



Soccer Rules 12U

- Unless otherwise stated all rules are according to NFHS Soccer 2025-26
 - 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 or as close as possible.

- 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 – Tournament Play Only
 - 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.

Conduct

- Coaches must be very cautious to avoid the appearance of “running up the score”. Be realistic in your consideration of what constitutes a “safe” lead. There are many creative things that can be done to avoid embarrassing your opponents, while still maintaining the integrity of the playing experience. Consult a Vertical Sports staff member if you need help in this area.
- All coaches are expected to behave in a Christ-like manner, serving as positive examples to players, parents, and fans. Every technical received for improper conduct will be reviewed by Vertical Sports Staff, for disciplinary measures, with maximum penalty being dismissal as coach.
- Any player, coach, or parent who receives a red card will be removed from that game. If the player, coach, or parent receives another red card during the season they will be removed from the game and suspended for the rest of the season.
- Any behavior deemed by the Vertical Sports Staff as unsportsmanlike, degrading, or detrimental to game can also result in removal or suspension regardless of card given or not.
- Coaches should be concerned about their actions as well as those of their players and fans. They should encourage sportsmanship and make every attempt to calm and control inappropriate behavior by fans and parents. As ambassadors for Christ, our desire to win should be second in priority to our desire to present an effective Christian testimony.
- Parents are expected to encourage a positive atmosphere and bring any concerns privately to **their** coach. Public displays of disagreement or anger toward a player/coach/referee will not be tolerated. All rules are subject to change at the discretion of Vertical Sports.