

Marshfield Fall Soccer Rules

1. The ball:
K-1st grade - Size 3 2nd & 3rd grade - Size 4 4th-6th grade - Size 4

2. Maximum number of players on the field at one time:
K-1st 4 Players – no goal keeper
2nd-3rd grades 8 players – one may be a goalkeeper
4th-6th grade 8 players – one may be a goalkeeper

3. Substitutions:
K-1st grade - At 5 minute mark of each quarter

2nd-3rd grade:
 - a. prior to throw-in
 - b. prior to corner kick
 - c. prior to goal kick by either team
 - d. after a goal by either team
 - e. after an injury, by either team, when the referee stops play
 - f. at halftime
4th-6th grade:
 - a. prior to throw-in your favor
 - b. prior to corner kick in your favor
 - c. prior to goal kick by either team
 - d. after a goal by either team
 - e. after an injury, by either team, when the referee stops play
 - f. at halftime

Coaches must signal the attention of the referee before substitution is allowed.

4. Playing time - Each player shall play 50% of the total playing time.

5. Start of play:
K-2nd grade opponents must be six yards from the center mark while the kickoff is in progress.

2nd-3rd AND 4th-6th grade opponents must be outside their half of the center circle while the kickoff is in progress.

6. Out of bounds
If the ball goes completely over the sidelines, whether on the ground or in the air, the team that did not touch the ball last will throw the ball in with two hands, releasing it above the head. If the ball goes completely over the endline, the decision will be either a goal kick, if last touched by an attacking player, or a corner kick, if last touched by a defending player.

7. Method of scoring - Ball must pass completely over the goal line to count as a goal.

8. Offside:
K-1st grade – There will be no offside.

2nd-3rd AND 4th-6th grade
The offside rule is designed to stop forwards from “goal lurking”. There must be at least two opponents closer to their own goal line than an attacking player when the ball is passed to him/her. This means for someone to pass you or the ball, you must have usually the goal keeper and one other defended closer to the goal line than yourself. The ball must be kicked forward for an offside decision and the player must be in the attacking half of the field.

9. Fouls and misconduct:
All Ages: Field Players may not leave their feet to play, or attempt to play, the ball with the exception of heading the ball. Therefore, slide tackles, slide blocks, slide shots and "bicycles" will be whistled as a direct free kick foul.
- K-1st grade
- A. All fouls will result in an indirect free kick with the opponents 6 yards away.
 - B. The coach must explain all infractions to the offending player.
 - C. No caution or ejection shall be issued to players except by Marshfield Fall Soccer field supervisor.
 - D. Player can be ejected for parental conduct.
 - E. Referee's will be coaches/parents.
- 2nd-3rd AND 4th-6th grade
- A. Direct and indirect free kick and penalty kicks will be awarded.
 - B. Yellow and red cards will be issued.
 - C. Player can be ejected for parental conduct.
10. Penalty kicks:
- K-1st grade
- No penalty kicks are to be awarded during games
- 2nd-3rd AND 4th-6th grade
- Penalty kicks will be awarded for any foul or misconduct occurring within the penalty area. The ball will be placed on the penalty mark and opponents must be at least 10 yards away and outside the penalty area before the kick is allowed.
11. Free kicks:
- Except for the K-1st grade, the following fouls will result in a direct free kick (i.e. the ball may be kicked directly into the opponents goal without having to touch another player):
Deliberate handball, pushing, kicking, striking, holding or tripping an opponent, **jumping, spitting, and charging** (or attempting to do any of these).
- For the following offenses, an indirect free kick will be awarded (i.e. the ball has to touch more than one player before a goal can be scored):
Obstruction (running in the path of an opponent), dangerous play, offside, other technical offenses such as ungentlemanly conduct, entering or leaving the field of play without the referees permission and dissent.
- With either type of free kick, the ball must be placed at the point of the infringement and it must be stationary. All opponents must be at least 10 yards away from the ball until the free kick has been taken.
12. Throw in:
- K-1st grade
- Second throw in must be allowed if the player commits a foul on the initial attempt. The referee shall explain the proper method before allowing the player to rethrow.
- 2nd-3rd AND 4th-6th grade
- A foul on the initial throw in will result in a change of possession.
13. Goal kick - Any point from inside the goal area.
14. Corner kick - The corner kick must be taken from the corner closest to where the ball went out of bounds.
15. Opposing parents, coaches and players should shake hands after each game.
16. No league standings will be kept.
17. No alcoholic beverages will be allowed in the playing area.
18. Referees will be provided for the two older age groups. If referees are available for the K-1st graders, one referee will help the coaches.

