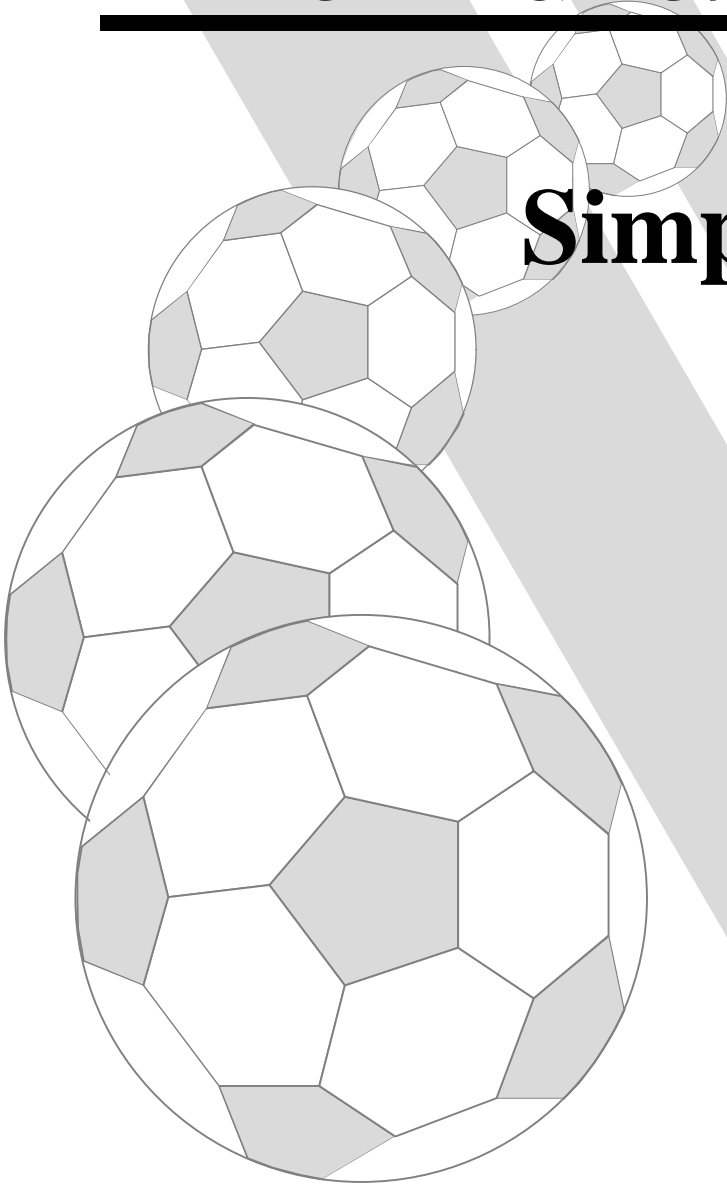


The Rules of Soccer

Simplified



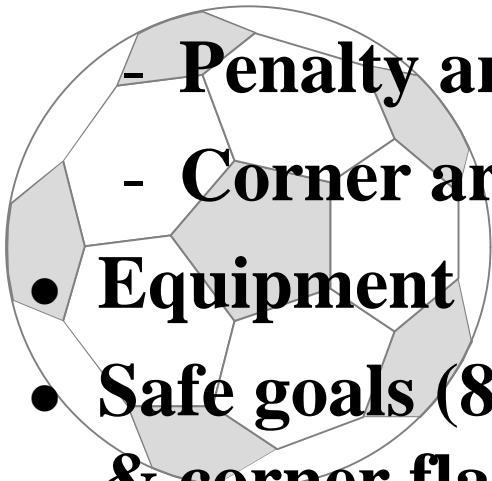
The Rules of Soccer Simplified

Clinic Objectives

- **Understand 17 Laws of FIFA**
- **Learn basic referee duties**
- **Learn basic assistant referee, linesman duties.**
- **Fair Play**
- **Sportsmanship is #1 Priority**
- **Always remember “It’s their game”**
- **Keep it Safe, Simple, & Fun!**

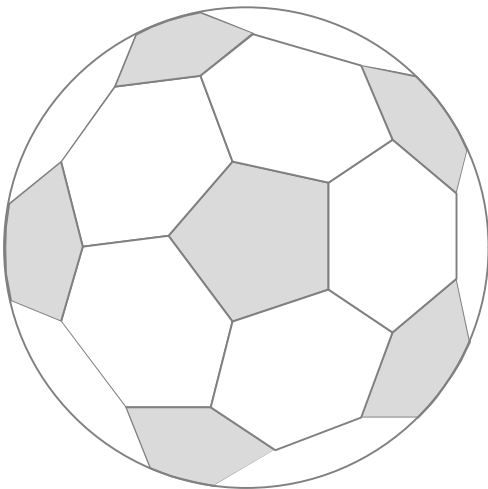
Law I The Field of Play

- **Rectangular**
 - **Goal line & Touch line**
 - **Halfway line**
- **Areas**
 - **Penalty area - 18 yard line**
 - **Goal area - 6 yard line**
 - **Center circle - 10 yard arc**
- **Markings**
 - **Penalty mark - 12 yards**
 - **Penalty arc - 10 yards**
 - **Corner arc - 1 yard**
- **Equipment**
- **Safe goals (8ft high x 8yds wide), nets, & corner flags**

