

# THE RULES OF SOCCER

## Here's a basic guide to soccer rules:

### 1. The Field:

- Soccer is typically played on a rectangular field with specific dimensions. The field is divided into two halves, with a goal at each end.

### 2. The Players:

- Each team consists of 11 players, including one goalkeeper.
- Substitutions are allowed throughout the game, with limits set by the competition's rules.

### 3. The Objective:

- The primary objective is to score goals by getting the ball into the opposing team's goal.
- The team with the most goals at the end of the game wins.

### 4. Start and Restart of Play:

- The game begins with a kick-off from the center spot. The team that wins the coin toss chooses which goal to attack first.
- Play restarts with a kick-off after a goal is scored or at the start of the second half.

## **5. Ball In and Out of Play:**

- The ball is out of play when it fully crosses the boundary lines (sidelines or goal lines), or when the referee stops play for an infringement.
- Play restarts with a throw-in (when the ball goes out of bounds along the sidelines), a goal kick (when the attacking team kicks the ball out over the defending team's goal line), a corner kick (when the defending team kicks the ball out over their own goal line), or a free kick or penalty kick as determined by the referee.

## **6. Offside:**

- A player is in an offside position if they are nearer to the opponent's goal line than both the ball and the second-last opponent (usually the last defender) at the moment the ball is played to them by a teammate.
- Offside is not called if a player receives the ball directly from a goal kick, throw-in, or corner kick.

## **7. Fouls and Misconduct:**

- Fouls are penalized with free kicks or penalty kicks, depending on the severity and location of the offense.
- Common fouls include tripping, pushing, holding, and dangerous play.
- Players may receive yellow or red cards for misconduct, with yellow cards serving as a warning and red cards resulting in ejection from the game.

## **8. Free Kicks and Penalty Kicks:**

- Free kicks are awarded for fouls and misconduct. The opposing team must retreat a specified distance from the spot of the foul.
- Penalty kicks are awarded for fouls committed inside the penalty area. They are taken from the penalty spot and involve only the kicker and the goalkeeper.

## **9. Advantage Rule:**

- The referee may choose to apply the advantage rule, allowing play to continue if the team that was fouled still has an advantageous position.

## **10. Duration of the Game:**

- A standard soccer game consists of two halves, typically lasting 45 minutes each, with a halftime break in between.
- Extra time may be added in knockout competitions if the game ends in a draw.

Understanding these basic rules will provide a solid foundation for enjoying and participating in soccer games. However, it's essential to note that variations and additional rules may apply depending on the specific competition or league.