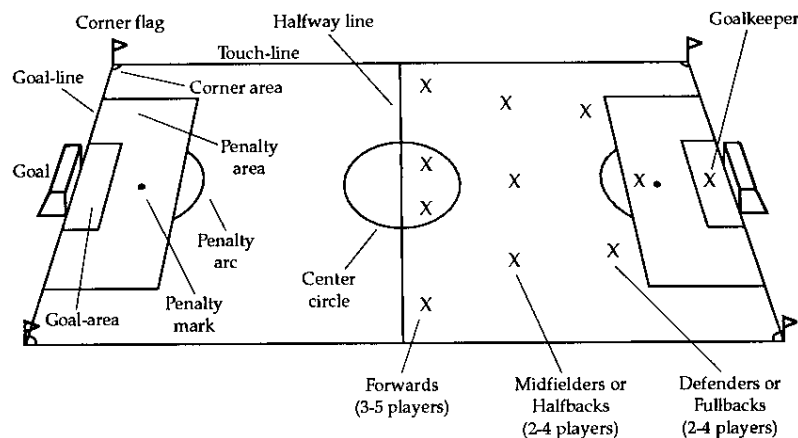


Soccer Study Guide

Rules:

Soccer is usually played on an outdoor field of grass, with one goal at each end. Two teams play at a time, each trying to score the soccer ball in the other team's goal. 11 players are on the field for each team at a time. At the beginning of a game, each team must be on its own half of the field, with the ball at the center spot. One team is elected to start with the ball, and gets to kick it from the center spot. The opposing team must be out of the center circle. The kick must cross the halfway line in order for the game to be started. The same type of a placekick takes place after a goal is scored. For the most part, in order to advance the ball, players kick it with their feet. However, one's head, chest, and thighs may be used to contact the ball as well, just not the hands or arms. A goal is scored when the ball completely crosses the plane of the goal line inside the goal. Regulation games last for two 45 minute halves.



Major Fouls:

When a major foul is committed, the player who was fouled is given a **direct free kick** at the spot of the foul. Before the ball is kicked, players from the opposing team may not be any closer than **10 yards** to the ball. The player making the kick may kick the ball directly into the goal without touching another player. **Major fouls include** handing the ball (touching the ball with hands or arms), intentionally kicking an opponent, and tripping, holding or pushing an opponent.

Minor Fouls:

When a minor foul is committed, the player who was fouled is given an **indirect free kick** at the spot of the foul. Other players must be at least **10 yards** away from the ball before it is kicked. The player may not kick the ball directly into the goal. The ball must touch another player before it can be scored. **Minor fouls include** a dangerous play (kicking an opponent near the head), obstruction (stopping the progress of an opponent), the goalie taking more than 4 steps while holding the ball, and **offside** (the ball being passed to an offensive player on the other team's side of the field, without 2 players from the other team being between the offensive player and the goal).

Fouls in the penalty area:

When a player from the defensive team commits a major foul inside the penalty area, a **penalty kick** is given to the other team. The ball is placed on the penalty mark, and all players except for the person kicking and the goalie must be outside of the penalty area. The goalie must stand on the goal line, not moving until the ball is kicked. If a minor foul occurs in the penalty area, an indirect free kick is taken from the spot of the foul.

Other Key Terms:

- **Corner kick** – An offensive player kicking the ball from a corner area after a defensive player knocks the ball out of bounds over the goal line.
- **Goal kick** – A defensive player kicking the ball from the goal area after an offensive player knocks the ball out of bounds over the goal line.
- **Kick-off** – Ball is put into play at center field at the beginning of the game, half, and after a goal.
- **Throw in** – When a player knocks the ball out of bounds over the sideline, a player from the opposing team throws the ball in bounds from the spot where the ball went out. The ball must be thrown with one hand on each side of the ball, arms following through straight, and both feet staying on the ground.
- **Dribbling** – Moving the ball down the field with one's feet, while maintaining control of it close to the body.
- **Trapping** – Stopping and controlling a rolling or bouncing ball.
- **Yellow card** – A warning given to a player who is continually violating the rules. If given a second yellow card in the same game, the player is ejected.
- **Red card** – A player who commits a serious violation of the rules is given a red card, and ejected from the game.