

# Official OptiHealth Soccer Play Book

**Field:** OptiHealth Soccer is played on a special “Play Field” (30 yards wide by 30 yards long) which is divided into 3 areas (see diagram below). The goal is 8-feet wide and 4-feet high.

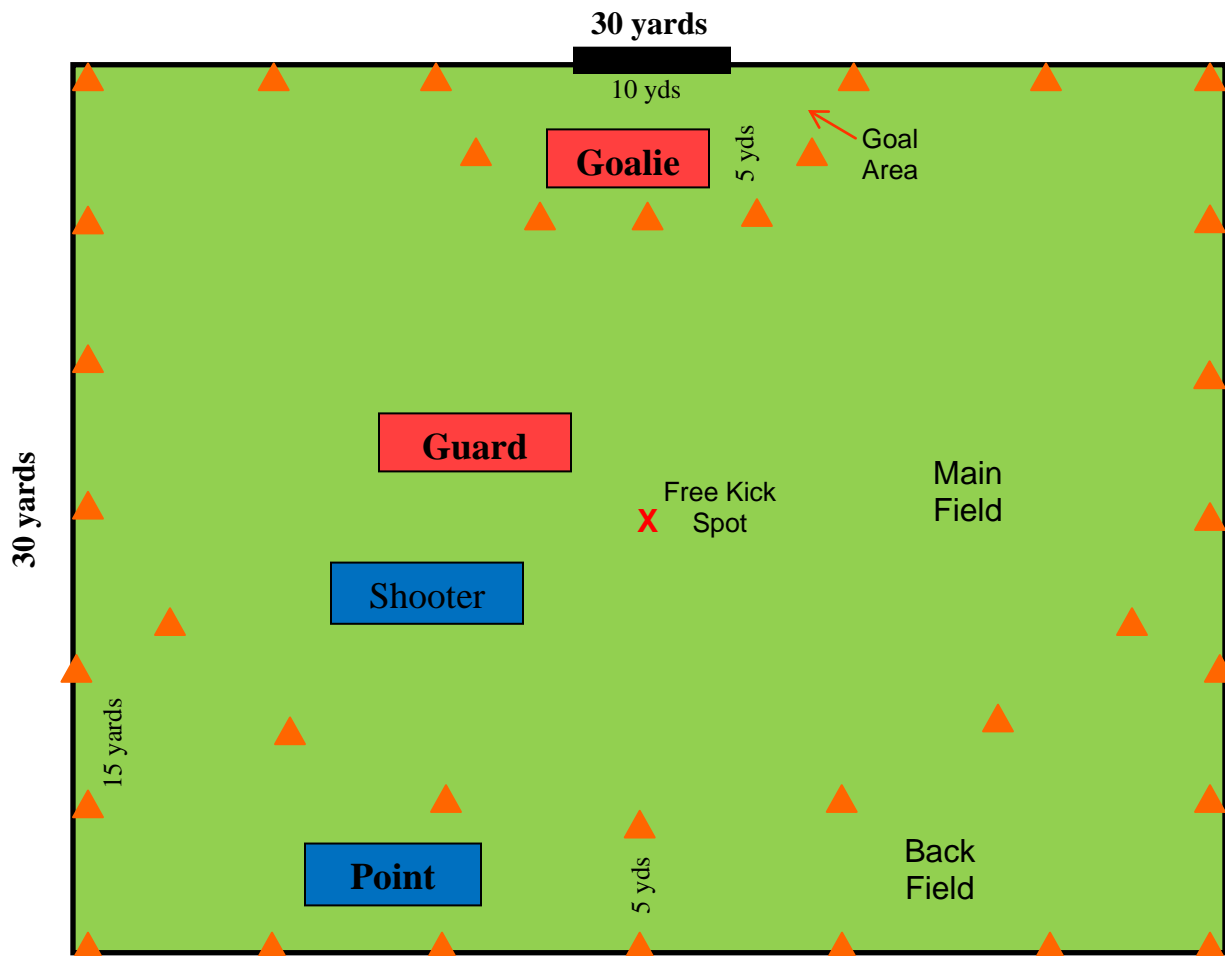
**Equipment:** 1 soccer ball, 1 soccer net, and 35 markers

**Player Positions:** OptiHealth Soccer games are played by 4 players. Each player is assigned to a specific starting position and rotates through all the positions each game. The Point must remain in the Back Field, the Shooter must remain in the Main Field, and the Goalie must remain in the Goal Area. The Guard is allowed to “go anywhere the ball goes” on the entire field.

OFFENSIVE POSITIONS	DEFENSIVE POSITIONS
<p style="text-align: center;">Point Shooter</p>	<p style="text-align: center;">Goalie Guard</p>

**Object of the Game:** Players trap, dribble, and kick the soccer ball in order to score individual points on each play.

**Play Time:** Each game consists of 4 quarters. Each quarter consists of 5 plays for a total of 20 plays per game. The players rotate positions each quarter in order to participate in 5 plays in each of the 4 positions. An average of 45 seconds is allowed for each play. Each play involves the in-bounding of the ball and designated 2-on-2 play. Each full game of 20 plays takes 15 minutes to complete. Players sign-up to play games scheduled at 15-minute intervals.



