



Eastview Soccer Club

Simplified Soccer Rules

There are 17 Laws Of The Game for Soccer and the most complicated for interpretation are Offside (there is no S) and hand ball.

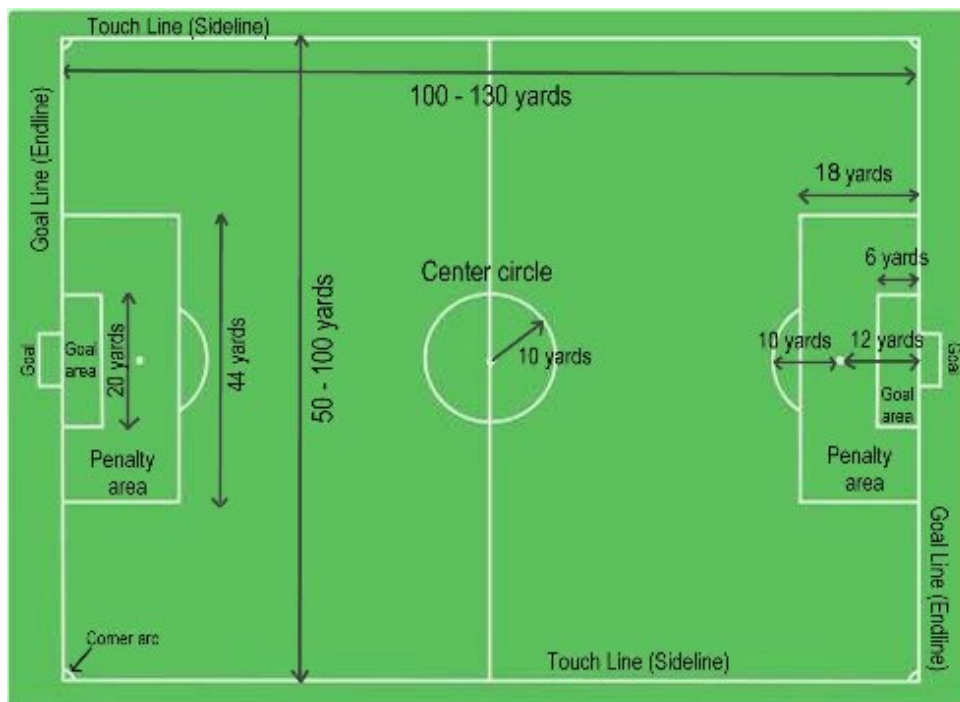
However, what we have set out to do here is provide the basics for a first-time coach.

FIELD OF PLAY

Is a rectangular field split into two halves. The longer lines are “touch lines”, the shorter lines (where the goals are placed) are the “goal lines”.

Goals are placed at the middle of the goal lines. The goal area is marked by lines (perpendicular to the goal line) extending out from the goal posts and a line (parallel to the goal line) connecting these lines.

The purpose of the goal area is to mark the place from which a goal kick can be taken. While the goal area is also used for referee positioning and restart rules, there is NO restriction on players of either team playing the ball from this area.





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The penalty area is a larger box drawn around the goal area. The penalty area is used to determine the area where the goalkeeper can handle the ball using his/her hands, the area where fouls can result in penalty kicks, and a handful of other reasons.

The penalty arc (a semicircle drawn at the top of the penalty area) is NOT part of the penalty area.

KICK OFF

The center circle at the center of the field is the place where play starts with a kick-off. To start play, one or more offensive players start inside the center circle. Players from the opposing team must remain outside the center circle until the ball is touched. All players must be in their own half, except for the kicker. One of the offensive players kicks the ball and moves it forward or back. After that initial kick, a different player must be the next to touch the ball. For this reason, if the ball is going to be played forward, it is common to start with two offensive players inside the center circle on a kick-off. Play from that point is continuous, with a running clock.

NORMAL PLAY

The ball can be played with any part of the body except the hands and arms. A hand ball foul will be called for any INTENTIONAL touching of the ball with hands or arms. If a ball hits a hand accidentally or if a player touches the ball in a defensive manner (to protect himself/herself from being struck) no foul will be called.

A goalkeeper can play the ball with his/her hands in the penalty area.