“Soccer in Brief”

Prepared to aid in the better understanding and enjoyment of the game

The Game

Essentially soccer is played primarily with skills using the feet, thighs, chest and head. The goalkeeper is the only person on the field who can use his hands, providing it is done inside the penalty area (see Diagram A). The purpose of the game is to kick the ball into the opponent's goal, which is one point. The team with the most goals scored wins the game.

Duration of the Games

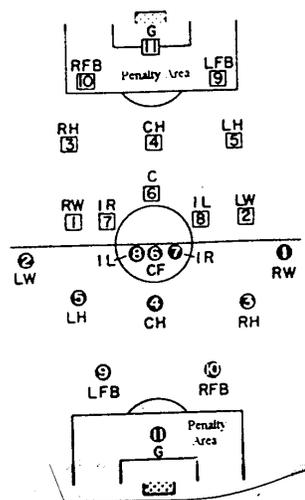
K-2nd graders will play four 10-minute quarters. There shall be a two-minute break between quarters and a five-minute break at halftime. Teams will practice ½ hour prior to the games, which is included in the start time. 3rd-4th graders will play two 25-minute halves. 5th-6th graders will play two 30-minute halves.

The Players

There are 11 players on a soccer team, and they are referred to by their positions at kick-off. Exception: Younger divisions may have fewer players to afford them additional experience.

Line Up at Kick-Off

Refer to Diagram A and Positions described below. The **forwards** are closest to the centerline of the field: (1) right wing, (2) left wing, (6) center, (7) inside right, and (8) inside left. **Halfbacks** are behind the forwards: (3) right, (4) center, and (5) left. Behind them, stand the **fullbacks**: (9) left and (10) right. Guarding the goal is the (11) goalie. Note: Diagram A portrays just one of various formations used. Formations may vary according to strategy.



The Kick-Off

A coin toss determines kick-off and goal. At the kick-off circle, in the center of the field, the center forward starts the game by kicking the ball to another teammate, usually one of his inside players. The dark circles in Diagram A show attacking team.

Positions

Soccer players will be rotated so that by the last game everyone gets a chance to play several positions.

Forwards These players are the offense, and their first objective is to outwit the defense and score. Forwards must be able to pass and shoot while moving at full speed.

Halfbacks The halfback position requires the most running, thus a player must be in top condition in order to perform an offense one minute and defense the next.

Fullbacks These are primarily defensive players, and should be the most accurate long kickers on the team in order to get the ball back into enemy territory. Fullbacks protect the goalie.

Goalie His job is to prevent the ball from going past the goalposts. In his penalty area, he may use any part of his body on the ball.

Officials

Two referees on field—using dual system. All calls made by a referee are final.

Substitutions

Either team unlimited – between periods, goal kick, after a goal, when the game is stopped for an injury; when team given possession – throw-in and corner kick. The referee must be told of all substitutions.

