



2023 COISTE NA NÓG, U12 FOOTBALL COMPETITION RULES

U12 Competitions for players born, 2011 ONLY

Pitch Size:

- Reduced Pitch
- Length 90m (min) – 110m (max)
- Width 50m (min) – 58m (max)

Number of Players:

Two Team Groups: Grúpa A & B

1. All games to be played to maximum of 22-a-side (11 v 11) and all members of the team panel are to participate in the game.
2. Games can be played at a minimum 16-a-side (8 v 8) in Grúpa A.
3. Teams with less than 16 players in Grúpa A will play the game at the numbers they have but will forfeit the game.
4. Games can be played at a minimum 12-a-side (6 v 6) in Grúpa B.
5. Teams with less than 12 players in Grúpa B will play the game at the numbers they have but will forfeit the game.
6. A team(s) that does not field correctly as per rules will be fined €200 minimum and may be disqualified from the tournament.
7. Two youth referees will be appointed by Coiste na nÓg, if available.
8. The combined score of both matches will determine the winner.
9. Teams must spread their players out evenly.
10. Teams must contact their opponent prior to day of match to state how many players they will have for game(s).
11. One coin toss shall be done. Teams shall lineout the same for both games.



One Team Group:

1. All games to be played to maximum of 13-a-side and all members of the team panel are to participate in the game. Games can be played at a minimum 6-a-side.
 2. Teams with less than 6 players will play the game at the numbers they have but will forfeit the game.
 3. Teams must contact their opponent prior to day of match to state how many players they will have for game(s).
 4. A Team(s) that do not field correctly as per rules will be fined €200 minimum and may be disqualified from the tournament.
-

Rules

1. Games of 11-a-side or more shall be 25 minutes per half while games of 10-a-side or less shall be 20 minutes per half.
2. SILENT SIDELINES are enforced. Full details are at the end of this document.
3. If extra time is necessary, 5 minutes per half will be played
4. Smart Touch (Size 3) footballs must be used.

A team(s) using incorrect equipment will be fined €50 for each game that an incorrect football is used.
5. Pitches must be flagged and marked appropriately.
6. Flags are needed at 13m, 20m, 45m, & halfway lines on *Reduced pitch*.
7. Clubs with more than 1 team shall forward a list of 22 players to Rúnaí Coiste na nÓg an Mhí one week before the commencement of league.

Players named on this list shall not be eligible to play with 2nd or subsequent teams.

Failure to have list in on time will result in all games being awarded to opposition and the club being fined €200 minimum

8. Players shall not be permitted to play with 2 different age teams on the same day.
9. Only players born in 2011 are permitted participate in any games for the U12 code.
10. Substitutions shall be unlimited. All substitutions must be made in a break of play.



All players are to be on the team list. This list must be presented to the referee in Irish, in BLOCK CAPITALS, and in duplicate before the commencement of the game(s).

11. Where a club fails to observe the rule that all members of the team panel are to participate in the game; that club shall forfeit the match and may be disqualified from the competition.

12. Where both clubs in the same match fail to observe the rule that all members of the team panel are to participate in the game; the game shall be deemed void and both clubs may be disqualified from the competition.

13. There shall be no penalty kicks or square ball.

14. In all instances where the referee moves the ball forward, the ball shall be moved 30m, not 13m.

15. All scores count as 1. Every score (points and goals) is counted as a singular point.

16. The goalkeeper may advance 20m for a kick out.

17. The shoulder-to-shoulder charge is permitted.

18. Play shall be limited to 2 touches (i.e. one hop and one solo or two solos).

19. The ball may be carried for a maximum of four consecutive steps or held in the hand(s) for no longer, than the time needed to take four steps.

20. Free kicks may be taken from the ground or from the hand.

21. The player who is fouled should take the free kick.

22. When an opponent commits a technical foul i.e. fouls the ball, the player nearest the ball should take the free kick.

