

# FOOTBALL



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## The History of Football

I am going to tell you about the history of football, one of the most popular sport games all over the World.

Football is a popular sport played all over the world. It is the national sport of most European and Latin-American countries and of many other nations.

Millions of people in more than 140 countries play football. Football is played in the Olympics. Games similar to football were played in China as early as 400 BC. Egyptians played a kind of football too. They played games involving the kicking of a ball. In about 200 AD the Romans played a game in which two teams tried to score by advancing a ball across a line on the field. The Romans passed the ball to one another but they never kicked it.

London children in about 1100 played a form of soccer in the streets. During the 1800's the people of England played a game similar to football. Many rules changed and each person interpreted the rules differently. Now, the sport has grown to a global scale, including men's and women's teams and the World Cup and European Championship competitions, which is played every four years. Also there is League of Champions and FIFA Cup competitions which take place every year in Europe.

Football originated with kicking games played by people in ancient times. The modern version came from England. Football was not that popular kind of game until the mid-1900s.

It started as a game involving kicking and handing, but later this branched off into two separate sports: rugby and football, which is what the Americans call soccer. Around the late nineteenth century, English football began spreading over Europe. The United States was one of the last to implement football as a national sport. The Canadian Soccer Association was established in 1912 while the United States Soccer Federation was set up in 1913.

The first World Cup Championship was in Montevideo, Uruguay. Since then it has been played every four years except during World War II. The North American Soccer League (NASL) was formed in 1968. But it didn't gain popularity until the 1970's.

The rules of play for soccer are simple. The referee makes most of the decisions and attempts to encourage fair play. The game starts off with a kick off and the teams are allowed to pass, dribble, juggle, head, kick and shoot the ball to place it down the field, and (hopefully or eventually) into their opponent's goal.

If the ball is kicked off the field over the length of the field, the other team is given a throw-in, where the ball is thrown over the player's head, and back onto the field. If the ball is kicked over the goal or across the width of the field, either a corner kick results, realizing by the offensive team, where the ball is placed on the corner of the field and kicked into play or the defensive team is awarded a kick, where the ball is placed on the corner of the goal box, and kicked back into play. If a goal is scored, the ball is taken back to the centre of the field and the team, scored against, kicks off and keeps playing.

