

To All Parents:

Remember the old saying,

**“If you don’t have anything nice to say,
don’t say anything at all.”**

- Encourage your children and the other players.
- Respect the coach and the referees.

Everyone is doing the best they can and they are **VOLUNTEERS.**

Soccer is an uncomplicated sport, but for many young players and first time coaches and parents, the rules can seem obscure and confusing. It is important to have a clear understanding of the basic laws of the game. This guide contains a list of rules that will help throughout the season.

Sideline Etiquette Tips

1. Cheer, don’t coach.
2. Avoid running up and down the sidelines shouting.
3. Keep comments to yourself.
4. Stay away from goals. Standing behind the goal can be prohibited by the league.
5. Stand, or sit, at least 3 to 5 yards from the sidelines (touchlines).
6. Demonstrate good sportsmanship at all times to other players and the opposition.

Free Kicks

1. FREE KICK - The free kick is the most widely used sanction in soccer, so it is worth getting to know the rules that apply to its use. Free kicks can be either direct or indirect, and it is important that coaches understand the difference between the two.

2. DIRECT FREE KICK - This is a kick in which the player taking the kick may score without the ball having to touch or be touched by anybody else. Direct free kicks must be taken from the spot where the foul occurred, except in the event of offences committed by a defending team in their own penalty area, in which case a penalty kick is awarded rather than a direct free kick. There are ten main offences that bring about the award of the direct free 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 in a manner considered by the referee to be either careless, reckless or violent;
5. When tackling an opponent makes contact with the opponent before contact is made with the ball;
6. Striking or attempting to strike an opponent;
7. Spitting at an opponent;
8. Holding an opponent;
9. Pushing an opponent; or
10. Handling the ball (this of course does not apply to goalkeepers within their own penalty area).



Direct Free Kick Signal



Indirect Free Kick Signal

3. INDIRECT FREE KICK - A goal can only be scored from an indirect free kick if a ball is touched by one player or more (from either side) on its route to the goal. This means that the player taking the kick should not shoot for the goal directly from the indirect free kick. The referee will indicate the award of an indirect free kick by raising his arm vertically above his head. He will keep his arm in this position until he sees that the ball has touched or been touched by a second player. The following are instances in which an indirect free kick could be awarded:

- Any play that the referee considers to be dangerous (one example - attempting to kick the ball out of the goalkeepers hands);
- Charging Fairly (shoulder-to-shoulder) but when the ball is not within playing distance;
- Intentionally obstructing an opponent when not playing the ball;
- Charging the goalkeeper;
- When a goalkeeper picks up a ball that has been deliberately kicked to him/her by a teammate, but not when the pass was headed and chested by a teammate;
- Time wasting, including goalkeepers who hold onto the ball longer than 6 seconds;
- A player sanctioned for being offside when the ball was played forward;
- Dissent towards the officials;
- Unsporting behavior; or
- A player taking a corner kick, throw-in or free kick touches the ball a second time before any other player touches it.

KEY FACTS

- The ball must be stationary when any free kick is taken.
- Free kicks awarded to a defending team within its own Goal Area can be taken from any other point in the Goal Area.
- All opponents must be 10 yards from the ball when a free kick is taken.
- The referee will raise his arm vertically to indicate an indirect free kick.
- A goal can be scored from an indirect free kick only if a second player from either team touches the ball after the initial kick has been taken.