



12U Division Guidelines

All games and practices will take place at Paloma Creek Park. There will be 2 fields at this location.

Player Equipment: Soccer cleats(recommended), closed toed shoes and shin guards covered by the sock are mandatory at all practice and game activities. The type and condition of cleats must be inspected for safety before use. *(Note: They can not have a toe spike - like baseball or football cleats.)*

Field Setup:

- 100 yards long by 60 yards wide. All equipment will be located in the field boxes behind the backstops. (upper fields)

(The Markings:)

- Halfway line
- Center circle
- Corner arcs
- Goal area
- Penalty area
- Penalty mark
- Penalty arc.

The Goals: 8 feet high and 24 feet wide.

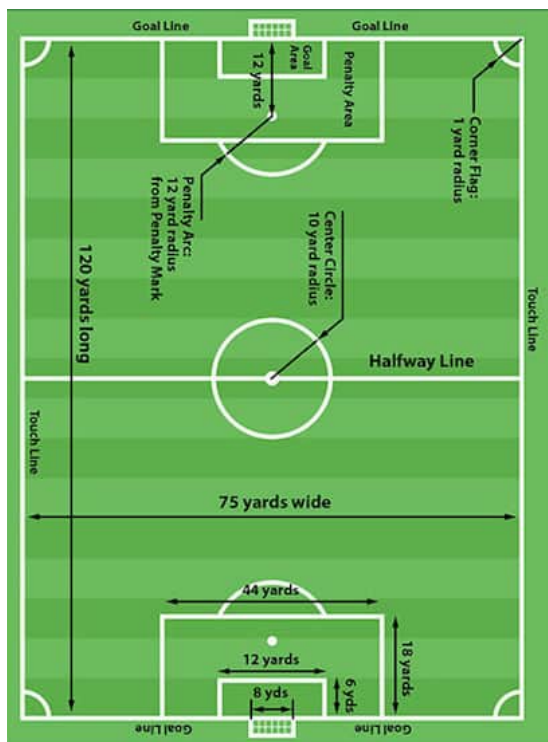
The Ball: A size 4 ball is used for 12U games.

Players:

- Numbers: 9 v 9 (8 field players and 1 goalkeeper). Twelve maximum on roster.
- Games may not start or continue if there are less than 6 players on a team.
- Substitutions are unlimited and can occur at any stoppage at the discretion of the referee.

Game Time:

- Two (30) minute halves. 10-minute halftime.
- Playtime should be distributed as equally as possible. Each player should participate for a minimum of 50% of the time. No Player shall participate as goalkeeper for more than $\frac{1}{2}$ of the game and should play the other $\frac{1}{2}$ on the field.



Number of Players	Playtime	Sub (Examples)
10	@ 52 min.	2 players play 1/2 in goal and 1/2 on the field
11	@ 47 min.	2 players play 1/2 in goal and 1/2 on the field
12	@ 42 min	2 players play 1/2 in goal and 1/2 on the field



The Start of Play: The game should be started with a kick-off in the middle of the field.

The Kick-off:

Visitor will kick off first half and home team will kick off second half. The kick off is taken from the center of the field with each team in their own half and the team not kicking off at least ten feet from the ball (*outside the center circle*). The ball does not need to roll forward upon kick-off. Remember, let them play and do not interfere for technicalities.

12U Officials:

Cal South certified referees.

Fouls:

For 12U and older games, all fouls identified in Law 12 apply. Refer to the *Laws of the Game* for more information.

- **Deliberate heading is not allowed in games.** If a player deliberately heads the ball in a game, an indirect free kick will be awarded to the opposing team from the location of the offense. If the deliberate header occurs within the penalty area, the indirect free kick will be taken from the penalty area line parallel to the goal line at the nearest point to where the offense occurred.
- If a player is struck in the head by the ball accidentally, the referee will assess the force of the impact and if the referee stops the game because of the strike/blow to the head, **The referee restarts the game with a dropped ball in accordance with Law 8.**
- The hit to the head will be considered accidental if when the ball hits the player's head, it occurred in a way that was not planned or intended; happening by accident. The player may be standing still or in motion but not in either case playing the ball. The player may not even be aware that the ball is coming in a direction from which contact is imminent.
- If the accidental hit to the head occurs inside the penalty area AND the referee stops the game, the ball will be dropped at the penalty area line parallel to the goal line at the nearest point to where the incident occurred.

Free Kicks:

Free kicks, in 12U and older games, may be either direct (may score directly), or indirect (must be touched or played by another player before a goal can be scored). Opponents must be at least eight yards from the ball or on the goal line between the goal posts during free kicks.

Penalty Kicks: Penalty kicks may be awarded in 12U and older games. A penalty kick results from a player committing one of the ten direct free kick fouls inside his/her own penalty area. The penalty kick is taken from the penalty mark with all other players outside the penalty area except the opposing team's goalkeeper.

Throw-In:

Second chances are not given for improper throw-ins for 12U and older players. An improper throw-in results in a throw-in for the opposing team.



Goal Kick:

A goal kick is awarded to the opposing team, in 12U and older, when the attacking team is last to touch the ball before it crosses the goal line but without scoring a goal. The goal kick may be taken from any point inside the goal area. The ball is in play when it is kicked and clearly moves.

Corner Kick: A corner kick is awarded to the opposing team when the defending team is last to touch the ball before it crosses the goal line but not scoring a goal. The opposing team must be at least eight yards from the ball when the corner kick is taken in 12U games.

Handball: A handball infraction occurs when a player handles the ball deliberately. The 'hand' includes the entire arm up to the top of the shoulder. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (ball striking hand or arm with no intent by the player) is not an offense and should not be penalized. Let the players know to "Play on"

Field Striping: Coaches please help us secure 1 or 2 individuals who will be striping fields for the season - it will take about an hour a week to stripe both fields and if you practice on Thursday or Friday this can be done during practices. Please coordinate this through Shauna and Allison.

Division Contacts:

- Ryan Hayes- 12U division coordinator - 12udc@atascaderosoccer.org