

Trophy Sport Club – Soccer Rules Summary

(Fall 2014)

1. Home team wears the red vests
2. Kick off:
 - From center of field... kicking team lines up behind ball... defenders must give space
 - Always kick forward (& to a teammate)... defenders must give space
 - To start the game, visitors kick off
 - To start the period, or after a goal, the team that is behind kicks off
3. Blow whistle (stop play... either coach can blow whistle):
 - Hand Ball – no hands except goalie in goalie box (marked by markers)
 - Innocent team gets free kick from point of foul... players can be downfield
 - Innocent team gets penalty kick (from marker) if inside opposing goalie box
 - Out-of-bounds – ball goes past sideline or endline
 - If ball goes past sideline, innocent team throws in
 - If ball goes past endline & innocent team is on offense, they get a corner kick
 - If ball goes past endline & innocent team is on defense, they get a free kick from front of goalie box... players can be downfield
 - Unnecessary roughness – go for the ball, not for the other player
 - Innocent team gets free kick from point of foul... players can be downfield
 - Innocent team gets penalty kick (from marker) if inside opposing goalie box
 - Offsides – player may not go past the last defender (not counting goalie) unless the ball is in front of him/her
 - Innocent team gets free kick from point of foul
4. Guidelines regarding playing time:
 - All players can play at all times (no need to sit on the sidelines)
 - If teams are clearly mismatched, coaches can work out a player loan/swap for the day and/or the coach (or designated helper) can play to even things up (see below).
5. Guidelines regarding coach (or designated helper) playing:
 - Can play middle defense... cannot shoot... gentle kicks/passes only
 - Can play anytime his/her team is behind by two or more points
 - Can play if teams are imbalanced (see above) & his/her team is not ahead in the score