

Published based on [The Basic Association Football Maxims You Need to Know](#)

# **The Basic Association Football Maxims You Need to Know**

There are reasons why soccer has taken the world by storm, and the sport's combination of running, strategy, and teamwork are contributing factors. This vigorous exercise does wonders for one's physical fitness.

Tools to play the sport of soccer, whether makeshift or manufactured, can be found almost anywhere. A flat field with nets at opposing ends, a soccer ball, and running shoes that don't slip and you're equipped for a match. Shin guards provide valuable protection for players not wanting to get hurt when they often are kicked in the shin during the heat of matches.

Primary [soccer rules](#):

- Number of players allowed
- Criteria for fouls
- Criteria for scoring goals

Long, if you are running back-and-forth on one, most soccer fields range between 130 yards at the maximum to 100 yards at the minimum. Between 50 and 100 yards is the width of most soccer fields. The size of a soccer ball would need to be a size 5, a size 4, or size 3 depending on the age and size of the players.

Between the two teams, there are 20 players and two goalies on the field at any point in time. In addition, in most official games, you're only allowed three substitutions per team. In contrast, nonofficial matches try to best meet the needs of players by placing no limit on how many substitutions can be made.

The field has boundaries on each side. Out of bounds is the designation given to a soccer ball that is kicked outside the chalk boundaries surrounding a field. The last player to touch the ball, as noted by the sideline judge, sees possession of the ball awarded to the opposing team for what is called a throw in.

Points are awarded when the offensive team pushes the soccer ball beyond the goalie and beyond the line that marks the entrance to the goal. Exciting times for many onlookers arise when a penalty kick is called and a player is matched one-on-one with the opposing team's goalie directly in front of a goal.

Only incidental contact is allowed, even if you're going for the ball. Because of the lack of padding they wear, officials conscientiously maintain order to keep players safe. Using these basic soccer rules, people around the world consistently experience great amounts of joy playing and watching soccer matches.

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