

the center circle with each team positioned on its own side of the field. Teams switch sides at halftime. If a game ends in a tie, the contest is declared a draw. In some leagues, a draw may be decided by an extra ten-minute playing period or by a series of alternating "penalty kicks."

Who Plays Where?

Two teams of eleven players are on the field at one time. (Youth leagues sometimes play with fewer players.) Generally, teams line up with three forwards, three midfielders, four defensemen, and one goalkeeper. Any player on the field may score a goal and every player should help defend when necessary. Substitutions may take place only when play is stopped, and only on a "goal kick" or "throw in."

Forwards (one center striker and two wings) - The team's primary offense and goal scorers. Their role is to advance the ball from midfield toward the opposing goal by dribbling, passing, and shooting.

Midfielders (or Halfbacks) - Play between the forwards and the defenders. Halfbacks play both offense and defense. Their primary objective is to receive the ball when it is "cleared" by teammates from the defensive zone, and pass it up to the forwards for scoring opportunities.

Defense (Fullbacks and Sweeper) - Line up between the midfielders and their team's own goal. They form a row of three fullbacks with one deep sweeper playing behind them and are the last line of defense before the goalkeeper. Their primary responsibilities are to prevent opposing players from scoring goals and to clear the ball up to the midfielders.

Goalkeeper - Stands in front of the goal to block shots by opposing players. The goalie is the only player allowed to play the ball with his or her hands and can do so only when inside the 18-yard "penalty area" surrounding the goal.

Center Kickoff - Starts play at the beginning of both halves and after every goal. It is a kick taken from the center circle in which a player from the kicking team strikes the ball forward to his or her own teammate.

Corner Kick - Takes place when the defensive team has kicked the ball "out-of-bounds" over its own end line. The corner kick is taken by a player on the attacking team from the "corner arc" nearest to where the ball left the field.

Goal Kick - A kick taken by a defensive player (often the goalie) after the offensive team has kicked the ball out-of-bounds over the end line. The goal kick is taken from within the goal area and must clear the penalty area before another defensive player is allowed to touch it.

Bicycle Kick - A player extends both legs up in the air over his or her head and, using a bicycling-type motion, kicks the ball backward while falling to the ground.

Offside And Other NO-NOs!

Rules regulate player conduct and how the ball may be played. When a player commits a foul, a penalty is called. Depending on the severity, degree of intent, and location of the foul, the referee will award either a "free kick" or a penalty kick to the opposing team. A player commits a foul if he or she kicks, hits, pushes, holds, charges, or trips an opponent, or touches the ball with his or her hands - whether intentional or not.

Your pocket game-time guide to the basic rules of play.

Who Wins?

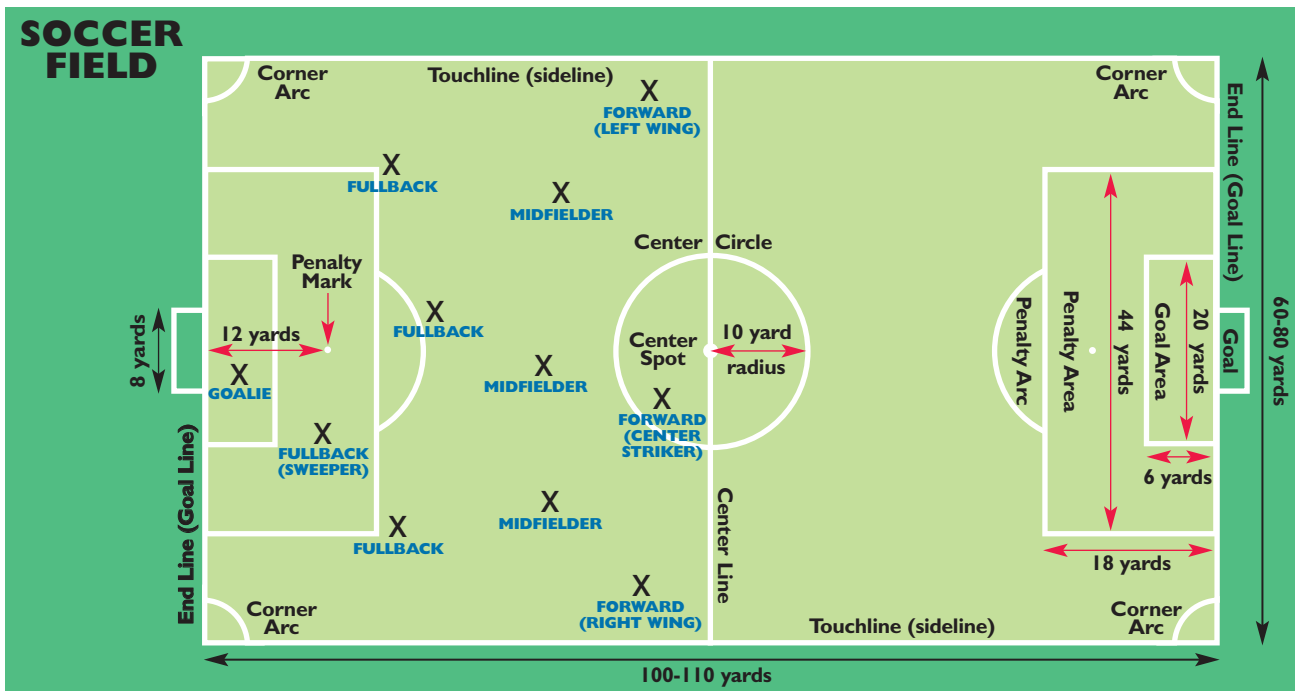
Soccer teams move a ball along a field by dribbling, passing, heading, and kicking. The object is to score goals. A goal counts as one point and is scored when the soccer ball completely crosses the opposing goal line between the posts and under the crossbar. The team scoring the greater number of goals in the allotted time wins the game.

