

### **THE NUMBER OF PLAYERS**

A match is played by two teams, each consisting of not more than nine players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than five players. Standard play consists of four field players of each gender plus one goal keeper, either male or female.

#### **Substitutions:**

Number of substitutions - unlimited

Substitutions are allowed “on the fly.” Please note that the substitutions must take place within ten (10) feet of the center line. The substituted player must be off the field (or away from the play) for a legal substitution to have been completed. If the substitution provides an unfair play advantage to the team substituting, play will be stopped, substituting players will be cautioned, and an indirect free kick will be awarded to the opposing team.

### **THE PLAYERS' EQUIPMENT**

#### **Safety:**

A player must not use equipment or wear anything that is dangerous to himself or another player.

#### **Basic equipment:**

The basic compulsory equipment of a player comprises the following separate items:

- a numbered “jersey”
- shorts/pants
- stockings
- shinguards
- footwear

#### **Shinguards:**

- are covered entirely by the stockings
- are made of rubber, plastic or a similar suitable material
- provide a reasonable degree of protection

#### **Colors:**

- The two teams must wear colors that distinguish them from each other and the referee
- Each goalkeeper must wear colors that distinguish him from the other players and the referee

### **PLAYERS MAY NOT PLAY WITHOUT THE BASIC REQUIRED EQUIPMENT.**

## **THE REFEREE**

Each match is controlled by one referee who has full authority to enforce the Laws of the Game in connection with the match to which s/he has been appointed.

### **The Referee:**

- enforces the Laws of the Game
- ensures that any ball used is of satisfactory condition and is size 5
- ensures that the players' equipment meets the requirements
- acts as timekeeper and keeps a record of the match
- stops the match, at his/her discretion, for any infringements of the Laws
- stops, suspends or abandons the match because of outside interference of any kind
- stops the match if, in his/her opinion, a player is seriously injured and ensures that s/he is removed from the field of play. An injured player may only return to the field of play after the match has restarted
- allows play to continue until the ball is out of play if a player is, in his/her opinion, only slightly injured
- ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped, and that the player is not wearing any clothing contaminated with blood
- allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalizes the original offence if the anticipated advantage does not ensue at that time
- punishes the more serious offence when a player commits more than one offence at the same time
- takes disciplinary action against players guilty of cautionable and sending-off offences. S/he is not obliged to take this action immediately but must do so when the ball next goes out of play
- takes action against team officials who fail to conduct themselves in a responsible manner and may, at his/her discretion, expel them from the field of play and its immediate surroundings
- ensures that no unauthorized persons enter the field of play
- indicates the restart of the match after it has been stopped
- provides the appropriate authorities with a match report, which includes information on any disciplinary action taken against players and/or team officials and any other incidents that occurred before, during or after the match

### **Decisions of the referee:**

The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final. The referee may only change a decision on realizing that it is incorrect, provided that s/he has not restarted play

## **THE DURATION OF THE MATCH**

### **Periods of play:**

The match lasts two equal periods of 25 minutes, running clock.

Half-time interval: The half-time interval must not exceed 5 minutes.

### **Penalty kick:**

If a penalty kick has to be taken or retaken, the duration of either half is extended until the penalty kick is completed.

## **THE START AND RESTART OF PLAY**

Definition of kick-off

A kick-off is a way of starting or restarting play:

- at the start of the match and at the start of the second half of the match
- after a goal has been scored

A goal may be scored directly from the kick-off.

### **Procedure:**

Before a kick-off at the start of the match

- a coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match OR if they want to take the kick-off
- in the second half of the match, the teams change ends and attack the opposite goals

### **Kick-off:**

- after a team scores a goal, the kick-off is taken by the other team
- all players must be in their own half of the field of play
- the opponents of the team taking the kick-off are at least 9.15 m (10 yds) from the ball until it is in play
- the ball must be stationary on the center mark
- the referee gives a signal
- the ball is in play when it is touched and moves in any direction. It does not have to go forward.
- the kicker must not touch the ball again until it has touched another player

### **Infringements and sanctions:**

If the player taking the kick-off touches the ball again before it has touched another player:

- an indirect free kick is awarded to the opposing team to be taken from the position of the ball when the infringement occurred (see – Position of free kick)

### **In the event of any other infringement of the kick-off procedure:**

- the kick-off is retaken

### **Definition of dropped ball:**

A dropped ball is a method of restarting play when, while the ball is still in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in the Laws of the Game.

### **Procedure:**

The referee drops the ball at the place where it was located when play was stopped, unless play was stopped inside the goal area, in which case the referee drops the ball on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.

Play restarts when the ball touches the ground.

