

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)

45–50 × 67–72 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

- 9 players + a minimum of 2 substitutes in a squad
- The maximum amount of substitutes allowed is 7.



THIS FORM OF PLAY DOES NOT HAVE

- Red or 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

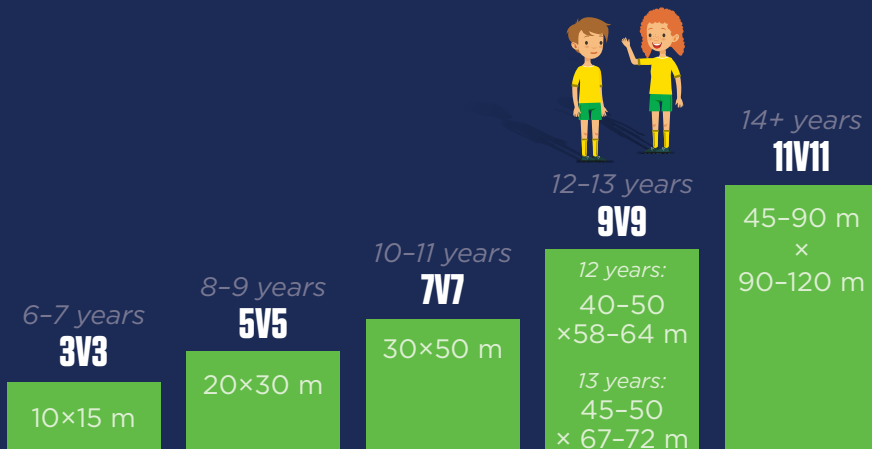
- Everyone should have a lot of playing time

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 2021

For a complete description of the rules and guidelines, see [“Rules and guidelines for children’s football \(ages 6-12\)”](#) (in Norwegian) on [football.no](#).