



## Parents' Guide: Introduction to Youth Soccer

This guide provides an overview of youth soccer and the Mahomet Seymour Soccer Club's philosophies to assist parents understand the game of soccer and support their players development!

Mahomet Seymour Soccer Club

Fall 2023

*MSSC Mission Statement:*

*To provide well-rounded teams of athletes to the Mahomet Seymour High School soccer program.*

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## An Introduction to MSSC and Youth Soccer

Welcome to MSSC! We hope this document helps answer some basic questions MSSC families, new and old, may have. MSSC strives to keep lines of communication open with parents, players, and coaches.

So, you just signed your child up for soccer!

Now what do I do? I don't know anything about this game.

Don't worry, this document will provide you with some of the basics of the sport and the expectations for all those involved – MSSC, Coaches, Parents, and Players.

Thank you for choosing Mahomet Seymour Soccer Club (MSSC). This club was established in 1999 and the teams are members of Illinois Youth Soccer Association.

We want you to know that our number one priority is going to be the long-term development of the players' skills generally characterized as: technical, tactical, physical, and mental. The club's vision is a development organization to feed into the Mahomet Seymour High School soccer program.

So, what is soccer?

The beauty of soccer is in its simplicity. Within a given set of rules there are two teams who compete to score goals against each other. Each team, depending on the age group, consists of 7, 9, or 11 individuals who must use their abilities to play together while trying to win the game.

Why do kids like soccer?

Kids like soccer because it is FUN!

From an early age, every child loves to play with a ball. Soccer is just playing with the ball, except with others and with a few simple rules.

Soccer has 17 rules known as the Laws of the Game, which were laid down and are governed by the International Football Association Board (IFAB). The laws are designed to be universal, but slight modifications are made to consider factors such as age, gender and disabilities.

Let's go over some of the basics.

## Equipment Needed

Basic equipment for soccer players:

- **BALL** - Each child should have his or her own age-appropriate ball and bring it to team practice
  - Size 3 – 5 to 8 years old
  - Size 4 – 8 to 12 years old
  - Size 5 – 12 years old or older
- **SHIN GUARDS** - An absolute requirement for games, should also be worn for all practices. Shin guards should be worn under the socks. There are many different styles shapes and sizes, suggest working with your player to determine what's preferable.

- **SOCCKER SHOES** – Highly recommended for all ages. Soccer cleats must be rubber or molded plastic (no metal cleats), and no less than 3/8 inch in diameter. Baseball or football type shoes with square or rectangular cleats are not legal for soccer.
- **WATER BOTTLE** - Hydration is important so water should be available to your child at each practice and game.
- **SHIRTS, SOCKS, SHORTS** - For games you will be required to purchase the club uniform which includes jerseys, shorts, and socks. During training players will wear weather appropriate athletic clothing, unless the coach communicates specific training attire requirements. In addition, players will be required to purchase pinnies as part of their uniform kit.

Basic equipment for soccer parents:

- Comfortable lawn chair – comfort is important because you are going to be spending a lot of the time sitting in that chair watching youth soccer players having fun!
- Comfortable clothing – you will be out in the sun, the rain, the heat and the cold. Dress to be comfortable so you can sit in that chair and watch youth soccer players having fun!
- A sense of humor and joy at watching youth soccer players have fun!

## Communication through TeamSnap App

MSSC uses the TeamSnap app to communicate trainings, games, tournaments, cancellations, etc. Additionally, coaches will use TeamSnap to track availability for trainings and games. We cannot stress enough to parents how important it is to maintain your players availability in TeamSnap. This helps coaches prepare trainings; some activities can only be done with large groups and others only with small groups. For games, coaches need to know who is available to play.

## How to be a Supportive Parent

- Give consistent encouragement and support to your children regardless of the degree of success, the level of skill or time on the field.
- Stress the importance of respect for coaches through discussions with your children.
- Serve as role models, see the “big picture”, and support all programs and all players.
- Leave coaching to coaches and do not criticize coaching strategies or team performance.
- Avoid putting pressure on your children about playing time and performance.

## Expectations From the Parents

Many of these seem like common sense, and we don't want to offend anyone, but we do want to communicate these to all the parents so there are no misunderstandings. Overall, we want the parents to be engaged during the games but that engagement entails cheering on the team's positive plays.

