

# 9V9

12-13-YEAR-OLDS



- Well suited to the age and level of maturity
- Many chances for everyone to be involved
- Excellent opportunity for mastery, development and enjoyment

# HOW



## PITCH AND EQUIPMENT

**Pitch:** 40–50 × 58–64 m (12 years)

48–50 × 68–72 m (13 years)

**Ball:** size 4

**Penalty area:** 21 × 8 m

**Goal:** 5 × 2 m



## RULES

**Number of players:** 9 players on each team, including keeper

**Penalty kicks:** from 8 m

**Pressure-free zones** No

**Additional player:** No

**Offsides:** Yes

**Temporary dismissal (yellow card):** Yes, for the 13-year-olds

**Match time:** 2 × 35 min



## RECOMMENDATIONS

- 12 players in the squad



## THIS FORM OF PLAY DOES NOT HAVE

- Yellow card (temporary dismissal) for the 12-year-olds

# SPECIAL RULES

Same rules as for regular football with 11 players per side.

## TIPS FOR THE COACH

### Playing time

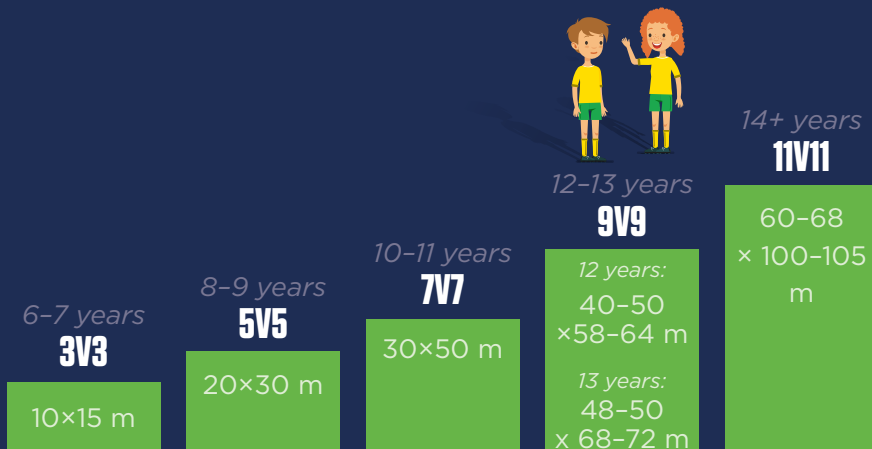
- Everyone should have a lot of playing time

### Framework for the match

- Remember to have a Fair Play meeting before the match
- Parents, guardians and spectators should be on the opposite side of the pitch from the coach and the players
- Remember Fair Play handshake before and after the game

# WHY 9V9?

- For the 12-13-year-old age group, we play 9v9 football. The form of play should help to ensure even development as the children transition to youth football.
- In 9v9 football, football skills are rewarded to a greater extent than in 11v11 football, where physical condition is more crucial.
- Players are more often involved in crucial attacking and defending situations, which is the most fun part of the game after all.
- Fewer players and smaller pitches lead to more ball contact per player, which provides better conditions for mastery, enjoyment and skill development.
- 9v9 football provides a natural progression from children's football to "adult football".



Valid from 1 January 2019

For a complete description of the rules and guidelines, see "Rules and guidelines for children's football (ages 6-12)" (in Norwegian) on [fotball.no](http://fotball.no).