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Kids having fun

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Penalty Kick (Law 14)

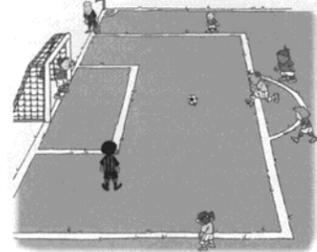
In order to understand how a penalty kick is awarded, you need to understand two of the other Laws of the Game : Law 1 "The Field of Play" and Law 12 "Fouls and Misconduct".

A penalty kick is awarded to an offensive team when the defensive team conducts a foul qualifying for a direct kick inside their own penalty area.

The penalty kick is taken from the Penalty Mark, and not the location where the foul was conducted.

When a penalty kick is awarded, all the players, except the defending team's goalie and the offensive team player who is going to take the kick have to be outside the penalty area and minimum 10 yards* away from the ball until the penalty kick has been taken.

There are some additional rules that apply for the penalty kick:



Penalty Kick

Goalie

The goalie must stay on the goal line (between the goal posts) and is allowed to move sideways only until the ball has been kicked. He is allowed to move body and arms (but not to distract shooter).

The Ball

The Ball must be kicked forward, and it is in play as soon as it has been kicked. The ball cannot be touched a second time by the player taking the penalty kick until the ball has touched a second player.

Players

Only the player who is taking the penalty kick and the goalie are allowed inside the penalty area until the ball has been kicked.

*The distance from the ball varies with age group: 8 yards for U9 and 10 yards for U12 and higher.

Penalty Kicks are not used in U5 and U7. A direct kick from where the foul was conducted is used instead, however it is kept outside the goal area.

Offside (Law 11)

Offside is actually an easy law. It appears more complicated than it is.

There are two things that have to happen in order for a player to be called for offside. First, the player called has to be in an offside position (being in an offside position is not by itself a foul). Second, someone has to play the ball to that player.

Offside Position

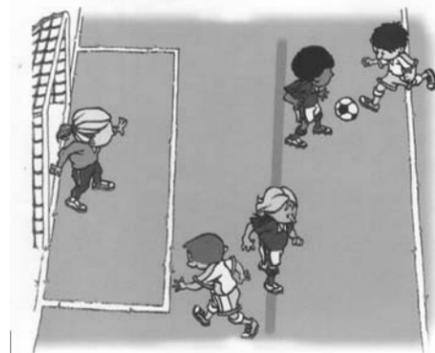
The following has to happen for a player to be in an offside position:

- The player has to be closer to the opponents goal than the ball; and
- The player is not on his own half of the field; and
- The player is closer to the opponents goal than at least two opponents (though the goalie is typically one of these opponents, the goalie does not need to be one of them)

Punishable Offside

If a player is in an offside position, the player can only be punished for it if:

- The ball is played in the direction of the player by one of the players team members and the player is:
 - Interfering with the play (engaged in the game or continues to play) or;



"Offside Position"

- Interfering with an opponent (like standing in front of the goalie and obstructing his view) or;
- Gained an advantage from being in that position (If a team member takes a shot on the goal and the ball hits the post or goalie and bounces back to the player in offside position)

Offside is called when the ball is played, not when the ball is received, and it is punished with an indirect kick to the defending team.

The first player who receives the ball directly from one of the following three ways of setting the ball back into play is exempt from the offside rule (cannot be punished for being in an offside position):

- Goal Kick
- Corner Kick
- Throw-In



S.A.Y. Soccer Rules

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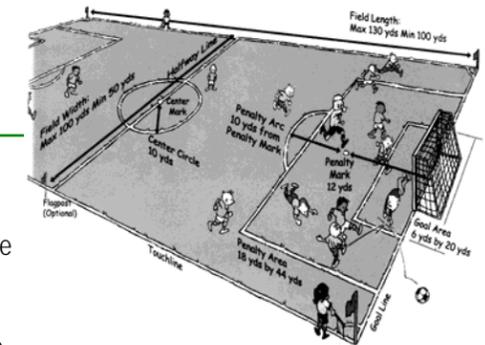
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Introduction

Soccer is a sport ruled by an organization called Federation Internationale de Football Association (FIFA). Every year FIFA issues international rules for soccer called "Laws of the Game". These rules are today the baseline for all soccer played around the world. The United States Soccer Federation, Inc. (USSF), National Collegiate Athletic Association (NCAA), the Federation of State High School Associations and the Soccer Association for Youth (SAY) all publish their own "Laws of the Game" in the USA. There are 17 formal rules, covering from "The

Field of Play" to "The Corner Kick".