### **The ball is dropped again:**

- if it is touched by a player before it makes contact with the ground
- if the ball leaves the field of play after it makes contact with the ground without a player touching it

## **THE BALL IN AND OUT OF PLAY**

### **The ball is out of play when:**

- it has wholly crossed the goal line or touch line whether on the ground or in the air
- play has been stopped by the referee

### **The ball is in play at all other times, including when:**

- it rebounds off a goalpost, crossbar or corner flag post and remains in the field of play
- it rebounds off the referee

## **THE METHOD OF SCORING**

A goal is scored when the whole of the ball passes over the entire goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

### **Winning team:**

The team scoring the greater number of goals during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is drawn.

### **Playoff rules:**

When competition rules require there to be a winning team after a match, the only permitted procedures for determining the winning team are:

- kicks from the penalty mark

## **OFFSIDE**

### **Offside position:**

It is not an offence in itself to be in an offside position.

### **A player is in an offside position if:**

- any part of the body other than his hands/arms is in the opponents' half and
- any part of the body other than his hands/arms is nearer to his opponents' goal line than both the ball and the second-last opponent

### **A player is not in an offside position if:**

- he is in his own half of the field of play or ON the half line
- he is level with the second-last opponent or
- he is level with the last two opponents

### **Offence:**

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- interfering with play or
- interfering with an opponent or
- gaining an advantage by being in that position

**No offence:**

There is no offside offence if a player receives the ball directly from:

- a goal kick
- a throw-in
- a corner kick

**Infringements and sanctions:**

In the event of an offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred (see – Position of free kick).

**FOULS AND MISCONDUCT**

**SCORES is a LOW CONTACT/ NO CONTACT LEAGUE! NO SLIDING/SLIDE TACKLING!**

**Fouls and misconduct are penalized as follows:**

Intentional contact/sliding/tackling **WILL NOT BE TOLERATED**. All kicks awarded due to infringement of this rule **WILL BE DIRECT!**

Repeated infringement of this rule is cautionable (**yellow card**), and may result in sending-off (**red card**)

**Direct Kick:**

A direct free kick is awarded to the opposing team if a player commits any of the following offences in a manner considered by the referee to be careless, reckless, or using excessive force:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following offences:

- holds an opponent or impedes an opponent with contact
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area)

Handling the ball involves a deliberate act of a player making contact with the ball with the hand or arm. The following must be considered:

- The movement of the hand towards the ball (not the ball towards the hand)
- The distance between the opponent and the ball (unexpected ball)
- The position of the hand does not necessarily mean that there is an infringement
- Touching or hitting the ball with an object held in the hand or thrown at the ball is an infringement

A direct kick will also be awarded if a player commits any of the offenses listed under “indirect free kick” if there is CONTACT involved (dangerous play, impeding an opponent, et al.)

A direct free kick is taken from the place where the offence occurred (see – Position of free kick).

**Penalty kick:**

A penalty kick is awarded if any of the above offences is committed by a player inside his own penalty area, regardless of the position of the ball, provided it is in play.

**Indirect free kick:**

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

- controls the ball with his hands for more than six seconds before releasing it from his possession
- touches the ball again with his hands after he has released it from his possession and before it has touched another player
- touches the ball with his hands after it has been deliberately kicked to him by a team-mate (“pass-back” to goalkeeper)
- touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

**An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:**

- plays in a dangerous manner
- impedes the progress of an opponent without contact
- prevents the goalkeeper from releasing the ball from his hands or attempts to kick the ball when the goalkeeper is in the process of releasing it
- commits any other offence, not previously mentioned, for which play is stopped to caution or send off a player

The indirect free kick is taken from the place where the offence occurred (see – Position of free kick).

**Disciplinary sanctions:**

The yellow card is used to communicate that a player has been cautioned.

The red card is used to communicate that a player has been sent off.

Only a player may be shown the red or yellow card.

**The referee has the authority to take disciplinary sanctions from the moment s/he enters the field of play until s/he leaves the field of play after the final whistle.** A player who commits a cautionable or sending-off offence, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee or any other person, is disciplined according to the nature of the offence committed.

**Cautionable offences:**

A player is cautioned and shown the yellow card if s/he commits any of the following offences:

- unsporting behaviour
- persistent infringement of the Laws of the Game
- delaying the restart of play
- consistent failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in (see ‘FREE KICKS’)
- deliberately leaving the field of play without the referee’s permission

- slide tackling
- persistent excessive contact with opposing players.

### **Sending-off offences:**

A player, substitute or substituted player is sent off if s/he commits any of the following offences:

- dissent by word or action
- serious foul play
- violent conduct
- spitting at an opponent or any other person
- denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match

A player who has been sent off must leave the vicinity of the field of play and the technical area.

