

U12 Soccer – Rules and Regulations

Objective: To get children moving and keep them active while introducing them to the game of soccer in a fun and non-competitive environment.

Field: Standard Field Size

Session:

25 minutes: warm up/practice

5 minutes: water break

30 minutes: scrimmage (3 - 5 minute water break after 15 minutes)

Scrimmage:

- Each team will field, 5 players and 1 goalie.
- A coach from each team will run with the play to guide players. Another coach will keep time and call for substitutions.
- Players will be substituted every 2 minutes.
- Kick offs will occur at centre field at the start of the game and when a goal is scored. The scoring team must back up to centre field and allow the other team to carry it back out.
- When the ball goes out of bounds the opposing team that did not touch the ball last will pass it from the side lines in.
- All players play equal time.
- NO score will be kept.
- Rules at this age group are to be applied VERY loosely. Kids are encouraged to learn to run and kick the ball. If rule infractions occur, play is to continue and players can be educated to the rule (ie. hand ball.) Latitude should be given for boundary infringements and coaches can guide the ball back in play.
- As the season progresses, introduction of throw ins, corner kicks and goal kicks should be done.

Equipment:

- Shin guards are **mandatory** for all players on the field.
- Rubber cleats are optional.
- Players are not to wear any jewelry (watch, rings, necklace, earrings etc) which can injure others or themselves.

General:

- All players must be supervised at all times by a parent / guardian.
- We encourage players to arrive 5 minutes early and be ready to go at the start time to ensure maximum instruction time.
- Our primary goal is to have fun and develop basic soccer and team skills. Overzealous, aggressive and otherwise obnoxious behaviour is not welcome.