In this brief pamphlet, we would like to just highlight some of the more important rules of the game as they apply to the young players at SAY soccer. The rules are not following the order outlined in the established "Rules of the Game", and they are extracted from the SAY 2009-2010 "Rules and Laws".



"The Field of Play"

Area" there is a circle keeping the players 10 yards away from the "Center Mark" and "Penalty Mark".

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The Field of Play (Law 1)

The field of play is always rectangular, and it varies in size by the age group of the players. The field is confined by two "Touch Lines" and two "Goal Lines" and is split in two by a "Halfway Line". Each Goal is surrounded by two areas, 1) the "Goal Area" (where the ball is placed for a goal kick and 2) the "Penalty Area" identifying the

limits of where the goalie can touch the ball with the hands and where a penalty kick offence can be created. Within the penalty area is the "Penalty Mark". At the corners of the field there are "Corner Arches". At the "Halfway Line" and "Penalty

S.A.Y Soccer is about:

- * Kids having fun
- * Safe Environment
- * Teach Soccer fundamentals & teamwork Soccer
- * Our success will be measured by the above & by our improvement, not by wins & losses.

Players Equipment (Law 4)

Safety

The most important aspect of soccer is safety. A player is not allowed to use any equipment or wear anything which is dangerous to himself or others (Including any jewelry).

Equipment

The basic equipment required for soccer is: a jersey or shirt, shorts (or long pants—not jeans) suitable for soccer, long stockings, shinguards, and footwear. In cold weather, warm clothing can be worn under the uniform.

Notes

- Shinguards shall be worn under socks
- A player must remove all jewelry
- Footwear does not have to be cleats, but should be suitable for soccer
- No gum or other items in the mouth allowed.

* A copy of the full FIFA "Laws of the Game" can be found at (http://www.fifa.com/mm/document/affederation/federation/laws_of_the_game_0708_10565.pdf)

Ball in and out of Play (out of "Bounce") (Law 9)

When is the ball out of "bounce"? When the entire ball has passed either the side lines or the goal lines.

Throw-In

A throw-in is performed when the ball has passed the side lines. A player from the team who did not pass the ball over the side line will throw the ball into play (Over the head with both hands on the ball and both feet on the ground, on or behind the side line).

Goal Kick

A goal kick is awarded when an attacker plays the ball over the other teams goal

line (outside the goal). Ball is put back into play by a defending player (does not have to be the goalie) putting the ball on the ground inside the goal area (anywhere within the goal area) and kicks it out.

Corner Kick

A corner kick is awarded when a defending player plays the ball over his own goal line (outside the goal). Ball is put back in play by an attacking player kicking the ball from the corner arc. (There is no offside on a corner kick, and yes, you can score a goal directly).

Kick-off

Kick-off is used to set the ball in play at the beginning of the game, after a break or after someone scores a goal. A goal is scored when the entire ball passes the goal line within the boundary of the goal on either side of the field. Ball is put into play by one of the players from the team who had the goal scored against them kicking the ball over the halfway line.

Common for all of the above is that the same player who put the ball into play cannot touch it a second time until the ball has touched another player (on either team).

Handball (Part of Law 12)

Handball or "handling the ball" is the "foul" which is talked about most and is typically most misunderstood.

Definition

Handball is defined as "handling the ball deliberately"... with the hand, underarm, elbow, upper arm or lower shoulder".

Handball is defined as "handling the ball deliberately"

Explanation

Another way of looking at it is: "If the hand seeks the ball, it is "handball", whereas if the ball seeks the hand it is not."

