



FOLEY PARKS & RECREATION SOCCER

FREQUENTLY ASKED QUESTIONS

1. **Can my child play without shin guards?**
 - a. No. Shin guards are required during **ALL** practices and games.
2. **Can my child play without soccer cleats?**
 - a. No. All players are required to wear soccer cleats. Football, softball, baseball, and metal cleats **are not** allowed.
3. **Can players hit the ball with their head (a.k.a “Headers”)?**
 - a. Only 14U players may head the ball.
 - 5U-11U cannot head the under any circumstances. No exceptions.
4. **Can 5U & 7U kick the ball high in air (a.k.a. “Booting the Ball”)?**
 - a. No. Aerial balls **are not** allowed in 5U & 7U. For everyone’s safety, all kicks/balls played must be below the waist or on the ground.
5. **What is considered a Handball?**
 - a. When a player intentionally uses their hand to gain advantage of the ball. Examples: slapping the ball, grabbing the ball, pushing the ball, or blocking a goal (other than the goalkeeper).
 - b. **It is not** considered a handball if the ball touches a players’ shoulder, however; if the player intentionally lifts their arm to push the ball to gain the advantage, then a handball is declared.
6. **What does “Playing the Advantage” mean?**
 - a. A referee may continue the play without stopping to award a foul if he/she considers the call would cause greater harm to the team – or to take away an advantage from the team that was fouled.
 - Includes:
 - Handballs (i.e. grazing fingers in face-paced play)
 - Tackling (defending to gain possession of the ball) which results in other playing being harmed.
7. **Are Throw-Ins performed at all levels?**
 - a. Yes. **ALL** age groups are required to perform throw-ins to reset the play when the ball goes out of bounds from the sidelines.
 - b. 5U & 7U are also required to perform throw-ins. Kicks from the sidelines are not allowed.
 - c. All balls that go out of bounds from the goal lines will be put back into play by corner kicks or goal kicks.

8. What age groups require Goal Keepers?

- a. Ages 9U-14U.
- b. 5U & 7U did not use goal keepers and players are not allowed to stand inside/on the goal box and act as “Goal keeper” or “Last Defenders”. Last defenders may stand on the build-out line only.

9. What does “Offside” mean?

- a. A violation that occurs when an offensive player is positioned behind the last defender and the goal and receives a pass from a teammate in front of the defender. An offensive player can also be called offside for being behind the defensive line before the ball crosses behind them.
 - Only used in 9U-14U

10. The Build Out Line

a. **Purpose:**

– To develop defensive and decision-making skills in a less pressured setting by encouraging defenders to play the ball out of the defensive area, or “Out the Back”, to a teammate in the midfield or offense. This also encourages smart and controlled passing versus “booting the ball” into random territory resulting in more turnovers.

- b. **Goal kicks:** The attacking/offensive team cannot cross the line, touch or rush the ball regardless of the ball’s position until the pass-in touches a teammate of the defending team for a 2nd time. In addition, the ball is not live simply because it crosses the line; it must be touched by a 2nd defender before the attacking team can advance.
- c. **Keeper has possession of ball:** When the goalkeeper has full possession of the ball during play, the opposing team must move behind the build out line until the ball is put into play. If the defensive team chooses to play quickly and it is touched twice by the defensive team, then the ball is live.

11. What are the differences between Yellow Cards & Red Cards?

- a. **Yellow Cards** serve as a warning signal. The first yellow card awarded serves a warning to cease inappropriate behaviors. 2 yellow cards will result in a red card being awarded and for the player/coach/spectator to be removed from the field immediately.

– Examples:

- Sliding resulting in harm to opponent
- Deliberate Foul.
- Deliberate handling of the ball
- Playing the ball while on the ground
- High Kick
- Tripping
- Pushing or holding an opponent
- Anything deemed unsafe, reckless or dangerous
- Excessive celebration of a goal
- Entering the field without the official's permission
- Continual infractions of the rules

- b. **Red Cards** serves as a signal for immediate ejection. Ejected players/coaches/spectators must immediately leave the field and will be suspended for at least the following game. Players may remain on the bench while ejected coaches & spectators must leave the facilities.

– Examples:

- Severe foul
- Violent Conduct
- Spitting at anyone
- Handling the ball to stop a goal
- Fouling to stop a goal
- Abusive language or acts
- Cursing/Using foul language.
- Taunting or baiting an opponent
- 2nd Caution (2nd yellow)