Soccer Terminology

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| Throw-in | This is required when the ball passes over the sidelines. The team that last touched the ball loses possession, and it is put in play by a throw-in from the point where it went out. |
| Direct Free Kick | It is awarded to a team for infractions occurring against that team outside the penalty area, such as kicking, striking or jumping at an opponent, handling the ball, dangerously charging an opponent illegally from behind, or carrying the goalie. A direct free kick must be taken from the spot of violation, and is one from which a goal can directly be scored. |
| Corner Kick | Awarded to the attacking team when the ball goes out of bounds over the goal line, either in the air or on the ground, and has last been touched or played by a defending player. The corner kick must be taken from the corner circle on the side where the ball went out. A goal can be scored on this play. |
| Penalty Kick | This kick is awarded against the defensive team if one of its players commits a personal foul or a major infraction on the rules in its own penalty area. This kick is made from 12 yards directly in front of the goal. The only players allowed in the penalty area, or within 10 yards of the ball, are the kicker and defending goalkeeper. |
| Indirect Free Kick | A goal cannot be scored from an indirect free kick unless the ball is touched by some other player before it enters the goal. It is awarded for minor infractions of rules. |
| Off-Side | When a player is nearer his opponent's goal line than the ball at the moment the ball is played, then he is "off side." However, he is never off side in his own half of the field, or when two opponents are nearer their goal line than he is, or when the ball was touched or played last by an opponent, or when he receives the ball direct from a goal kick, corner kick or throw-in. If the referee believes the off side player is interfering with play or gaining some advantage, he is penalized. |

Fundamentals of Soccer



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| Passing | A pass means to kick or head the ball deliberately to a teammate. Passing is also a combination play where two or more players team up to get the ball to the goal fast with minimum effort. |
| Trapping | The ball is trapped when a player gets control of it as it goes in the air or on the ground, from any angle or height, by use of head, body, legs or feet. |
| Tackling | Getting the ball away from an opponent is tackling, and since the rules limit the amount of body contact, it is more important to concentrate on the ball than on the opponent. To get in front of the player who has the ball and to block his progress is one way to tackle. Another way is to run alongside the opponent until there is a chance to step in front of him and take control of the ball, dribbling it away or passing to a teammate. |
| Kicking | The ball is kicked with the instep, the inside of the foot, the outside of the foot, the heel and sometimes the toe. The instep kick is used most often because it is possible to create a spin motion, and the player can maintain maximum control. |
| Dribbling | The ball is coaxed along when dribbling. The player propels by slight touches of the feet while still controlling possession. It should never take the place of a pass to an open spot or to a teammate, but is often used to draw an opponent so as to open teammate for a pass. |
| Heading | This is the fast way of returning a ball, though it does require more courage. A player must lean to butt a ball with the front, top or side of his head. To do this, the neck should be held stiff and the spine rigid, while the eyes should be held on the ball right up to moment of contact. |



LAWS OF THE GAME

Bob Christensen, Mandan Soccer Club August 2000

There are 17 laws that govern the play of soccer. I will try to summarize these so that players and spectators know what to expect during a game.

STARTS & RESTARTS

Kick-off: Each half begins with a kick-off. There is also a kick-off after a goal by the team not scoring. The team that is not kicking-off must remain outside the center circle and in their own half of the field. The kicker must move the ball forward (even slightly), and then may not touch the ball again until someone else has touched it.

Out of Bounds: The ball is out of bounds when it completely crosses one of the exterior boundaries of the field. If any portion of the ball is on the line, the ball is still in play. The position of the ball, not the player, determines if the ball is still in play. A player may stand completely outside the playing field and as long as any part of the ball is on the line, the ball is still in play and the player can play it.

Throw-in: When the ball completely crosses the touch (side) line, it is out of bounds and play is restarted with a throw-in. The team who was not the last to touch the ball before it went out of play restarts with a throw-in. The thrower must have at least one foot on or outside the line, must keep both feet on the ground until the ball leaves his or her hands, and must have both hands on the ball from a point behind the head until the ball is released in front of the body. The other team gets to restart with a throw-in if the original throwing team does not complete it correctly.

