



IMPORTANT RULES TO ENFORCE

1. Shin pads are compulsory. There are no exceptions.
2. From a kick off, the ball must be played forward. A goal cannot be scored directly from a kick off. Defending players must be behind the blue line.

If the kick off is taken incorrectly, or the defending players have not retreated behind the blue line the kick is to be re-taken.

3. No tackling from behind or dangerous slide tackling is allowed. A slide tackle in which there is no contact is an automatic **yellow card** offence. A slide tackle where there is contact is an automatic **red card** offence.

A **direct free kick** is given at the point of the foul, or a **penalty** is given if the slide tackle is inside the attacking 3rd.

Referees are to discuss this with team captains prior to kick-off.

4. When the ball goes out over the sideline, it is then placed on the sideline; it must be stationary and kicked into the court to another player. The foot not kicking the ball must be out of the court or part of the foot touching the side line.

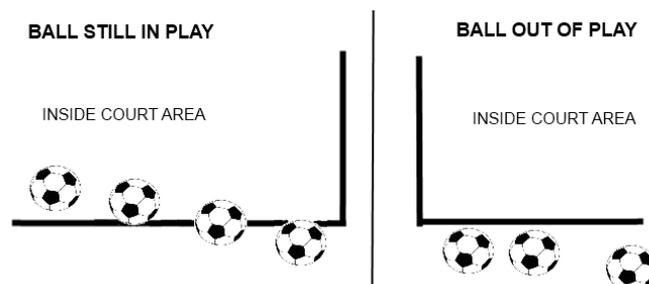


All opposing players must be at least 3 metres from the ball. If a player has not retreated 3 metres, **warn them**.

If the player continues to not retreat 3 metres they are to be shown a **yellow card** for repeated infringements of the game.

5. A goal cannot be scored directly from a sideline kick-in, but you can from a corner kick-in.

6.





7. The goalkeeper cannot throw the ball over the 2/3 (blue) line on the full. It must bounce or be touched by another player.

If the ball is thrown over the 2/3 (blue) line on the full, an **indirect free kick** is to be taken on the 2/3 (blue) line.

8. Once a Goalkeeper uses their hands to handle the ball, they must throw the ball back into play, however if the goalkeeper does not handle the ball with their hands, they are free to kick the ball any length and even score.

If the Goalkeeper brings the ball back into play after using their hands by any other way apart from throwing the ball, a **penalty kick** is given.

9. The Goalkeeper is not allowed to drop-kick the ball at any time.

If the Goalkeeper does drop-kick the ball, a **penalty kick** is given.

10. The Goalkeeper has 4 seconds time limit to release the ball from their possession.

If the Goalkeeper does not release the ball in 4 seconds, a **penalty kick** is given.

11. