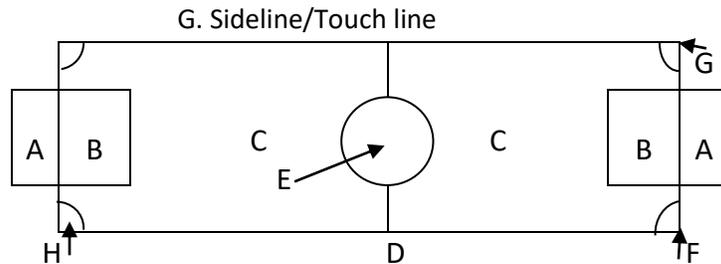


# Soccer Rules

**Soccer** is a team sport played with two teams of 11 players each. Each team defends their goal and tries to score by kicking a ball through their opponent's goal. The ball is moved by dribbling with the feet (using small kicks) and passing the ball (with the feet) from player to player while walking or running down the field.

**The Field:** The length and width of the field depends on level of play you are and what league you are playing in.



- |                      |  |
|----------------------|--|
| A. The Goal          | E. Center Circle                           |
| B. The Goal Area/Box | F. Goal line/End line                      |
| C. The Play Field    | G. Sideline/Touch line                     |
| D. Center Line       | H. Corner Arc at each corner of the field. |

**Positions:** Each team consists of 11 players.

- 1 Goalie: prevents the ball from going into the goal by using their hands, feet or body. Goalie must not pass the center line. The goalie may not pick up a ball with their hands if a teammate passes the ball directly to the goalie.
- 2 Full Backs: also known as defenders help the goalie keep the ball away from the goal and pass the ball forward to the mid fielders and forwards. Like the goalie, defenders should not pass the center line.
- 3 Mid fielders: advance and retreat with the ball. They can move wherever the ball goes but usually stay close to the middle  $\frac{1}{2}$  of the field. They also try and keep the ball down the field passing to the forwards.
- 5 Forwards (center, wings and forwards): these are your offensive players. They try to set up plays to advance the ball and score. They stay primarily on the scoring side of center field and should not drop back to defend.

**Play:** The game starts with a kick-off at center field. The offensive team attempts to advance the ball down the field to score a goal. The defensive team attempts to gain possession of the ball and prevent the forward movement of the offense. When the defense gains possession of the ball they become the offense and the offense becomes the defense. The game is usually played with two timed halves. The team with the most goals/points at the end of the game is the winner.

**Scoring:** One point is earned for each successful goal. The ball must completely pass the goal line to score. The game is restarted with a kickoff by the non-scoring team after each score.

**A kick-off is the way to start or restart play:** It is used at the start of the game, after a goal has been scored, and at the start of the second half of the game.

- The ball is placed at center field in the center circle.

- Each player must stay on their half of the field until the ball is kicked.
- The opponents must stay 10 yards away from the ball until it is in play.
- The ball must be kicked forward toward the opponent's goal line and usually a short pass to a team mate.
- The kicker may not touch the ball a second time until it has been touched by another player.
- A goal may be scored directly from the kick-off.

**A Goal Kick:** occurs if an offensive player causes the ball to go behind the defending team's goal line but not into the goal. The defending team is awarded a goal kick, which is taken from the ground within the goal area, usually by the Goalie or fullback.

**Corner Kick:** occurs if a defensive player causes the ball to go behind their own team's goal line, the offensive team is awarded a corner kick which is taken inside (1 yard) of the nearest corner of the field.

**Throw-In:** Occurs when the ball goes over one of the sidelines. The opponent of the last team to touch the ball is awarded a throw-in at that point. The throw must be made from outside the playing field, both feet must be in contact with the ground, and the ball must be thrown from over the head with both hands.

**Punt or Drop-Kick:** Occurs when the goalie picks up a ball that nears the goal and is used to advance the ball to the offensive line. The goalie may not pick up a pass with their hands that comes directly from a teammate.

**Direct Free Kick:** A free kick, from which a goal may be scored, is awarded on the spot from where an intentional foul has occurred such as:

- Charging an opponent dangerously
- Jumping at an opponent
- Kicking or tripping an opponent
- Holding, striking, or pushing an opponent
- Handling the ball with an arm or hand (except the goalie and girls when arms are across chest and in full contact with the body.)

**Indirect Free Kick:** A free kick from which a goal may not be scored. It is awarded if there is offsides.

**Offsides:** In the opponent's half, an attacking player (offense) must have at least two defenders (including the goalie) in front of him or her at the time the ball is passed ahead. The penalty is an **indirect free kick**, from which a goal may not be scored directly.

**Liners are good.** The ball must completely pass the sideline or goal line for it to be considered out of bounds.

**Hand Ball:** Players may not "handle" the ball. This is from the tip of the fingers to the shoulder. If a ball is kick into you and hits your hand or arm it is not a hand ball as it is accidental contact.

**For PE only:** No one is allowed in the goalie box except the goalie. This is for safety reasons.