

Soccer Rules Q & A

- **What is the difference between offense and defense?**
 - A team is on offense (attack) when they have possession of the ball.
 - A team is on defense when they do not have possession of the ball.
- **What is a kick off?**
 - This is how the game begins and how play is restarted after a goal is scored!
 - All players, except the kicker, must be on their own half of the field.
 - A kick off is a DIRECT kick and may go directly into opponent's goal.
 - If the ball goes into the kicker's goal, the restart is a corner kick for the opposing team.
 - A kick off is in play when it is kicked and clearly moves. It can be moved forwards or backwards.
 - If the player taking the kick off touches the ball again before it has touched another player, an indirect free kick is awarded to the opposing team.
- **What is a corner kick?**
 - A corner kick occurs when the defending team kicks the ball over their own end line (not resulting in a goal).
 - A corner kick is a DIRECT kick and may go directly into opponent's goal.
- **What is a goal kick?**
 - A goal kick is awarded to the defending team when the attacking team kicks the ball over the defending team's end line.
 - A goal kick is a DIRECT kick.
 - Opponents must be outside the *penalty area until the ball is in play.
- **What is a throw-in?**
 - Occurs when the attacking team kicks the ball over the side lines. The whole of the ball must cross the line. The opposing team takes the throw-in. The player taking the throw must keep both feet on the ground (one foot may drag) and two hands on the ball. The ball must go behind and then over the thrower's head.
 - A goal cannot be scored directly from a throw-in.
 - Thrower cannot touch the ball again until it has been touched by another player.
 - If the thrower touches the ball again, before it touches another player, the restart is an indirect kick for the opposing team.
- **What is the pass back rule?**
 - If an attacking player passes the ball to their goalie, the goalie must use their feet. In other words, the goalie becomes a field player. If the goalie uses their hands when a teammate passes them the ball the result is a handball.
 - Restart is an INDIRECT free kick for the opposing team where the goalie touched the ball with their hands.

Soccer Rules Q & A Continued

- **What is a foul?**

- Kicking or attempting to kick an opponent
- Tripping or attempting to trip an opponent
- Jumping / Charging at an opponent
- Striking or attempting to strike an opponent
- Pushing / Tackling an opponent
- Holding an opponent
- Bite or spits at an opponent
- Using your hands on the ball deliberately (except for the goalie in their own penalty area)
 - Not every touch of a player's hand/arm with the ball is an offence.



Indirect free kick



Direct free kick

- **What is a DIRECT free kick?**

- Awarded if a player commits a foul against an opponent in a manner considered by the referee to be careless, reckless, or with excessive force,
- A direct kick can be scored directly in opponent's goal.

Due to the sizing of the field used during winter league (17 x 30 yards), the Naperville Yard awards all free kicks as indirect kicks.

- **What is an INDIRECT free kick?**

- An indirect free kick means the ball cannot be scored directly into the goal. Someone else on the field (teammate or opponent) must touch the ball first.
- Awarded if a player
 - Plays in a dangerous manner
 - Uses inappropriate language
 - Prevents the goalie from releasing the ball
 - Impedes progress of an opponent without any contact being made
 - ****A player under the age of 11 commits a purposeful header****
- Awarded if a goalie, inside their own penalty area,
 - Controls the ball with their hand/arm for more than 6 seconds before releasing the ball.
 - Touches the ball with their hand/arm after releasing in; Goalie cannot put the ball down and pick it up again.
 - Touches the ball with their hand/arm after it has been deliberately kicked to the goalie by a teammate.
 - Touches the ball with their hand/arm after receiving it directly from a throw-in by a teammate.

- **What is a Penalty Kick?**

- Awarded if a player commits a direct free kick offense **INSIDE** their penalty area.
- A Penalty Kick, or PK, is a **DIRECT** free kick and may be scored directly into the goal.
- Only the goalie and the kicker taking the PK may be inside the penalty area.

Soccer Rules Q & A Continued

- **What is the difference between a yellow and red card? What is a blue card?**
 - The referee determines if a foul is careless, reckless, or excessive.
 - Yellow card: Reckless foul
 - 2 yellow cards = 1 red card
 - Red card: Excessive foul
 - Player is ejected from the game and the following game.
 - A blue card is used during indoor play. It requires the player to sit out for 2 minutes. The team of the player who committed the foul will play down 1 field player until the player is allowed to return to the game.
 - Two blue cards = 1 yellow card

- **When is the ball considered out of play?**
 - When the whole of the ball crosses the endline or touchline while in the air or on the ground.

- **What is the Build Out Line?**
 - Used in 7v7 matches; u9 & u10.
 - Halfway between the half-line and the top of the penalty area.
 - **Naperville Yard may utilize this ruling for teams, in any age group, who struggle to get the ball out of the back during goalkeeper releases and goal kicks.**
 - When the goalkeeper has the ball in their hands, the opposing team must move behind the build out line until the ball is put into play.
 - After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.
 - The goalkeeper does not have to wait until the opposing team moves beyond the build out line to before playing the ball. However, as soon as the ball is released by the goalkeeper, the opposing team may advance forward
 - The opposing team must also move behind the build out line prior to a goal kick and may cross the line once the ball has left the penalty area.
 - The build out line also helps 7v7 players learn offside.