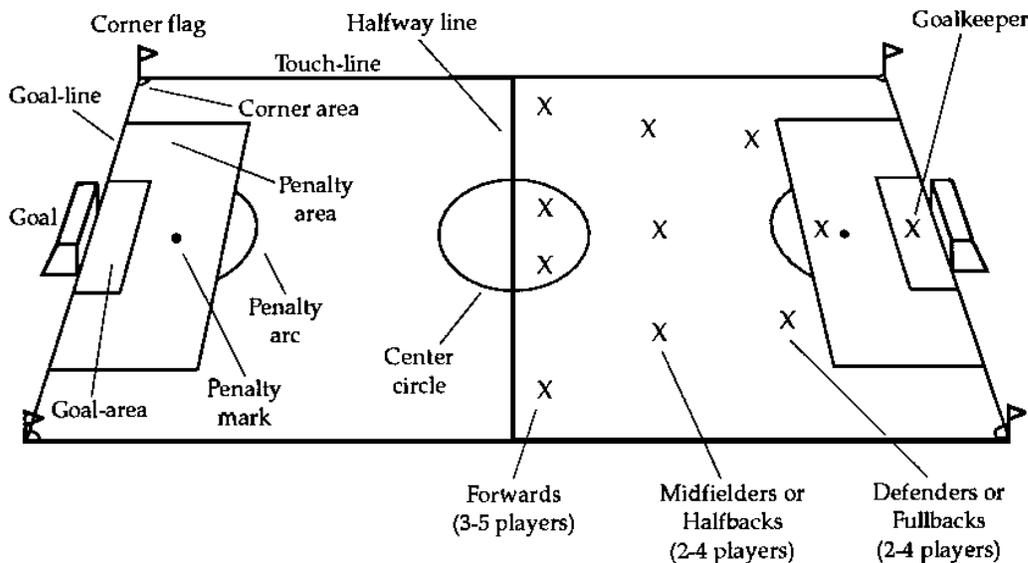




# CSC Parents Guide to U10/U12 Soccer

## The Pitch and Generic Positions:



## Free Kicks:

Fouls usually result in either a direct or an indirect free kick, depending on the type of foul (see below). Players may strike direct free kicks right at the goal, whereas indirect free kicks must touch a player other than the original kicker before a goal can be scored. Opponents must be at least 10 yards (or a distance equal to the center circle) away from the ball during a free kick. A free kick awarded within a defending team's own goal area may be taken from any point within the goal area. An indirect free kick awarded to the attacking team within an opponent's goal area is taken from the line at the top of the goal area nearest the point of the infraction. The referee will signal which type of free kick has been awarded – direct is indicated by pointing the direction of the kick and indirect with an arm extended vertically.

Free Kick Fouls	
Direct Kick	Indirect Kick
Handball	Playing Dangerously
Kicking or attempting to kick an opponent	Obstruction
Striking or attempting to strike an opponent	Goalkeeper taking more than 6 sec to release the ball
Tripping or attempting to trip an opponent	Offside
Holding an opponent	Goalkeeper touching the ball with his hands after it has been released from his possession and hasn't yet been touched by a second player
Pushing an opponent	
Jumping at an opponent	
Charging an opponent	Goalkeeper catching the ball on a throw-in from a teammate or after it has been kicked to him by a teammate
Spitting at an opponent	

## Penalty Kicks:

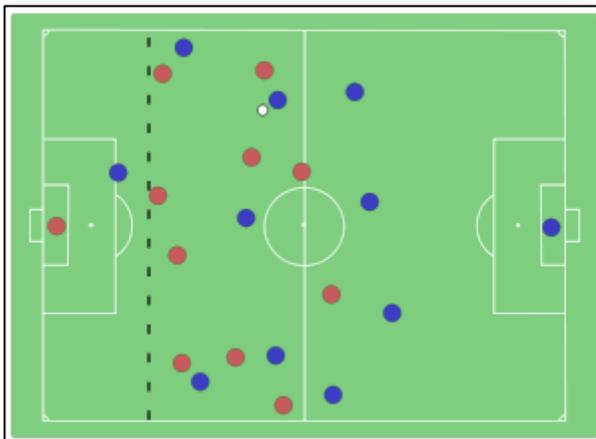
Penalty kicks are awarded to the attacking team if a defending player commits a direct kick foul inside the penalty area. A penalty kick is a free shot at the goal by an individual attacker, with only the goalkeeper defending against the shot. Penalty kicks are taken from the penalty spot in front of the center of the goal (as shown above). The goalkeeper may not leave the goal line until the ball is kicked.

## Offsides:

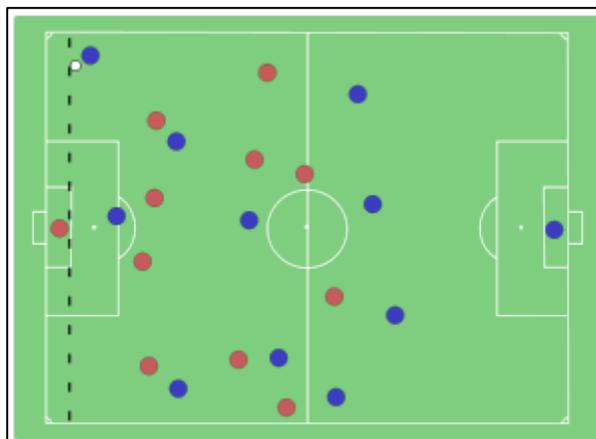
The 11<sup>th</sup> Law of the Game states that players in an offside position, when the ball is touched or played by a teammate, may not become actively involved in the play. A player is in an offside position when he or she is in the opponents' half of the pitch and closer to the opponents' goal line than both the ball and the second-to-last opponent (usually, but not necessarily always, the last defensive player in front of the goalkeeper). Being in an offside position is not an offence in itself; at the moment the ball touches or is played by the player's team, the player must also be "actively involved in the play" in the opinion of the referee, in order for an offence to occur. When the offside offence occurs, the referee stops play and awards an indirect free kick to the defending team from the position of the offending player.

The offside offence is neither a foul nor a misconduct, players are never booked or sent off for offside. Like fouls however, any play (such as the scoring of a goal) that occurs after an offence occurs but before the referee is able to stop play is nullified.

One of the main duties of the assistant referees is to assist the referee in adjudicating offside— their position on the sidelines giving a more useful view sideways across the pitch. Assistant referees communicate that an offside offence has occurred by raising a signal flag.



The blue forward on the left of the diagram is in an offside position as he is in front of both the second-to-last opponent (marked by the dotted line) and the ball. This does not necessarily mean he is committing an *offside offence*. It only becomes an offence if the ball is played while he is in an offside position and he subsequently interferes with play (such as receiving a pass), interferes with an opponent, or somehow gains an advantage by being in an offside position (such as receiving a deflected ball) *no matter if any of these events occur after he moves to an onside position*



The blue [forward](#) in the penalty area of the diagram is not in an *offside position*, as he is behind the ball, despite the fact that he is in front of all of his outfield opponents.