

OHMS Rules for Soccer

- There are two teams. The team with more goals wins the game.
- The game starts, and restarts (after a goal scored), with a **kick-off**. During the kick-off, both teams begin on their half of the field until the ball is kicked forward over the midline.
- A **direct free kick** is a free kick that does not need to be touched by another player before going into the goal. An opponent takes it after one of the following violations occurs:
 - a) A contact **foul** (pushing, tripping, holding, etc.)
 - b) A **hand ball**, which includes playing the ball with any part of the body from the tips of the fingers to the shoulder.
- An **indirect free kick** is a free kick taken by an opponent that must touch another player before scoring a goal. Indirect free kicks occur when one of the following violations takes place:
 - a) A pass back to the goalie and the goalie picks the ball up with his/her hands.
 - b) **Obstruction** – A defensive player gets in the way of an offensive player, stopping them from getting to the ball.
 - c) **Off sides** – An offensive player without the ball is in front of all defensive players except the goalie before the ball is passed to them.
- A **throw in** occurs after the ball crosses a sideline (touchline). The throw in is an overhead throw from out of bounds *with both feet on the ground and both hands on the ball*.
- A **corner kick** occurs after the ball crosses the goal line (end line) off of a defensive player. It is taken from inside the corner arc nearest where the ball went out of bounds.
- A **goal kick** occurs after the ball crosses the goal line (end line) off of an offensive player. It is taken from inside the goal area, by any player, and **must clear the penalty area before being touched by another player**.
- A **penalty kick** is a direct kick taken from the penalty mark resulting from a contact foul or hand ball that occurs within the penalty area. All players must remain outside the penalty area and penalty arc until the ball is kicked. The goalkeeper must have both feet on the goal line.