### **FREE KICKS**

Free kicks are either direct or indirect. If an offense involves contact, it is penalized by a direct free kick or penalty kick.

#### **Direct Kick:**

Ball enters the goal

- if a direct free kick is kicked directly into the opponents' goal, a goal is awarded
- if a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

#### **Indirect Free Kick:**

The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

#### **Ball enters the goal:**

A goal can be scored only if the ball touches another player before it enters the goal:

- if an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded
- if an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

#### **Procedure:**

For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player.

#### **Position of free kick:**

Free kick inside the penalty area. Direct or indirect free kick to the defending team:

- all opponents must be at least 9.15 m (10 yds) from the ball
- all opponents must remain outside the penalty area until the ball is in play
- the ball is in play when it is kicked directly out of the penalty area
- a free kick awarded in the goal area may be taken from any point inside that area

#### **Indirect free kick to the attacking team:**

- all opponents must be at least 9.15 m (10 yds) from the ball until it is in play, unless they are on their

own goal line between the goalposts

- the ball is in play when it is kicked and moves
- an indirect free kick awarded inside the goal area must be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred

**Free kick outside the penalty area:**

- all opponents must be at least 9.15 m (10 yds) from the ball until it is in play
- the ball is in play when it is kicked and moves
- the free kick is taken from the place where the infringement occurred or from the position of the ball when the infringement occurred (according to the infringement)

**Infringements and sanctions:**

If, when a free kick is taken, an opponent is closer to the ball than the required distance:

- the kick is retaken

If, when a free kick is taken by the defending team from inside its own penalty area, the ball is not kicked directly out of the penalty area:

- the kick is retaken

**Free kick taken by a player other than the goalkeeper:**

If, after the ball is in play, the kicker touches the ball again (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see – Position of free kick)

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see – Position of free kick)
- a penalty kick is awarded if the infringement occurred inside the kicker's penalty area

**Free kick taken by the goalkeeper:**

If, after the ball is in play, the goalkeeper touches the ball again (except with his hands), before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see– Position of free kick)

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (see – Position of free kick)
- an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (see – Position of free kick)



## **THE PENALTY KICK**

### **Penalty Kick:**

A penalty kick is awarded against a team that commits one of the offences for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

A goal may be scored directly from a penalty kick.

Additional time is allowed for a penalty kick to be taken at the end of each half.

### **Position of the ball and the players:**

#### **The ball:**

- must be placed on the penalty mark

#### **The player taking the penalty kick:**

- must be properly identified

#### **The defending goalkeeper:**

- must remain on his goal line, facing the kicker, between the goalposts until the ball has been kicked

#### **The players other than the kicker must be located:**

- inside the field of play
- outside the penalty area
- behind the penalty mark
- at least 9.15 m (10 yds) from the penalty mark

### **Procedure:**

- After the players have taken positions in accordance with this Law, the referee signals for the penalty kick to be taken
- The player taking the penalty kick must kick the ball forward
- He must not play the ball again until it has touched another player
- The ball is in play when it is kicked and moves forward

When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar:

- the ball touches either or both of the goalposts and/or the crossbar and/or the goalkeeper

The referee decides when a penalty kick has been completed.

### **Infringements and sanctions:**

If the referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following occurs:

#### **the player taking the penalty kick infringes the Laws of the Game:**

- the referee allows the kick to be taken
- if the ball enters the goal, the kick is retaken

- if the ball does not enter the goal, the referee stops play and the match is restarted with an indirect free kick to the defending team from the place where the infringement occurred

**the goalkeeper infringes the Laws of the Game:**

- the referee allows the kick to be taken
- if the ball enters the goal, a goal is awarded
- if the ball does not enter the goal, the kick is retaken

**a team-mate of the player taking the kick infringes the Laws of the Game:**

- the referee allows the kick to be taken
- if the ball enters the goal, the kick is retaken
- if the ball does not enter the goal, the referee stops play and the match is restarted with an indirect free kick to the defending team from the place where the infringement occurred

**a team-mate of the goalkeeper infringes the Laws of the Game:**

- the referee allows the kick to be taken
- if the ball enters the goal, a goal is awarded
- if the ball does not enter the goal, the kick is retaken

**a player of both the defending team and the attacking team infringe the Laws of the Game:**

- the kick is retaken

**If, after the penalty kick has been taken:**

the kicker touches the ball again (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (see– Position of Free Kick)

**the kicker deliberately handles the ball before it has touched another player:**

- a direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see – Position of free kick)

**the ball is touched by an outside agent as it moves forward:**

- the kick is retaken

**the ball rebounds into the field of play from the goalkeeper, the crossbar or the goalposts and is then touched by an outside agent:**

- the referee stops play
- play is restarted with a dropped ball at the place where it touched the outside agent, unless it touched the outside agent inside the goal area, in which case the referee drops the ball on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped

## **THE THROW-IN**

A throw-in is a method of restarting play.