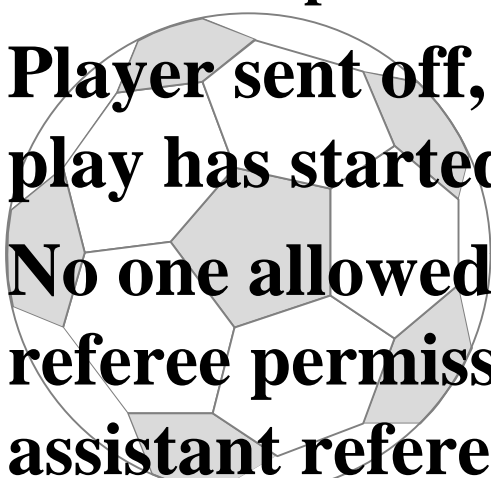


Law II The Ball

- **Spherical**
- **Size 5 = 27-28 inch circumference**
- **Pressure = 8.5 -15.6 psi (.6 - 1.1 bar)**
- **Safe**
 - **No tears, protrusions, etc.**
- **Size 4 and 3 for younger ages**



Law III Number of Players

- **Minimum of 7, maximum of 11**
 - **Must have designated goalkeeper**
 - **Different jersey**
 - **Substitutions**
 - **Only while ball is out of play (dead ball)**
 - **On any goal kick or after any score**
 - **Own throw in or injury**
 - **Must wait for referee signal**
 - **Should enter @ halfway line after player has cleared the field of play.**
 - **Goalkeeper change must report to referee**
 - **Player sent off, ejected, or red carded (once play has started) can not be substituted for.**
 - **No one allowed on field of play without referee permission, except players and assistant referees.**
- 

Law IV Players' Equipment

- **The 5 S's of Compulsory Equipment**
 - **Shirt (Jersey)**
 - **Shorts**
 - **Stockings (must be over shinguards)**
 - **Shinguards (safe and appropriate)**
 - **Shoes**
- **“Player shall not wear anything that is dangerous to another player”**
- **No jewelry or hard brimmed hats.**
- **Streetglasses (check league rules)**
- **Goalkeeper must be different color**
- **If thermal undershorts (sliders) are worn, must be same main color as shorts**



Law V Referees

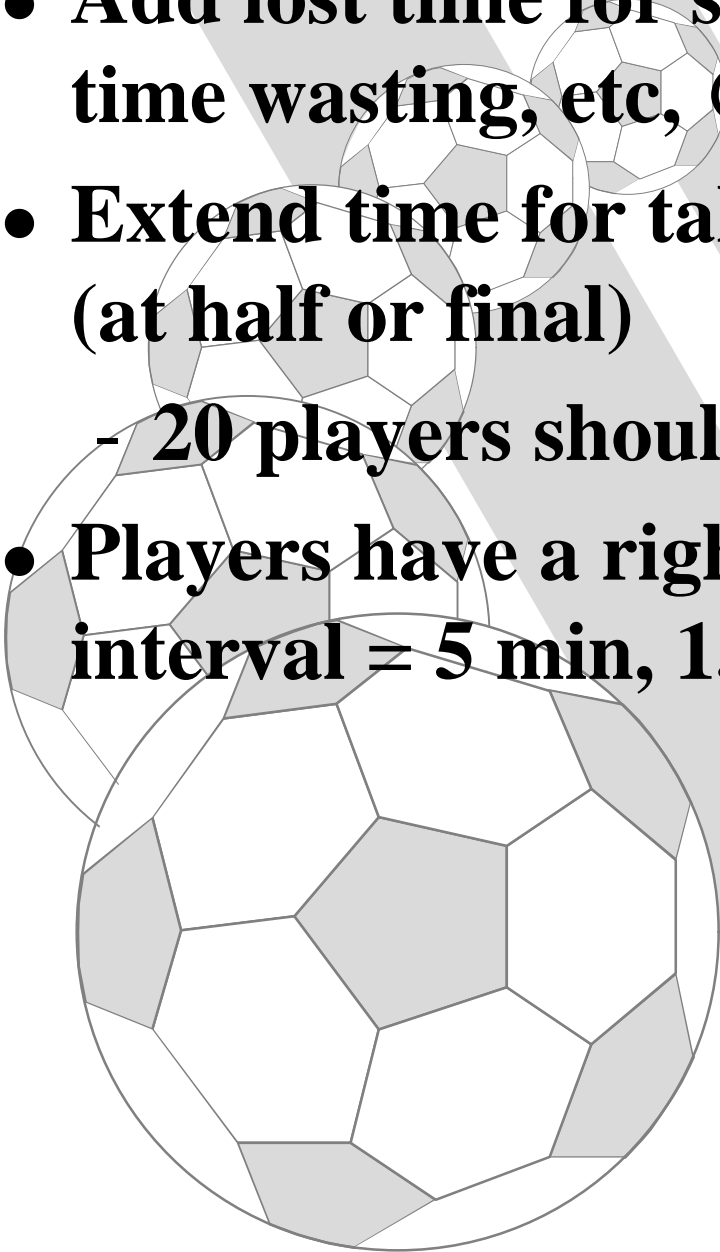
- **Player safety is primary concern.**
- **Enforce the laws, fair play, decisions are final.**
- **May change his mind, provided play has not restarted.**
- **Apply advantage or “play on”, so that fouled team does not lose advantage. “allow play to continue when the fouled team will benefit from such an advantage and penalise the original offence if the anticipated advantage does not occur”.**
- **“take action against team officials who fail to conduct themselves in a responsible manner and may at his discretion, expel them from the field of play and its immediate surrounding”**
- **Avoid constant whistling for trifling or doubtful breaches of the laws.**
- **Any player bleeding must leave field for treatment.**
- **Keep time and record game.**
 - **Teams, captains, play direction, scores, player cards (yellow & red)**
- **Equipment includes flipping coin, paper & pencil, whistle, watch, and red/yellow cards.**