STOPPING AND RE-STARTING PLAY

Play is stopped for one of several reasons, and how play is restarted depends on the reason for the stoppage:

- End of half (kick-off to resume) – kick-offs at the beginning of halves are alternated between the two teams.
- Goal scored (kick-off) – the team who conceded kicks off from the center circle.
- Out of play – touch line (throw-in) – if a ball goes out on the sides of the field off of a player, it is thrown in by the opposing team.
- Out of play – goal line (goal kick or corner kick) – if a ball goes out after hitting a defender it is a corner kick, if a ball goes out from the attacking team it is a goal kick.
- Free Kicks
- Drop ball



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- Out of play – a ball is out of play when the ENTIRE ball goes over the end line or sideline. A ball is NOT out of bounds if played by a player standing out of play, so long as the ball stays within the field of play.
- Goal – a goal is scored when the ENTIRE ball goes over the end line between the goal posts.
- Throw-in. When throwing in the ball, the thrower must: - have both feet on the ground, on or behind the touch line; - throw the ball from behind and over his/her head - throw the ball with both hands - not be the first person to touch the ball after the throw-in
- Goal kick. The goal kick can be taken by any player on the defending team. The goal kick must clear the penalty area to be a legal kick. When instructing kids on taking goal kicks, work on having them kick the ball to the sides of the field, and as far upfield as possible. In youth soccer, far too many goals are scored after goal kicks that go right up the middle! Having a player with a strong leg kick the ball is advisable, so the ball clears the penalty area easily.
- Corner kick. The corner kick can be taken by any player on the attacking team. The point of a corner kick is to get the ball in front of the goal, where it can be kicked or headed (older players) into the goal. The ball must be placed inside the corner arc (or within a foot of the corner if no arc is marked). The corner flag should NOT be removed. After a corner kick, the kicker cannot touch the ball again until it is touched by another player. A goal CAN be scored on a corner kick.
- Offside. A player is offside if he/she is behind all but one defending player and does not have the ball, **but only if he receives the ball or is a part of the play.**

LENGTH OF GAMES

Play is divided into two halves and quarters for the young ones. Pre K, K, & 1 play four quarters 2- 8 play 2 x halves.

NUMBER OF PLAYERS

We play with the following numbers per age group:

- Pre K 4 vs. 4 – no goalies
- Kindergarten 4 vs. 4 – no goalies
- Grade 1-2: 5 vs. 5
- 3-5: 7 vs. 7 (**Number ALWAYS include Goalkeepers**) can be expanded to 9
- Grade 5-8: 9 vs. 9.

EQUIPMENT

Players should have shin guards.



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It is preferred that players have soccer cleats; baseball or football cleats with spikes are prohibited.

Each player should have a ball, of varying size dependent upon the age of the players. A “size 3” ball is used for grades Pre K & K-2, size 4 for grades 3-5, size 5 for grades 6-8.

POSITIONS AND SPACING

There are four primary positions in soccer. Forwards play primarily on offense (attack) and line up nearest the center line for a kick-off. Midfielders play offense and defense and line up behind the forwards. Defenders play primarily on defense and line up just ahead of the goalkeeper. The goalkeeper lines up right in front of the goal.

Midfielders are not used at the younger ages (Pre K & K-2) but are used for grade 3 and higher. In terms of positioning, there are no hard and fast rules about where players should be on the field. It is not advisable to tell defenders that they should not go past the center line, for instance, because this can create a big spacing gap if play is near the opposing goal.

A good rule of thumb is to tell defenders that they should try to usually play behind the midfielders (or forwards) but shouldn't leave a big space between. Similarly, forwards should be instructed to generally play in front of defenders, but not leave too big a space.

At any time, it may make sense for a defender to go past the forwards (if he/she has an open path to the goal) and for a forward to come behind the defenders (to prevent an opposing player from having an open path).

Instructing defenders to play behind the forwards (and midfielders) will help players hold the proper positions on the field. In terms of right/left/center, older kids will better understand the need to remain on the correct side of the field; for younger players an occasional reminder helps but you don't need to worry too much – let the kids play.

RULES FOR GRADE 3-5

Make sure TECHNICAL areas are marked out with cones and are well back from the side line.