- Please don't coach from the sidelines, as this could contradict what the coaches have been teaching during practice. Of course, your child is going to want to do what you are telling them and what the coaches have been coaching them so it can end up very frustrating for all of us.

- Please don't criticize the officials. We have a real shortage of refs and no matter how bad the call is, please let the coaches handle talking respectfully to the officials about infractions. We can tell you in all our years, we have never seen a referee overturn a call or react positively to criticism by spectators. If there are ever any rules that you have questions on please feel free to reach out to the coaches. We want "soccer smart" parents cheering on the sidelines!
- Don't be overly concerned with the score and don't stress out about the game, focus on the positives of the game regardless of the outcome.
- Connect with your player over soccer by asking some simple basic questions, like why do you want to play soccer? What is fun about soccer for you? What do you like to hear from me before, during and after your games?
- 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 youth soccer days are over. Keep your goals and needs separate from your child's experience.

The very basics for parents:

1. Cheer – encourage your player regardless of his or her degree of success or level of skill. Development of skills and team play take time but are the foundations of early sports development.
2. Relax and Let the Players Play – leave the coaching to the coaches.
3. Yelling Directions = Distractions
4. Have Reasonable Expectations – your young player is not playing soccer to earn a college scholarship, compete in the Olympics or sign a professional contract; they are playing to have fun and to compete.
5. Ensure a balance in your student athlete's life, encouraging participation in multiple sports and activities while placing academics first.

The greatest gift that you can give to your children throughout their sporting involvement is support. Your tone and body language often have a big influence on your child too. If your child thinks you're angry with them for missing a shot, it can take the fun out of sport. It can also affect your child's self-esteem, if it makes them think they're not good at sport. But if you look and sound like you're feeling positive and having fun, this can help your child feel the same way. At the end of the match, you can tell your child how much fun you had watching them play.

## Volunteer Hours

MSSC relies on multiple volunteers to keep costs low. Families of each player (including full participant, practice, and academy players) will be expected to volunteer for a total of two hours per season played to help with various tasks (field lining, mowing, community service events, check-in at tryouts, spring pictures, etc.). You will be charged a \$50 volunteer fee at time of registration payment. Parents should communicate, via email, with the team manager (or coach-if no team manager) about the hours conducted and CC the volunteer coordinator ([mssc.volunteercoordinator@gmail.com](mailto:mssc.volunteercoordinator@gmail.com)). The volunteer coordinator will track the hours

throughout the season. Refunds for volunteer hours happen a few weeks after the conclusion of the season, and are remitted back to the original form of payment on GotSport.

Families that receive financial assistance, are required to complete three hours of service per season as outlined in the application.

The club will refund you on a \$25 per hour basis up to \$50.

MSSC Volunteer Program webpage:

<https://www.msscsoccer.com/page/show/5180443-mssc-volunteer-program>

## Expectation from the Players

Most of what coaches expect from the players will be communicated to them directly during practice. The major expectation is good sportsmanship. Players are expected to be respectful to all players and officials.

Another expectation coaches have (which parents can help with) is to have the players ready to play when practice starts. The club understands players may occasionally be late, and coaches are not going to hold that against the player. We all have lives outside of soccer. But, if they are late to practice, coaches will expect them to be ready to play when they get out of the car, including having their shoes and shin guards on ready to jump into whatever we are doing.

## Expectations from the Coaches

All the coaches in MSSC have a coaching license and have taken several player safety courses. Those are all requirements of the club and of the sanctioning league.

A top priority for the coaches is to engage all the players during training. Coaches will focus on keeping training fun but instructional and create an environment where the players are enthusiastic about playing soccer. Another priority for the younger teams (U9 and U10) is to make sure all the players have generally equal playing time. Your players are working hard in training, and they do that to compete on the soccer field during league games and tournaments.

What you and the players can expect from coaches:

- To be prepared and ready to coach during training and games. Coaches will have a practice outlined and do their best to smoothly transition one activity to the next.
- To create a comfortable environment for the players. Coaches will treat all players, coaches, parents, and officials with respect.
- To be committed to player development and working as a team to succeed. If coaches can impart their love for soccer, the players will be self-motivated to work hard and develop their skills.
- To help empower the players to make confident decisions on and off the field.
- To provide positive reinforcement during play, so players understand and focus on making good decisions.

