

Laws of Soccer, Simplified

Goalkeeper - The goalkeeper may play the ball with his or her hands, but only inside their own penalty area. The goalkeeper may not waste time putting the ball into play. The goalkeeper wears a different color jersey from his or her teammates.

Ball out of touch - All of the ball must go completely past the outside edge of the touchline or goal line either on the ground or in the air.

Goal - All of the ball must go completely past all of the goal line into the goal.

Throw-In - A throw-in is the restart after the ball has gone over the touchline. The ball is thrown in at the spot it left the field of play. Both of the player's feet must be on or behind the touchline. The ball must be thrown from behind the head with both hands, one on each side of the ball.

Corner Kick - After the ball has gone out over the goal line having last been touched by the defensive team. The ball is placed inside the corner arc and kicked by an offensive player.

Goal Kick - After the ball has gone out over the goal line having last been touched by the offensive team. The ball is kicked by a defensive player from anywhere inside the goal area. The ball must be kicked out of the penalty area before it is back in play.

Offside - A player is in an offside **position** if:

1. The player is in the opponent's half of the field, and
2. Is ahead of the ball, and
3. There are fewer than two opponents ahead of the player.

The offside position is judged **at the moment** the ball touches or is played by a teammate. If, in the opinion of the referee, a player in an offside position touches the ball, interferes with an opponent, or plays a ball that rebounds from the goalkeeper or the cross bar, then an indirect free kick is awarded to the opposing team.

There is no offside offense if a player receives the ball directly from a throw-in, corner kick or goal kick.

Indirect Free Kick (IFK) - An IFK is taken from the location of the offense. A goal cannot be scored directly, i.e. the ball must be touched by another player before a goal can be scored. An IFK is awarded for various infractions as well as the following fouls:

1. Plays in a dangerous manner
2. Impedes the progress of an opponent
3. Prevents the goalkeeper from releasing the ball from his hands
4. The following apply to the goalkeeper within his/her own penalty area:
 - Controls the ball with his hands after he has released it from his possession and before it has touched another player
 - Touches the ball with his hands after he has received it directly from a throw-in taken by a teammate
 - Touches the ball with his hands after it has been deliberately kick to him by a teammate
 - Touches the ball with his hands after he has released it from his possession and before it has touched another player

Direct Free Kick (DFK) - A DFK is taken from the location of the foul and is awarded for the following offenses when committed by a player while the ball is in play (except when committed inside the offenders own penalty area):

1. Kicks or attempts to kick an opponent
2. Trips or attempts to trip an opponent
3. Jumps at an opponent
4. Charges an opponent
5. Strikes or attempts to strike an opponent
6. Pushes an opponent
7. Tackles an opponent
8. Holds an opponent
9. Handles the ball deliberately (except for the goalkeeper within his own penalty area)
10. Spits at an opponent

Penalty Kick (PK) - A PK is awarded for a direct free kick foul committed inside a team's penalty area. The kick is taken from the penalty spot. All players except the kicker and goalkeeper must be outside the penalty area, behind the ball and at least 10 yards from the penalty spot. The ball is in play after it has been kicked forward, but the kicker may not be the next to touch it.

Advantage - Any penalty, which might in the opinion of the referee give an advantage to the team committing the foul, shall not be called.

Warning - A verbal warning from the referee to a player, coach or spectator.

Caution (Yellow Card)

A player is cautioned if he commits any of the following seven offenses:

1. Unsporting behavior
2. Dissent by word or action
3. Persistent infringement of the laws of the game
4. Delaying a restart of play
5. Failing to respect required distance when play is restarted with a corner kick, free kick or throw-in
6. Entering or re-entering the field of play without the referee's permission
7. Deliberately leaving the field of play without the referee's permission

Send Off (Red Card)

A player or substitute is sent-off if he commits any of the following seven offenses:

1. Serious foul play
2. Violent conduct
3. Spitting at an opponent or any other person
4. Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to the goalkeeper within his own penalty area)
5. Denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or penalty kick
6. Using offensive, insulting or abusive language and/or gestures
7. Receiving a second caution in the same match.

An ejected player, coach or spectator must immediately leave the field and surrounding area. An ejected player may not be replaced during the current match. While team officials can be sanctioned, only a player or substitute may be shown the red or yellow card.

CLUB COACHING POLICY (you have this already)

To ensure a safe and secure environment for all our young players The following Club/OSA coaching policies are to be followed.

1. Shall never be alone with a player
2. Shall not be responsible for transportation to/from practices/games/tournaments
3. Shall not be responsible for water or snacks
4. Shall be a role model - no drugs/alcohol/smoking or abusive language at practices/games/tournaments
5. Shall comply with the Dress Code as defined by the Club
6. Shall ADHERE to OSA and Club policies
7. Shall embrace Club values, principles, and policy as per Club Constitution
8. Shall demonstrate the ability to set and maintain standards for players (i.e. respect, self-discipline, fair

Parents/Player Meeting

Prior to the commencement of the playing season Coaches/Managers are required to conduct a meeting with the players and their parents in which the following agenda should be addressed.

1. Welcome and Introductions
2. Waldens Club objectives
3. Playing Times
4. Game & Practice Schedules
5. Arranging of Car pooling
6. Ways in which Parents can assist and be involved
7. Parents Expectations
8. Player Expectations
9. Questions & Answers

First aid & Emergency plan

Parents should ensure that the Coach is aware of any special medical condition and what actions may be required. In some cases the parent may have to be at every game. If puffers are used discuss with the parent and do not allow the players to overuse. (one puff only if second puff is required off you come) Communicate with parent in private and maintain confidentiality
Review what actions would be taken in the event of a serious accident or injury
If a player cannot move a joint, do not move it for them. Let them move on there own.
If in doubt keep in a stationary position and call an ambulance.