Please note that for EVSC for Grade 3-5 we will be applying the following:

- 25 minutes each half, with 5 minutes for half time.
- Teams will be 7 vs. 7 players, including the Goalkeeper.
- Inspection of equipment should ENSURE:



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- No jewelry i.e. piercing jewelry, earrings, necklaces etc
- If safety glasses are being worn that they are secured around the head
- Socks are over shin guards and shin guards are fully covered
- No hoodies under shirts...they are a safety risk
- Ensure that if there are no markings on the Field that the Build Out Lines are indicated with cones for each half of the field.
- Use of Build Out lines. Here's a link to a 2 minute video explaining the Rule:<https://www.youtube.com/watch?v=PAE4d0wLmhc>
- At Kick Off, the ball can be kicked in any direction BUT ONLY ONE PLAYER OF THE KICKING TEAM CAN BE IN THE OPPOSITION HALF.
- NO Direct Free Kicks are given (therefore no Penalties).
- NO Offside is given. But "goal hanging" will be penalised.
- NO Heading allowed (If header is willful then an indirect free kick is awarded to the other side).
- NO slide tackling allowed (If a slide tackle made, opposition get an indirect free kick)
- Players should retreat 7 yards from where any free kick or corner kick is to be taken by the other side.
Substitutes on any stoppage where the ball goes across a line (Throw-ins, Corner Kicks, Goal Kicks, Goals)
- Substitutes MUST be made only when Ref gives the OK by a wave or a double whistle.
- Substitutions MUST be made in and out of the halfway line.

- Encourage substitutions to be made using pinnies to keep track of players, and as close to the side line as possible. (There a lot of large team squads this year). If that can't be made this way effectively by a team, for whatever reason, then you should then direct them that no subs can be made until a player has left the field.
- Throw Ins: EXPLAIN how to do a throw-in. From the NECK, BOTH feet on the ground, No feet in FRONT of the side line. As with previous seasons we will allow 2 ATTEMPTS until I notify you.

RULES FOR GRADE 6-8

Make sure TECHNICAL areas are marked out with cones and are well back from the side line. Also, mark on either side of the center line with cones for subs to go and out of the game. If players are not adhering to this stop the game and speak to Coaches to correct this.



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Please note that for EVSC for CO-ED we will be applying the following:

- 30 minutes each half, with 5 minutes for half time.
- Teams will be 9 vs.9 players.
- Inspection of equipment should ENSURE:
 - No jewelry i.e. piercing jewelry, earrings, necklaces etc
 - If safety glasses are being worn that they are secured around the head
 - Socks are over shin guards and shin guards are fully covered
 - No hoodies under shirts...they are a safety risk
- At Kick Off, the ball can be kicked in any direction BUT ONLY ONE PLAYER OF THE KICKING TEAM CAN BE IN THE OPPOSITION HALF.
- In the event of a Penalty that GK coming forward off the line BEFORE the kick is taken is a Cautionable Offense.
- Offside is given in players own half if the player comes back from an Offside position and interferes with play..
- NO SLIDE TACKLING allowed (If a slide tackle made, opposition get an direct free kick)
- Players should retreat 10 yards from where any free kick or corner kick is to be take by the other side.
- Substitutes on any stoppage where the ball goes across a line (Throw-ins, Corner Kicks, Goal Kicks, Goals)
- Substitutes MUST be made only when Ref gives the OK by a wave or a double whistle.
- Substitutions MUST be made in and out of the halfway line.
- Encourage substitutions be made using pinnies to keep track of players, and as close to the side line as possible. (There a lot of large team squads this year). If that can't be made this way effectively by a team, for whatever reason, then you should then direct them that no subs can be made until a player has left the field.
- YELLOW CARDS WILL BE USED FOR REPEATED OFFENSES OF RECKLESS OR DANGEROUS FOULS OR MISCONDUCT. AFTER ISSUING THE YELLOW THE OFFICIAL WILL SPEAK TO THE COACH. ASK THE COACH TO EXPLAIN WHY THE YELLOW CARD AND THEN THEY CAN INTRODUCE THE PLAYER BACK LATER IN THE GAME.