



2021 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 rules 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.
2. All 12 and under 9v9 teams must play in a 9v9 league competition in a State Association approved league. State Associations that enter a state champion into the Regional 9v9 competition are encouraged to assure that these 9v9 leagues are developed. A qualifying league must consist of a minimum of four teams and each team must play each of three opponents a minimum of one time.
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 five (5) player previously rostered player rule (transfer rule).
5. Each 12 and under 9v9 team must demonstrate continuity of rosters between the league and cup by maintaining a minimum of 8 players common to the rosters of both competitions.
6. Heading: Players age 11 and 12 shall be permitted to head the ball in any match or competition.

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