



12U COED Division Rules Revised: March 2026

Number of Players: 9v9

Exceptions: Number of players seven (7) per side (7 v 7) due to low numbers with coach's agreement. Maximum number of players nine (9) per side (9V9). One player must be the goalie. If one team does not have the minimum number of players, they can play a player from the same division or lower, if that player is already registered with Tigers FC Recreational program.

Registration: All players must have completed registration with the Tigers FC Recreational soccer program.

Equipment: During cold weather, league shirts must be shown over garments.

- Shin guards are mandatory, Socks over shin guards.
- Size 4 balls.
- League shirt
- Cleats are recommended (no baseball cleats). Tennis shoes are allowed.
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, scrunchies are allowed. No metal hair clips.
- Water bottle

Field Dimensions: 70 yds. X 50 yds.

Goal Dimensions: 6 ft. x 18 ft.

Game Duration: Two thirty (30) minute halves. Five (5) minute half-time.

Game Rules: (all rules will conform to FIFA, except where the league has instituted a change)

- Unlimited substitution with referee's permission. Players **MUST** be at center line at the time of stoppage of play for substitution. Any substitute must leave the field of play at the nearest sideline point, unless the referee determines they can quickly make his way back to the team's designated touchline area.
 - Prior to a throw-in by either team
 - Prior to goal kick by either team
 - After a goal by either team
 - After an injury on either team when referee stops play
 - At half time and quarter break
- Offside - will be called according to FIFA rules.
- Throw-ins occur when the ball goes out of play over the touchline.
- Goal kicks or corner kicks occur when the ball goes out of play over the goal line without scoring a goal. A goal-kick is no longer required to leave the penalty area before a teammate touches the ball, meaning once the goalkeeper touches the ball for the kick, it is immediately considered in play. Opponents must remain outside the penalty area when a goal-kick takes place.
- TEN YARD RULE. Start of play and Free kicks will take place with all players at least 10 yards (radius of center circle) away from the ball.
- Fouls can result in direct and indirect kicks.
- No side tackling
- **THERE SHALL BE NO ROUGH AND OUT OF CONTROL PLAY**
- All players shall not engage in heading in practice or in games.
 - If a player deliberately heads the ball, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the infringement. An indirect free kick awarded inside the goal area must be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

Coaches: Stay off the playing field unless called on by referee. Stay on your bench half of field. **NO** coaching from behind the goals.

Referees: Center referee and two AR's will be assigned. Coaches and assistant coaches may referee their own games if an assigned referee is not available. In the case of no referee, the kickoff's team's coach shall do the first half. The receiving team's coach shall do the second half. Assistant referees may be used if assigned.