

COMMON RULE MISCONCEPTIONS (for Coaches)

Most younger players are not intentionally pushing. The majority are focused on the ball and oblivious to their surroundings and actions.

Players can legally “charge” (push) another player when they are shoulder to shoulder (no hands, arms or elbows) and when they are within playing distance of the ball (1-10 feet). The player must also be playing the ball and not the other player.

Handball is when the hand intentionally strikes the ball and not when the ball strikes the hand. Arms are considered part of the hand in soccer. It is okay for young players to protect their heads with their hands.

We do not apply the off-side rule for U6 or U8.

A ball is only out or a goal scored when the ball has completely crossed over the line.

If the attacking team kicks the ball out across the defending team’s goal line, but not in the goal, then the defending team will restart play with a goal kick from anywhere within the goal box (see diagram below).

If the defending team kicks the ball out across their goal line but not in the goal then the attacking team will restart play with a corner kick from the corner arc (see diagram below).

A throw-in is taken when the ball goes out of bounds on the side line (touch line) of the field.

Three simple rules for a proper throw-in.

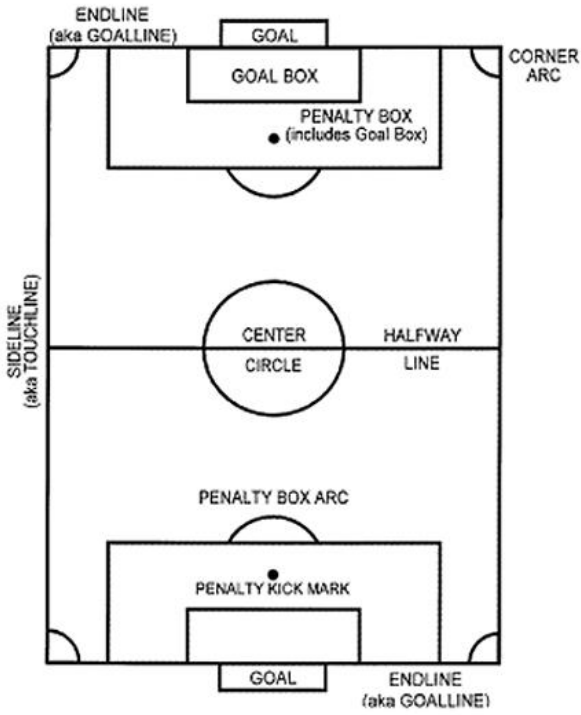
Ball starts from behind the head.

Ball is thrown directly over the head with equal force from both hands.

Both feet must be touching the ground when the throw is made.

There is no such rule as a “high kick”. There is a “dangerous play” rule where a player is kicking too high (cleats are visible) when other players are in close proximity. A “dangerous play” can also be called if a player is putting themselves in danger. A typical example is when the player is laying on the ground and trying to kick the ball while other players are in close proximity. The foul will be called against the player on the ground who is putting themselves into a dangerous situation.

The goalie can only use their hands when the ball is in the penalty box area. The goalie can leave the penalty box area to play a ball but cannot use their hands.



U6 – There is no goal box. Take the goal kick about 3 yards in front of goal.