



Pleasanton RAGE

U12 RULES AND GUIDELINES

Subject	Details
Fielded Players	9 per team (8 field players + goalkeeper)
Roster Size	15 max
Field Size	47 x 75 yards approximate
Ball Size	4
Goal	6.5' x 18.5'
Game Duration	Two 30-minute halves = 60 minutes; Half-Time: 10 minutes
Overtime	No overtime; Rules are subject to change in tournament play.
Referees	East Bay Referee Association (EBRA) supplied.
Substitution	Unlimited substitutions at any stoppage of play.
Throw-in	Yes
Goal Kick	Yes
Corner Kick	Yes
Indirect Free Kick	Awarded for an Indirect Kick Offense. Ball must be touched by a second player for a goal to be scored.
Direct Free Kick	Awarded for a Direct Kick Offense. A goal may be scored directly from this kick.
Penalty Kick	Awarded when a Direct Kick Offense is committed by a player in their own penalty area.
Fouls/Misconduct	<p>FIFA Law 12 – Fouls and Misconduct</p> <p>Direct Kick Offenses:</p> <ul style="list-style-type: none"> ● Kicks or attempts to kick an opponent ● Trips or attempts to trip an opponent ● Jumps at an opponent ● Charges opponent ● Strikes or attempts to strike an opponent ● Pushes an opponent ● Tackles an opponent ● Holds an opponent ● Spits at an opponent ● Handball Offense (except the goalkeeper within her own penalty area) <p>Indirect Kick Offenses: Goalkeeper, inside her own penalty area:</p> <ul style="list-style-type: none"> • Controls ball with hands more than 6 seconds before releasing it • Touches ball with hands after releasing it & before it has touched another player • Touches the ball with hands after it has been deliberately kicked to her by a teammate • Touches the ball with hands directly from a throw-in taken by a teammate <p>Any player on the field:</p> <ul style="list-style-type: none"> • Plays in dangerous manner • Impedes the progress of an opponent • Prevents the goalkeeper from releasing the ball

	<ul style="list-style-type: none"> Commits any other offense for which play is stopped to caution or send off a player <p>Cards - Yellow: Signifies that a player has received a formal caution. If a player receives 2 yellow cards in one game then they shall be ejected from the game. Red: Signifies that a player has been ejected from the game.</p>
Offside	Indirect Free Kick Offence Fifa Law 11 - Offside (Indirect Kick Offense)
Pass to Goalie	Indirect Free Kick Offence FIFA Law 12 – Fouls and Misconduct (Offenses by Goalkeepers – p.24) The goalkeeper cannot touch the ball with her hands directly after it has been deliberately kicked or thrown-in to her by a teammate.
Headers	Indirect Free Kick Offence Deliberate use of the head to play the ball is not allowed.
Playing Time	Every player must see equal amount of playing time, unless player is injured or sick; Playing time may be affected by Yellow or Red cards.
Bleeding	Player must leave the field of play until bleeding has stopped or is contained in a way that reasonably eliminates possibility of blood exposure to other players.
Jewelry	No jewelry allowed. Earrings and other piercings cannot be taped over. Medic alert bracelets excepted.
Spectators	Must sit/stand on the opposite side of the field from players. Cannot sit/stand behind goal lines. Must not coach players from the sideline. Are encouraged to give positive feedback to all players.
Mercy Rule	Players on a team with a 4 goal lead must be encouraged to utilize their non-dominant foot and make a specified number (as determined by the coach) of passes, moves, and/or touches on the ball before going to goal.
League Standings	Standings are maintained to determine a League Champion.