

Youth U12 Soccer Rules Grades 5/6

Game Length

- Two 25 minutes halves
- 5 minute Half Time

Ball Size

- U7 - U12 should play with a size 4 ball

Field of Play

- 70-80 yards long x 45-55 yards wide

Number of Players

- 9 v 9 including GK
- 7 v 7 (minimum)

Substitutions

- Prior to a throw-in, goal kick, corner kick, after a goal, injury, or half-time.

Re-starts/Goal Kicks/Throw-ins/Corner Kicks

- A throw-in must be taken at the spot where the ball went out of play, facing the field with part of each foot on the ground, outside of the sideline, using both hands, and delivering the ball over and directly behind the player's head.
- If a proper throw-in is not executed, it should be called an illegal throw and the ball shall be awarded to the opposing team.
- A goal may not be scored off of a throw-in.
- The same player throwing the ball in may not touch the ball until another player has made contact with the ball.

Kick-Off

- A kickoff at midfield will be used to begin each half of the game and after a goal has been scored. The team not starting with the ball may not enter the circle until the ball has made one complete rotation.
- The player who touches the ball first may not touch the ball a second time until another player has made contact with the ball.

Heading

- Heading the ball is NOT allowed. If a player intentionally heads a ball, the ref shall stop play and award a kick to the other team at the location of the header. This is a dangerous play. Offsides
- A player is in an offside position if he/she is closer to their opponent's goal than both the ball and the second to last opponent. He/she is not offside if the player is on their own defensive end of the field. There is no offside on a goal kick, corner kick, or throw-in.

Conduct

- Disrespect toward other players, teams, coaches, referees, staff, or spectators will NOT be tolerated. Staff on-site reserve the right to dismiss any persons displaying misconduct.