

U12 MODIFIED SPRING RULES 2026

Game Format

Girls: 7v7 (6 field players + 1 goalie) on 7v7 fields

Boys: 9v9 (8 field players + 1 goalie) on 9v9 fields

Ball Size
U12 Size 4

Game Duration
Duration: **30-minute halves**
(5-minute halftime, no added time)

Player Equipment & Substitutions

Shin guards are required and must be worn under socks

Substitutions are unlimited and may happen at any stoppage of play with the referee's permission

Game Play Rules

No deliberate heading; no slide tackling

Kick offs, free kicks, goal kicks and corner kicks are used to start or restart play, throw-ins from sidelines

Goal kicks and corner kicks should be taken from the appropriate spot just like regular games

During a goal kick and when the goalie is in possession of the ball, the opposing team must move back to the buildout line until the ball is second touched

If the goalie has the ball in their hands, they may throw, roll or pass it out. It must bounce or touch someone before the half line

Opponents should be 6 feet away from the ball on all other restarts

Kicks are direct or indirect according to FIFA rules

Penalty kicks are taken per FIFA rules

OR

Penalty kicks are indirect, can make wall

Offside will be called from the build-out line

Goalies should wear a penny in a different color than the team uniform

Sidelines

Only 2 Coaches & players should be on 1 side of the field / spectators on opposite side

Score Management

If 1 team is ahead by 3 goals, the trailing team will add field players. If a team is up by 5 goals, they will remove a player. Coaches must avoid running up the score.

Failure to follow these guidelines, including referee direction during matches, may impact future coaching eligibility and could result in removal from a coaching position.