- To be available to parents outside training hours and game times to discuss soccer. Coaches can set up a time for this or if it's a quick question after training or a game should work. Coaches will ask that if you are upset about something please use the "24-hour rule" before discussing it with the coaches.
- To treat your players like youth athletes, not miniature professionals.
- To communicate with the players – this is how coaches earn and build trust, if players trust the coaches, players will be more receptive to coaching.

## Tournaments/Games and Playing Time

There are three types of games played: friendly, league and tournament games.

### Friendly Play:

The roster and competition may dictate playtime, but the goal is to give players similar (not identical) playing time focusing on player development while trying to maintain a competitive team.

Coaches may experiment with positions and formations as a development tool. Coaches may move players around to different positions in friendly play, so they can experience different roles.

Friendly play provides game learning for players, without the pressure of wins/losses.

### League Games:

MSSC is part of the SLYSA Central Illinois league. There are typically three league weekends where teams within the league play anywhere from 1 to 3 games.

League games are generally more competitive than friendlies, but not always.

Coaches will work through things with the team at game speed play.

The players that the coach feels will provide the team with the best chance for success may get more playing time than others. Each game may dictate different players contributing in different ways and amount of playing time. This is the coach's decision. Parents should not second guess coaches on playing time decisions.

### Tournaments:

Typically, the team will participate in three tournaments per season.

Coaches will use available players to put the team in the best position for success in these games with a goal to make the final and win as much as possible.

The players that the coach feels will provide the team with the best chance for success will get more playing time than others. Each game may dictate different players contributing in different ways and amount of playing time. This is the coach's decision. Parents should not second guess coaches on playing time decisions.

Players might get limited minutes, with the goal of each player seeing time in each half, but in certain close competitive tournament games this may not happen for all players (we attempt to have this be the exception not the rule). The U9 and U10 teams will try to play more equal minutes than older teams, but certain tournament games situations may result in different playing times.

## 7v7 Format U9 and U10

Typically, a coach will bring 12-14 players to league games and tournaments. If the team roster is larger than 14 players, the coaches may rotate the team rosters. Therefore, not every player will come to every game or tournament, but every player will attend generally the same number of games/tournaments. The exception to this may be the coaches' kids, since coaches will be attending all games.

During the 7v7 format, players attending a game can expect a near equal share of playing time and coaches will ask all players to play offense and defense. This is for the long-term development of your players. As you will see below, when the team moves to 9v9 and 11v11 the strategy of playing time and player positioning will change, but the club's priority of players' long-term development will not.

As for the goalie, coaches should only take volunteers for goalie. No player should be made to play goalie.

## 9v9 Format U11 and U12

Typically, a coach will bring 14-16 players to league games and tournaments. If the team roster is larger than 16 players, the coaches may rotate the team rosters. Therefore, not every player will come to every game or tournament, but every player will attend generally the same number of games/tournaments. The exception to this may be the coaches' kids, since coaches will be attending all games.

During the 9v9 format, players attending a game can expect playing time and coaches will ask all players to play offense and defense, although some players may become comfortable with playing 1 or 2 positions. Coaches will evaluate players and attempt to put them in positions that will meet their comfort and skill level. The club's priority of players' long-term development is always considered.

As for the goalie, coaches should only take volunteers for goalie. No player should be made to play goalie.

## 11v11 Format U13 through U19

Typically, a coach will bring 16-18 players to league games and tournaments. If the team roster is larger than 18 players, the coaches may rotate the team rosters. Therefore, not every player will come to every game or tournament, but every player will attend generally the same number of games/tournaments. The exception to this may be the coaches' kids, since coaches will be attending all games.

During the 11v11 format, players attending a game will earn their playing time through participation in training sessions, work ethic, and skill. At this point coaches may have positions set for players. The focus at 11v11 will be working together as a team to control the game.

## Concussions

MSSC takes player health seriously. To help ensure the health and safety of young athletes, CDC developed the HEADS UP Concussion in Youth Sports initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports. The HEADS UP initiative provides important information on preventing, recognizing, and responding to a concussion.



