

Rec Soccer Definition Sheet

Playing The Ball

- Players on the field are only allowed to play the ball using their feet, legs, chest, etc.
- ONLY goalkeepers are allowed to use their hands within the goal box

Kick-Off

- Teams kick off to start the game at the beginning of the game and after halftime
- Kick offs are also used as a restart for when a goal is scored
- The referee usually has a method (rock paper scissors, coin toss) to determine the kick off to start the game. Whoever loses the coin toss gets the kickoff to start the 2nd half
- On restarts due to a goal, the team that was scored on is given the kick off
- [Video Explanation](#)

Throw In/Kick In

- Throw and Kick ins are used when the ball goes out of bounds on the sideline
- Kick ins are used for the younger ages, throw ins are used at the older ages
- The player throwing the ball must use both hands, the ball must go behind the head and both feet must remain on the ground
- Kick Ins take place where the ball went out of play, ensure the opposing team gives space for the ball to be kicked (may need to back up the littles a few steps so the ball can be played)
- [Video Explanation: Throw In](#)

Goal Kick

- A goal kick is awarded to the defending team when the ball goes out of bounds on the endline
- The attacking team must be the last team in possession (have kicked the ball out or have it deflected off one of their players for it to be a goal kick)
- Ball must be stationary (not rolling or bouncing)
- [Video Explanation](#)

Corner Kick

- A corner kick is awarded to the attacking team when the ball goes out of bounds on the endline
- The defending team must be the last team in possession (have kicked the ball out or have it deflected off one of their players for it to be a corner kick)
- Ball must be placed in the corner area, ball must be stationary (not rolling/bouncing)
- [Video Explanation](#)

Build Out Line

- The build out line is the line halfway between the midfield line and the penalty area
- This line helps determine offside calls for U7-U10
- The build out line helps encourage players to play the ball out of the back without pressure

- For goal kicks the attacking team **MUST** be behind the build out line. As soon as the ball is kicked out for a goal kick - the ball is live and players can move past the line
- When the goalkeeper is in possession of the ball, the attacking team **MUST** retreat behind the build out line. As soon as the ball leaves the goalkeeper's hands - the ball is live and players can move past the line. The goalkeeper can throw/roll to a teammate in front of or behind the line (no limitations)
- [Video Explanation](#)

Offside

- This is one of the hardest rules to explain - video examples are very helpful!!!
- Offside is when the attacking player is closer to the opposing goal (in the attacking half) than the ball and the second to last defender
- For U9/10 teams, the offside line is the build out line. For older teams, the offside line is the midfield line
- Being in an offside position isn't a foul. As soon as the offside player receives or touches the ball, in an offside position, then the whistle is blown
- This rule prevents attackers from gaining an unfair advantage by positioning themselves too close to the opponents goal (cherry picking)
- [Video Explanation](#)

Free Kick

- Free kicks are awarded at the spot of a foul
- 2 types: **Direct** and **Indirect**
- Direct free kicks can directly be scored on (doesn't have to touch anyone)
- Direct free kicks are typically awarded to more obvious fouls like handballs, intentionally harming another player or a reckless tackle
- Indirect free kick cannot be scored on unless it's touched by another player
- Indirect free kicks are awarded to fouls that don't involve contact with another player
- [Video Explanation: Direct Free Kick](#)
- [Video Explanation: Indirect Free Kick](#)

Handball

- When a field player (not goalkeeper) intentionally touches or handles the ball with their hand or arm up to their shoulder
- Handball can also be called when a player unintentionally touches the ball with their hand/arm when their arm is extended from their body
- The goalkeeper can use their hands in the goal box. If they use their hands outside of the goal box, they will be called for a handball as all field players would be
- [Video Explanation](#)

Additional Resources:

[Understand Soccer on YouTube](#)

[CSA Rules PDF](#) - State governing of the game

[FIFA Laws of the Game](#) - International governing of the game

Field dimensions are not exact - use for reference on build out line, goal lines, side lines, etc