**Position Rotation:** Players participate in 5 plays to complete a quarter, and then rotate to their next position. Players rotate in the following order: Point moves to Shooter, Shooter moves to Goalie,

Goalie moves to Guard, and Guard moves to Point. A complete rotation through all 4 positions constitutes 1 game.

**Cost:** OptiHealth Soccer costs each player 1 Game Ticket for each 15-minute game. (20 plays)

## Description of Play

**Point:** The player in the Point position starts each play by kicking the soccer ball from the middle of the Back Field to the Shooter. Then, the Point player can go anywhere in the Back Field at any time throughout the ensuing play, but he/she must remain in the Back Field only.

If during the play the Shooter kicks the soccer ball back to the Point, the Point can go anywhere in the Back Field by “dribbling” the soccer ball as he/she moves. The Point tries to kick the soccer ball back to the Shooter as soon as the Shooter is open. The Point is not allowed to make a direct shot attempt at the goal.

**Shooter:** The Shooter can go anywhere in the Main Field in order to get open for a kick from the Point, but he/she is not allowed to enter the Back Field or Goal Area at any time.

Upon gaining possession of the soccer ball, the Shooter can go anywhere in the Main Field while dribbling the ball in order to get open for a shot at the goal. The Shooter always has the option to kick the soccer ball back to the Point.

If the Shooter makes a goal, the play is over. If the ball goes out-of-bounds, the play is over. If the Goalie traps the ball in the Goal Area, the play is over. If the Goalie blocks the ball and the ball stays in-bounds and re-enters the Main Field, play continues in which the Shooter and the Guard try to gain possession of the ball.

**Goalie:** The player in the Goalie position must remain inside the Goal Area. The Goalie tries to prevent the Shooter from making a goal during regular play. The Goalie also tries to prevent the Guard from making a Goal when he/she attempts a Free Kick.

If the Goalie traps the soccer ball in the Goal area, preventing it from entering the goal or re-entering the Main Field, the play is over.

**Guard:** The player in the Guard position can go anywhere in the Front and Back Court areas, but must stay outside the Goal Area unless defending the Shooter.

The Guard can gain possession of the soccer ball by 1) Intercepting the soccer ball when it is kicked between the Point and Shooter, 2) Recovering a blocked shot that re-enters the Main Field, and 3) Recovering a loose ball in the Main or Back Fields. A loose ball is anytime the soccer ball is more than a full step away from the person in possession of the ball.

The Guard is not allowed to steal the soccer ball while the Shooter or Point is dribbling or holding it (no reaching in).

If the Guard gains possession of the soccer ball, play immediately stops. In this case, the Guard gets a "Free Kick" from the Free Kick Spot in the center of the field. During a Free Kick, the Goalie tries to prevent the Guard from making a Goal, and the Shooter stands by outside the Goal Area and attempts to recover the soccer ball if the shot is blocked and enters the Main Field.

If the Guard makes a goal, the play is over. If the ball goes out-of-bounds (whether or not the Goalie touches the ball), the play is over. If the shot is blocked and stays in-bounds, the play continues.

**Out-of-bounds:**

If the soccer ball was last touched by the Point or Shooter (offense), the Guard gets a Free Kick attempt. If the soccer ball was last touched by the Guard, the Point in-bounds the ball from the middle of the Back Field to re-start the play. If the Goalie last touched the soccer ball, the play is over.

### **Penalties:**

None of the players anywhere on the field at any time during play can use their hands or arms to stop or re-direct the soccer ball. Any illegal contact with the ball is considered a “hands” foul.

The Guard is not allowed to reach-in while the Point or Shooter is dribbling or holding the soccer ball. This is considered a “defensive” foul.

All players must “play the ball” only and avoid body contact with their opponent. Any contact by the opposing player, such as a moving block (defense) or a charge (offense) are considered “body” fouls.

Any contact with an opponent or the soccer ball when the player is out of his/her designated area is considered an “interference” foul.

To resume play after a foul is committed by the Point or Shooter (offense), the guard gets a Free Kick attempt.

To resume play after a foul is committed by the Guard or Goalie (defense), the Point in-bounds the ball from the middle of the Back Court to re-start the play.

**Game Change:** Five consecutive but separate plays make 1 quarter. Play is continuous play to play and quarter to quarter. After each 4-quarter game, the current players exit the field, and the players scheduled for the next game immediately take their assigned positions.

## **Scoring**

Each play of the game is self-officiated by the players. Each player scores individual points based on the player's performance on each play. Each player is responsible for keeping his/her own score. Players are encouraged to have a personal Score Keeper. (Refer to OptiHealth Soccer Score Card.)

**Point:** +1 for each “assist” (Shooter’s goal)

**Shooter:** +1 for each goal

**Guard:** +1 for each goal (made Free Kick)

**Goalie:** +1 for each trap or block

**Penalties:** -1 for each foul

Fouls: Hands  
Defensive  
Body  
Interference