



Outdoor Soccer



History

- The first set of rules were established in 1863 by the London Football association

The Team

- Consists of 11 players from each team(including the goalie)
- Positions are forwards, midfielders, defenders and a goalie

Officials

- A referee- serves as a time keeper and enforces the rules
- 2 Linesmen- calls in/out balls and offside, assists the referee when a player commits a foul

Playing the game

- Starts with a kick off at the center of the field on the halfway line. The ball must rotate 1 circumference
- Each team tries to kick the soccer ball into the opponents net
- The winning team is the team that has scored the most goals
- The game is played with two 45 minute halves that is separated with a 5 minute halftime

Field

- Ranges from 50 –100 yards in width and 100- 130 yards in length
- 4 corner flags standing 5 feet high

Throw ins

- Player must release ball above the head with two hands
- You must have 1 foot planted on the ground

Ball in and out of play

- The ball is in play of the ball remains on the field even after striking the goal post, crossbar, corner flag of referee
- The ball is not in play if it completely crosses the back line, or sideline

Fouls

- There are 2 types of fouls: *Direct Kick and Indirect free kick*

- *Direct* – the ball does not have to touch a player on the same team
- May take a direct shot at net and possible score

Here are 7 basic fouls resulting in a direct kick:

1. Kicking a player
2. Tripping a player
3. Charging/ Forceful body pushing
4. Hitting/ Striking a player
5. Holding/ pulling a player
6. Spitting at the opposition
7. Handling (using your hands)

Indirect Free Kick – the ball must be touched by teammate before playing the ball

Here are 4 indirect free kick fouls (# 1-2 applies to all players and # 3-4 applies to the goalkeeper only when the offense is committed inside the Penalty Box.

1. Obstruction
2. Semi dangerous play (referee digression)
3. Holding the ball for over 6 seconds
4. Touching the ball with hands during a throw in from a teammate

Penalty Kick:

- Occurs when a player is fouled within the oppositions 18 yard box
- Everyone but the kicker and the goalie must stay outside the penalty box until the shot is taken. A goal may arrive if another player other than the kicker takes a shot at net

Equipment:

- Size 5 soccer ball (children may use size 4)
- Kleats (multi-studded, 6 studded or turf shoes)
- Shin pads must be wore
- Shorts and team jersey