



Under 11 & Under 12 Rules

THE FIELD OF PLAY

Field Size

Maximum 120 metres x 90 metres

Minimum 50 metres x 90 metres

Goal Area

The goal box extends 6 yards from goal line, the penalty box 18 yards and the penalty spot is 12 yards from the centre of the goals.

Goal Size

Maximum height and width of the goals should be 2.44 metres x 7.32 metres.

PLAYING THE GAME

Duration

Duration of the game will be two (2) halves of 25 minutes each, with a five (5) minute interval for half-time. **Time is determined by the referee.**

Maximum Number of Players in a Match

Eleven (11) players on the field, plus five (5) interchange players.

Minimum Number of Players in a Match

Seven (7) players.

Player Safety

Players' boots must be maintained in a satisfactory state – the base and stops on boots must be in a state so as to not cause injury (e.g. there are no sharp or jagged edges).

All players must wear shin pads during matches; a player must not be allowed to enter the field of play without shin pads.

Players must not wear items of jewellery during matches, including earrings; taping of jewellery is not sufficient. Medical Alert bracelets or necklaces may be worn but must be taped in place so they cannot move, but may be read.

Only glasses specifically made for sport and/or safety use may be worn during a match. Coaches are responsible for ensuring that parents have certification from the dispensing optometrist which certifies that the glasses are safe to wear whilst playing sport.



Start

A game is started by a kick-off from the centre mark. The team winning the toss of a coin shall have the option of choosing ends or taking the kick-off. After a goal has been scored, the game is restarted from the centre mark, with the side conceding the goal taking the kick. Following half-time, the game is restarted with teams changing ends and the kick-off being taken by the side which did not start the game. A goal cannot be scored direct from the kick-off. A kick-off must go forward of the centre line.

Out of Play

The ball is out of play when it has wholly crossed the goal line or the sideline. These lines are part of the field of play.

Throw-in

When the whole of the ball passes out of the field of play along the sideline, a throw-in is awarded to the opposing side to that of the player who has last played or touched the ball. The ball is thrown in from the spot where the ball left the field of play.

In Under 9s and Under 10s following two foul attempts, possession will pass to the opposing team.

A valid throw-in is one that is taken with both feet on or outside the touch line with the ball coming from behind and over the head in a throwing action whilst both feet are in contact with the ground. A throw-in must be touched by another player before the thrower can touch the ball. No player should be within two (2) metres of the thrower.

A foul attempt results in possession passing to the opposing team.

Goal Kick

When the whole of the ball passes out of the field of play across the goal line (except for the scoring of a goal) and is last touched by one of the attacking team a goal kick will be awarded. This goal kick can be taken from anywhere within the goal area.

No player can take possession of the ball following a goal kick until the ball has passed outside the 18 yard box. If possession is taken inside the box, the goal kick is taken again.

Corner Kick

When the ball passes wholly over the goal line (except for the scoring of a goal) and is last touched by one of the defending team, a corner kick will be awarded.

Method of Scoring

A goal is scored when the ball has wholly crossed the goal line between the goalposts and under the crossbar.

Offside

A Player is in an offside position if s/he is nearer to her/his opponents' goal line than the ball, unless

- a) s/he is in his own half of the field of play, or
- b) s/he is not nearer to his opponents' goal line than at least two of his opponents.



It is not an offence to be in an offside position. A player shall only be penalised for being in an offside position if, at the moment the ball is played by one of his team-mates, s/he is in the opinion of the referee involved in active play by:

- a) interfering with play, or
- b) interfering with an opponent, or
- c) gaining an advantage from being in that position.

A player shall not be declared offside by the referee

- a) merely because of her/his being in an offside position
- b) if s/he receives the ball direct from a throw-in, goal kick or corner kick.

If a player is declared offside the referee shall award an indirect free kick.

Ball Size

Teams will play with a size four (4) ball.

Goalkeepers

Junior Goalkeepers are deemed to be in control of the ball once they have control of the ball with one hand or two. No player shall in any way attempt to kick the ball whilst the goal keeper has control.

No player shall in any way attempt to kick the ball whilst the ball is under the body of the goalkeeper.

The ball must not be handled by the goalkeeper if the ball is deliberately passed back to foot to the goalkeeper.

Rooball goalkeepers should be given reasonable time to dispose of the ball.

Coaches can stand to the side of the goals to provide guidance to goalkeepers; no other spectators should stand near or behind the goals.

Interchange

All teams play interchange, however, interchanges must only occur at a stoppage in play (e.g. at a throw-in, after a goal etc.) and only with the permission of the referee.

Interchanges should occur at or near the halfway line, and the incoming player must not enter the field of play until the replaced player has left the field of play. Coaches must not unduly slow a game by making too frequent interchanges. The referee can decline to allow an interchange if in the referee's opinion there has not been a reasonable time since the last interchange or during the last 4 minutes of the match.

Fouls and Misconduct

A player who commits any of the following six offences in a manner considered by the referee to be careless, reckless or involving disproportionate force, shall be penalised by a direct free kick or if the offence occurs in the penalty area, a penalty kick shall be awarded:

- 1) Kicking or attempting to kick an opponent
- 2) Tripping an opponent
- 3) Jumping at an opponent
- 4) Charging an opponent
- 5) Striking or attempting to strike an opponent



6) Pushing an opponent

A player who commits any of the following five offences shall be penalised by a direct free kick or if the offence occurs in the penalty area, a penalty kick shall be awarded:

- 1) When tackling an opponent, making contact with the opponent before making contact with the ball
- 2) Holding an opponent
- 3) Spitting at an opponent
- 4) Whilst an opponent is in possession of or close to the ball, sliding into the play to clear the ball from an opponent ("slide tackle")
- 5) Handling the ball deliberately (carrying, striking or propelling the ball with hand or arm – In Junior Soccer this should be paid only if hand or arm hit the ball, not if ball hits hand or arm). A goalkeeper may handle the ball within the 18 yard box.

All other free kicks are indirect, including:

- 1) Dangerous play (high kicking)
- 2) Charging fairly for the ball when **not** within playing distance
- 3) Obstructing a player by using the body when the ball is not within 1 metre
- 4) Charging the goalkeeper, except while s/he is holding the ball, obstructing an opponent or when s/he is outside the goal area.
- 5) When the goalkeeper releases the ball from his/her hands and again picks it up before it has left the penalty area or been played by an opponent.
- 6) Goalkeeper handles the ball which has been played back to her/him by foot or from a throw-in.
- 7) A player wastes time to give an unfair advantage to her/his team.

There are 4 offences which see a player cautioned (Yellow Card):

- 1) Dissent to the referee or assistant referees
- 2) Unsporting conduct
- 3) Persistently infringing the laws
- 4) Entering or leaving the field without the referee's permission

There are 4 offences which see a player sent off (Red Card):

- 1) Violent conduct
- 2) Serious foul play
- 3) Threatening, foul or abusive language or conduct
- 4) Two cautions (Yellow Cards) in the same match

Penalties

The ball is placed on the penalty spot (12 yards from the centre of the goals). One player is designated to take the kick and all other players other than the goalkeeper must be outside of the penalty area (18 yard box) and arc at top of that box.

The goalkeeper must remain on the goal line until the kick is taken. As soon as the kick is taken the other player may enter the penalty area.



NSJSA

Bringing the World Game to the kids of Hobart's northern suburbs

Referees

At this level official referees are not necessary; however, NSJSA will attempt to have a qualified referee available at all Under 12 matches.

The role of the referee in such games should be to encourage the participants and offer constructive advice where appropriate, and also to give positive praise to players from both sides.

