

Soccer Review

Milford Middle School Physical Education

Rules:

Players –

11 players/team on the field at one time.

Goal –

When the ball completely crosses the goal line, between the goal posts and below the cross bar. Each goal counts as one point and they the opposite team begins play from the center circle.

Goalkeeper/Goalie -

The only player dressed differently so the official may see which player may use his/her hands within the penalty box.

Officials -

Use a coin flip to determine which team gets the ball to start the game and to begin the second half, or to choose which goal to defend first. The official calls all fouls, violations or balls, which go out of bounds.

Regulation Game –

An official high school game is played with two halves of 45 minutes each.

Starting Play-

The game/the 2nd half and after each goal is started with a Kick off where the ball is put in play by the offensive team. On the whistle, the ball must be kicked/touched forward before a teammate may touch it. The kicker may not touch the ball again until the ball, has been touched by another player. The defense must start 10 yards away and may not enter the circle or play the ball until it has been touched by the offensive team.

Throw In –

A ball, which completely cross the touchline and goes out of bounds, is put in play by the opponent at the spot it went out. They must use two hands, pass the ball directly over the head, stay behind the line and keep both feet on the ground during the throw. A faulty throw would result in a throw in by the opponent.

Goal Kick –

A ball which completely crosses the goal line off the offensive team results in the ball being placed in or at the top of the goal box and kicked by any member of the defense.

Corner Kick –

A ball, which completely crosses the goal line off the defense result in the offensive team getting a free kick from the near corner kick arc. A goal can be scored directly on this kick.

Direct Kick –

A ball placed at the spot of the foul, which may be kicked directly into the goal by the opposing team.

Indirect Kick –

A ball placed at the spot of a foul, which must be kicked/touched by the opposing team so that it touches another player before scoring a goal.

Penalty Kick –

A ball placed on the penalty kick mark, 10 yards from the goalie, while all other players start outside the penalty box and penalty kick arc. This is the result of a foul by the defensive team in the penalty box. The goalie must start with both feet on the goal line.

Fouls/Violations

- | | | |
|---------------------------------|----------------------|------------------------|
| Charging an opponent | Charging from behind | Jumping at an opponent |
| Tripping or kicking an opponent | Holding an opponent | Pushing an opponent |
| Hand/Arm Ball | Dangerous Kick | Delay of Game |

Offside Rule –

An offensive player cannot receive a pass or kick behind the last defender, not including the goalie, in the offensive half of the field. The result is an indirect kick by the opposing team.

Positions – 11 Players/Team

- Forwards** – Wings, Strikers, Center
- Midfielders** – Right, Left, Center
- Defense** – Fullbacks, Sweepers, Stoppers
- Goalie**

Field Dimensions -

- Minimum Length 100 yards, Maximum 130 yards
- Minimum Width 50 yards, Maximum 100 yards
- Center Circle – 10 yard radius
- Penalty Kick Mark – 10 yards from the goal line
- Corner Kick Arc – 1 yd radius
- Top of Goal Box – 8 yards from goal line
- Top of Penalty Box – 18 yards from goal line

