

SOCCER

St. John Bosco

1. **TEAM SIZE:** 11 players (including the goalie) that can be in the following ratios - six girls & five boys or five girls and six boys.
2. **EQUIPMENT:** no cleats, hats, or jewelry are permitted. **SOCCER BALL:** Size 5 (official size & weight)
3. **GAME LENGTH:** will be 16 minutes in duration, except the final matches which will be 20 minutes.
4. **FIRST POSSESSION:** games will start at midfield and a coin toss will determine who receives the ball first. No defending player is permitted in the circle, only after the ball crosses the midfield line are defending players permitted to move into the circle. Teams will switch ends at the midpoint of the game.
5. **OFFSIDES:** A player, usually a striker, is called offside when he is nearer to the other team's goal than both the ball and the second last opponent. The second last opponent usually being the last defender from the opponent team, an offside occurs when the striker is closer to the opposing team's goal than that team's last defender. To put it simply, try to picture an imaginary line on Team A's last defender, a line parallel to the goal line. If Team B's striker is over this line when his teammate passes the ball, then he is offside. If Team B's striker is on the same line as Team A's last defender (or under the line) then he is in a correct position.
6. **GOALIE:** He is the only player on the field who can legally use his hands and then only inside the Penalty Box. (Note that the Goalie cannot pick up the ball if it was deliberately kicked to him by a teammate... he can only pick it up if it was last touched by an opponent or if it was accidentally kicked to him by a teammate, or was passed from a teammate using the head, chest, knee, etc. instead of the feet.) Once he picks up the ball he has six seconds to punt it or release it. He is allowed to pick up the ball, run with it and then punt it, throw it, or drop it and dribble or kick it. (However, he cannot touch it with his hands outside the "Penalty Box" and once he drops it he can't touch it again with his hands until an opponent has touched it. The Goalkeeper IS allowed to go outside the Penalty Box and dribble or kick the ball back inside the Penalty Box and THEN pick it up with his hands.
7. **THE THROW IN:** When the ball goes out of play on the side lines, the opponent of the player who last touched the ball will take a throw in. The throwing method has to follow some rather strict rules; otherwise the referee might dictate a throw in for the other team. The player taking the throw must keep his feet outside the side line, with the sole on the ground and the actual throw must be executed with the ball over the thrower's head.
8. **CORNER KICK:** If the defending team touches the ball last and it goes over their own goal line, outside of the goal itself, then the opposing team earns a corner kick and they will be required to restart the game from the corner nearest to where the ball went out.
9. **GOAL KICK:** The goal kick is awarded to the defending team, if the attacking team took the ball out of play on the defending team's goal line. When the ball goes out of bounds over the end line & was last touched by the attacking team, it is put back into play by the defending

team, who may place it anywhere within their Goal Box (including on the line) & then kick it. The kicked ball may not be touched again by anyone on either team until it clears the Penalty Box and the other team must stay outside the Penalty Box until the ball clears the Penalty Box. The goal kick acts as a direct free kick, so if a player would kick the ball so hard that it would reach the opposing team's goal and score, the goal would count.

One extra soccer rule regarding the goal kick states that the kick must be powerful enough to pass the penalty area. So in case the goalkeeper executes the goal kick and passes the ball to a teammate in his own penalty box, the goal kick is re-taken.

10. **INDIRECT KICK:** An indirect free kick is awarded when a team produces a non-penal foul (dangerous play or offside for example) and the game is restarted with a ground kick that cannot be taken towards goal (if a player scores directly from an indirect free kick, without another player touching the ball, the goal won't stand). Players from the opposing team must be at least 9.15 meters or 10 yards away from the position where the free kick will be struck. Also, the player that kicks the ball initially on a free kick cannot touch it again until a teammate or opposing player touches it
11. **A DIRECT FREE KICK:** is caused by a foul or handball and unlike the indirect free kick it can be struck directly towards the goal.
12. **A PENALTY KICK:** is similar to a direct free kick in that it is caused by a foul or handball, but the foul occurs inside the defending team's penalty area. The game is restarted with one of the attacking team's players shooting for goal from the penalty spot (11 meters/12 yards, perpendicularly on goal), with nothing but a goalkeeper to beat. It's important to know that not all fouls inside the penalty box are punished with a penalty kick. For example, if a player commits dangerous play inside his own penalty box, the referee will award an indirect free kick from the place that the foul occurred. When the penalty kick is taken, the only two players in the penalty area box are the penalty taker and the defending team's goalkeeper. Everyone else must sit outside the box and can only move towards the ball once it is kicked. So if the penalty is saved by the goalkeeper or strikes the bar, a player could run from the edge of the box and gain possession.
13. **OVERTIME:** In the finals, if the game is still tied after regulation, a shootout will ensue to determine the winner. Each team will select five players (three boys and two girls or three girls and two boys) who will be the only players permitted on the field in the centre circle.
 - I. The team to take the first kick is decided by a coin toss and the referee chooses the goal at which the kicks are taken. All kicks are taken at one goal to ensure that both teams' kick-takers and goalkeepers face the same pitch irregularities (if any). All players other than the kicker and the goalkeepers must remain in the pitch's centre circle
 - II. Each kick is taken in the general manner of a penalty kick. Each kick is taken from the penalty mark, which is 12 yards out from the goalmouth, with the goal defended only by the opposing goalkeeper. The goalkeeper must remain between the goal-posts on his goal-line until the ball has been kicked, although he can jump in place, wave his arms, move side to side along the goal line or otherwise try to distract the shooter.
 - III. Each kicker can kick the ball only once per attempt. If the ball is blocked by the goalkeeper the kicker cannot score from the rebound (unlike a normal penalty kick). Similarly, if the ball bounces off the goal posts or crossbar, the kicker cannot score from the rebound. No other player on either team, other than the designated kicker and goalkeeper, may touch the ball.

- IV. A kick is successful if, having been touched once by the kicker, it crosses the goal line without going out of play or touching any player other than the defending goalkeeper. The ball may touch the goalkeeper, posts, or crossbar any number of times before going into the net.
- V. Teams take turns to kick from the penalty mark in attempt to put the ball into the net, until each has taken five kicks. However, if one side has scored more successful kicks than the other could possibly reach with all of its remaining kicks, the shoot-out ends regardless of the number of kicks remaining.
- VI. If at the end of these five rounds of kicks the teams have scored an equal number of successful kicks, sudden death rounds of one kick each are used until one side scores and the other does not. Only players who were on the pitch at the end of play are allowed to participate in the shoot-out. Any player remaining on the pitch may act as goalkeeper, and it is not required that the same player act as goalkeeper throughout the shoot-out. No player is allowed to take a second kick from the penalty mark until all other eligible players have taken a first kick, including the goalkeeper. If it becomes necessary for players to take a second kick (because the score has remained equal after all eligible players have taken their first kick), teams are not required to follow the same order of kickers as was used for the first kick.