

Soccer Simplified

Players and Officials

Referee and Assistant referees inspect the player's proper equipment.

Field players are free to play on any part of the field. They may move, control and propel the ball with any part of the body except the intentional use of the arms or legs.

Goalkeepers differ from field players only in that they may use the hands and arms inside the designated penalty area.

Players in positions

Goalkeepers – Unique in that they are generally asked to stay within the penalty area.

Backs – Name given to players who, at any particular moment have only the goalkeeper in back of them for support and cover.

Midfielders – Name given to players who at any particular moment have backs behind them and forwards in front of them for support and cover.

Forwards – Name given to players who at any particular moment have no teammates in front between them and the opponent's goal.

Field players are strongly encouraged to exchange positions providing they work to support and cover for each other.

Team Responsibilities: Defending (see diagram next page)

All players on the team become defenders, not just the backs!

Prevent Goals from being scored. Regain possession of the ball

Close to our goal – defending zone

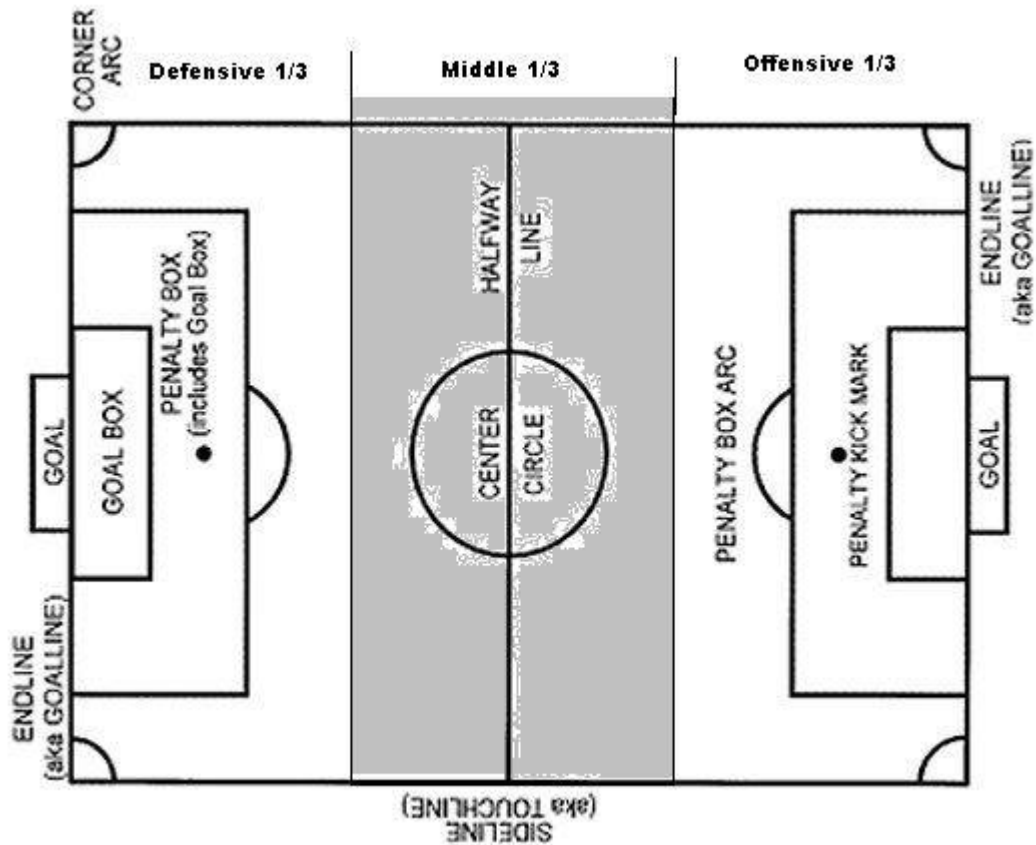
Stop opponent from taking shots on goal and scoring

Closer to Midfield – midfield zone

Slow down the opponent's progress (delay)

Closer to opponent's goal – attacking zone

Go for the ball immediately (immediate chase)



Team Responsibilities: Attacking

All players on the team become attackers, not just the forwards!

Maintain ball possession. Go to goal and score

Close to your own goal – defending zone

Stop fancy play. First priority is to get ball away from the goal, preferably wide.

Closer to Midfield – midfield zone

Caution: do not lose ball possession. Try to move ball closer to opponent's goal.

Closer to opponent's goal – attacking zone

Shoot on every opportunity

Ball in and out of Play

Kick-off

The game begins with a kick-off. The players kicking off may not play the ball again until it has been touched by another player. A goal can not be scored directly from a kick-off. At halftime or after a goal is scored, the game is re-started by a kick-off.

Throw-in

If a ball is propelled over the touchline (sideline), any member of the opposing team then restarts play by using a throw-in from the point where the ball went out of play.

- Part of each foot has to be touching the ground upon release of the ball, outside the field of play or on the touchline.
- Must face field of play and the direction of the throw.
- The delivery of the ball must be from behind and be thrown over the head.
- The ball must be thrown, not dropped.
- Both hands must be used simultaneously or with equal force.

Goal Kick

If the attacking team propels the ball over the goal line, but not into the goal, play is restarted with a goal kick by the defending team.

- Anyone may take the kick, from anywhere inside the goal box area (6 yard box).
- Ball must travel outside of the penalty area to be in play.
- If it is touched or does not leave the area, goal kick is re-taken.

Corner Kick

If the defending team propels the ball over the goal line, but not into the goal, play is restarted with corner kick by the attacking team.

- The kick is taken from wholly within the corner circle, nearest the spot where ball went out of play.
- Defenders must be at least 10 yards away from kick.
- Kicker may not ball again unless touched by another player.

Goal

Goals are scored when the entire ball crosses the goal line inside the goal.

Fouls

Throughout the game, players are not allowed to commit any of the following nine (9) fouls intentionally. If one of these nine fouls is whistled, play stops. If the foul occurs outside the penalty area (18 yard box), the opponent is given a direct free kick at the spot of the foul. The defending team may set a well 10 yards away.

If the foul occurs inside the penalty area (18 yard box) the opponent is given a Penalty Kick. Defending team may not set a well.

In either case a goal may be scored from this re-start.

Nine penal fouls:

2 with the feet:

- kick or attempt to kick opponent
- trip or attempt to trip opponent

3 with the body:

- jump at the opponent
- charge violently or dangerously
- charge from behind

4 with the hands or arm:

- deliberately touch the ball
- hold opponent
- push the opponent or
- strike or attempt to strike the opponent

All other fouls result in an indirect free kick. Two players must touch the ball before a goal can be scored. Defending team may set a wall. There are five (5) general types of indirect free-kick fouls:

- Obstruction – impeding the progress of an opponent
- Dangerous Play – plays in a dangerous manner
- Unsportsmanlike Conduct – issued a red or yellow card
- Illegal Touch or play on a ball – e.g. playing ball a 2nd time off a free-kick
- Offside – an offense of the attacking team: if, at the moment the ball touches or is played by a teammate, the player is nearer to the opponent's goal-line than both the ball and the second to last opponent and is involved in active play.

Substitution

Generally, substitutions are allowed at any stoppage with the referee's permission. This varies with league, age and competition level.