

## US Youth Soccer Official Under 12 Playing Recommendations

US Youth Soccer recommended modifications to the FIFA Laws of the Game.  
FIFA Laws of the Game can be found at [www.ussoccer.com/referees](http://www.ussoccer.com/referees).

- The Ball: Size four (4).
- The Number of Players: A match is played by two teams, each consisting of not more than nine players, one of whom is the goalkeeper (wearing different color).
  - ❖ A match may not start if either team consists of fewer than seven players
- Substitutions: At any stoppage and unlimited.
- Playing Time: Each player SHALL play a minimum of 50% total playing time. Teams and games may be co-ed.
- The Players Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
- The Referee: more experience recreational ref.
- The Duration of the Match: Conform to FIFA with the exception of the match being divided into two (2) equal halves of thirty (30) minutes each. There shall be a half-time interval of five (5) minutes.
- The Start and Restart of Play: Conform to FIFA with the exception of the opponents of the team taking the kick-off are **at least eight (8) yards from the ball until it is in play.**
- Offside: none
- Fouls and Misconduct: Conform to FIFA with the exception that **an indirect free kick** is awarded to the opposing team at the center spot of the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponents penalty area.
  - ❖ **The rule on the goalkeeper's distribution still allows for the ball to be punted the entire length of the field, it just cannot go directly into the opponents' penalty area.**
- Free Kicks: Conform to FIFA with the exceptions that all free kicks are direct and opponents are at least eight (8) yards from the ball until it is in play.
- The Penalty Kick: Conform to FIFA with the exception that the penalty mark is made eight (8) yards from the goal line.
- The Corner Kick: Conform to FIFA with the exception that opponents remain at least eight (8) yards from the ball until it is in play.
- Roster Size: the recommended minimum roster size is eleven and the maximum recommended roster size is thirteen.