23. The player nearest to where the ball crosses the sideline, should take the sideline kick

24. When a defender/Goalkeeper plays the ball over his/her end line, the other team are awarded a free kick from the centre of the field opposite to where the ball crossed the end line.

25. Opposing players must be at least 10m from the player taking a free kick, sideline kick, or kick out.

26. Free kicks cannot be taken closer than 13m from the opposing end line.

27. Mentor(s) must identify themselves to the referee.

Only Team Officials can enter the pitch enclosure to a maximum of 7. This includes all water/hurley carriers and medical personnel. Clubs must ensure that this is implemented. All must be members of the GAA.

No mentor is allowed to be on the pitch. Only medical personnel can enter the pitch area when permitted by the referee. SILENT SIDELINES are enforced.



A club that does not adhere to this will be fined €200 minimum per game and mentors will be dealt by Rule 7.2.

Any mentor that continually encroaches on the field will not be allowed to be on the sideline for the remainder of the Tournament.

28. First named team in a fixture will be designated the home team with home venue.
29. At Coiste na nÓg level, each referee must be paid €20 from each club.
30. When games are played at a neutral venue, clubs must both pay half of the referee's expenses unless the host club is taking money at the gate.
31. If no neutral referee is present, the visiting team has the choice of an official referee.
32. Umpire or Linesperson(s) must be an official member of the GAA.
33. Check the opponent's colours in case of a clash, the home team must change. If in a neutral venue, then both teams change.

N.B. All scores count as 1. Every score (points and goals) is counted as a singular point.

34. All games are to be played on a league basis with no finals.

35. Where clubs finish level on points in the league, final positions will be based firstly on the previous head-to-head results, then score difference, then scores conceded.

SILENT SIDELINES

All Coiste na nÓg games will have 'Silent Sidelines'. This means coaches and supporters must not talk to or shout at players, referees, or other coaches during play. You may talk to players before, at halftime, and after each game. Referees will be asked to terminate games if 'Silent Sidelines' are not adhered to. Persons that disregard this will be sanctioned by the Meath C.C.C.C.

- With 'Silent Sidelines' the coaches, parents and spectators are asked to keep talking to a bare minimum on the sidelines. One coach from each team will be given the task to instruct (not during the game), whilst everyone else watches on in SILENCE.
- Supporters are allowed to clap and to congratulate positive behaviour but the adults are restricted from coaching their players from the sideline. This allows the players to make decisions for themselves, without having adults shouting 5 or 6 different instructions at them.
- With the sidelines quiet, players have the chance to concentrate, make their own split-second decisions, and learn from them. Instead of being distracted by the stream of noise that usually exists, the players on the pitch get the opportunity to communicate with one



another and make on-field decisions. This also gives them time to think and focus on what they are about to do. The main points are as follows:

1. Absolutely NO shouting or directing from the sidelines.
2. Coaches are allowed to speak to players at halftime and when making substitutions ONLY.
3. Clapping & cheering allowed for scores and positive effort from both sides.
4. No directing or coaching advice from adults at any time.
5. No questioning of the official in charge of the game in any shape or form.
6. All patrons should be outside the pitch fencing at all times. Only the 4 designated persons (All managers, water carriers, medical) can be inside the pitch fencing. Everyone else must stand back, observe and enjoy the game in silence.

Aims of this Campaign

- To eradicate aggressive and abusive behaviour from coaches, players and spectators.
- To promote zero tolerance of defamatory comments or foul language, be it racial or discriminatory, towards referees, fellow players and other supporters.
- To promote an environment for sportsmanship and fair play in underage sport.
- To provide education to adults and young people on the importance of RESPECT and just letting the children play.
- To encourage safe participation for players and spectators.
- To encourage coaches to observe, take notes and coach only when absolutely required.
- To allow children's voices to be heard over adults' voices.
- To not get so emotionally involved with their child's sport.
- To allow children make mistakes without being ridiculed.
- To bring FUN back into the game.