

# Trophy Sport Club – Soccer Rules Summary

## (Fall 2017)

1. Home team wears the red vests
2. Kick off:
  - From center of field; kicking team lines up behind ball; defenders must give space
  - Kick forward to 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; only ref or coach acting as ref can blow whistle during game):
  - 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
  - Free kicks are all indirect (must pass to teammate) unless penalty in goalie box.
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 if needed
5. Guidelines regarding coach (or designated helper) playing:
  - Can play middle defense/sweeper; cannot shoot; gentle kicks/passes only
  - Can play if teams are imbalanced (see above) & his/her team is not ahead in the score