

# SOCCER RULES

**History:** In 1848 the “Cambridge Rules” were drawn up but were unsatisfactory because some schools favored carrying the ball as in rugby. A group of people who favored kicking only became known as “London Football Association” and in 1863 voted to confine play to kicking. First it was called “association”, then “assoc”, and finally “soccer.” In 1868 the first intercollegiate soccer game was played between Rutgers and Princeton. In 1913 soccer became a national sport and in 1927 rules for women were published. Soccer appeared in the Olympics in 1900 but the U.S. entered a team for the first time in 1924.

**Field Markings:** See diagram

**Organization:** Two teams of eleven each, including 5 forwards, 3 halfbacks, 2 fullbacks, and 1 goalie.

**Objective:** To advance the ball legally into your opponent’s goal.

**Scoring:** Each goal is worth 1 point.

## **Duties of the players:**

**Goalie:** The last line of defense – he must be agile, skillful in blocking the ball, and mentally alert. He is in good position to direct the fullbacks and halfbacks. He may leave the goal area only in an attempt to get the ball before anyone else. He may use his hands in the goal and penalty areas only. He should reduce the angle of the offensive player and clear the ball by kicking or throwing it to a teammate.

**Defenseman:** Primarily a defensive player. They divide the field into a right and left side and should play their respective half. One fullback should be prepared to go into the goalie area if the goalie is forced to leave it unprotected. They should take orders from the goalie and should have a good clearing kick.

**Midfielders (left wing, center, right wing):** Back up both offensive and defensive players. They must be fast, energetic, and in good condition. They must have strong heading, passing and kicking skills. They are responsible for all throw – ins. The center is to stop all traffic down the center and should pass the ball ahead of his forwards.

**Forwards (left wing, left inside, center, right inside, right wing):** Are the main attackers. They must have great stamina, speed, skills, and intelligence. The center must be the most skilled and able to use both feet equally. Inside forwards cover the halfbacks and set up the center forward. The wings cover the fullbacks and sidelines. They try to stay ahead of the ball at all times and must outmaneuver the opponents.

**Time of play:** 2 periods of 45 minutes each. (each league could vary in time limits)

**Procedure:** Toss of a coin with the winner choosing goals or possession of the ball. On the kick off, the defensive team must be 10 yards away and outside the center circle until the ball has been kicked.

Both teams must start on-sides. The ball may be kicked in any direction and must roll at least one circumference (about 2 feet) of the ball. The kicker may not touch the ball a second time until another player has touched it. After each score, the team scored against starts play with possession of the ball.

**Goalie Privileges (within the penalty area):**

1. May throw, drop-kick, punt, pick-up or bounce ball once
2. May carry ball not more than 6 seconds before releasing ball
3. Must not be interfered with
4. Once outside penalty area loses all goalie privileges

**Player Privileges:**

1. May dribble, shoulder or head ball
2. May trap ball under or between feet or between front of legs and ground
3. May kick ball while it is trapped by opponent, provided no foul
4. May block ball with any body part except hands or arm

**Out of Bounds:** The ball is out when it completely crosses the line

**Over the touch-line:** The ball must be thrown in with a 2 handed, overhead throw by the opposite team. A goal may NOT be scored directly off the throw-in.

**Over the end line off the offense:** The defense takes a goal kick by placing the ball on the front line of the goal area and with a defender kicking the ball into the field of play outside the penalty area.

**Over the goal line off the defense:** The offense takes a corner kick from the 1-yard corner arc.

\*\*\*On each of the in-bounding plays all players must be at least 10 yards away and the person in-bounding the ball may not touch the ball a second time until another player touches the ball

**Direct Free Kick:**

- Offenses:
1. Handling ball
  2. Kicking, tripping, striking, charging from behind, jumping at, holding or pushing opponent

Note: A goal may be scored directly, opponents must be 10 yards away

**Indirect Free Kick:**

- Offenses:
1. Charging at improper time
  2. Attempting to play ball while goalie has possession
  3. Touching ball a second time before another person touches it after free kick, throw-in, corner kick or penalty kick
  4. Goalie carry ball more than 6 steps
  5. Goalie delay of putting ball in play
  6. Unsportsmanlike conduct
  7. Failure to kick ball 2 feet on a kick off
  8. Goalkeeper may not pick up a ball that is directly kicked from a teammate

Note: A goal may not be scored directly from this kick and opponents must be 10 yards away

**Penalty Kick:**

1. Taken from penalty kick mark, occurs if defense commits a violation within their penalty area
2. All players outside penalty area except goalie and kicker
3. Ball remains in play if ball rebounds from goal posts or goalie
4. Kicker may not play rebound until touched by another player

**Dropped Ball:** When two opponents simultaneously kick the ball out of bounds or when opponents trap the ball, the ref will call a dropped ball. The ref will drop the ball between the two opponents and they attempt to kick it after it has hit the ground.