

DON'T GET A RED PENALTY

Lewis Central High School sophomore Kala Croushom and her friend Dan McMullen explained to Club members the general layout of a soccer field and the play rules. Kala said she had been playing soccer since she was 3 to 4 years old. In addition to playing for Lewis Central, Kala also plays in an Omaha club league. The playing field is usually 25 yd by 125 yd, but could be smaller for younger players Kala explained. A soccer team normally has about 18 members with eleven playing at a time. According to Kala a game is composed of two 45-min play sessions. Essential equipment includes shin guards and special shoes Kala said. There are two penalties for rule infractions, yellow and red. Kala explained that if you get a red penalty you are out of the current game and also disqualified from playing in the next game.