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the side/touch line, either on the ground or in the air.

A goal cannot be scored directly from a throw-in.

**Procedure:**

At the moment of delivering the ball, the thrower:

- faces the field of play
- has part of each foot either on the side/touch line or on the ground outside the side/touch line
- holds the ball with both hands
- delivers the ball from behind and over his head with both hands
- delivers the ball from the point where it left the field of play

All opponents must stand no less than 2 m (2 yds) from the point at which the throw-in is taken.

The ball is in play when it enters the field of play.

After delivering the ball, the thrower must not touch the ball again until it has touched another player.

**Infringements and sanctions:**

Throw-in taken by a player other than the goalkeeper:

**If, after the ball is in play, the thrower touches the ball again (except with his hands) before it has touched another player:**

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see – Position of free kick)

**If, after the ball is in play, the thrower deliberately handles the ball before it has touched another player:**

- a direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see – Position of free kick)
- a penalty kick is awarded if the infringement occurred inside the thrower's penalty area

Throw-in taken by the goalkeeper:

**If, after the ball is in play, the goalkeeper touches the ball again (except with his hands), before it has touched another player:**

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see– Position of free kick)

**If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:**

- a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (see – Position of free kick)
- an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (see – Position of free kick)

**If an opponent unfairly distracts or impedes the thrower:**

- he is cautioned for unsporting behaviour

**For any other infringement of this Law:**

- the throw-in is taken by a player of the opposing team

**THE GOAL KICK**

A goal kick is a method of restarting play.

A goal kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored.

A goal may be scored directly from a goal kick, but only against the opposing team.

**Procedure:**

- The ball is kicked from any point within the goal area by a player of the defending team
- Opponents remain outside the penalty area until the ball is in play
- The kicker must not play the ball again until it has touched another player
- The ball is in play when it is kicked directly out of the penalty area

**Infringements and sanctions:**

If the ball is not kicked directly out of the penalty area from a goal kick:

- the kick is retaken

**Goal kick taken by a player other than the goalkeeper:**

If, after the ball is in play, the kicker touches the ball again (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see – Position of free kick)

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see – Position of free kick)
- a penalty kick is awarded if the infringement occurred inside the kicker's penalty area

**Goal kick taken by the goalkeeper:**

If, after the ball is in play, the goalkeeper touches the ball again (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see– Position of free kick)

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (see – Position of free kick)

- an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, to be taken from the place where the infringement occurred (see – Position of free kick)

In the event of any other infringement of this Law:

- the kick is retaken

## **THE CORNER KICK**

A corner kick is a method of restarting play.

A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored.

A goal may be scored directly from a corner kick, but only against the opposing team.

### **Procedure:**

- The ball must be placed inside the corner arc nearest to the point where the ball crossed the goal line
- The corner flag must not be moved
- Opponents must remain at least 9.15 m (10 yds) from the corner arc until the ball is in play
- The ball must be kicked by a player of the attacking team
- The ball is in play when it is kicked and moves
- The kicker must not play the ball again until it has touched another player

### **Infringements and sanctions:**

Corner kick taken by any player

If, after the ball is in play, the kicker touches the ball again (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see – Position of free kick)

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred (see – Position of free kick)
- a penalty kick is awarded if the infringement occurred inside the penalty area

### **In the event of any other infringement:**

- the kick is retaken

## **PROCEDURES TO DETERMINE THE WINNER OF A MATCH (Playoff/Tournament ONLY)**

Kicks from the penalty mark

### **Procedure:**

- The referee chooses the goal at which the kicks will be taken
- The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick
- The referee keeps a record of the kicks being taken

- Subject to the conditions explained below, both teams take five kicks
  - The kicks are taken alternately by the teams
  - If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken
  - If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other from the same number of kicks
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- A goalkeeper who is injured while kicks are being taken from the penalty mark and is unable to continue as goalkeeper may be replaced
  - Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick
  - An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken
  - Only the eligible players and match officials are permitted to remain on the field of play when kicks from the penalty mark are being taken
  - All players, except the player taking the kick and the two goalkeepers, must remain within the center circle
  - The goalkeeper who is the team-mate of the kicker must remain on the field of play, outside the penalty area in which the kicks are being taken, on the goal line where it meets the penalty area boundary line