Law VI Assistant Referees

- **Ball in or out of play**
- **Throw in**
 - > Flag up @ 45 deg. in direction of throw (team with possession)
- **Corner kick -**
 - > Flag down @ 45 deg, towards flag.
- **Goal kick**
 - > Flag horizontal towards goal area.
- **Substitution**
 - > Flag over head until recognized, then @ side & “clipped” until player clears field.
- **Offside**
 - > Flag straight up until recognized, then far (up@45), or middle (horz), or near (down@45)
- **Assist referee with fouls & misconduct in linesman field quadrant.**

Law VII Duration of the Match

- **Two equal halves**
- **Add lost time for substitutions, injuries, time wasting, etc, @ referee discretion.**
- **Extend time for taking of a penalty kick (at half or final)**
 - **20 players should leave field**
- **Players have a right to a half time interval = 5 min, 15 max**



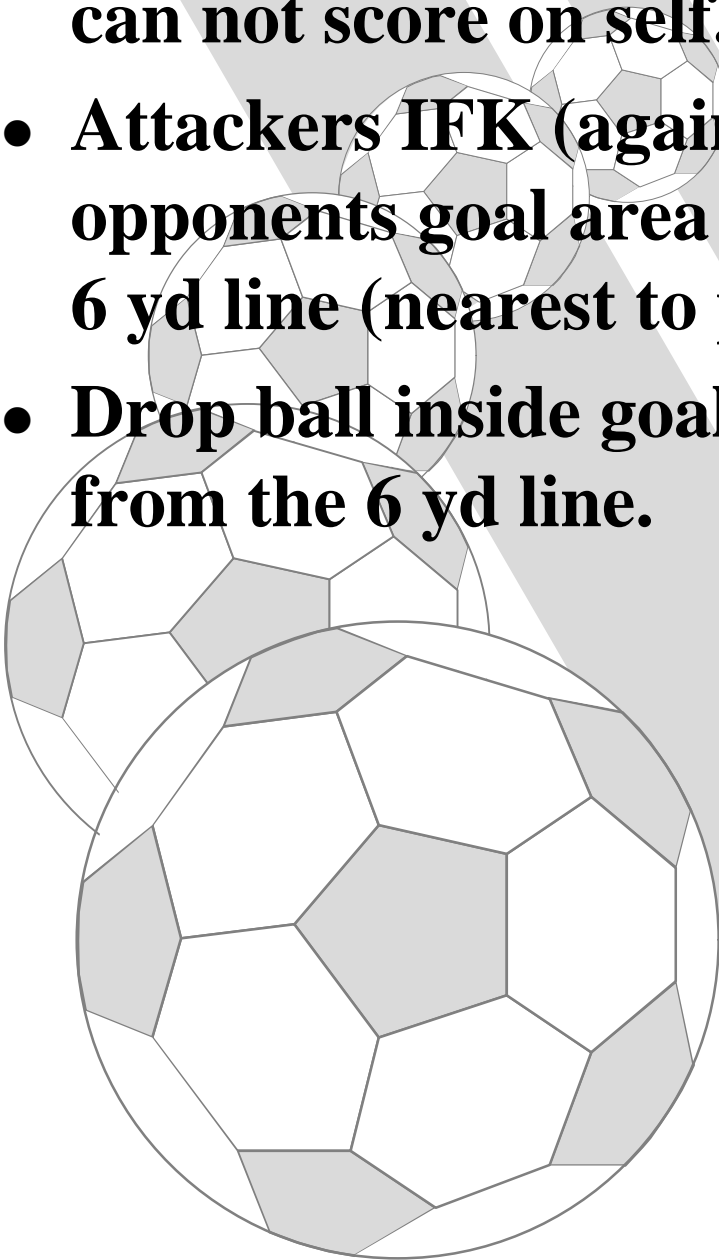
Law VIII The Start & Restart of Play

- **Coin toss, team winning picks goal to attack, other team kicks off.**