Additional information about concussions for coaches, parents, and players can be found here: <https://www.cdc.gov/headsup/youthsports/index.html>

All MSSC coaches and team managers are required to take the HEADS UP and SafeSport training.

## The Ride Home

The car ride home can be the silent killer of a kid's desire to play sports. It may be one of the most influential factors in whether your kid loves sports, continues to play them, and learns the life lessons sports can provide. As sports parents, what we talk about and how we talk about it in the car ride home is tremendously important.

Don't spend time analyzing every detail of the game, what the coach did wrong, how your player could have performed better. Kids are physically and emotionally exhausted; the last thing anyone wants to do was listen to a play-by-play of what they just experienced.

*"After the game... when you're in the car, that is the most crucial time for your relationship and your bond. All you need to say is, 'I love to watch you play.'"*

Head Softball Coach for Texas Tech, Sami Ward, said it best in The RSP Podcast

The next time you're heading home after your kid's game keep that phrase in mind. Let's not hinder our kids' development (in sports and life) by ruining their sports experience during the car ride home.

## The Typical Annual Schedule

January	Registration for Spring season Winter indoor training begins (once or twice a week)
February	Winter indoor training
March	Outdoor training begins after Spring Break Training, tournaments, and league games (Spring Season)
April	Outdoor training Training, tournaments, and league games (Spring Season)
May	Outdoor training Training, tournaments, and league games (Spring Season) Tryouts for the Fall season
June	Registration opens for Fall season Uniforms ordered (bi-annually)
July	Open Pitch starts (held twice a week) Fall Tournaments selected
August	Open Pitch continues (held twice a week) Fall season starts
September	Training, tournaments, and league games (Fall Season)
October	Training, tournaments, and league games (Fall Season)
November / December	Off Season

## Registration and GotSport

Illinois Youth Soccer Association has chosen GotSport as their official registration and scheduling platform, so their members, including MSSC, must access this sports management platform to register the players and teams. Although our communication will occur through TeamSnap, registration for your player will need to occur in the GotSport website.

## MSSC Board and Coaches

### MSSC Board Members

Position	Name	Email / Phone
President	Dave Watson	<a href="mailto:dwatson@hudsonstech.com">dwatson@hudsonstech.com</a>
Vice-President	Katie Davis Dave Sperry (in training)	<a href="mailto:Mssc06girls@gmail.com">Mssc06girls@gmail.com</a> <a href="mailto:Davesperry2018@gmail.com">Davesperry2018@gmail.com</a>
Treasurer	Sarah Crane	<a href="mailto:mssc.boardtreasurer@gmail.com">mssc.boardtreasurer@gmail.com</a>
Secretary	Mike O'Herron	<a href="mailto:mike@oherron.com">mike@oherron.com</a>
Registrar	Hanna Richmond	<a href="mailto:Hanna.c.Richmond@gmail.com">Hanna.c.Richmond@gmail.com</a>
Director of Coaching	Carl Ciaccio	<a href="mailto:coachcarlsoccer@gmail.com">coachcarlsoccer@gmail.com</a>
Volunteer Coordinator	Mandy Shanks	<a href="mailto:voluneercoordinator@gmail.com">voluneercoordinator@gmail.com</a>
Member	Charles Hawley	<a href="mailto:Chuckhaw14@gmail.com">Chuckhaw14@gmail.com</a>

General Club email address – [mahometseymoursoccerclub2@gmail.com](mailto:mahometseymoursoccerclub2@gmail.com)