What's Needed?

A soccer ball - usually 28 inches in circumference (leagues for younger players may use smaller soccer balls) - soccer cleats or sneakers, shin guards, a soccer jersey, shorts, socks, and gloves (for the goalkeeper).

How Long Is A Game?

A soccer game is divided into two halves. Depending on league rules, a half may range from twenty to forty-five minutes, with a ten-minute break in between. The game begins with a "kickoff" at



Offside - Called against the offense when one of its players moves without the ball behind the last line of defense, with only the goalie separating the player from the goal. When a teammate passes the ball forward to this player or shoots on goal, the violation occurs and results in an "indirect" free kick for the defense.

Hand Ball - No player, other than the goalie, may touch a ball in play with his or her hands or arms. This violation awards the opposing team a "direct" free kick.

Holding and Tripping - If a player deliberately holds or uses any part of his or her body to trip an opposing player, a direct kick is awarded to the fouled player.

High Kick - A violation on a player who swings his or her foot close to and above the waist of an opposing player. This foul generally results in a direct kick.

Free Kick (Indirect or Direct) - Awarded as the result of a foul. Depending on the degree and severity of the foul, and at the discretion of the referee, a direct or indirect kick is taken by the non-offending team. Generally, a free kick is taken from the spot where the foul occurred, and no opposing player may be within ten yards of the ball before it is kicked.

Indirect Kick - A free kick awarded for less serious rule infractions such as an offside. A goal may not be scored off an indirect kick until the ball touches at least one other player from either team.

Direct Kick - Awarded on more serious or deliberate infractions such as tripping and holding. It is a free kick aimed directly at the goal. The player taking the kick may score a goal without the ball first touching any other player.

Penalty Kick - A kick awarded to the attacking team when a defending player commits a major foul or a hand ball within his or her own 18-yard penalty area. The resulting shot is taken from the penalty mark; only the kicker and goalie may be in the penalty area during this kick. The goalie may not move off the goal line until the ball has been touched by the kicker.

Yellow Card - A caution warning issued by the referee to any player who commits a severe foul or plays in an unsportsmanlike manner.

Red Card - If a player has already received a yellow card or commits an overly aggressive foul, the referee will issue a red card, removing that player for the duration of the game. The player receiving a red card may not be replaced, and his or her team must play with one less player for the remainder of the game.

Learn The Lingo?

Advantage - Occurs when a referee allows an intentional defensive foul without calling a penalty that stops play. This permits the offensive team, while attacking, to maintain its advantage against the defensive team.

Booking - Each time a player is given a yellow or red card, it is recorded in the referee's penalty book.

Clearing - Takes place when the defending team kicks the ball out of its defensive zone, thus stopping the other team's offensive drive.

Corner Arcs - The designated four corners of the playing field from where corner kicks are taken.

Cross - Describes a long pass kicked to the center of the goal area by an advancing player from near the sidelines.

Dribble - The advancing of the ball by one player using a continuous series of short kicks. This is the technique players use to maintain ball control.

Drop Ball - When the referee is unsure which player is at fault for an infraction or an out-of-bounds, he or she drops the ball between two opposing players to resume play. The ball must hit the ground before either player can kick it.

Drop Kick - A kick taken by a goalie from within the penalty area. The ball is dropped from the goalie's hands and then kicked just as it bounces.

Dummy - Describes a fake move by a player who intentionally allows the ball to go past him or her in an attempt to put a defensive player out of position.

Half Volley - Kicking the ball at exactly the same time it touches the ground.

Heading - Describes the action of a player hitting the ball with his or her forehead in an attempt to make a pass, block a shot, or put a shot on goal.

Juggling - A practice technique used to learn ball control. A player juggles the ball in the air by using his or her feet, thighs, chest, top of shoulders, and head.

Marking - A defensive technique in which one player closely guards an opponent.

Nutmeg - A player dribbles the ball through the legs of a defending player.

Out-of-bounds - When the entire ball crosses over a sideline or end line. The ball is playable if it is touching any part of a line.

Pass Back - A deliberate pass by a defensive player back to the hands of his or her own goalie in the penalty area.

Penalty Area - A marked rectangular area, approximately 18 by 44 yards, in front of each goal. The goalkeeper is permitted to touch the ball with his or her hands in this area of the field only.

Slide Tackle - A player slides and kicks the ball in an attempt to steal it from an advancing player. The sliding player must first touch the ball before making contact with the other player - otherwise it is a foul.

Tackle - A player's method of taking the ball away from an opposing player moving with the ball using footwork and sliding.

Throw In - When the ball is knocked completely over the sideline (touchline), the opposing team throws it back into play. This is done with an overhead throw with two hands holding onto the ball and both feet touching the ground.

Touch - Describes a player's contact with the ball. A "one touch" is to receive and pass the ball in one kicking motion.

Trapping - The ability of a player to control the ball after it has been kicked to him or her. The chest and foot trap are the most commonly used techniques.

Volley - Kicking the ball when it is in the air.

Wall - On a direct or indirect free kick, defensive players will line up side by side ten yards in front of the ball. This is done in an effort to block a direct line to the goal.

Did You Know That?

Outside the United States and Canada the game of soccer is called football or association football. Soccer takes its name from the word "association," referring to someone, such as a player, who has a connection to the game. The London Football Association was formed in Great Britain in 1863 to unify the modern rules of play. Soccer is the world's most popular game, with the best players meeting every four years to compete for the World Cup.



SOCCER SIGNALS



OFFSIDE



HOLDING



CORNER KICK



INDIRECT KICK



DIRECT KICK



GOAL

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