- **Kick off**
 - **When: 1st and 2nd half start, after goal scores.**
 - **All players in own half.**
 - **Opposing team 10 yds from ball.**
 - **Ball in play when kicked and moves forward, no 2nd touch by kicker.**
 - **Clock starts when kicked (not whistle).**
 - **Goal may be scored direct from kick-off.**
- **Drop Ball**
 - **When: Injuries, ref stops, don't know**
 - **How: Ball must hit ground prior to player touch.**

Start & Restart - cont.

Special Circumstances

- **Defenders free kick from inside own goal area is taken from any point within the goal area. Ball must travel outside penalty area, can not score on self.**
- **Attackers IFK (against defense) inside opponents goal area must be taken from the 6 yd line (nearest to point of foul).**
- **Drop ball inside goal area must be taken from the 6 yd line.**



Law IX Ball in and out of Play

- **Out of play when:**

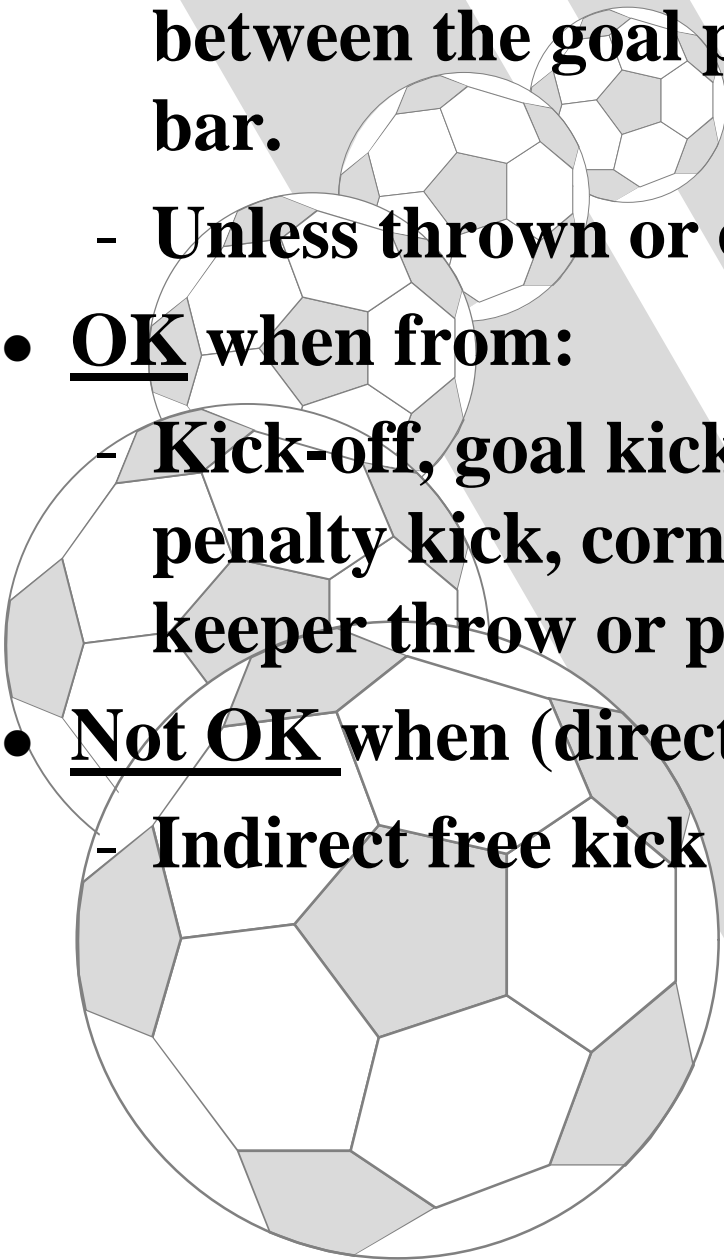
- “ The whole of the ball over the whole of the line, on the ground or in the air.”