### MSSC Coaches

Team	Name	Email / Phone
2015 Girls	Donna Cockburn	<a href="mailto:drcburn@gmail.com">drcburn@gmail.com</a>
2014 Girls	Dave Sperry Gene Pavlovsky	<a href="mailto:sper1@hotmail.com">sper1@hotmail.com</a> <a href="mailto:ovcdoc03@gmail.com">ovcdoc03@gmail.com</a>
2013 Girls	Rob Clapper Mike O'Herron	<a href="mailto:Robclapper34@gmail.com">Robclapper34@gmail.com</a> <a href="mailto:mike@oherron.com">mike@oherron.com</a>
2014/2015 Boys	Dani Leal	<a href="mailto:dL28L@yahoo.com">dL28L@yahoo.com</a>
2013 Boys	Aaron Alumbaugh	<a href="mailto:Aaronalumbaugh11@gmail.com">Aaronalumbaugh11@gmail.com</a>
2011/2012 Boys	Matt Crane	<a href="mailto:Hmu740@yahoo.com">Hmu740@yahoo.com</a>
JH Girls	Will Wallace	<a href="mailto:helios173@gmail.com">helios173@gmail.com</a>
JH Boys	Chris Ryan	<a href="mailto:chrisaryan10@gmail.com">chrisaryan10@gmail.com</a>
HS Girls	Aaron Krites	<a href="mailto:aaronkrites@gmail.com">aaronkrites@gmail.com</a>
HS Boys		

## 7V7 Laws of Soccer Made Easy

We encourage players, parents, and coaches to become familiar with soccer rules (called "laws") to enjoy the game better. This brief summary is no substitute for reading the laws of soccer to get a fuller explanation of what they all mean, but should help you get familiar with the laws most commonly applied.

**# of Players:** Each team will consist of (6) field players and a (1) goalkeeper

**Goal Size:** 18' w x 6.5' h

**Field Size:** 35 yds x 55 yds

**Goal:** A score occurs if the ball passes under the crossbar, between the goalposts, and all of the ball passes completely over the outside edge of the goal line.

**Throw-in:** If all of the ball passes completely over the outside edge of the touchline (sideline), the restart is a throw-in. The throw-in is taken by the team that did not last touch the ball. An improper throw-in or a throw-in taken from the wrong spot results in a throw-in for the opposing team.

**Goal Kick – Build-Out Line:** If all of the ball passes over the end line, it was last touched by an attacking player, and a valid goal was not scored, the restart is a goal kick. The ball is placed in the goal area and kicked by a member of the defending team. All attacking players must remain outside the penalty area **BEHIND THE BUILD-OUT LINE** until the ball is first touched by defending team. A goal may be scored directly from a goal-kick. The ball is not in play until the first touch is established. The ball does not have to leave penalty area to be considered in play.

*(Note: Since heading is not allowed at this level the BUILD – OUT LINE is in place to encourage young players to keep the ball on the ground and minimize serving the ball in the air to the opponent. Punting the ball at this level is not allowed,)*

**Corner Kick:** If all of the ball passes over the end line, it was last touched by a defensive player, and a valid goal was not scored, the restart is a corner kick. The ball is placed in the corner arc and kicked by an attacking player. A goal may be scored directly from a corner-kick. If all of the ball is kicked over the goal line from the corner kick, a goal kick is awarded to the defending team.

**Drop Ball:** When the game is stopped while the ball is in play, for a reason other than an infraction of the laws, the game is restarted with a drop ball.

**Direct Free Kick Foul (foul resulting in a direct or penalty kick):** A direct free kick is the sanction awarded at the point of infraction for any one of the ten direct free kick fouls. For the complete wording and understanding of these infractions you must read the actual laws of the game. There are four conditions that must occur for a foul to be awarded. 1. By a player 2. Against an opponent 3. During play 4. On the field of play. This is an overview of the infractions that result in a direct kick.

1. Kicking or attempting to kick an opponent
2. Tripping or attempting to trip an opponent
3. Jumping at an opponent
4. Charging an opponent
5. Striking or attempting to strike an opponent
6. Pushing an opponent

7. Making contact with an opponent before contacting the ball when making a tackle
8. Holding an opponent
9. Spitting at an opponent
10. Deliberately handling the ball (except by goal-keeper in his or her own penalty area)

**Penalty Kick:** If one of the ten direct free kick fouls is committed by the defense in its own penalty area, the sanction awarded to the attacking team is a penalty kick. The ball is placed on the penalty mark, the kicker is identified, the goal-keeper is positioned on the goal-line and may not move forward until the ball is kicked. All other players must remain outside the penalty area and penalty arc and not closer to the goal-line than the penalty mark until the ball has been kicked. Time is extended for a penalty kick taken at the end of halftime, full-time, or over-time.

**Indirect Free Kick Foul:** An indirect free kick is the sanction awarded at the point of infraction for any indirect free kick foul. Again, this is an overview. The law book must be consulted for a complete wording and understanding.

