

# Soccer Handout

## Players

A match is played by two teams, each consisting of not more than eleven players, one of whom is the goalkeeper.

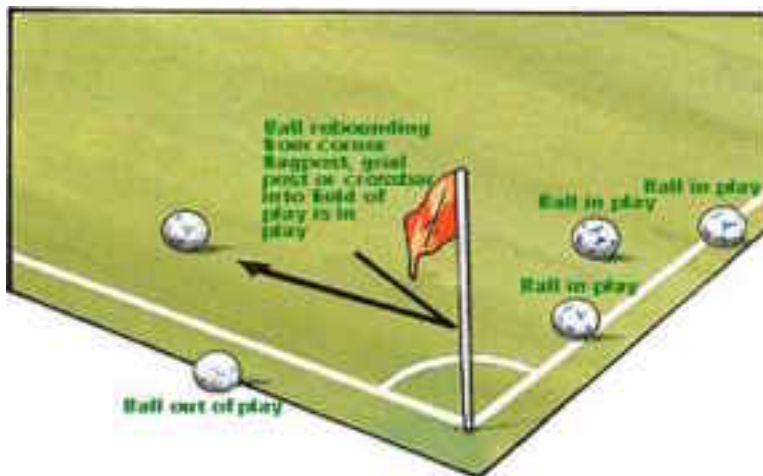
## Periods of Play

The match lasts two equal periods of 45 minutes. The half-time interval must not be more than 15 minutes. Time lost during a game is at the choice of the referee and is added on at the end of each half

**Kick-off** ---A kick-off is a way of starting or restarting play:

- at the start of the match
- after a goal has been scored
- at the start of the second half of the match

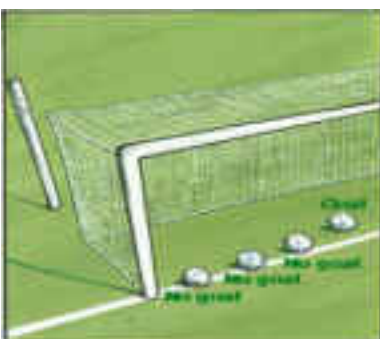
*A goal may be scored directly from the kick-off.*



**The Throw-In**---A throw-in is a method of restarting play after the ball has crossed the sideline. The ball must be thrown with two hands from behind and above the head and the player must keep their feet on the ground. A player cannot score from a throw in.

**The Goal Kick**---A goal kick is a method of restarting play for the defending team and occurs when the ball has crossed the goal line after it last touched the attacking team. The kick is taken from inside the penalty box and the ball must leave the penalty box to be in play. A goal may be scored directly from a goal kick.

**The Corner Kick**--- A corner is a method of restarting play for the attacking team and occurs when the ball has crossed the goal line after it last touched the defending team. A goal may be scored directly from a corner kick.



## Goal Scored

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar.

## **Fouls and misconduct are penalized as follows:**

### **Direct Free Kick**

A direct free kick is awarded to the opposing team if a player commits ANY of the following six offences:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following four offences:

- tackles an opponent to get the ball, making contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area)

A direct free kick is taken from where the offence occurred, a player is allowed to score from the kick

### **Penalty Kick**

A penalty kick is awarded if any of the above ten offences is made by a player inside their own penalty area, no matter where the ball is, provided it is in play.

### **Indirect Free Kick**

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offences:

- takes more than six seconds while controlling the ball with his hands, before letting it go.
- touches the ball again with his hands after he has let it go and it has not touched any other player
- touches the ball with his hands after it has been deliberately kicked to him by a team-mate
- touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee, commits any of the following three offences:

- dangerous play
- obstruction
- prevents the goalkeeper from releasing the ball from his hands

The indirect free kick is taken from where the offence occurred but a player cannot score, the referee signals an indirect free kick by raising their arm whilst the kick is taken.