- **In play when:**

- **Rebounds from goal post, cross bar, corner flag, referee, or linesman (if in field of play)**
- **Until whistle is blown (unless obvious)**
- **Lines belong to the areas which they mark**

Law X Method of Scoring

- **Goal is scored when:**
 - **Whole of the ball over the whole of the goal line, on the ground or in the air, between the goal posts and under the cross bar.**
 - **Unless thrown or carried by attacker**
- **OK when from:**
 - **Kick-off, goal kick, direct free kick (DFK), penalty kick, corner kick, drop ball, goal keeper throw or punt or dropkick.**
- **Not OK when (directly) from:**
 - **Indirect free kick (IFK) or throw-in.**



Law XI Off-side

- It is not against the rule to be in a offside position.
- It is against the rule to be offside.
 - Penalised with IFK
- **Offside is “position & participation”**
 - 1. Position: “be nearer to his opponents goal line than both the ball and the second last opponent”**
 - » **Ahead of ball**
 - » **In opponent’s half of field**
 - » **There are fewer than 2 opponents ahead of him**
 - Even or level with opponent counts as “ahead”
 - 2. Participation:**
 - » **Interfering with play**
 - » **Interfering with an opponent**
 - » **Gaining an advantage by being in that position**
- **Player can not be offside when receiving ball directly from a goal-kick, corner-kick, or throw-in.**
- **Even or level is on (side)**
- ***Offside position* is judged @ the moment ball is played by a teammate, listen for the kick. Offside is called when participation occurs (may be few moments after the kick/pass is made).**

Law XII Fouls and Misconduct

- **10 Direct free kick (DFK), or penal fouls**
4 hand, 3 feet, 2 body, 1 mouth

→ *1 Strike or attempt to strike

→ *2 Push

4

→ 3 Hold

→ 4 Handling the ball deliberately

→ *5 Kick or attempt to kick

→ *6 Trip or attempt to trip

3

→ *7 Jump at an opponent

→ *8 Charge

2

→ 9 When tackling, makes contact with opponent prior to ball

→ 10 Spitting

- * Committed in manner considered to be careless, reckless, or using excessive (disproportionate) force.
- Penalized with a direct free kick (DFK), referee signals direction with arm raised @ 45, can score direct. Ball must be stationary.
- If committed by defender inside penalty area, then penalty kick (PK).

Law XII Fouls - cont.

- **8 Indirect free kick (IFK) or non-penal fouls** (referee arm straight up until 2nd touch)
 - 1. Dangerous play**
 - 2. Obstruction: impeding an opponent, away from the ball**
 - 3. Prevents the goalkeeper from releasing the ball from his hands.**
 - 5-8. Goalkeeper actions: 6 seconds to release the ball, double possession, deliberate passback (by feet), throw-in to keepers hands, or time wasting.**
- **Penalized with a IFK**
 - **Goal can not be scored direct, ball must be stationary.**
 - **IFK against defense inside goal area must be taken from 6 yard line.**
- **Referee raises hand straight up until ball is touched 2nd time.**

Law XII Misconduct - cont.

- **7 Cautions (yellow card):**
 - 1. Unsporting behavior** **UB**
 - 2. Dissent (by word or action)** **DT**
 - 3. Persistent infringement of the laws** **PI**
 - 4. Delays the restart of play (time wasting)** **DR**
 - 5. Fails to respect the required distance at restart of play (encroachment)** **FD**
 - 6. Enters or re-enters the field of play without the referee's permission** **E**
 - 7. Deliberately leaves the field of play without referee's permission** **L**
- **Typical restart is IFK from point of foul, unless DFK offense was committed**
- **A verbal discussion or warning can assist in “man management”**

Law XII Misconduct - cont.

- **7 Send offs (red card):**

- 1. Serious foul play**

SFP

- » Against an opponent (only)
- » Competing for the ball, in play
- » Careless, reckless, or disproportionate force
- » Typically a DFK restart from spot of foul, or PK
- » Ex: Violent slide tackle, cleats high & showing, deliberate hard/rough charge

- 2. Violent conduct**

VC

- » Towards an opponent, away from play
- » Also against referee, linesman, spectator, teammate, etc
- » Ball in or out of play
- » Typically an IFK or drop ball restart
- » Ex: Strike, kick, etc.

- 3. Spits at opponent or any other person**

S

- 4. Denies an opponent a goal or goal scoring opportunity by deliberately handling the ball**

DGH

- 5. Denies an obvious goal scoring opportunity to an opponent moving towards the players goal.**