1. Goal-keeper takes more than six seconds while controlling the ball with his hands before releasing it from his possession.
2. Goal-keeper touches the ball again with his hands after it has been released from his possession and has not been touched by any other player.
3. Goal-keeper touches the ball with his hands after it has been deliberately passes to him by a teammate.
4. Goal-keeper touches the ball with his hands after he has received it directly from a throw-in taken by a teammate.
5. Dangerous play
6. Impeding the progress of an opponent by interposing oneself between the opponent and the ball not within playing distance of the ball.
7. Prevents the goal-keeper from releasing the ball from his hands.
8. Commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

### **Free Kicks**

**Direct Free Kick** On a direct free kick, a valid goal is scored if the ball is kicked directly into the opponent's goal.

**Indirect Free Kick** On an indirect free kick, the ball must touch another player in addition to the kicker prior to a goal being scored. The referee signals an indirect free kick by holding an arm in the air until the ball is played or touched by another player or goes out of bounds.

**Advantage:** The referee applies the advantage clause to allow play to continue if, in his or her opinion, it would be more advantageous to the fouled team to continue play than to be awarded a free kick. If the referee applies the advantage clause and the advantage that was anticipated does not develop within a few seconds, the referee shall penalize the original offense. If, in the opinion of the referee, the foul was egregious enough to warrant a caution or send off, the referee must do so at the next stoppage of play.

**Off-side:** A player is in an off-side position if he or she is nearer to the opponents' goal-line than the ball, unless the player is behind "Build-Out Line" of his/her opponents half of the field, or there are at least two opponents between the attacker and the goal-line. It is not an offense in itself to

be in an off-side position. A player shall only be penalized for being in an off-side position if, at the moment the ball touches or is played by a teammate, he or she is, in the opinion of the referee, involved in the play by:

- interfering with play
- interfering with an opponent
- gaining an advantage by being in that position

A player shall not be declared off-side by the referee merely because of being in an off-side position or if the ball is received directly from a goal kick, a corner kick, or a throw-in. If a player is declared off-side, the referee shall award an indirect free kick, which shall be taken by a player of the opposing team from the place where the infringement occurred, unless the offense is committed by a player in the opponents' goal area, in which case the free kick shall be taken from any point within the goal area.

#### **Misconduct Resulting in a Caution and a Showing of the Yellow Card**

1. Dissent with the referee's decision
2. Unsporting behavior
3. Persistent infringement of the Laws of the Game
4. Delaying the restart of play
5. Failing to respect the required distance when play is restarted with a corner kick, free kick or a throw-in.
6. Entering the field of play without the referee's permission
7. Leaving the field of play without the referee's permission

#### **Misconduct Resulting in a Send-off and a Showing of the Red Card (team plays down a player)**

1. Violent conduct
2. Serious foul play
3. Spitting at an opponent or any other person
4. Denying the opponents a goal or an obvious goal scoring opportunity by deliberately handling the ball
5. Denying the opponents a goal or an obvious goal scoring opportunity by committing a foul that would be punishable by a free kick or penalty kick.
6. Offensive, insulting, or abusive language
7. A player committing a second infractional offense after having already received a caution

**Zero Tolerance toward Referee Abuse** A person who in the opinion of the referee is disrespectful will be warned and could be issued a Red Card and asked to leave the vicinity of the field of play. Many referees are young people just learning to referee or adults essentially volunteering their time. Please show them the common courtesy you would expect to be shown to your child or to yourself.

## 9V9 Laws of Soccer Made Easy

We encourage players, parents, and coaches to become familiar with soccer rules (called "laws") to enjoy the game better. This brief summary is no substitute for reading the laws of soccer to get a fuller explanation of what they all mean, but should help you get familiar with the laws most commonly applied.

**# of Players:** Each team will consist of (8) field players and a (1) goalkeeper

**Goal Size:** 21' w x 7' h

**Field Size:** 45 yds x 70 yds

**Goal:** A score occurs if the ball passes under the crossbar, between the goalposts, and all of the ball passes completely over the outside edge of the goal line.

