



2023 East Region Championships

12 and under 9v9 Competition Rules

East Region has introduced the 12 and under 9v9 Competition at the Regional level to support the development of the small sided game. The East Region 12 and under Small Sided Competition is defined as 9-v-9 competition.

The 12 and under Small Sided Competition will be conducted under the existing East Region National Championship with the following modifications:

1. 12 and under 9v9 East Region competition is played with eight (8) field players and a goalkeeper for each team. It is recommended that all 12 and under 9v9 competitions be played on a field that has the field dimension recommended by US Youth Soccer/US Soccer.
 - 9v9 Field of Play: 70-80 yards (length) 45-55 yards (width).
 - Goals should be no larger than 7 feet (height) x 21 feet (width). A 6.5 feet (height) x 18.5 (width) is recommended based on age and ability of the players.
2. All 12 and under 9v9 teams must be registered as a 12U team with their State Association and participate/play in a 9v9 competition in a State Association. State Associations that enter a state champion into the Regional 9v9 competition are encouraged to assure that these teams are 12U age group.
3. There must be a 12 and under 9v9 state level competition to determine the State Association 12 and under 9v9 champion and entry into the East Region 12 and under 9v9 Competition.
4. A 12 and under 9v9 team may have a maximum of up to 16 players on its roster at any one time and is subject to the Regional rules, for maintaining 50% of players on roster from State level to Regional level of the competition.
5. A game may not start with fewer than six properly uniformed players on each team. Once started, games may not continue with fewer than six players per team. If a game cannot start or is stopped because a team has fewer than six players, that team shall forfeit the game. A team shall have a 10-minute grace period from the scheduled starting time before a forfeit is declared.
6. Heading: Players age 11 and 12 shall be permitted to head the ball in any match or competition.
7. A player is not eligible if they have played for another club in the NCS competition and their team is currently still active within the competition.

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