If a person is hit by the ball in the arm while keeping his arms by his side in a "natural position", that is not hand ball. On the other hand, if a player uses his hand (or arm) to gain advantage of the play (except the goal keeper) or if a player

is hit by the ball in his hand (or arm) while his hand is not in a "natural position", then it is "handball".

A "natural position" of your hand (arm) is along the side of your body.



The Referee (Law 5)

"The Referee" is actually one of the laws of soccer. The most important thing to remember about a referee is "the referee is only human". Many times the referee is a volunteer, such as a coach, a parent or even a player. They make mistakes, just like any of



"The Referee is always right, even when he/she is wrong"

us.

Please teach your kids (and parents) to respect the referee, and appreciate their contribution to the game.

However, "the Referee is always right, even when he/she is wrong". That's why it is important to teach your

players to continue to play until the "whistle" has sound.

A good referee will coach the players (on soccer rules) during the play. Many times the players are not aware of the rules, or do not understand them. Friendly explanations can enhance the relationship between the referee and the players and promote fair play.

Fouls and Misconduct (Law 12) + Free Kicks (Law 13)

There are many acts and attitudes which can distract from the enjoyment of playing soccer.

Fouls

Fouls cause either a direct or an indirect kick. A direct kick is typically awarded from a *personal foul*, whereas an indirect kick is awarded from a *technical foul*. A direct kick can be shot directly into a goal without any second player touching the ball, whereas an indirect kick must touch a second player before it can enter a goal. (The referee will typically hold one arm straight up to identify an indirect kick).

Personal Fouls

The following offenses are punished with a direct kick :

- Kicking or attempting to kick an opponent
- Tripping or intends to trip an opponent
- Jumping an opponent
- Slide tackles from the rear
- Charging an opponent
- Striking or attempting to strike an opponent
- Pushing an opponent
- Tackling an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- holding an opponent
- spitting at/on an opponent
- handling the ball (handball) deliberately (except for the goalkeeper within his own penalty area)

Technical Fouls

Technical fouls are as follows:

- Goalie takes more than six seconds while controlling the ball with his hands before releasing it from his possession
- Goalie touches the ball again with his hands after it has been released from

his possession and has not touched any other player

- Goalie touches the ball with his hands after it has been deliberately kicked to him by a team-mate
- Goalie touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate
- A player plays in a dangerous manner ("dangerous play")
- A player impedes the progress of an opponent
- A player prevents the goalkeeper from releasing the ball from his hands
- A player commits any other offence, not previously mentioned for which play is stopped to caution or dismiss a player

- Punishable Offside

Misconducts

The following offenses qualify for a "caution" (yellow card):

1. Player is guilty of unsporting behavior
2. Player shows dissent by word or action
3. Player persistently infringes the Laws of the Game (creating fouls over and over again)
4. Player delays the restart of play (by throwing the ball away, etc.)
5. Player fails to respect the required distance when play is restarted with a corner kick, free kick or throw-in
6. Player enters or re-enters the field of play without the referee's permission (Not implemented by SAY soccer)
7. Player deliberately leaves the field of play without the referee's permission (Not implemented by SAY soccer)



"Caution" (Yellow Card)

The following offenses qualify for "sending-off" (red card):

1. Player is guilty of serious foul play
2. Player is guilty of violent conduct
3. Player spits at an opponent or any other person

4. Player denies the opposing team a goal or an obvious goalscoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
5. Player denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
6. Player uses offensive or insulting or abusive language and/or gestures
7. Player receives a second caution in the same match. The second "caution" becomes a "sending-off" (red card).

At SAY soccer, "dangerous play" is the only way to commit a foul against a player on one's own team. Other offences, such as striking, kicking, tripping or directly abusive language are not fouls if committed against a team mate. These acts can only be punished as unsporting behaviour, with a caution or send-off and an indirect kick for the opposing team.

It is strongly encouraged to teach the players positive behaviour. Offensive, insulting or abusive language from any player against another player, the referee or a spectator should be punished with a "sending-off". Coaches and parents should also refrain from foul language.

Play safe and play fair. Unsporty behavior should be punished.