



SOCCKER RULES

GOALS

- To have fun!
- To teach good sportsmanship and team spirit.
- To teach the player positions on the field.
- To encourage physical activity.
- To learn basic soccer skills like kicking, passing, dribbling and defending.
- To learn the rules of the game.

RULES

1. This is recreation soccer. Everyone is welcomed to play in a non-competitive and safe environment.
2. Players will need running shoes, and players will be encouraged to wear shin guards. No jewelry or baseball cleats.
3. No foul language allowed on the field.
4. No food allowed on the field.
5. All coaches, players and parents/guardians are to be treated with respect.
6. No hands on the ball at all times unless a goalie
7. Start of play. The kick off is taken at the centre circle with 2 players from the same team. This will be determined by the coach which team has the ball first. The ball must be moved forward to start the game and players must be on their own side of the field (pitch).
8. Ball in and out of play. The ball is out of play when it COMPLETELY goes over the goal line or touch-line (out of bounds line). It doesn't matter whether it's in the air or on the ground.
9. Method of scoring. The ball must COMPLETELY go across the line into the goal.
10. Offside (optional). The basic concept is that a player must have at least one defender (not including the goal keeper) between them and the goal when the ball is played to them. Also, to be offside the player must be in the opponent's side.
11. Fouls and Misconduct. Most fouls are due to pushing, holding, hands on the ball, or tripping and this will result in the other team getting the ball via a free kick.
12. Free Kick. One player from the team that was fouled will get the ball at the place of the infraction and have a free kick. Opponents must be 10 yards away from the ball.
13. Penalty Kick. If a player commits a foul in their own penalty area, a player from the other team will kick from the spot (12 yards from goal) at the net. When ref or coach blows the whistle, player kicks at the goal. This is like a penalty shot in hockey 1-on-1 between player and goalie.
14. Throw In. The thing to teach your players is both feet have to be on the ground, must have two hands on the ball, and the throw must come from behind the players head. The penalty for a bad

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NATURE'S HOME TOWN



throw in is that the opposing team gets the ball. Can give the players one or two chances for proper throw.

15. Goal Kick. A goal kick is granted when the attacking team kicks the ball over the goal line.

16. Corner Kick. A corner kick is awarded when the defending team kicks the ball over the goal line.