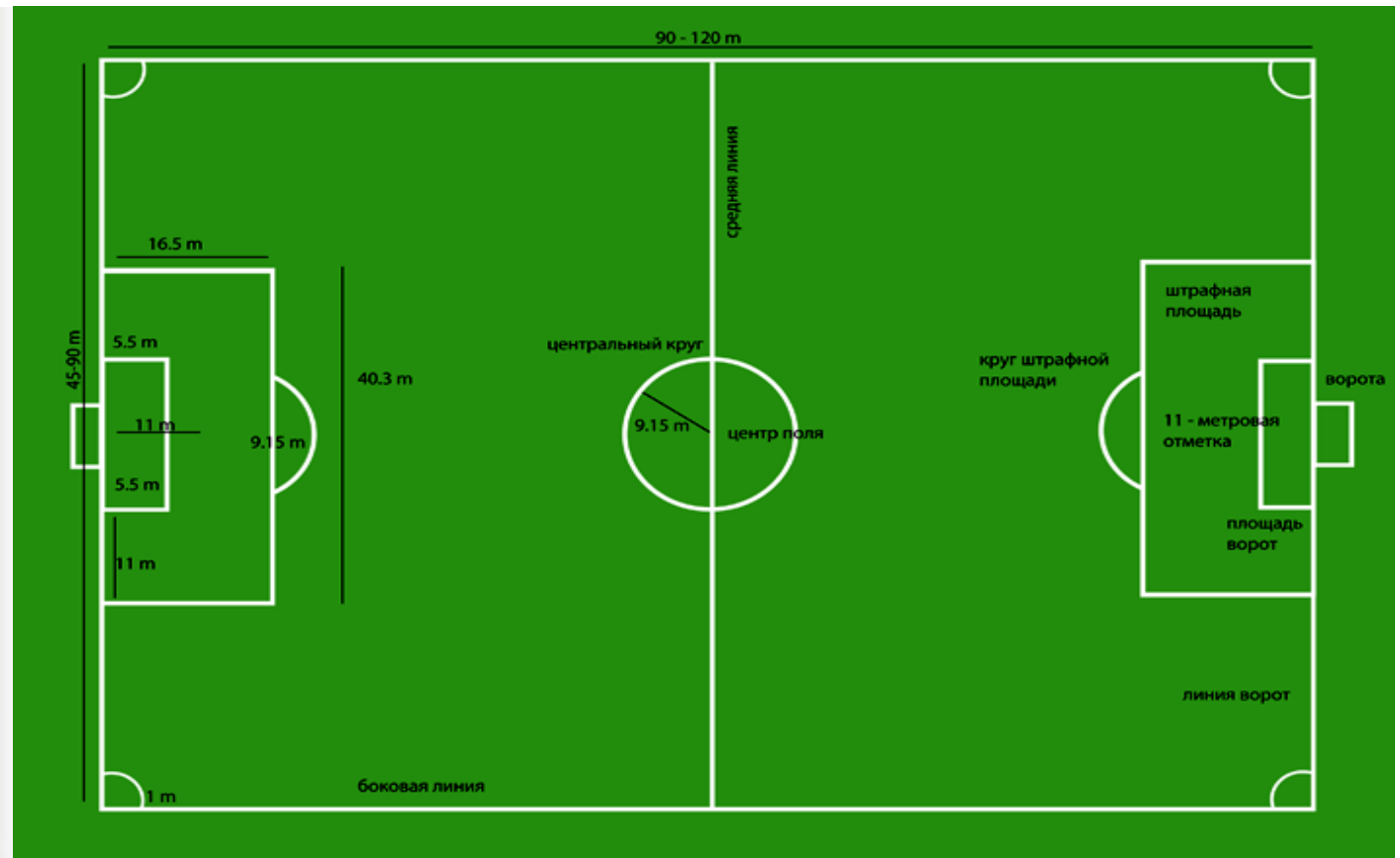


# The Rules of Football

The rules of football are officially referred to as the "Laws of the Game". The Laws of the Game are described very precisely (approximately 150 pages) on the FIFA

There are 17 rules in total, each one briefly summarised below.

**Field of Play.** The game can be played on either natural or artificial surfaces, the surface must be green and rectangular in shape. The two long sides of the rectangle are called touch lines and the two shorter sides are called goal lines. The field is divided in half by the halfway line.



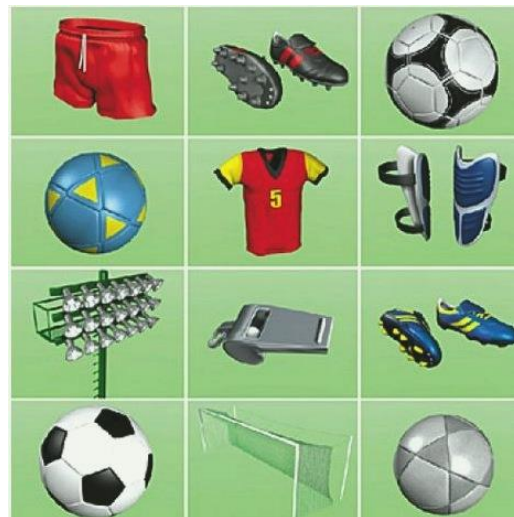
**Ball.** Must be spherical, made of leather (or similar) 68-70 cm in circumference and of a certain pressure.



**Number of players** Two teams of no more than 11 players (one of which is the goalkeeper). A game cannot start if either team has less than 7 players.



