

7V7 SOCCER RULES FOR THE U12 DIVISION  
RULES OF THE GAME  
(IN ACCORDANCE WITH FIFA RULES)

FIELD DIMENSIONS: 40 x 60 yards (approximate based on field location)

BALL SIZE: SIZE 4 BALL

OFFSIDES: Offsides in accordance with FIFA rules. There is no build-out line. Offside positions begin at the midfield as the offensive team is attacking the goal. If an offside infraction occurs, an indirect free kick is awarded to the other team at the spot of the offside of the player who was in the offsides position.

NUMBER OF PLAYERS: 7V7 (6 outfield players with one goalkeeper)

DURATION OF THE GAME: Each game will consist of two 25-minute halves, with a 5-minute halftime.

RULES OF THE GOALKEEPER: In the U11/12 age group, the goalkeeper may throw the ball past midfield in the air, roll the ball to a defender or an open player, place the ball down on the ground and pass it to a player. Punting and drop-kicks are NOT allowed. Per FIFA rules, the defending team is not allowed within the 12-yard box until the goalkeeper has released the ball for distribution.

THROW-INS: A throw-in is awarded when a ball is kicked out from the sideline. Foul throw-ins will result in a change of possession awarded to the other team.

GOAL KICKS: Goal kicks are placed on the goal box, and must be kicked out of the penalty box before another player touches it. The opposing team must not be within the penalty box (or 12/18 yard box depending on field size).

HEADING: Intentional heading is not permitted. If a ball is headed, on accident, during play it is at the referee's discretion to call heading. Any heading infraction results in the other team being awarded an indirect free kick at the spot of the foul.

FREE KICKS: The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle (10 yards on a full size field, adjusted for this format).

PENALTY KICK: The penalty mark is eight yards from the center goal line and those players other than the kicker and goalkeeper are at least 8 yards from the penalty mark.

CORNER KICK: The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

HAND BALL CLARIFICATION: Deliberate handling of the ball that denies the opposing team a goal scoring opportunity will result in a free kick awarded to the other team at the spot of the foul, according to the FIFA rules. If a handball infraction occurs within the 12-yard box, this will result in a penalty kick awarded to the other team. Please refer to updated FIFA rules on handball contact.

REFEREE: One referee will be assigned as a center judge for the game. Coaches, assistant coaches and parents should remain on their designated sideline and not enter or yell during the scheduled game. Coaches may teach, but in a positive encouraging developmental way. Parents should let the coaches coach, and players play without sideline instruction or negativity. Coaches and players remain on one sideline, Spectators are not allowed on the coach/player sideline and must remain opposite the team benches.