**Soccer Study Sheet**

**Number of Players** - A match is played by 2 teams, each consisting of not more than 11 players and not fewer than 7 players including the goalkeeper. Most youth leagues play with fewer than 11 players until the age 12 or 14. The referee must be informed before any proposed substitution is made by the coach. The 4 basic position are *Forward, Midfield, Defenders and Goalkeeper.*

**Players Equipment** - A jersey or shirt with sleeves, shorts, stocks, shin guards, and footwear.  Socks must entirely cover the shin guards.  Each team must have different colors so that they can easily be distinguished from each other on the field during play.  Goalkeepers must wear colours that distinguish him from the other players.

**Start and Restart of Play** - Each period starts with a *kickoff* which is taken at the center spot and is determined by a coin toss and the game is also restarted with a kickoff if a team scores a goal. The ball must move forward to start the half. Each player must be in his or her half of the field and at least ten yards away from the ball.

Play stops if the ball goes out of bounds. If it goes out on the sidelines, a *throw in* is required to restart the game.  The team that caused the ball to go out loses the ball and the throw in goes to the opposite team.

The *goal kick* is awarded to the defending team, if the attacking team sends the ball over the defending team's goal line. The game is restarted with the goalkeeper placing the ball in the goal box, and he/she or another player on the team kicks the ball upfield.

If the defending team kicks the ball and it goes over their own goal line, outside of the goal itself, then the attacking team earns a *corner kick* and they will be required to restart the game from the corner nearest to where the ball went out. The attacking player hopes to kick the ball high and set up a teammate for a possible goal.

**Ball In and Out of Play -** The official soccer rules state that a ball is in play during the entire match except when the has ENTIRELY CROSSED the goal line or touch line whether on the ground or in the air or the play has been stopped by the referee.

**The Offsides Rule -** The basic concept is that a player must have at least one defender (not including the goalie) between them and the goal. When the ball is played to the attacker, then they may advance past the defending player. Offside is exempted during a throw-in, corner-kicks and goal kicks.

**The Throw In -** A throw in occurs when the balls goes out of play over the side lines. The opponent of the player who last touched the ball will get the throw in to restart the game. It is important that the player keep: 1) both feet on the ground 2) two hands on the ball 3) the throw must come from behind the player's head. A player is allowed a running start before a performing **a throw-in** correctly. Failing to follow these rules could result in the opposing team getting the ball.

**Cards –** A player may be given a *Yellow* or *Red* card during the game. A referee issues a caution and shows a **yellow card**, both as a warning to the player and as a lesson for all other players as to what is not tolerated or unacceptable behavior. Two yellow cards result in a red card, after which that player must leave the game permanently. A player is sent off and shown the **red card**, his team reduced by a player, if he performs any foul in an excessive, unsafe or violent manner whereby the safety of the opponent is compromised.