Goal Kick: Is awarded when the ball goes out past the end (goal) line and was last touched by the attacking team. The ball is placed on or inside of the goal box (the smaller box in front of the goal) and must be kicked outside of the penalty area (the larger box) to be in play. If it is touched before leaving the penalty box, the kick is retaken.

Corner Kick: When the ball goes out past the end line and was last touched by the defending team, a corner kick is awarded the attacking team. The kick is taken from the small, one-yard arc in the corner of the field, by the corner flag. This can go right into the goal, but most teams try to play the ball to another attacking player.

Penalty Kick: When a defending player commits a penal (major) foul in his or her own penalty area, a penalty kick is awarded to the other team. The penalty must occur within the penalty area, the location of the ball at the time is not important. The ball is placed on the penalty spot, 12 yards from the goal. All players except the kicker (who does not have to be the fouled player) and the goalkeeper must remain outside the penalty area and at least 10 yards from the penalty spot (outside the penalty kick arc). The keeper must remain on the goal line, but may move along it, until it is kicked. Once the ball is kicked it is again in play.

Direct Free Kick (DFK): Awarded to the other team when a penal (major) foul is committed. The ball is spotted where the offense occurred and the defenders must remain at least 10 yards from the ball until it is first touched. The ball can be struck directly into the goal, but often the kicking team uses a set play to get the ball to a player in a better scoring position. Anyone (not just the fouled player) may take the DFK.

Indirect Free Kick (IFK): An IFK is awarded when a non-penal (minor) foul is committed. The IFK must be touched by another player before it enters the goal.

10 PENAL (MAJOR) FOULS

- 1.) **Kicking** at an opponent, not the ball. Contact does not have to be made.*
- 2.) **Tripping** an opponent. Player does not have to fall down.*
- 3.) **Jumping** at an opponent. Contact does not have to be made.*
- 4.) **Charging** an opponent violently or from behind.*
- 5.) **Striking** (hitting) or attempting to strike an opponent.*
- 6.) **Pushing** an opponent.*
- 7.) **Tackling** (contacting) the opponent before the ball.
- 8.) **Holding** an opponent.
- 9.) **Spitting** at an opponent (red card offense).
- 10.) **Handling** the ball deliberately (except the keeper within the keeper's area.
*If in the opinion of the referee to be reckless, careless, or using excessive force.

MINOR FOULS

- 1.) **Dangerous Play:** A player does something to endanger himself or others. Most common are high kicks when another player's head is near, or low headers near another player's feet.
- 2.) **Impeding** the progress of an opponent when not within playing distance of the ball. This used to be called *obstruction*.
- 3.) **Obstructing** the goalkeeper.

The following apply to the goalkeeper within his or her own penalty area:

- a.) Taking more than 4 steps with the ball in hand.
- b.) Handling a throw-in or kick from a teammate (with hands).
- c.) Dropping the ball and picking it up again.
- d.) Wasting time deliberately.

RED CARD OFFENSES

(Player is immediately sent off of the field and must leave the game).

- 1.) **Serious foul play**, including penal fouls, when intentional violence endangers the safety of the opponent. This includes vicious tackles from behind.
- 2.) **Violent conduct** such as kicking, hitting, or fighting.
- 3.) **Spitting** at anyone.
- 4.) **Denying** an obvious goal scoring opportunity. Often by handling the ball or fouling the opponent to avoid a scoring chance.
- 5.) **Language** that is offensive, insulting, abusive, or threatening.
- 6.) **Receiving a 2nd caution** in the same game (2 yellow cards). The ref will show the 2nd yellow, immediately followed by the red card.

YELLOW CARD OFFENSES (Cautions):

- 1.) **Unsporting behavior**, including hard fouls.
- 2.) **Dissent** by word or action.
- 3.) **Continually breaking** the Laws of the Game.
- 4.) **Delaying** the restart of a play.
- 5.) **Encroaching** on a corner or free kick.
- 6.) **Entering, reentering, or leaving the field** without the referee's permission.