**Throw-in:** If all of the ball passes completely over the outside edge of the touchline (sideline), the restart is a throw-in. The throw-in is taken by the team that did not last touch the ball. An improper throw-in or a throw-in taken from the wrong spot results in a throw-in for the opposing team.

**Goal Kick:** If all of the ball passes over the end line, it was last touched by an attacking player, and a valid goal was not scored, the restart is a goal kick. The ball is placed in the goal area and kicked by a member of the defending team. All attacking players must remain outside the penalty area until the ball is first touched by defending team. A goal may be scored directly from a goal-kick. The ball is not in play until the first touch is established. The ball does not have to leave penalty area to be considered in play.

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**Drop Ball:** When the game is stopped while the ball is in play, for a reason other than an infraction of the laws, the game is restarted with a drop ball.

**Direct Free Kick Foul (foul resulting in a direct or penalty kick):** A direct free kick is the sanction awarded at the point of infraction for any one of the ten direct free kick fouls. For the complete wording and understanding of these infractions you must read the actual laws of the game. There are four conditions that must occur for a foul to be awarded. 1. By a player 2. Against an opponent 3. During play 4. On the field of play. This is an overview of the infractions that result in a direct kick.

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8. Holding an opponent
9. Spitting at an opponent
10. Deliberately handling the ball (except by goal-keeper in his or her own penalty area)

**Penalty Kick:** If one of the ten direct free kick fouls is committed by the defense in its own penalty area, the sanction awarded to the attacking team is a penalty kick. The ball is placed on the penalty mark, the kicker is identified, the goal-keeper is positioned on the goal-line and may not move forward until the ball is kicked. All other players must remain outside the penalty area and penalty arc and not closer to the goal-line than the penalty mark until the ball has been kicked. Time is extended for a penalty kick taken at the end of halftime, full-time, or over-time.

**Indirect Free Kick Foul:** An indirect free kick is the sanction awarded at the point of infraction for any indirect free kick foul. Again, this is an overview. The law book must be consulted for a complete wording and understanding.

1. Goal-keeper takes more than six seconds while controlling the ball with his hands before releasing it from his possession.
2. Goal-keeper touches the ball again with his hands after it has been released from his possession and has not been touched by any other player.
3. Goal-keeper touches the ball with his hands after it has been deliberately passes to him by a teammate.
4. Goal-keeper touches the ball with his hands after he has received it directly from a throw-in taken by a teammate.
5. Dangerous play
6. Impeding the progress of an opponent by interposing oneself between the opponent and the ball not within playing distance of the ball.
7. Prevents the goal-keeper from releasing the ball from his hands.
8. Commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

### **Free Kicks**

**Direct Free Kick** On a direct free kick, a valid goal is scored if the ball is kicked directly into the opponent's goal.

**Indirect Free Kick** On an indirect free kick, the ball must touch another player in addition to the kicker prior to a goal being scored. The referee signals an indirect free kick by holding an arm in the air until the ball is played or touched by another player or goes out of bounds.

**Advantage:** The referee applies the advantage clause to allow play to continue if, in his or her opinion, it would be more advantageous to the fouled team to continue play than to be awarded a free kick. If the referee applies the advantage clause and the advantage that was anticipated does not develop within a few seconds, the referee shall penalize the original offense. If, in the opinion of the referee, the foul was egregious enough to warrant a caution or send off, the referee must do so at the next stoppage of play.

**Off-side:** A player is in an off-side position if he or she is nearer to the opponents' goal-line than the ball, unless the player is behind midfield line of his/her defending half of the field, or there are at least two opponents between the attacker and the goal-line. It is not an offense in itself to be in an off-side position. A player shall only be penalized for being in an off-side position if, at the moment the ball touches or is played by a teammate, he or she is, in the opinion of the referee, involved in the play by:

- interfering with play



- interfering with an opponent
- gaining an advantage by being in that position

A player shall not be declared off-side by the referee merely because of being in an off-side position or if the ball is received directly from a goal kick, a corner kick, or a throw-in. If a player is declared off-side, the referee shall award an indirect free kick, which shall be taken by a player of the opposing team from the place where the infringement occurred, unless the offense is committed by a player in the opponents' goal area, in which case the free kick shall be taken from any point within the goal area.

