BASIC SOCCER RULES

Kick Off: A "kick off" is used to start each half, and takes place after a goal is scored. For a "kick off" the ball is placed at the center of the field and must be touched by the designated team taking the "kick off". The game begins or restarts as soon as the ball is touched by the "kick off" team. The player touching the ball may not again touch the ball until it has been touched by another player.

Throw In: When the ball goes out of bounds over the side line (i.e. the "touch line"), it is "out" on the team that last touched the ball before it crossed totally over the side line. The game is restarted with a throw in. For a throw-in to be legal: (a) the ball must be thrown from behind & over the head (b) it must be thrown using both hands (c) the thrower must face the field (d) at the instant the ball leaves the thrower's hands, some part of both feet must be on the ground, either on or outside the side line. If the thrown ball does not enter the field, the throw-in is retaken by the same team. The thrower may not touch the ball again until it has touched another player. An illegal throw results in the other team being rewarded a throw in.

Corner Kick: (aka Corners). A corner kick is a method of restarting play when the ball goes out of bounds over the end line (aka the "Goal Line") and was last touched by the defending team, the attacking team inbounds it from the nearest corner by kicking it in from the corner arc. Defenders must stay 6 yards back if U-8, 8 yards if U-10 & 10 yards back if U-12 or older. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick. The kicker may not play the ball a second time until it has touched another player.

Goal Kick: When the ball goes out of bounds over the end line & was last touched by the attacking team, it is put back into play by the defending team, who may place it anywhere within their Goal Box (including on the line) & then kick it. The kicked ball may not be touched again by anyone on either team until it clears the Penalty Box and the other team must stay outside the Penalty Box until the ball clears the Penalty Box.

Penalty Kick: A "penalty kick" or "PK", is awarded when a player commits any of the 10 "Direct Free Kick Fouls" within his own Penalty Box. On a PK, a player from the fouled team (the coach can choose who) gets a free shot at goal from the "Penalty Mark. All other players must stay outside the Penalty Box & the Penalty Box Arc until it is kicked. The goalkeeper must stay on the goal line until the ball is kicked, but he can move laterally along the line. The player taking the penalty kick may not play the ball a second time until it has touched another player.

Direct Kick: A type of "free kick" given after severe fouls (not within the penalty box) such as hitting or kicking. On a direct kick, a goal can be scored by kicking the ball into the goal without it first touching another player.

Indirect Kick: A type of "free kick" given after minor fouls such as obstruction. On an indirect kick, another player (on either team) must touch the ball before a goal can be scored. Question: "How do you know if a free kick is indirect?" Answer: "The referee will raise his arm above his head and leave it up until the ball is kicked. Indirect kicks can occur all over the field.

Off sides: To be in an "offside position", a player must be on the opponent's half of the field & closer to the opponent's goal line than both the ball & the 2nd to last defender. A player is not in an offside position if he is on his own half of the field, on throw-ins, goal kicks or even with the last defender or the last 2 defenders. The player must be involved in "active play" by either:

- gaining an advantage by being in an offside position, or
- interfering with play, or
- interfering with an opponent

For more detailed definitions of rules check out:
http://www.soccerhelp.com/Soccer_Tips_Dictionary_Terms_A.shtml