



2024 Soccer Rules 12U

- Unless otherwise stated all rules are according to NFHS Soccer 2023-24
 - No high kicks or slide tackles
 - No Headers
 - Goalie May Punt
 - Offsides (no buildout line)
- Initial possession will be determined before each game. Referee will call for a match captain for either a coin flip or rock, paper, scissors.
 - Team with possession can start out inside the center circle. Defensive team must be on their defensive half and outside the circle.
 - After first touch, ball is live. Same player cannot make first AND second touch(ex: player A could not start a reset by dribbling)
- Number of Players:
 - There will be a maximum of 16 players on a team. Play will be 7v7, including goalkeeper. (If coaches want to play more/less on the field that can be discussed with each other and the ref before the game)
- Substitutions:
 - Substitutions may be made with consent of the referee at the following times:
 - Prior to a throw in your favor
 - Prior to a goal kick by either team
 - After goal, by either team
 - After an injury, by either team, when referee stops play
 - At half-time
 - All players will play at least half the game.
- Size of Ball, Size of Field, Length of Play:
 - 12U Coed play with a #4 size ball, on a 60 yard x 40 yard field, for two 30 minute halves with a 5 minute halftime.
- Uniforms:
 - Each team must have jerseys of the same color, numbered on the back.
 - The goalkeeper must wear a different colored shirt than either team.
 - All players are required to wear shin guards with socks fully covering them.
 - Players must wear shorts (unless weather does not permit).
- Overtime
 - 5 minute overtime with golden goal (first team to score wins). If tied after 5 minutes, proceed to penalty kicks.

- The home team is responsible each game for the halftime devotion. The home team is listed first on <http://www.quickscores.com/verticalsports>. Any games held at partner locations or games held at FBC against a non FBC team, please invite the other team to join you for the devotion (even if you are the away team) as they cannot formally host devotions.