

# Redford Soccer Club's Intro to Soccer

"Fun first, competition second."

The Redford Soccer Club is a volunteer-run nonprofit organization focused on developing the next generation of soccer stars by setting a foundation of sportsmanship and teamwork.

Good sportsmanship is one of the highest priorities to teach our youth soccer players alongside the skills of the game.



There are several things new players need to do to prepare before playing.

## Safety

A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of *jewelry*).

## Basic Equipment

The basic compulsory equipment of a player comprises the following separate items:

- a jersey or shirt — if undergarments are worn, the color of the sleeve should be the same main color as the sleeve of the jersey or shirt;
- shorts — if undershorts are worn, they are of the same main color as the shorts;
- stockings/socks;
- shinguards;
- footwear/soccer cleats

## Shinguards

- are covered entirely by the stockings
- are made of a suitable material (rubber, plastic or similar substances)
- provide a reasonable degree of protection

Proper equipment is the first step toward avoiding injuries. There are several ways a soccer player could get injured, but good shinguards and the lack of loose clothing will prevent a lot of otherwise common injuries.

When dressing players for games, also take into account the weather and how hot body temperatures will be once they get running around, especially if they are wearing multiple layers.



Also make sure the players are hydrated and bring water with them to the field, whether it be for a practice or a game. Water will keep players refreshed and give them energy to perform.

Unhydrated players can develop stomach cramps or may stop sweating, which could lead to further problems.



# The Sport

Soccer has been a worldwide sport for centuries and is currently recognized as the most popular sport in the world.

The sport's popularity has grown immensely in the United States since the U.S. hosted the men's World Cup tournament in 1994.

Since then, youth soccer has seen an increase in participation, which has been further enhanced across both genders with the U.S. women's national team winning the American-hosted World Cup in 1999.

Soccer has become especially popular at the youth levels because it helps children develop a variety of physical abilities, including coordination (both hand/eye and between the different parts of their body), endurance, motor skills and general physical fitness.

Teams also help develop camaraderie, while forming friendships and teaching important life lessons, such as how to work together with others to reach a common goal.



## Dimensions of the Game

- Goals are 8 feet tall and 8 yards wide.
- Full-sized fields (U13+) are 100-130 yards long and 50-100 wide. The 18 yard box is 44 yards wide. The six yard box extends six yards from the goal line and each post. The center

circle is 10 yards from center spot and the arch on the 18-yard box signifies 10 yards from the penalty spot, which is 12 yards from the goal line.

- A Size 5 ball (U13+) is 27-28 inches in circumference and weighs 14-16 ounces, with pressure of 8.5-15.6 pounds per square inch.



# The Game

Soccer has plenty of rules. Here are the USSF definitions for a few key ones.

## Offsides (U11+)

It is not an offense in itself to be in an offside position.

A player is in an offside position if:

- they are nearer to their opponents' goal line than both the ball and the second-to-last opponent

A player is not in an offside position if:

- they are in their own half of the field of play
- they are level with the second-to-last opponent

## Guilty

A player in an offside position is only penalized if, *at the moment the ball touches or is played by one of their teammates, they are, in the opinion of the referee, involved in active play* by:

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

## Not Guilty

There is no offside offense if a player receives the ball directly from:

- a goal kick
- a throw-in
- a corner kick

## Allowance for Time Lost

Allowance is made in either period for all time lost through:

- substitution(s)
- assessment of injury to players
- removal of injured players from the field of play for treatment
- wasting time
- any other cause

*The allowance for time lost is at the discretion of the referee.*

## Dropped Ball

A dropped ball is a way of restarting the match after a temporary stoppage which becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in the Laws of the Game.

## Fouls

For any offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

Fouls and misconduct are penalized as follows:

### Direct Free Kick (U9+)

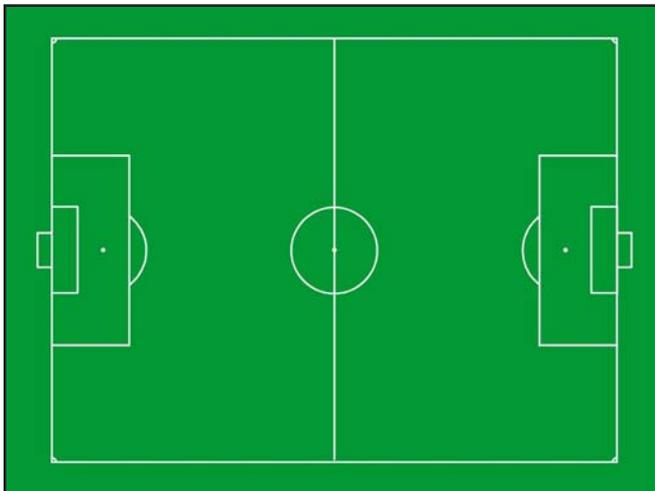
A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, *reckless or using excessive force*:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:

- tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area)

A direct free kick is taken from where the offense occurred.