DGF

- 6. Offensive, insulting, or abusive language**

AL

- 7. Second caution**

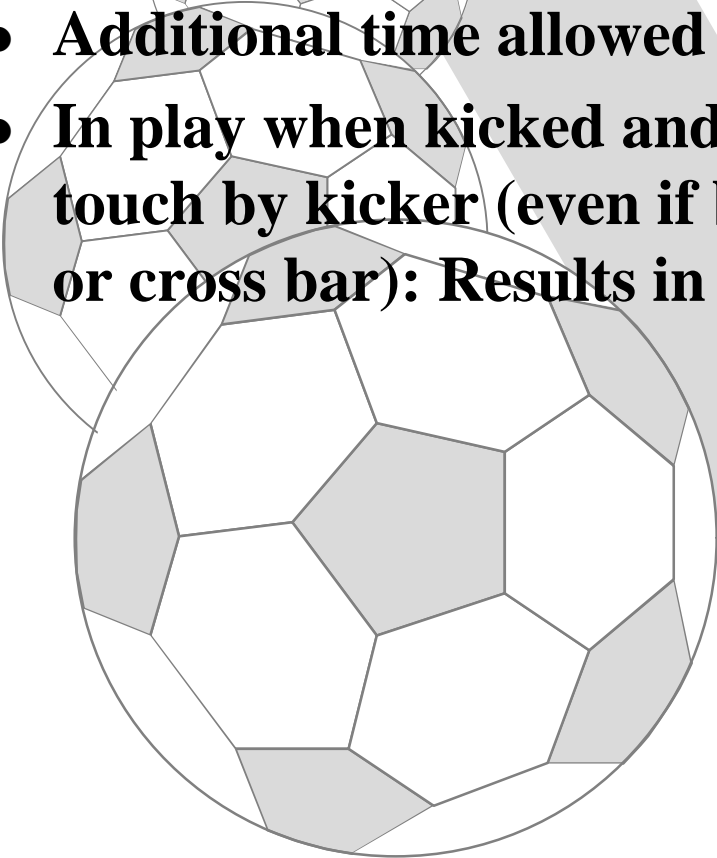
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Law XIII Free Kicks

- **Direct (DFK) and Indirect (IFK)**
 - **IFK = ball must touch any other player before goal**
 - **take whenever kicker is ready (except PK)**
 - » **If kicker asks for 10 yds, must wait for whistle to restart**
 - **ball must be stationary**
 - **no 2nd touch by kicker**
 - **in play when ball moves (unless noted)**
 - **opposing players must be 10 yds from ball when the free kick is taken (unless noted)**
- **If free kick from within own Penalty Area, opponents 10 yds & outside PA, ball must travel outside of PA before it is in play. No DFK or IFK into own goal, results in corner kick.**
- **IFK to attacking team inside Goal Area is taken on 6 yd line parallel to point of foul that occurred inside GA**
 - **opposing defenders must be standing on goal line between the posts, or 10 yds from the ball**
- **Infringements**
 - **Encroachment = Retake the kick (possibly caution)**
 - **If defending FK does not travel outside PA = retake**
 - **2nd touch by kicker = IFK to opposing team**

Law XIV Penalty Kick

- **PK occurs when defender commits DFK foul from inside own penalty area while ball in play.**
- **Elements**
 - **Ball placed on the penalty mark**
 - **ALL other players outside PA, 10 yds away, & behind the ball.**
 - » **No offside is possible**
 - **Goalkeeper remains on the goal line and can move along line, until kicked (not on whistle)**
 - **Referee should signal with whistle**
- **Additional time allowed for PK at end of halves**
- **In play when kicked and moves forward, no second touch by kicker (even if bounce back from goal posts or cross bar): Results in IFK to other team**



