

# 12U Guidelines - Hilo AYSO

## THE FIELD

Markings: Distinctive lines in white and blue  
Halfway line and center circle  
Goal area  
Size 4 Ball

## DURATION OF PRACTICE

2 Practices / week allowing for 1 ½ hour each practice

## DURATION OF GAME

30 minute halves, consisting of 15 minute quarters with a 15 minute halftime break

## NUMBER OF PLAYERS PER TEAM

9 v 9 (includes goalkeeper)  
Maximum number of players on roster: eleven (11)  
Playing time: 75% of the game for each player

## PLAYERS' EQUIPMENT

Footwear: soft-cleated soccer shoes  
Shin guards: MANDATORY for both practices and games

## REFEREE

The referee could be either a Registered Referee, Youth Referee, or 12U Referee.  
A Coach or parent will be used if no referee is available.  
Referees should briefly explain any infringements to the player(s) and help players with instructions.  
Referee decisions are final and must not be questioned by coaches.

## THE START OF PLAY

No change from regular play

## BALL IN AND OUT OF PLAY:

No change from regular play

## METHOD OF SCORING

Offside rule is enforced from the halfway line  
No intentional heading of the ball during games. Training for heading allowed

## AYSO RECOMMENDATIONS

Parents, coaches, and players from both teams cheer for each other before and/or after each game.  
Parents and coaches should encourage players, but not coach or instruct during game time.  
Spectators are not allowed behind either goal or within three (3) yards outside the touchline.