*A standard soccer field has several sets of boxes and lines.*

## Penalty Kick (U9+)

A penalty kick is awarded if any of the above 10 offenses is committed by a player *inside* their own penalty area, irrespective of the position of the ball, provided it is in play.

### Indirect Free Kick

An indirect free kick is awarded to the opposing team if a goalkeeper, inside their own penalty area, commits any of the following four offenses:

- takes more than six seconds while controlling the ball with their hands before releasing it from their possession
- touches the ball again with their hands after it has been released from their possession and has not touched any other player
- touches the ball with their hands after it has been deliberately kicked to them by a teammate
- touches the ball with their hands after he has received it directly from a throw-in taken by a teammate

An indirect free kick is also awarded to the opposing team if a player, *in the opinion of the referee*:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from their hands
- commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player

The indirect free kick is taken from where the offense occurred.

### Disciplinary Sanctions

Only a player, substitute or substituted player may be shown the red or yellow card.

The referee has the authority to take disciplinary sanctions, as from the moment he enters the field of play until he leaves the field of play after the final whistle.

## Cautionable Offenses (Yellow Card)

A player is cautioned and shown the yellow card if they commit any of the following seven offenses:

1. is guilty of unsporting behavior
2. shows dissent by word or action
3. persistently infringes the Laws of the Game
4. delays the restart of play
5. fails to respect the required distance when play is restarted with a corner kick, free kick or throw-in
6. enters or re-enters the field of play without the referee's permission
7. deliberately leaves the field of play without the referee's permission

A substitute or substituted player is cautioned and shown the yellow card if they commit any of the following three offenses:

1. is guilty of unsporting behavior
2. shows dissent by word or action
3. delays the restart of play

## Send-Off Offenses (Red Card)

A player, substitute or substituted player is sent off and shown the red card if they commit any of the following seven offenses:

1. is guilty of serious foul play
2. is guilty of violent conduct
3. spits at an opponent or any other person
4. denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within their own penalty area)
5. denies an obvious goal-scoring opportunity to an opponent moving toward the player's goal by an offense punishable by a free kick or a penalty kick
6. uses offensive, insulting or abusive language and/or gestures
7. receives a second caution in the same match

A player, substitute or substituted player who has been sent off and shown the red card must leave the vicinity of the field of play and the technical area.

# The Club

The Redford Soccer Club has been a part of the Redford community since 1977.

RSC is a member of the Great Lakes Soccer League, Michigan State Youth Soccer Association and United States Youth Soccer.

Club players ages 5-7 play in-house against other Redford players, while players ages 8-18 travel to surrounding communities such as Ann Arbor, Brighton, Canton, Chelsea, Dearborn, Dearborn Heights, Garden City, Hamburg, Hartland, Howell, Huron New Boston, Livonia, Milford, Monroe, Saline, Taylor, Trenton, Van Buren and Westland.

Registration periods generally run during the offseason, through June and July for the fall season and November through February for the spring season, with additional registrations accepted if open slots are available for a team in the registering player's age group.

Registration forms are available at the Redford Public Library, the Redford Community Center and at [www.redfordsoccerclub.com](http://www.redfordsoccerclub.com). A photo copy of the player's birth certificate should be turned in with the registration form.



## Club Officials

President .....	Nancy Jackett
Vice President .....	Jim Gibbs
Registrar .....	Chris Riffenberg
In-House Coordinator ...	Nancy Jackett
Secretary .....	Betty Gonzalez
Treasurer .....	Bill Jackett
Head Referee .....	Pat Mathieu
Referee Assignor .....	Jim Gibbs
Field Scheduler .....	Gregg Keating
Director of Coaching .....	Jim Gibbs
Uniforms & Equipment .....	Jim Nicola

## Field Rules

The club has several rules for anyone at games and practices, implemented for the best interest of the youth players:

- No smoking; secondhand smoke is dangerous to those around you
- No dogs; they can leave a mess, disrupt games and bite others
- Clean up after yourself; don't leave bottles, fruit peels or snack wrappers at the fields.

The Redford Soccer Club is always looking for volunteers. If interested, please talk to your team's coach for more information.

Redford Soccer Club  
P.O. Box 401528  
Redford, MI 48239



Redford Soccer Club is a member of the Great Lakes Soccer League, a Michigan State Youth Soccer Association affiliate.

