

# U12 Football

Dublin GAA Go-Games Rules – Valid from 2010

**Aim:** At this age the children are almost playing full football rules but with smaller numbers which will give young players better opportunity to develop their skills

## Playing Rules

- Play to commence with a throw up in centre
- Goalkeeper may advance 10m for a kick out
- Player can carry the ball for a max. of 4 movements (see definition)
- The ball must be lifted off the ground using the toe.
- '45's' are awarded. These will be taken from 40m out in line with where the ball went out of play.
- If a free is conceded via an aggressive foul within 13m from the goal a penalty is awarded taken 11m from goal.
- Technical free within the square is a penalty
- A 'square ball' will be called by refs at this age.

## Scoring System

- 1 point when the ball is played over the crossbar.
- 3 points when the ball is played under the crossbar.

## Time Duration

- 50 minute game
- 25 minutes per half

## Playing the Game

- 13 v 13 (max) 11 v 11 (min)
- (90-100m) x (40-50m) or 20m line to 20m line
- Teams must be streamed according to ability
- At this age teams are divided into divisional sections

## Equipment

- Portable Goal posts (15' x 7' or 4.5m x 2.2m)
- Numbered Jerseys must be worn
- 3 Smart Touch (Size 3) footballs - one placed behind either goal and one in play

## Definition of four movements

When carrying the ball a player may use ONE of the following options:

- ◆ 1 bounce, 1 solo, 1 bounce, 1 solo
- ◆ 1 solo, 1 bounce, 1 solo, 1 bounce
- ◆ 2 solos, 1 bounce, 1 solo
- ◆ 3 solos, 1 bounce
- ◆ 1 bounce, 2 solos, 1 bounce,
- ◆ 4 solos,
- ◆ Any 4 movement variation but **NOT** 2 bounces consecutively

## Recommended Playing Area

