

SOCCER

HISTORY

Soccer is one of the most popular sports played today and is known throughout the rest of the world as football. Soccer is thought to have originated in England around the tenth century. Soccer was introduced into the United States around 1870, but was not played by women in any organized manner until 1919.

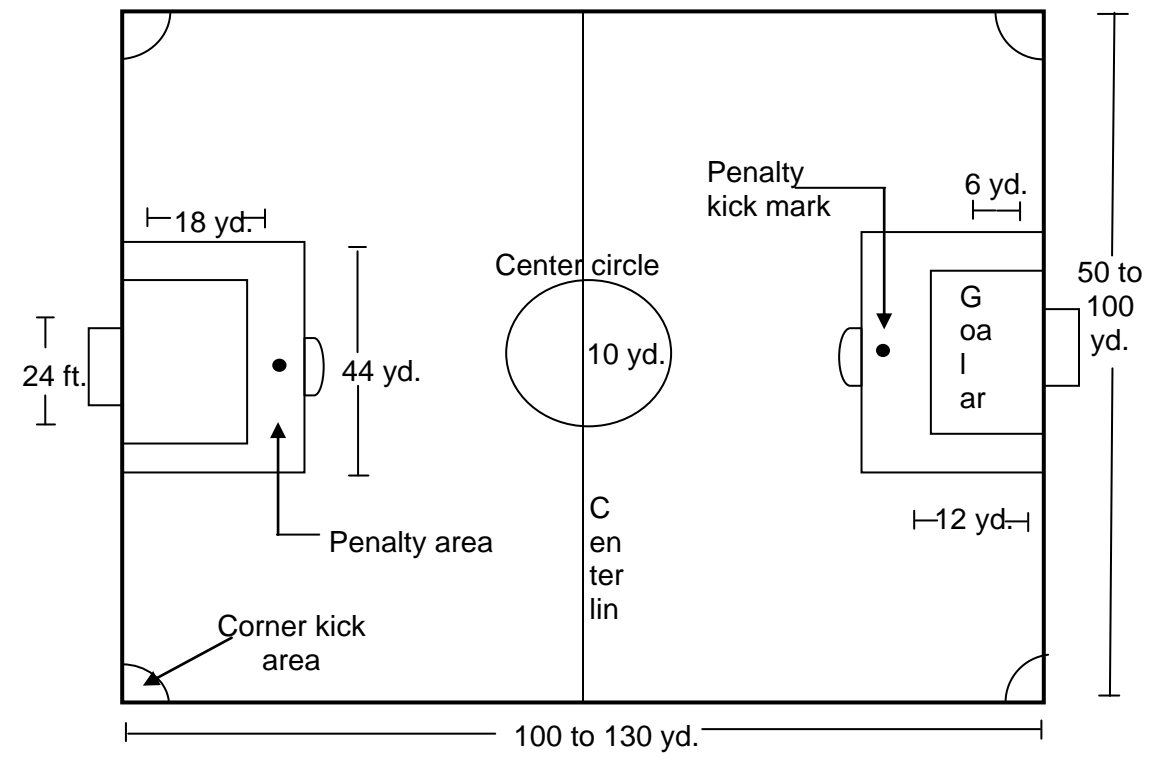
NATURE OF GAME

The game is played on a field with two teams of eleven players each; one of who shall be the goalkeeper. The object of the game is to propel the ball down the field either by foot, body or head in order to score goals and to prevent the opposing team from scoring goals. With the exception of the goalkeeper, who is the only player permitted to use one's hands, all other players can use any part of their body to control the ball.

PLAYING AREA

The field of play shall be 100-120 yards long and 55-75 yards wide. The goals stand 8 feet high and 8 yards wide.