Law XV Throw-in

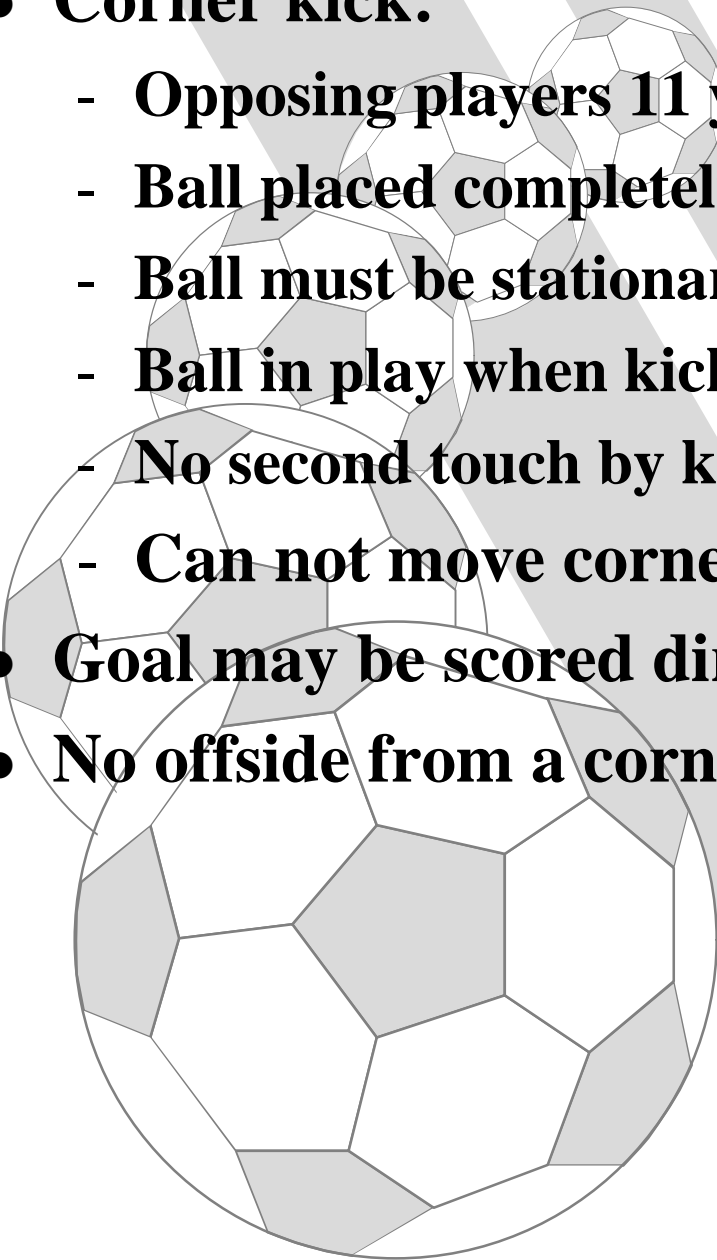
- **When the “whole of the ball passes over the whole of the touch line, either on the ground or in the air”, the opponents take a throw in from point where ball crossed the line.**
- **Thrower must (at moment of delivering ball):**
 - **face the field of play.**
 - **have both feet on ground, behind or on touch line.**
 - **use both hands to deliver ball from behind and over his head.**
- **Ball in play when it enters field of play or any part of the ball touches line. If ball not into play, retake the throw.**
- **Can not score direct from throw in.**
- **Infringements:**
 - **Thrower can not play ball a second time (IFK to opposing team)**
 - **Opponent can not unfairly distract or impede the thrower: Results in caution for UB (yellow card)**
 - **Improper throw in turns over to other team for an opposing throw in.**
 - **If throw in directly to goalkeeper: IFK to opposing team inside PA**

