

Soccer

Equipment:

Per outdoor game – one soccer ball, four corner flags, two goals, colored vests to divide two teams, a field marked with end lines, touch lines (side lines), a goal box, penalty box, penalty spot, half way line (50 yard line). Corner kick arcs, center circle and penalty box arc optional.

Indoor game – two goals, center spot, half way line, penalty spot, goal box.

Format:

Two teams per game, up to 15 players per team. If applicable, assign positions such as defense, midfield and forward. 2 goalies, one per team.

Rules:

- Boundaries are marked by a rectangular field where the touchlines exceed the width of the goal lines. Other field markings should include a goal box (often referred to as the six yard line), penalty box (often referred to as the 18 yard line), a center kick off spot and a half way line (often the 50 yard line).
- Each team is assigned a goal to defend along with a defending side of the field. All players on a team must begin the game staying on their side of the field.
- Play begins with the ball at the center spot, with a kick off to the opposing team's side of the field. One team is chosen to take the kick off by a flip of a coin. A goal may not be scored directly from a kick off.
- The idea is to advance the ball by kicking or heading toward the scoring goal. Players on a team should create plays by moving to open space to receive a passed ball.
- A point is scored when the ball crosses the end line between the goal posts and under the goal cross bar (if a cross bar over the goal is present).
- After a goal is scored, the game is restarted in the middle of the field at the center spot by the opposing team.
- When a foul such as a hand-ball, hitting, pushing, kicking or any other form of unsafe play is committed, the opposing team is awarded a direct kick. A direct kick may be taken by the team and a point may be directly scored from this ball.
- When a rule such as offsides, etc. is infringed upon, the opposing team is awarded an in-direct kick. An in-direct kick is taken from the spot where the offense occurred and must be played by at least one other player after the kick is taken before going into the goal. (A goal may not be scored by an in-direct kick.)
- When any kick is awarded, the opposing team must be at least 10 yards (or what may seem appropriate for your playing area) away from the ball.
- Ball out of play along the touch line; a throw-in is taken by the opposing team.
- Ball out of play at the end line; a kick is taken by the opposing team. If the defending team kicked the ball out of play at the end line, a corner kick is awarded to the opposite team at the corner of the same side of the field the ball went out on. If the opposing team kicks the ball out of bounds at the end line, a goal kick is taken from the ground at the six yard (or goalie box) by the defending team. All opposing players must be outside the penalty box.

- If a player intentionally plays the ball with his/her hands or arm a “hand-ball” occurs. The opposing team is awarded a direct kick where the offense occurred.
- A player is considered “off-sides” when he/she receives the ball (or is involved in the play) on the defending teams side of the field where there is only one opposing player between that player and the end line. A player is “on-sides” when there is at least two players from the opposing team are between the attacking player and the end line.