FIELD



DURATION OF PLAY

- 2 equal halves of 40 minutes each
- half-time interval 10 minutes
- between each period, teams shall exchange ends and alternate kickoff
- toss of coin determines kick off

SCORING

1. a goal is 1 point
2. a ball on the goal line is not considered to have crossed the goal line
3. A goal **may be** scored during play directly from a:
 - a. direct free kick
 - b. penalty kick
 - c. corner kick
 - d. dropped ball
 - e. goal kick
 - f. kick off
4. a goal **may not** be scored during play directly from an/a:
 - a. indirect free kick
 - b. throw-in
 - c. free kick into a team's own goal

TERMINOLOGY

- A. blocking – intercepting the ball with some part of the body. It is legal to block the ball with the hands and arms only when they are in total contact with the body.
- B. charge – an act by a defensive player employing body contact to cause an offensive player to lose or give up possession of the ball.
- C. corner kick – a kick made by the attacking team when the ball is last touched by a defensive player and crosses the goal line without resulting in a score.
- D. dead ball – out of play.
- E. defense – not in possession of the ball.
- F. direct free kick – a kick awarded to the offended player when the opponent commits a personal foul or major rule infraction, goal may be scored from this kick – kick, trip, push, violent charge.
- G. dribbling - a method of advancing the ball down the field using the feet.
- H. drop ball – a ball put into play by the referee by dropping it between two opponents. The ball is in play as soon as it touches the ground and a goal may be scored directly following the drop.
- I. foul – a rule infraction.
- J. forwards – front line, offense, strikers.
- K. free kick – a method by which a dead ball becomes alive, it is kicked unchallenged in any direction.
- L. fullbacks – defensive player in the back field .
- M. goal – 1 point, the ball completely crosses the goal line.
- N. goal area – goal box “six”.
- O. goal kick – kick taken by defending team when the opposing team kicks the ball over the end line, taken at the corner of the goal area.
- P. goal line – shorter boundary line.
- Q. hand ball – illegally advancing the ball by touching it with the hands or forearms.
- R. half-backs – offensive and defensive players, mid-line, mid-fielders.
- S. indirect free kick – awarded to the opposing team within the opponent's goal area closest to where the foul occurred, off-sides, unsportsmanlike conduct, kicks too high.

- T. offense – team in possession of the ball.
- U. off side – offensive player in the opponent’s half of the field which is nearer than the ball to the goal line.
- V. out of bounds – over the boundary lines or end lines.
- W. penalty area – also known as the penalty box, box, “18”.
- X. penalty box – box in front of goal in which the goal keeper can touch the ball with their hands, ½ circle at the top of this box is the penalty box arc.
- Y. penalty kick – a direct free kick made from penalty mark located in the penalty area, when an opposing player commits an intentional foul, all players outside the P.A., goal keeper must stand on goal line and not move until the kick is made.
- Z. striker – most powerful and best scoring forward.
- AA. sweeper – the defender that plays closest to his own goal, behind the rest of the defenders, in front of the goal keeper.
- AB. red card – given by the referee, thrown out of the game.
- AC. tackling – is the attempt to block or kick a ball away from an opponent.
- AD. throw-in – method of putting the ball back into play after the ball crosses the touchlines, overhead both feet on the ground.
- AE. touchlines/sidelines – the side boundary lines on a field are referred to as touchlines for men and sidelines for women.
- AF. yellow card – warning from the referee.

FOULS AND MISCONDUCT

KICKING / STRIKING / TRIPPING / JUMPING

1. a player shall not intentionally attempt to kick, strike, jump or trip another player
 2. goalkeeper shall not intentionally strike opponent
- Penalty – direct free kick

HANDLING

1. a player shall be penalized for intentionally handling, striking, or carrying with hand or arm
- Penalty – direct free kick

HOLDING/PUSHING

1. a player shall not hold or push with hand or arms
 2. a player shall not place a hand on an opponent in an effort to reach the ball
- Penalty – direct free kick

CHARGING

1. a player shall not intentionally charge unfairly
 2. charging is allowed when player makes a non-violent shoulder to shoulder contact with opponent with arms and elbows close to body, one foot on the ground and ball within playing distance.
 3. can not charge an opponent with both feet off the ground
- Penalty – direct free kick