



UNDER 12 PLAYING FORMAT & RULES



PLAYING FORMATS

The table below summarises the playing formats for boys and girls aged Under 12:

| | |
|--------------------------|--|
| NUMBER OF PLAYERS | 9-a-side including a goalkeeper Maximum of five substitutes |
| FIELD OF PLAY | Half-field Sideline to Sideline |
| GOAL SIZE | Maximum: 5m wide x 2m high |
| BALL SIZE | Size 4 |
| DURATION OF GAME | Two 30-minute halves with a 5-minute half-time break |
| PENALTY AREA | 10m deep x 20m wide |



GOAL TYPE

It is preferable that solid portable goals (bow-nets or similar are not acceptable) are used for the Under 12 competitions. The use of poles and markers as goals is prohibited. To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals. For more information on Australian Safety Standards please visit the Product Safety Australia website: www.productsafety.gov.au



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 may be thrown, rolled from the hands or played from the ground with their feet but can not be kicked or drop kicked directly from their hands. The goalkeeper has 6 seconds to restart play. The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground. Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Referees should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area. An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.



BALL CROSSING THE TOUCH LINE

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



BALL CROSSING THE GOAL LINE AFTER TOUCHING THE DEFENDING TEAM LAST

Corner kick: A player from the attacking team places the ball inside the corner arc or within 1 metre of the corner, nearest to the point where the ball crossed the line. 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. A goal may be scored directly from a corner kick.



BALL CROSSING THE GOAL LINE AFTER TOUCHING THE ATTACKING TEAM LAST

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. The Referee should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.



OFFSIDE

The official offside rule (Law 11, FIFA Laws of the Game) does not apply. Goals can be scored from the offside position. Game Leaders should direct players permanently standing in blatant offside positions to move into onside positions. Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.



MATCH RESULTS & POINTS TABLES

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players and as a reference throughout the grading process as teams transition into U13s. The submission of match results to Capital Football will be the responsibility of clubs and their team managers. Match results and points tables will not be published publicly by Capital Football.



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FOULS AND MISCONDUCT

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal). For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

- Makes contact with the opponent before touching the ball;
- Holds an opponent;
- Spits at an opponent;
- Handles the ball deliberately;
- Plays in a dangerous manner; and
- Impedes the progress of a player.



OTHER RULES

All other rules will be applied using the IFAB Laws of the Game. Rules of competition will also be used by the competition administrator. The use of sin-bin will not apply to Under 12 competitions.



FOULS AND MISCONDUCT ARE

- Kicks or attempts to kick an opponent;
- Trips or attempts to trip an opponent;
- Jumps at an opponent;
- Charges at an opponent;
- Strikes or attempts to strike an opponent;
- Pushes an opponent;
- Tackles an opponent from behind to gain possession of the ball;



FIELD LAYOUT

The Diagram below illustrates the field markings to be used for Under 12 competitions. Maximum of 2 pitches on a full-size football pitch.