ADVANTAGE CLAUSE

The ref should not stop play to punish a foul if, in the ref's opinion, it would be in the fouled team's advantage to let play continue. The ref may (or may not) indicate that he is applying the advantage clause by saying: "*Advantage! Play on!*" or with a sweeping, underhand motion. The ref may issue a card at the next stoppage of play if the advantage clause has been applied.

OFFSIDES

- 1.) *Offsides* refers to an attacking player being in an offside position, and is actively involved in play when the ball is played ahead.

- 2.) A player is in an offside position when there are less than 2 players between him or her and the goal (one is usually the opposing goalkeeper) when the ball is passed ahead to him or her.
- 3.) Only occurs in the attacking half of the field.
- 4.) An attacking player CAN step off the field to indicate that he or she is not part of play.
- 5.) A defending player CANNOT step off the field to place an attacking player offside (caution for unsporting behavior).
- 6.) No player can be offside when first playing a throw-in, goal kick, or corner kick.
- 7.) No player can be offside when even with, or behind the ball.

REFEREES AND THE LAWS

The ref is ALWAYS right! The ref is the ultimate authority during the game—it is pointless to argue with the ref. Law 5 clearly states that the ref is in complete control of the game—his or her decisions are final and are not subject to protest. The ref has the safety of the players as a chief responsibility. The ref may ask coaches, spectators, and players to leave the area. The ref has the option to cancel the game if, in his or her opinion, conditions are unsafe. The ref has been trained to be in position to observe the play both on and off the ball. The ref is often in the optimal position to see what is going on, and frequently sees things that spectators, or even players, do not see.

WHAT TO EXPECT BEFORE AND DURING A GAME

- 1.) **Show up for the game one hour prior to the start.** This will give us time to warm up and go over our starting roster.
- 2.) **Show up ready to play.** Uniform on, shin guards on, shoes on ASAP, bring water.
- 3.) **Remove all jewelry.** Earrings, necklaces, bracelets, watches, and rings (even the ones we can't see!). These are hazards during the game and the ref will usually ask you to remove them during the inspection.
- 4.) **Be ready for inspection.** The ref will usually ask the team to line up so he can inspect equipment. Jerseys must be tucked in, socks must be over shin guards, shoes must be on and tied and not have any sharp edges, and all jewelry must be removed.
- 5.) **Substitutions** can only be made when our team has possession of the ball during a restart. Subs must be standing at the half line before play stops, and can only enter the field after the ref gives the OK. The sub then calls off the player he or she is replacing, who must leave the field before the sub can come on.
- 6.) **Captains** of each team meet with the refs in the center circle right before the game for a brief talk and the coin toss, which will determine who kicks off. The team that wins the toss chooses the goal they will defend, and will kick off the second half.
- 7.) **Halves** are 30 minutes long. The center ref keeps time. He can add time as he sees fit.
- 8.) **Players** must sit in their *designated players' area* during the game. Spectators must remain at least 10 feet from the field.
- 9.) **Shaking hands.** Players will line up after the end of the game and shake hands with the opposing team and the officials.
- 10.) **Coach's talk.** Players will meet after shaking hands in the designated players' area for a short coach's talk after each game.
- 11.) **Spectators should cheer** for the team! We need all the encouragement we can get. We have home field advantage for most of our games and we should take advantage of it! Spectators please keep your cheers positive: Cheer for our team, but please don't boo the other team or the officials. Without these guests, we would have no games!

OFFICIAL'S SIGNALS

The only signal that the ref is required to give is an upraised arm to indicate an IFK. The ref does not have to explain any call on the field

to anybody, but will often respond to a polite question from a player (especially the team captain). The following signals are normal given after a whistle, except for *Advantage/Play on*, which is executed during the run of play without a whistle.



Advantage/Play On: Ref performs sweeping underhand motion with both hands, palms up.



Corner Kick: Ref points to the corner flag with one hand.



