

For Further information with regards to the development of soccer in Alberta:

Please contact a member of  
The Alberta Soccer Technical Team

- Grassroots Coordinator  
1.780.378.8105

- Coaching Coordinator  
1.780.378.8103

- Player Coordinator  
1.780.378.8106

- Technical Operations Coordinator  
1.780.378.8101

- Technical Director  
1.780.378.8104

To send an email:  
[admin@albertasoccer.com](mailto:admin@albertasoccer.com)

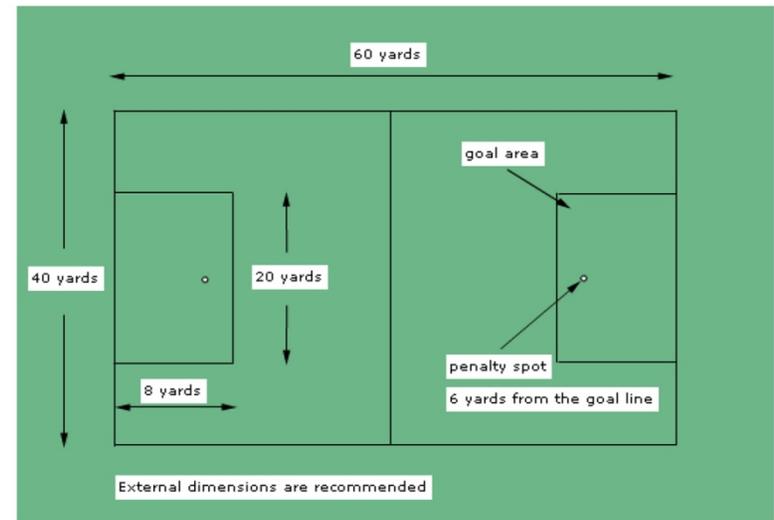


## Alberta Soccer Association



### U12 Soccer (A Parent's Guide to the Rules)

(Booklet 2 of 3)



Updated April 2010

## **Acknowledgements**

The Technical Committee of the Alberta Soccer Association wishes to thank the following working groups for their assistance with the development of this booklet:

For the rules of U12 8-a-side Soccer:

- ✓ The St. Albert Soccer Association
- ✓ Sherwood Park Soccer Association
- ✓ British Columbia Soccer Association
- ✓ Tino Fusco ASA Staff Coach
- ✓ Neil Turnbull ASA Technical Director
- ✓ Eric Munoz ASA Grassroots Coordinator

In addition Alberta Soccer would like to thank our soccer colleagues both domestic and abroad for their assistance and contributions.

**FIFA Modified Laws**

## **NOTES**

## NOTES

### Introduction

#### **U12 Soccer:** Player Development within an 8 a-side environment

In keeping with the Long-Term Player Development Model of Canada's Grassroots Soccer, this booklet deals with U12 soccer and should be considered the next step in the development of Soccer's U10 Mini-Soccer program.

#### **Purpose:**

The Board of Directors and the Technical Committee of Alberta Soccer would like to emphasize that the program is designed as a progressive step from the U10 program. We consider it still to be development and learning, therefore requiring some variation from the full FIFA rules.

#### **Player Development:**

This program is designed to assist the development of young players. As such the rules reflect this philosophy.

#### **Referee Development:**

This program provides an opportunity for the development of young referees.

#### **Coach Development:**

This Program provides an opportunity for the development of coaches.

**Every player deserves a qualified and certified coach**

## Soccer Rules of the U12 Game

Game Format	Team Size	Game Duration	Ball Size	Field Size Min/Max Width	Field Size Min/max Length	Goal Size Min (H) Max (W)
8 vs. 8	Max 14	2 X 30 min	4	42 to 55 meters	60 to 75 meters	Height 6ft Width 18ft

\* The Canadian Soccer Association highly recommends no 11-a-side soccer be played before U13

\* Field size permits the utilization and adaptability of workable sizes

\* If necessary team size can be district determined

### CONVERSION NUMBERS

42 Meters = 45 Yards

55 Meters = 60 Yards

60 Meters = 65 Yards

75 Meters = 82 Yards

### Law 1: Field of Play

- Whenever possible the ideal field size will be 75 meters (82 yds) length X 55 meters (60 yds) width, For practical reasons this may not always be possible and games could be played, for example across the width of a regular soccer pitch. However the internal markings should remain the same.

