

SOCCER STUDY GUIDE

I. Playing field:

A. Dimensions: High School – 100-120 yds. X 55-80 yds.

II. Players: A regulation team has 11 players.

A. Goalkeeper: Main responsibility is to prevent the ball from going into the goal. Goalkeeper may use his/her hands to stop the ball. Goalkeepers lost these privileges when outside the penalty area.

B. Outside Fullback: This player helps form the last line of defense, managing to stay between their goal and the player with the ball.

C. Sweeper: Defend against any unguarded attacker who has broken through the defense and toward the goal. Also, they give the team more scoring power.

D. Stopper: Central defender, primarily to guard very tightly the opposing team's central striker.

E. Midfielders: As a group, the midfielders act as a link between the defense and offense. They play the center part of the field and break up attacks and initiate plays. The three are defensive midfielder, playmaking midfielder, and attacking midfielder.

F. Forwards: There are outside forwards and a central striker. Purpose is to provide goals for the team. They also defend their up field position when the other team has the ball.

III. Durations of Game and Length of Periods: 2 halves of equal length. In high school, the State high School Association usually adopts 40 minutes each. Halftime is 10 minutes. An overtime period is 10 minutes in length, and only 2 are allowed.



IV. Scoring:

A. A goal is 1 point: A goal is scored when the entire ball passes legally beyond the goal line, between the goal posts and under the crossbar.

V. Fouls and Misconduct:

A. Direct Free Kick: Taken for any of the following:

- 1. Intentionally kicking, striking, jumping, tripping, or attempting to trip an opponent.**
- 2. Holding, pushing opponent with hands or arms.**
- 3. Goalkeeper intentionally striking or attempting to strike opponent with ball or by pushing opponent with hands or arms.**
- 4. Charging the goalkeeper in the penalty area.**

B. Indirect Free Kick: Taken for any of the following:

- 1. Obstruction.**
- 2. Dangerous play.**
- 3. Interference with goalkeeper in possession of ball.**
- 4. Charge an opponent without ball.**

VI. Throw-In: Awarded if ball completely passes beyond the touchline either in air or on the ground.

A. Opponent at site of exit throws in the ball. Part of each foot must be on the ground and on or behind the touchline.

B. The thrower may not play the ball a second time unless touched by another player. A goal may not be scored.

VII. Corner Kick:

A. A corner kick shall be awarded to attacking team when entire ball passes over goal line, except in goal, when last touched by defending team.

B. Players of defending team shall be at least 10 yards away from ball until it is kicked.

C. The ball shall be kicked from ground within the quarter circle nearest where ball left field of play.

SOCCER FIELD

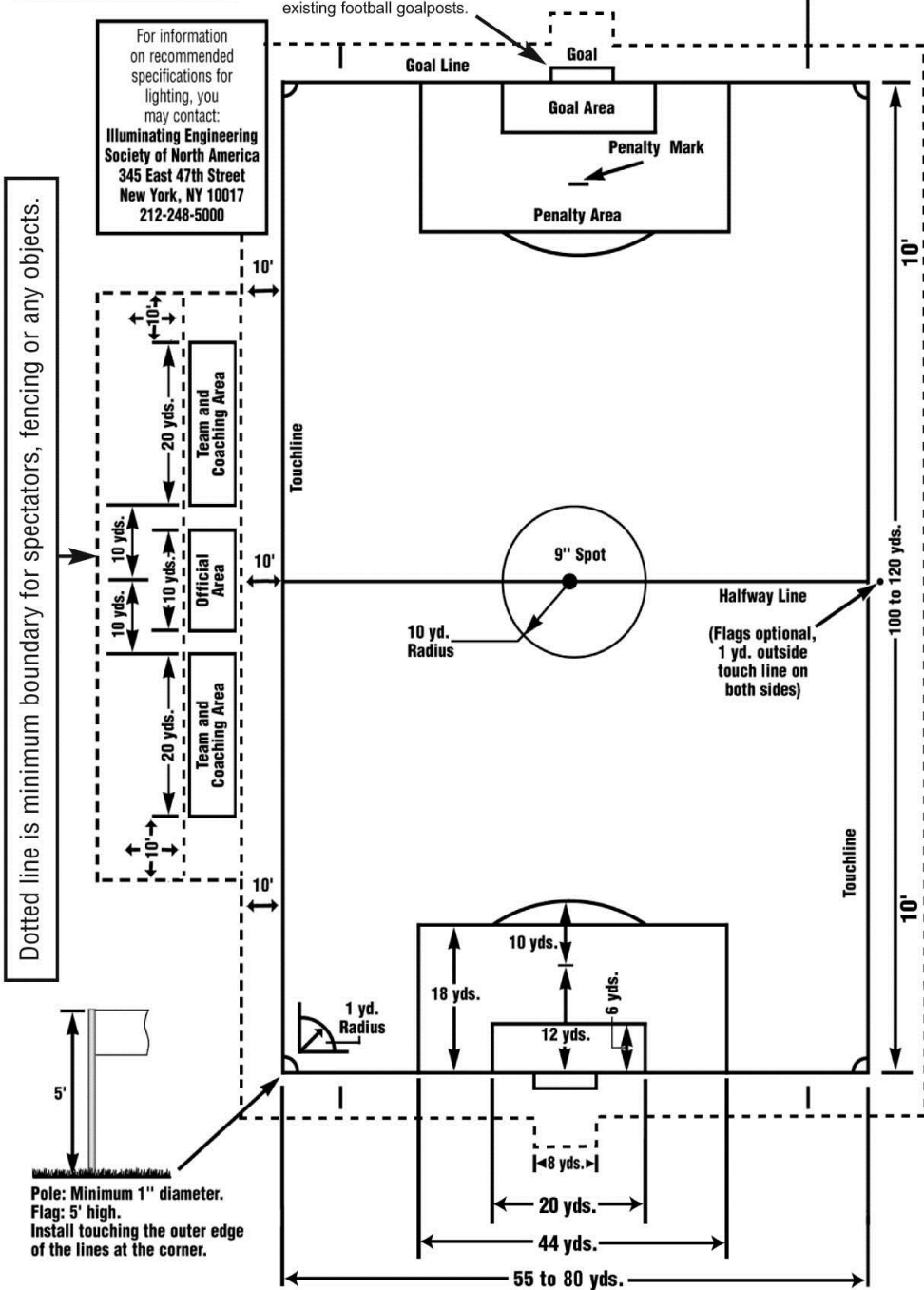
*MEASUREMENTS are taken from outside to outside of the line.

If used on a football field, portable goals should be anchored at least 2 yards in front of the base of the existing football goalposts.

HASH MARK (optional)
(1 yd. in length beyond goal line;
11 yds. from touch line;
located at each corner of field)

For information on recommended specifications for lighting, you may contact:
Illuminating Engineering Society of North America
345 East 47th Street
New York, NY 10017
212-248-5000

Dotted line is minimum boundary for spectators, fencing or any objects.



An engineered soccer field should have a minimum of one-and-one-half percent slope on fields which are surface drained and made up of native soil. For fields with underground drainage the slope should be no less than one percent slope. Slope is measured from center to side. Under no circumstances should a soccer field be flat. For more information, contact Design Architects, 816-842-5200.