**Equipment.** Players must wear a jersey, shorts, stockings, shinguards and footwear.

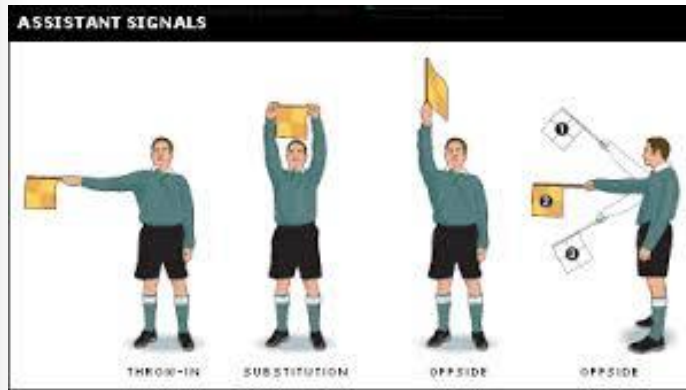


**Referee.** The referee ensures the Laws of the Game are respected and upheld.

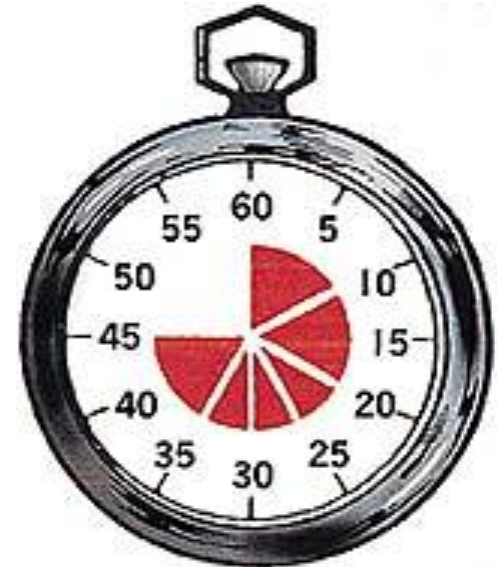




**Assistant Referees.** There may be at most 2 assistant referees.



**Duration of the Match.** The game is played in 2 halves consisting of 45 minutes each. The half time interval must not exceed more than 15 minutes. At the discretion of the referee more time is allowed to compensate for any stoppage during play e.g. Due to substitutions or care and attention of injured players.



**Start and Restart of Play.** A kick-off starts play at the start of the match or after a goal. A kick-off involves one player kicking the ball, from stationary, forward from the centre spot. All players must be in their own half prior to kick-off. A coin is tossed pre-game, the team which loses the toss are awarded the kick-off to start the game whilst the team that win the toss are allowed to choose which direction they want to play. After half time the teams switch direction and the other team will kick-off. After a goal is scored, the team which conceded the goal will kick-off to restart play.





# Ball in and Out of Play.

The ball is out of play once a goal has been scored or when the referee has stopped the game.

The ball is in play at all other times.

**In Play**



**Out of Play**

**Ball in play**



**Ball in play**



**Ball in play**



**Ball out  
of play**



# Method of Scoring.

The ball crosses the goal line inside the goal mouth

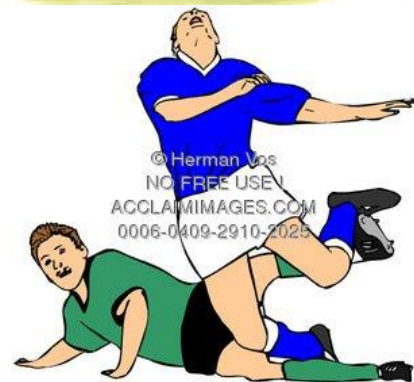




**Offside.** It is an offence for a player to be in contact with the ball when they are closer to the opponents' goal than both the ball and the second-last opponent. The offside rule exists to ensure there are always opponents (generally the goal keeper and a defender) between a player receiving the ball and the goal. Without the offside rule, play can become boring with repeated long balls being kicked to a player stood next to the goalkeeper for an easy goal.



**Fouls/Misconduct.** These are many and varied, broadly speaking it is an offence to use excessive force whilst playing the game either deliberately or undeliberately or to handle the ball (unless you are a goal keeper). The referee may show the yellow card to caution players for less serious offences and the red card for more serious offences resulting in the player being sent off. Two yellow cards are equivalent to one red card.





**Free Kicks.** Are given by the referee for fouls and misconduct. A free kick can either be direct or indirect. A goal can be scored directly from a direct free kick. A goal can only be scored from an indirect free kick if it touches at least one other player first. The free kick must be taken from a stationary position with that position varying depending on whether the free kick was given inside or outside the goal area and whether it's direct or indirect. The opposing team must be a minimum of 9.15 m from the ball when the free kick is taken.





**Penalty Kicks.** Are given against a team when they commit an offence which would normally be awarded a direct free kick inside their goal area. The ball is kicked from stationary from the penalty spot. The opposing team must be outside of the penalty area and at least 9.15 m from the ball.



**Throw-in.** Used to restart play after the whole of the ball has crossed the touch line.





**Goal kick.** Used to restart play after a goal has been scored.



**Corner Kick.** Is given when the whole of the ball crosses the goal line and was last touched by a member of the defending team (and no goal was scored). A corner kick is taken from inside the corner arc closest to the point where the ball crosses the goal line. The defending team must be at least 9.15 m from the ball when the corner kick is taken.