Law XVI Goal Kick

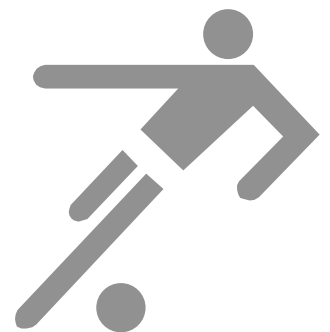
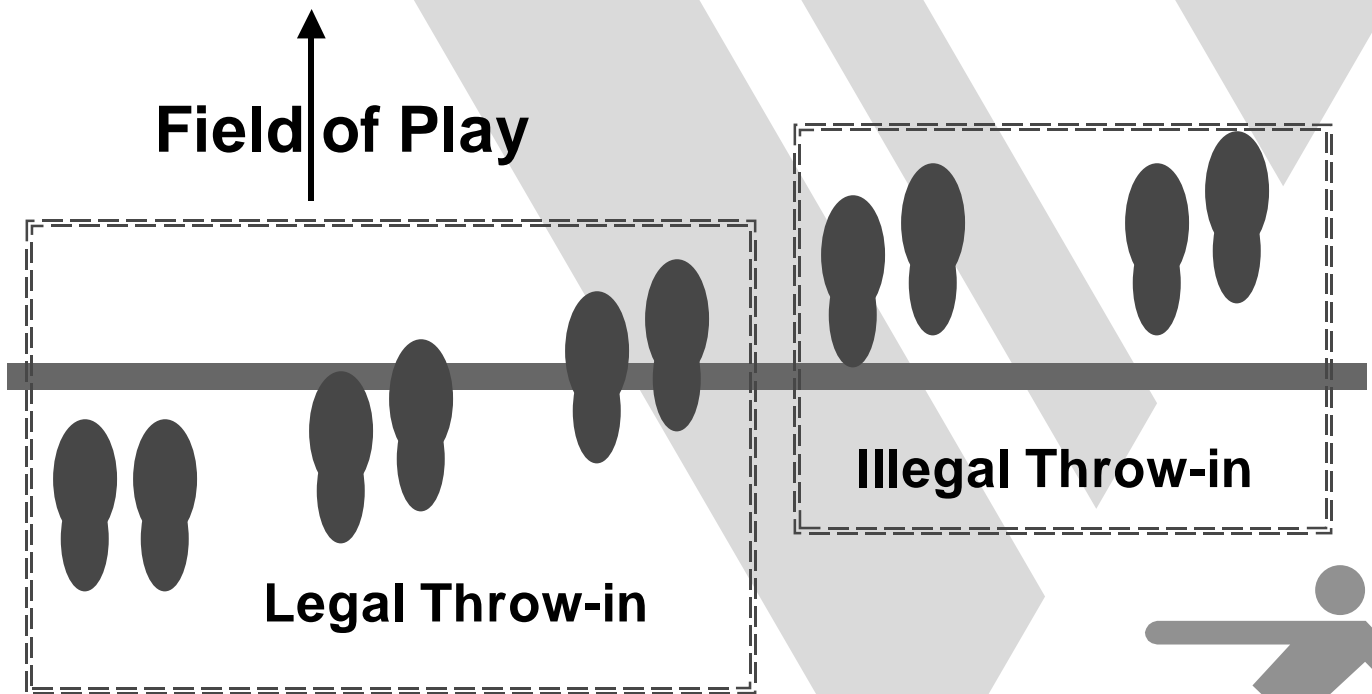
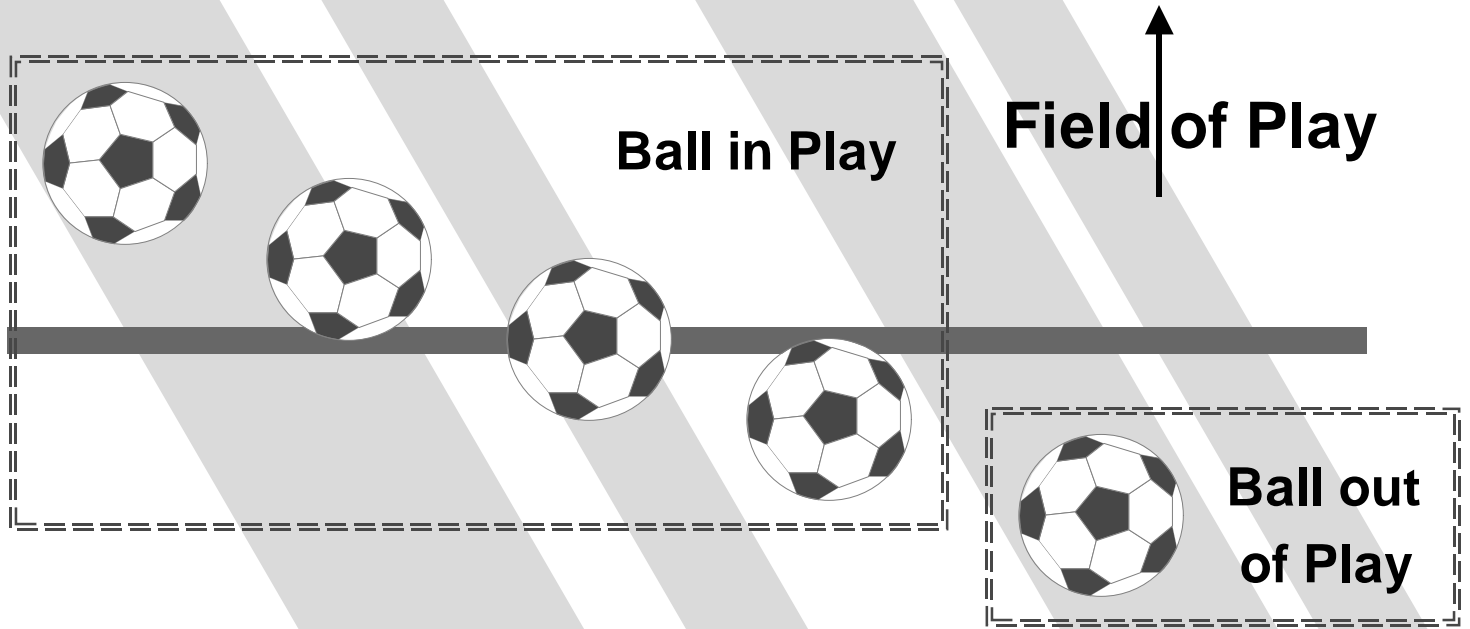
- **When the whole of the ball passes over the whole of the goal line, on the ground or in the air, when last touched by attacker, the defending team takes a goal kick.**
- **Goal kick:**
 - **Opposing players outside penalty area.**
 - » **Teammates can be inside penalty area.**
 - **Take from *anywhere* within goal area.**
 - **Ball must travel outside penalty area for proper restart. Retake if necessary.**
 - **Ball stationary. No second touch by kicker.**
 - **Goalkeeper can not receive ball directly into hands.**
- **Kicker can not score against own team, retake.**
- **Goal may be scored direct from a goal kick**
- **No offside from a goal kick.**

Law XVII Corner Kick

- **When the whole of the ball passes over the whole of the goal line, on the ground or in the air, when last touched by defender, the attacking team takes a corner kick.**
- **Corner kick:**
 - **Opposing players 11 yds from corner.**
 - **Ball placed completely inside corner arc.**
 - **Ball must be stationary**
 - **Ball in play when kicked and moved**
 - **No second touch by kicker (then IFK)**
 - **Can not move corner flag**
- **Goal may be scored direct from a corner kick.**
- **No offside from a corner kick.**



Soccer Diagrams



Referee & Assistant Referee Positioning Diagonal System of Control