If the existing field is 120yd in length, the width of the 8 a-side field is from the center line of the large field to the edge of the 18 yard box and the length of the field is simply from sideline to sideline. If the length of the large field is less than 120 yd, then the sideline will need to be extended accordingly beyond the 18 yd box – toward the full field goal.

- The ideal goal size is 6ft (H) x 18ft (w) however; the size of goals could be standard portable goals from manufacturers which tend to be approximately 12 ft wide X 6.5 ft high.

## NOTES

**FAIR PLAY FOR PLAYERS, COACHES, AND PARENTS**

1. Coaches, managers, team officials and parents shall not criticize game officials at any time and should encourage the same attitude and good sportsmanship amongst all players and supporters. The game official shall endeavor to conduct the game in a proper manner at all times.
2. Coaches shall coach from their technical area. Coaches, players and parents may not position themselves behind the goal closer than 5 yards away.

3. Goal nets should be used.
4. The goal area and penalty area are one and the same. From here on in it shall be referred to as the goal area.
5. Field Markings: Distinctive lines not more than fifteen (15) centimeters wide. The field of play is divided into thirds and by a centre spot that indicates a centre spot that is located at the midpoint. A circle with a radius of six (6) yards may, but not mandatory be marked around it. An offside line parallel to the centre line should be marked from touch line to touch line at the attacking third mark. All field markings may be marked by the means of cones (woz makers).
6. The Goal area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, eight (8) yards and are joined by a line drawn parallel with a goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a mark is made six (6) yards from the midpoint between the goalposts and equidistant to them.

**Law 2: The Ball**

1. The ball shall be spherical and constructed of material which is not dangerous to the players.
2. The ball size shall be 4.

**Law 3: Number of Players**

1. The game shall be played by two teams, each consisting of 8 players, one of whom shall be a goalkeeper. Teams must dress a minimum of 6 players and a maximum of 14.
2. Unlimited substitutions shall be allowed at any stoppage in the game. The referee should determine how players will leave and enter the field.

**Law 4: Player's Equipment**

1. Equipment shall consist of shorts, socks, shin-guards, footwear, and a numbered shirt. Goalkeepers must wear colors that are distinguishable from those of other players, and the referee. Goalkeepers may wear gloves and tracksuit type pants.

**Law 5: Referees**

1. As per Alberta Soccer Association Rules and Regulations.

**Law 6: Assistant Referees**

1. Not Applicable to U12 8 a-side soccer

**Law 7: Duration of the Game**

1. The game shall be divided into two equal halves. Each half shall be 30 minutes in length. The length of halftime will be a minimum of 5 minutes and for a maximum of 10 minutes. The referee should determine the length of the half time break.

**Law 8: Start of Play**

1. At the beginning of the game the referee, by toss of a coin will determine choice of halves and kick off. The winner of the coin toss shall choose which half to defend and the opposing team will get the kick off. The order is reversed for the start of the second half.
2. At a kick-off, all players shall be in their own half. All players opposing the team taking the kick off shall not be less than 6 yards from the ball until it is kicked. The game shall be started by the referee giving a signal. The ball is in play when it is kicked and moves forward. For any infringement of rule the kick off shall be retaken.
3. The player taking the kick off must not play or touch the ball a second time before it has been played or touched by another player.

3. The player taking the goal kick must not play or touch the ball a second time before it has been played or touched by another player.
4. A goal may be scored direct from a goal kick, but only against the opposing team.

**Law 17: Corner Kick**

1. When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goal posts, having last been played or touched by a member of the defending team. A corner kick shall be awarded to the attacking team.
2. The corner kick shall be taken within the corner arc nearest to where the ball crossed the goal line. All opponents shall be not less than 6 yards from the ball until it has been kicked.
3. The player taking the corner-kick must not play or touch the ball a second time before it has been played or touched by another player.
4. A goal may be scored directly from a corner kick.

3. The player taking the penalty kick must not play or touch the ball a second time until it has been played or touched by another player (one of which may be the goalkeeper).

