

Hubert's

10 Simple Soccer Rules



★ **LITTLE ROCKETS** ★



RULE 1: Equipment

To play soccer, there are certain basic equipment requirements that need to be fulfilled in order to abide by the FIFA Laws of the Game.

What you will need:

- a jersey or shirt
- shorts
- socks
- shin pads
- soccer boots

Jersey/Shirt, Shorts and Socks

Most soccer clubs will provide their players with a jersey/shirt, shorts and socks.

If clubs do not provide shorts or socks, plain white, black or blue pairs can be purchased easily from sporting goods stores. Keep in mind that soccer socks need to be knee-length in height. Also, goalkeepers must wear colours that distinguish them from the rest of the team and the referee.

Shin pads

Shin pads are not provided by soccer clubs. They are made of rubber and/or plastic and protect a player's shins from stray kicking feet. A player not wearing shin pads will be prohibited from playing. Shin pads must also be covered entirely by a player's socks at all times.

Soccer boots

Soccer boots are not provided by soccer clubs. It is preferable for players to wear proper soccer boots with studs or blades (smaller and longer plastic studs). Depending on league rules and age, players can also wear running shoes.

Jewellery

Players are prohibited from wearing anything that could cause harm to others or themselves during a soccer game. This includes all forms of jewellery, such as necklaces, bracelets, earrings, rings, nose rings or belly rings. If a child has just had their ears pierced, and depending on league rules, players may be able to cover studs with tape or a bandaid. Soft fabric headbands can be worn but players are not allowed to wear bobby pins or clips in their hair, as instances could prove dangerous when heading a ball.





RULE 2: Hands Off!

Probably the most obvious rule of soccer is that players are not allowed to use their hands unless they are the goalkeeper. If a player touches the ball with his/her hand, the referee will signal a hand ball. A hand ball involves using any part of the hand or arm between the tip of a finger to the shoulder. There is a difference, however, between a hand-to-ball and a ball-to-hand. Hand-to-ball (illegal) is an intentional attempt to gain an advantage using one's hands, and a ball-to-hand (legal) is when the ball accidentally makes contact with a player's hand. Ultimately, it is left up to the referee's own discretion to determine whether a hand-to-ball or ball-to-hand occurs.

Interestingly, the hand ball rule also applies to goalkeepers. Goalkeepers can use their hands anywhere within the goal area, often called the 18 yard box or "goal box" (see diagram). However, if the ball is touched or picked up by the goalkeeper outside the goal area, and this includes during the process of a goal kick, the referee will signal a hand ball. In addition to this, goalkeepers cannot pick up a pass that has been directly passed back to them by their teammate either inside or outside the goal area. This is called a "back-pass" and will result in an indirect free kick.



RULE 3: Kick Off

A kick-off from the centre of the field signals the start or restart of a soccer game.

Kick-offs occur at the start of a game, after a goal has been scored, at the start of the second half (or quarter for younger ages) and, if used, at the beginning of each allotment of extra time.

During a kick-off, all players on both teams must be in their respective halves of the field and remain there until the ball has been kicked. The players in the team who are not taking the kick must be outside the centre circle on the field. The referee will blow their whistle to signal that a kick-off can take place. The game begins when the ball is kicked forward. Once a team scores a goal, the kick-off is taken by the opposing side.



RULE 4: The Throw-in

When the ball crosses the sideline and goes “out”, a throw-in is taken. During a throw-in, a player must have both feet touching the ground when the ball is released. A player can drag their foot or take a running start, but upon release, both feet must be on the ground. Similarly, a player must use both hands to throw the ball from directly behind their head. The ball cannot be thrown from the side of the head. Depending on age, players may be allowed to have more than one attempt at a throw-in, otherwise the throw-in is given to the opposing team.



RULE 5: Goal Kicks & Corner Kicks

Corner kicks and goal kicks are taken when the ball crosses the goal line. The goal line is the line that runs behind the goal posts. If the attacking team kicks the ball out and over the goal line, then a goal kick is taken. A goal kick is taken from anywhere within the 6 yard box (the smaller box within the 18 yard box of the goal area). A goalkeeper can take a goal kick or any other player in their team. A corner kick is taken when the defending team kicks the ball out over the goal line. For a corner kick, the ball is placed on the nearest corner to where the ball went out. This time a player on the attacking team must kick the ball back in.



RULE 6: Direct and Indirect Free Kicks

Direct and indirect kicks are the two ways free kicks can be taken once a referee stops play after a foul. For both direct and indirect free kicks, the opposing team must be at least 10 yards away from the ball (this differs according to age group) and the ball must be stationary. A direct free kick means that a player can kick the ball directly into the goal and score. An indirect kick, however, must be touched by another player before it can be kicked into the goal. The referee signals a direct kick by holding his arm up and an indirect kick is signalled when the referee leaves his hand down. Generally, direct kicks are given after a contact foul or hand ball, and everything else is an indirect kick. For younger age groups, direct kicks may not be given.



RULE 7: Penalty Kick

A penalty kick is a result of when a foul or hand ball takes place within the goal area (18 yard box). A penalty kick is a type of direct kick. Once the referee signals a penalty kick, the ball is placed on the penalty spot, 12 yards from the centre of the goal. All players except for the one nominated to take the penalty kick, must remain outside the 18 yard box and the arc attached to the box (see diagram). The goalkeeper must keep their feet on the goal line until the ball is kicked. Once the ball is kicked, even if it rebounds off the goalkeeper or goal posts, anyone can continue play except for the player who just took the penalty kick (see Rule 8).



RULE 8: Two-touch

A player cannot touch the ball twice in a row during a kick off, corner kick, penalty kick or direct and indirect free kicks. If a player kicks the ball, realises he/she didn't kick it hard enough and then kicks it again, this is two-touches and is not allowed. A player is also not allowed to throw themselves the ball during a throw-in and then kick it. This is also two-touches. The only time in which the two-touch rule doesn't apply is during a drop ball restart.



RULE 9: Fouls

A player is not allowed to push, kick, trip, strike, hold or spit at an opponent or the referee. Going shoulder-to-shoulder or bumping into another player is not a foul. It is up to the referee to discern if a shoulder-to-shoulder act is severe enough to warrant a foul. As punishment for a foul, a yellow or red card can be given. A yellow card is a warning card and two yellow cards result in a red card. If a player is given a red card, they must leave the game and their team must play with a player short. A red carded player cannot be replaced. It is important to remember that the referee is always right.



RULE 10: Offside

An attacking player cannot be ahead of the ball unless there is a defender between him/her and the goalkeeper. This is offside. However, it is only an offense to be offside when the player is involved in play. Furthermore, a player cannot be offside during a corner kick, a goal kick, a throw-in or when he/she is in their own half of the field.

Soccer Field Diagram



YOUR OWN MAGIC GLASSES

YOU WILL NEED:

Print out of page 2

A pair of scissors

Glue

Colour pencils, glitter, stickers (to decorate)

METHOD:

1. Print out the second page of this file.
2. Cut out the glasses.
3. Glue an arm of the glasses to each side.
4. Decorate!