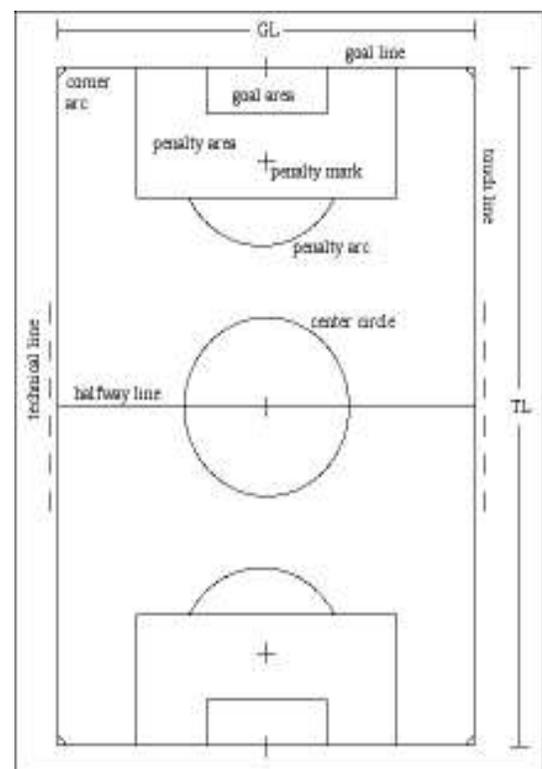
Indirect Free Kick (IFK): Ref raises one arm and keeps it up until another player touches the ball.



Goal Kick: Ref points towards the goal with one hand.



Penalty Kick: Ref points to the penalty spot.



Parental Support – The Key to Peak Performance

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with us, the coaches.

1. **Let the COACHES coach.** Leave the coaching to the coaches. This includes motivating, psyching your child for practices, after-game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches, and they need to be free to do their job. If a player has too many coaches, it is confusing for him or her and performance usually declines.
2. **Support the program.** Get involved. Volunteer. Help out with fundraisers, carpooling-anything to support the program.
3. **Be your child's best fan.** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should *never* have to perform to win your love.
4. **Support and cheer for all players on the team.** Foster teamwork. Your child's teammates are not the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.
5. **Do not bribe or offer incentives.** Your job is not to "motivate" – leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.
6. **Encourage your child to talk with the coaches.** If your child is having difficulties in practice or games, or can't make a practice, etc., encourage *them* to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game – preparation for as well as playing the game.
7. **Understand and display appropriate game behavior.** Remember, your child's self-esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that they can control (fitness, positioning, decision-making, skill, aggressiveness, etc.). if he or she starts focusing on what he cannot control (field condition, referee, weather, opponent, outcome of the game), he or she will not play up to his or her ability. If the child hears a lot of people telling him what to do, or yelling at the referee, it diverts attention away from the task at hand.
8. **Monitor your child's stress level at home.** Keep an eye on the player to make sure that they are handling stress effectively from various activities in his life.
9. **Monitor eating and sleeping habits.** Be sure your child is eating the proper foods and getting adequate rest.
10. **Help your child keep priorities in line.** Help your child maintain a focus on schoolwork, relationships and other things in life besides soccer. Also, if your child has made a commitment to soccer, help him or her fulfill this obligation to the team.
11. **Reality test.** If your child has come off the field when the team has lost, but he or she has played their best, help them to see this as a "win". Remind your child they he or she is to focus on "progress" and not "results". Fun and satisfaction should be derived from "striving to win". Conversely, your child should not be as satisfied from success that occurs despite inadequate preparation and performance.
12. **Keep soccer in its proper perspective.** Soccer should not be larger than life for you. if your child's performance produces strong emotions in you, suppress them. Remember, your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from your child's experience.
13. **Have FUN.** That is what we will be trying to do! We will try to challenge your child to reach past their "*comfort level*" and improve himself or herself as a player and, thus, as a *person*. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process, and we hope you do too!