

12U Guidelines at Hilo AYSO

THE FIELD

- Markings: Distinctive lines in white and blue
 - Halfway line and center circle
 - Goal area
- Size 4 Ball

DURATION OF PRACTICE

- 2 Practices/ week allowing for 1 ½ hour each practice

DURATION OF GAME

- 30 minute halves, consisting of 15 minute quarters with a 15 minute halftime break

NUMBER OF PLAYERS PER TEAM

- 9 v 9 (includes goalkeeper)
- Maximum number of players on roster: eleven (11)
- Playing time: 75% of the game for each player

PLAYERS' EQUIPMENT

- Footwear: soft-cleated soccer shoes
- Shin guards: MANDATORY for both practices and games

REFEREE

- The referee could be either a Registered Referee, Youth Referee, or 12U Referee.
- A Coach or parent will be used if no referee is available.
- Referees should briefly explain any infringements to the player(s) and help players with instructions. Referee decisions are final and must not be questioned by coaches.

THE START OF PLAY

- No change from regular play

BALL IN AND OUT OF PLAY:

- No change from regular play

METHOD OF SCORING

- Offside rule is enforced from the halfway line
- No intentional heading of the ball during games. Training for heading allowed

AYSO RECOMMENDATIONS

Parents, coaches, and players from both teams cheer for each other before and/or after each game.

Parents and coaches should encourage players, but not coach or instruct during game time

Spectators are not allowed behind either goal or within three (3) yards outside the touchline