



# SOCCER *Cheat Sheet*

## ROSTERS

League	Total # of Players Required on the Field	Total # of Females Required on the Court	Minimum Players Required to avoid default
6 vs. 6	5 + Goalie	2	4 (1 Female)
8 vs. 8	7 + Goalie	3	5 (1 Female)
11 vs. 11	10 + Goalie	3	7 (2 Females)

## GAME PLAY

- A game is 90-minutes in length:
  - Two 40-minute halves
  - A 10-minute half-time
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
  - A 5-person penalty shoot-out will act as the tie-breaker
- Mercy will be called if one team gains a 7-goal lead
- Metal cleats are not permitted
- Teams are required to bring a game ball, and a single net to attach to the goal they are defending
- A kick-off will start the game and also occur after a goal is scored
- Most fields will be fully-lined to determine the area of play
- Players can enter the goal crease at any time, and score a goal from within the crease
- A throw-in re-starts play after the ball goes out of bounds on the sidelines and is completed by the team who did not last touch the ball.
- A corner-kick is awarded when the ball crosses the end-line, last touched by a defender
- A goal-kick is awarded when the ball crosses the end-line, last touched by an offensive player
  - Goalies can roll, throw, or kick the ball back into play
- Goalies may not pick-up a ball if the ball if they are receiving a pass from a teammate, and may not leave their half (though they may score)
- A free-kick is awarded after a violation, foul or penalty
  - All free-kicks are indirect (a goal cannot be scored before the ball is touched by another player)
  - Defending players must stand 10-feet back from the spot of the kick
- A penalty-kick is awarded anytime a foul occurs within the goal crease

## PENALTIES AND VIOLATIONS

- Players and teams are expected to call their own violations and fouls
- **Violations** are rule infractions that result in a loss of possession and a free-kick for the opposition
- **Advantage Rule:**
  - Allows play to continue when the fouled team was not adversely affected by the play
- Common violations include;
  - Offside, Handballs, Body Contact, Shoulder-to-Shoulder challenges, Delay of Game, etc
- **Penalties** temporarily or permanently remove a player from the game, teams will not be short-handed
  - An indirect free-kick is awarded to the opposing team from the spot of the penalty
- Can be categorized as **Majors** (5-minutes), or **Game Misconducts**
- Common penalties include; *Reckless Play, Slide Tackling, Unsportsmanlike Conduct, Disrespecting a GC*