#### **Law 15: Throw in**

1. When the whole of the ball has crossed the touch line, either on the ground or in the air, the ball shall be thrown in from the point where it left the field of play, by a member of the team opposing that of the player who last touched it.
2. Players taking a throw in shall face the field of play and have part of both feet on the ground, on or behind the touch line. The throwers shall use both hands to deliver the ball from behind and over their head. The ball shall be in play immediately after it enters the field of play.
3. Players taking a throw in must not touch the ball a second time before it has been played or touched by another player.
4. The normal throw-in rule will apply. If not properly taken, one Throw-in will be given. If still not properly taken, the game will be allowed to proceed.

#### **Law 16: Goal Kick**

1. When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goalposts having last been played or touched by a member of the attacking team, a goal kick shall be awarded to the defending team. The ball shall be kicked into play from a point within that half of the goal area nearest to where the ball crossed the goal line.
2. At the taking of a goal kick, all opponents shall be outside the goal area and not less than 6 yards from the ball until it has been kicked into play. The ball is in play when it has directly left the goal area.

4. After a goal has been scored, the game shall be restarted by a kick off, to be taken by a player of the team against which the goal was scored.
5. After the first half of play, the teams shall change halves and the kick-off shall be taken by a player of the team opposing that which started the game.
6. For any stoppage not mentioned in these rules, the referee shall restart the game by dropping the ball at the place where it was when play stopped, unless play was stopped in the goal area. In this case, the ball shall be dropped on that part of the goal area line which runs parallel to the goal line, at the point nearest to where the ball was when play stopped. The ball shall be in play as soon as it touches the ground.
7. A goal may be scored directly from a kick off

#### **Law 9: Ball in and out of Play**

1. The ball is out of play
  - When the whole of the ball has crossed the goal-line or touch line, whether on the ground or in the air.
  - When the game has been stopped by the referee.
2. The ball is in play at all other times.

#### **Law 10: Method of Scoring**

1. A goal is scored when the whole of the ball has crossed the goal line, between the goalposts and under the crossbar, provided it has not been thrown, carried, or intentionally propelled by hand or arm, by a player of the attacking team. The exception is for goalkeepers from within their own goal area.

**Law 11: OFFSIDE**

**This rule is intended to HELP player development.  
Referees are requested to do the best they can.**

The Alberta Soccer Association would like to emphasize that the program is designed as a progressive step from the U10 program. We consider it still to be development and learning, therefore requiring some variation from the full FIFA rules; i.e the offside line at three quarter field encourages players to spread out.

The offside rule is in effect at the attacking 3rd of the field. This line may be marked as a dotted line, and solid line or single cones or flags on the touch line.

This will allow players to develop an understanding of spreading out and creating depth in attack.

**Law 12: Fouls and Misconduct**

1. A player who, in the opinion of the referee, intentionally commits any of the following offences shall be penalized by the awarding of a free kick to the opposing side.
  - Kicks or attempts to kick an opponent
  - Careless, reckless or excessive force
  - Trips an opponent
  - Jumps at an opponent
  - Charges an opponent in any manner
  - Strike, attempts to strike, or spits at an opponent
  - Holds an opponent
  - Pushes an opponent
  - Handles the ball, i.e. strikes, carries or propels the ball with hand or arm, with the exception of the goalkeepers within their own penalty area.

**Law 13: Free Kick**

1. For any infringement of the Rules of the Game when the ball is in play, the referee may award a free kick to the team opposing that of the offending player. The free kick shall be taken from the place where the infringement occurred, unless the free kick is awarded to the attacking team within the opponent's goal area. In this case, the kick shall be taken from that part of the goal area line which runs parallel to the goal line, at the point nearest to where the offence was committed.
2. At the taking of a free kick the ball shall be stationary and all opponents shall be not less than 6 yards from the ball until it is kicked.
3. Players taking a free kick within their own goal area shall kick the ball into play beyond the goal area. The ball is in play when it is kicked, moves, and has passed outside the goal area. All opponents shall be outside the goal area and not less than 6 yards from the ball until it has been kicked. For any infringement of this rule the free kick shall be retaken.
4. A player taking a free kick shall not play or touch the ball a second time until it has been played or touched by another player.

**Law 14: Penalty Kick**

1. A penalty kick shall be taken from the penalty mark. All players, with the exception of the defending goalkeeper and the player taking the kick, shall be outside the penalty area but within the field of play, and not less than 6 yards from the ball (and behind the ball) until it has been kicked.
2. The goalkeeper remains on his/her goal line, facing the kicker, between the goalposts until the ball has been kicked.