### **Misconduct Resulting in a Caution and a Showing of the Yellow Card**

1. Dissent with the referee's decision
2. Unsporting behavior
3. Persistent infringement of the Laws of the Game
4. Delaying the restart of play
5. Failing to respect the required distance when play is restarted with a corner kick, free kick or a throw-in.
6. Entering the field of play without the referee's permission
7. Leaving the field of play without the referee's permission

### **Misconduct Resulting in a Send-off and a Showing of the Red Card (team plays down a player)**

1. Violent conduct
2. Serious foul play
3. Spitting at an opponent or any other person
4. Denying the opponents a goal or an obvious goal scoring opportunity by deliberately handling the ball
5. Denying the opponents a goal or an obvious goal scoring opportunity by committing a foul that would be punishable by a free kick or penalty kick.
6. Offensive, insulting, or abusive language
7. A player committing a second infractional offense after having already received a caution

**Zero Tolerance toward Referee Abuse** A person who in the opinion of the referee is disrespectful will be warned and could be issued a Red Card and asked to leave the vicinity of the field of play. Many referees are young people just learning to referee or adults essentially volunteering their time. Please show them the common courtesy you would expect to be shown to your child or to yourself.

## 11V11 Laws of Soccer Made Easy

We encourage players, parents, and coaches to become familiar with soccer rules (called "laws") to enjoy the game better. This brief summary is no substitute for reading the laws of soccer to get a fuller explanation of what they all mean, but should help you get familiar with the laws most commonly applied.

**# of Players:** Each team will consist of (10) field players and a (1) goalkeeper

**Goal Size:** 24' w x 8' h

**Field Size:** 70 yds x 110 yds

**Goal:** A score occurs if the ball passes under the crossbar, between the goalposts, and all of the ball passes completely over the outside edge of the goal line.

**Throw-in:** If all of the ball passes completely over the outside edge of the touchline (sideline), the restart is a throw-in. The throw-in is taken by the team that did not last touch the ball. An improper throw-in or a throw-in taken from the wrong spot results in a throw-in for the opposing team.

**Goal Kick:** If all of the ball passes over the end line, it was last touched by an attacking player, and a valid goal was not scored, the restart is a goal kick. The ball is placed in the goal area and kicked by a member of the defending team. All attacking players must remain outside the penalty area until the ball is first touched by defending team. A goal may be scored directly from a goal-kick. The ball is not in play until the first touch is established. The ball does not have to leave penalty area to be considered in play.

**Corner Kick:** If all of the ball passes over the end line, it was last touched by a defensive player, and a valid goal was not scored, the restart is a corner kick. The ball is placed in the corner arc and kicked by an attacking player. A goal may be scored directly from a corner-kick. If all of the ball is kicked over the goal line from the corner kick, a goal kick is awarded to the defending team.

**Drop Ball:** When the game is stopped while the ball is in play, for a reason other than an infraction of the laws, the game is restarted with a drop ball.

**Direct Free Kick Foul (foul resulting in a direct or penalty kick):** A direct free kick is the sanction awarded at the point of infraction for any one of the ten direct free kick fouls. For the complete wording and understanding of these infractions you must read the actual laws of the game. There are four conditions that must occur for a foul to be awarded. 1. By a player 2. Against an opponent 3. During play 4. On the field of play. This is an overview of the infractions that result in a direct kick.

1. Kicking or attempting to kick an opponent
2. Tripping or attempting to trip an opponent
3. Jumping at an opponent
4. Charging an opponent
5. Striking or attempting to strike an opponent
6. Pushing an opponent
7. Making contact with an opponent before contacting the ball when making a tackle
8. Holding an opponent
9. Spitting at an opponent
10. Deliberately handling the ball (except by goal-keeper in his or her own penalty area)

**Penalty Kick:** If one of the ten direct free kick fouls is committed by the defense in its own penalty area, the sanction awarded to the attacking team is a penalty kick. The ball is placed on the penalty mark, the kicker is identified, the goal-keeper is positioned on the goal-line and may not move forward until the ball is kicked. All other players must remain outside the penalty area and penalty arc and not closer to the goal-line than the penalty mark until the ball has been kicked. Time is extended for a penalty kick taken at the end of halftime, full-time, or over-time.

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