



# SOCCER RULES – STUDY GUIDE



**HISTORY:** A form of soccer was played in Chester, England, as early as the tenth century. Soccer was introduced into the United States around 1870 but has not gained the popular position here it holds in many other countries. The first regulation game in America was played between Princeton and Rutgers in 1869. In 1919, after the rules had been modified to eliminate the rougher elements, soccer was introduced for the first time in a women’s college at Bryn Mawr.

**OBJECTIVE:** The objective of the game is to advance the ball over the opponent’s goal line between the goal posts. The ball is played by using any part of the body except the arms and hands.

**SCORING:** When the ball is advanced legally through the goal, **one (1)** point is scored. A goal **may not** be scored directly from a throw-in, a goal kick, and a kick off or from an indirect free kick. A goal **may be** scored indirectly from a corner kick, a drop ball, a penalty kick, a goalkeeper’s throw or kick or from a direct free kick.



**TEAM:** Each team consists of eleven (11) players:

**Forward** – offensive players

**Midfielders** – supports both their defensive and offensive teammates

**Fullbacks** – defensive players

**Sweeper** – a single defender that plays closest to their own goal behind the rest of the defenders

**Goalkeeper** – last line of defense

**GAME:** Teams are lined up on their own side of the field to start the game. The game is started by a kick off from the center of the field. The kicker may not play the ball again on the kick off until another player of either team has touched it. The ball must move its circumference into the field of play occupied by the opposing team. Only the goalie in their own goal may use their hands and arms to stop, catch or throw the ball. The goalie may take four (4) steps in any direction before getting rid of the ball. After a goal is scored, play is started at the center of the field with a kick off by the team that did not score the goal.

**TERMS:** **Dribble** – A method by which a running player, while retaining control, advances the ball with their feet.

**Pass** – A method of giving the ball to a teammate by kicking the ball with the feet.

**Punt** – A kick used by the goalkeeper to clear the goal.

**Offense** – The team with the ball. (Attacking)

**Defense** – The team without the ball. (Defending)

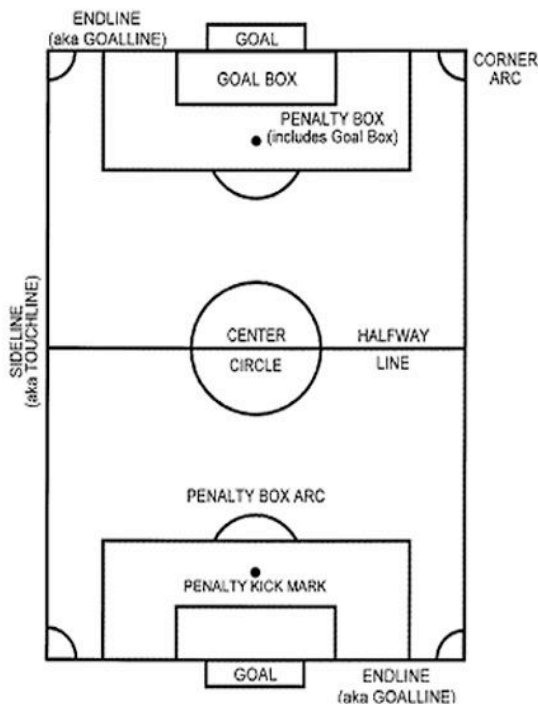
**Blocking** – Stopping or deflecting the ball while it is in the air.

**Tackling** – Kicking the ball from opposing team player.

**Trapping** – Stopping a rolling or bouncing ball with the body or feet.

**Volley** – A ball kicked while it is in the air.





**Own Goal** – The goal a team defends.

**Own Half Of Field** – That half of the field from the centerline to the goal line on which a team’s own goal is located.

**Free Kick** – A kick given to the opposing team when a player commits a foul. There are two types of free kicks: **Direct** (goal **may be** scored) and **Indirect** (goal **may not** be scored). The kicker may not play the ball again until another player has touched it.

**Throw-in** – When a player sends the ball out of bounds over the touchline the opposing team chooses a thrower to throw the ball back into play. The thrower must use both hands with equal force and throw the ball from behind and over the head. The thrower may not play the ball again until another player has touched it. No one may interfere with the throw-in.

**Touchline** – The boundary lines drawn along the outside lengths of the field (sidelines)

**Drop Ball** – Made by the official when two opposing players cause the ball to go out of bounds at the same time or a simultaneous foul by both teams. The official drops the ball between the two players to start play. The ball may not be kicked until it touches the ground.

**Penalty Kick** – Kick given to the offensive team when the defending team commits a foul in the penalty area.

**Goal Kick** – Kick taken by the defending team when a member of the attacking team kicks the ball over the goal line not between the goal posts.

**Corner Kick** – Kick taken by the attacking team when a member of the defending team kicks the ball over the goal line not between the goal posts.

**Out of Bounds** – When the ball has completely crossed a goal or touchline.

**FOULS:** Breaking of a rule for which a free kick is awarded to the opponents. All free kicks whether direct or indirect are taken on the spot where the foul was committed.

1. Kicking, striking, tripping, jumping at another player, holding, pushing and charging (direct free kick)
2. Use of hands (except goalkeeper) to move or stop the ball (direct free kick)
3. Kicking at the ball or interfering with the goalkeeper when they have the ball (indirect kick)
4. Dangerous play (direct free kick)
5. Unsportsmanlike conduct (disqualification of player and a indirect free kick)
6. Foul or abusive language (indirect free kick)
7. When a player takes a free kick, throw-in, corner kick, kick off, etc. touches the ball a second time before another player touches the ball (indirect free kick)