

Football

Simplified Laws of the Game-

**This is a guide and should be read in conjunction with the full IFAB Laws of the Game.*

1. The field of play must be oblong with clearly marked touchlines, goal lines, halfway line and penalty area, with goals of equal size at both ends. Field size will vary according to the competition. Goal posts must be firmly secured to the ground.
2. The ball is a sphere, not round, and usually a size 5 which should be pumped firm.
3. Two teams each with a designated goalkeeper who must wear colours different from both teams. Numbers per team will be dependent on the competition however both teams must wear different coloured shirts, shorts and socks from each other. The number of substitutes and whether rolling subs are used is up to the organisers of the competition.
4. Shin guards are compulsory and must be worn under socks. **No jewellery** to be worn, no exceptions.
5. The referee has sole charge and his/her decisions are final and **may not** be contested.
6. A match lasts for two equal periods with a halftime and the team with the most goals at fulltime is declared the winner.
7. The team that wins the toss chooses which direction to play and the other team takes the kick off. The ball is in play when it is kicked and moves after the referee has signalled. A goal may be scored directly from the kick off.
8. The ball is out of play when it has wholly passed over the goal line or touch line either in the air or on the ground. Play is restarted with a throw-in, goal kick, corner, or kick off.
9. A direct free kick is awarded if a player: kicks or attempts to kick, pushes, charges, holds, spits, jumps at, strikes or attempts to strike, trips or attempts to trip, or unfairly tackles or challenges for the ball against an opponent.
10. Any challenge that endangers an opponent's safety that is reckless or uses excessive force, regardless of whether the ball has been played, is a foul and results in a direct free kick and a card-see below.
11. A direct free kick is also awarded for handling the ball (this is defined as a deliberate act of a player making contact with ball with their hand or arm. (if the ball strikes the arm or hand this is not considered a handball)).
12. A fair challenge is when two players make contact shoulder to shoulder within playing distance of the ball (approximately 1 metre)while attempting to play the ball and **without** the use of arms or elbows. Excessive force must not be used.
13. An indirect free kick is awarded for dangerous play –this is when no contact is made such as a high boot; for a goalkeeper handling the ball that is passed to him by a team-mate; for a goalkeeper holding the ball in his/her hands for more than six seconds.
14. A goal cannot be scored directly from an indirect free kick. It must touch another player before entering the goal.
15. An indirect free kick is also awarded if the referee stops play to caution or send off a player.



16. A penalty is awarded if any of the direct free kick offences occur within the penalty area. The kicker must be clearly identified; the goalkeeper must have both feet on the goal line and cannot move forward until the ball is kicked. All other players must remain outside the penalty area and behind the ball until the kick is taken. The kick is taken after the referee signals; the ball must be kicked forward and cannot be touched again by the kicker until touched by another player.
17. There are a number of offences where a player may be cautioned (yellow card) and these include: Reckless challenge (one that disregards the safety of an opponent); dissent by word or action; delaying the restart of play (kicking the ball away); persistently committing fouls; failing to respect the required distance when play is restarted; unsporting behaviour; a foul that stops a promising attack; handling the ball in attempt to score a goal; Feigning injury or simulation (diving or pretending to be fouled). Verbally distracting an opponent (calling "mine", "my ball", or "leave it" are **not** offences unless it is done to distract an opponent)
18. Sending off offences (red card) include: Violent conduct (punching, striking, kicking, elbowing or attempting any of these whether contact is made or not). Spitting at an opponent or any other person. Using offensive insulting or abusive language and/or gestures. Serious foul play (Using excessive force or brutality-two footed challenge etc.) Commits a foul that denies an obvious goal scoring opportunity, this includes handling the ball that prevents a goal. Receiving a second yellow card.
19. Free kicks, both direct and indirect, must be taken from where the offence occurred. The ball must be stationary and cannot be kicked a second time by the taker until it has been touched by another player. The free kick can be taken as soon as the attacking team want to except if they ask for 9.15 meters (or the minimum distance) in which case the kick cannot be taken until the referee signals.
20. A throw-in is awarded to the opponents of the player who last touched the ball after it passes over the touchline. The thrower must face the field of play; have both feet on the ground on or behind the touchline. They must throw the ball with both hands from behind and over the head in a single motion. Opponents must remain 2 meters from the thrower.
21. A goal kick is awarded when the ball passes over the goal line having last touched an attacking player, and a goal is not scored. The ball must be stationary when kicked from within the goal area and is only in play once it leaves the penalty area. If the ball does not leave the area for any reason the kick is retaken.
22. A corner kick is awarded when the ball passes over the goal line after last having touched a defender and a goal is not scored. The ball must be stationary and placed in the corner nearest to the side it went out. The ball is in play when it is kicked and clearly moves. The corner flag may not be moved and opponents must remain 9.15 metres from the corner arc.
23. The offside law is optional for small sided games. A player is in an offside position if he is in the opponents half and does not have two opponents between him and the goal line when the ball is played to him by a team mate. It is not an offence to be in this position until the player touches the ball or he interferes with an opponent by challenging for the ball or obstructing their line of vision (this usually refers to the goalkeeper. A player cannot be offside if they receive the ball directly from a goal kick, a throw in or a corner kick.