

Kildare LGFA U12 Small Sided Games

Rules & Guidelines

Kildare ladies county board fully supports the LGFA Code of Ethics & Good Practice. We expect all clubs, mentors and players to adopt the LGFA Code of Behaviour.

The full LGFA Code of Ethics & Good Practice is available to download & view at <http://ladiesgaelic.ie/club/code-of-ethics/>

Aim of games

- For players to enjoy playing football in a controlled competitive environment.
- To consolidate the basic technical skills developed in training in an environment where players are also encouraged to develop tactical awareness i.e. decide on the best option in terms of making use of the ball and or creating time and space.

The official rules of the LGFA will apply to all games (rule books are available to download at <http://ladiesgaelic.ie/club/playing-rules/>). However small sided games have the following modified rules which are applicable at U12 level.

U12 Small Sided Playing Rules

- Play to commence at start of game with a throw in at the centre of the pitch.
- Goalkeeper may advance 13m for a kick out.
- Two skills per possession, one hop one solo (in any order) or two solos.
- The player who is fouled to take the free from her hands.
- Opposition player who is nearest the ball that crosses the sideline to take kick from her hands.
- No frees closer than 13m from the goals.
- Penalties if awarded are taken from the 11m line.
- 45s to be taken 40m out and from the hand.
- 1 point when the ball is played over the crossbar.
- 3 points when the ball is played under the crossbar.
- Referees decision is final.

Player numbers and pitch dimensions

- Game will be a minimum of 11 a side including goalkeepers. Both teams must field equal numbers.
- Pitch 90m X 100m approx.
- Unlimited substitutions.
- Players should rotate positions.
- All players should get equal playing time.

Duration of game

- Game to be 50 minutes in duration, two halves of 25 minutes each.

Equipment

- Well secured portable goals (4.5m X 2.2m).
- Training poles can be used as goal posts if necessary.
- Numbered jerseys or bibs.
- Smart Touch football.

General

- After the game both clubs to text the score to **Rebecca @ 087-9037029**. Any team not submitting its scores will not be eligible to take part in the end of season blitz.
- Any team responsible for not fulfilling two of its fixtures will not be eligible to take part in the end of season blitz.
- To ensure that our games and players get the coverage they deserve could both teams send any photos and match reports (minus scoreline) to Kildare ladies PRO at kildarelgfapro@gmail.com
- Both clubs to send a brief match report detailing numbers of players on each squad, any other relevant information to Development Officer after the game at lgfakildaredevelopment@gmail.com
- Remember that games are non competitive at U12 and scores are not to be published in any public forum.