



SOCCER

1. Two teams will play against each other.
2. Hands may not be used. This will result in a free kick for the other team.
3. Tripping is illegal and will result in the opposing team receiving a free kick.
4. The goalie may use his hands inside the designated area and may throw the ball.
5. The ball is advanced by kicking or heading it.
6. One point is awarded for each goal.
7. Any player may advance the ball by “heading” it.
8. The game is started with one of the teams kicking the ball.
9. After a goal, the game is restarted at mid-field by the team that was scored upon.
10. A ball kicked over the end line by the offense results in a goalie kick.
11. A ball kicked over the end line by the defense results in a corner.
12. A ball kicked over the side line results in a throw in for the other team.
13. During a throw in, the player throwing the ball must keep both feet on the ground.

Indoor soccer:

Three forms of indoor soccer might be played in PE classes:

- A. Traditional, which follows the rules listed above except there are no out of bounds.

- B. Back-to-Back soccer:

The same rules apply as stated above, except:

1. The goals are placed back to back in the middle of the gym, facing the walls.
2. Only the goalie is allowed in the basketball jump ball circle at mid-court.
3. One point is scored for each goal.

- C. Four Corner soccer:

The same rules apply as stated in traditional soccer, except:

1. The class is divided into four teams.
2. There is a goal in each corner of the gym.
3. Four soccer balls are used.
4. There are four plastic discs placed behind each goal.
5. A player may score in any of the goals except his own.
6. When a player scores a goal, he goes behind the goal and takes one of the discs back to his own goal and places it behind the goal.
7. The team with the most discs accumulated by the end of the class is declared the winner.