the age group they are playing, should not head the ball.*

Law 13 – Free Kicks

Conform to the IFAB Laws of the Game with the exception that all opponents are at least eight (8) yards from the ball until it is in play.

Law 14 – The Penalty Kick

Conform to the IFAB Laws of the Game, with the exception that the penalty mark is ten (10) yards from the goal line.

Law 15 – The Throw-In

Conform to the IFAB Laws of the Game.

Law 16 – The Goal Kick

Conform to the IFAB Laws of the Game.

Law 17 – The Corner Kick

Conform to the IFAB Laws of the Game with the exception that opponents remain at least eight (8) yards from the ball until it is in play.

11 and Under & 12 and Under Age Groups Field Dimensions, Interior Markings and Suggested Team Formations



Goals – 6.5 feet high x 18.5 feet wide
Goals may also be 7 feet high x 21 feet wide

The red circles team is playing a 1-3-2-3 formation.
The blue triangles team is playing a 1-4-1-3 formation.
Either of these formations are recommended for this age group.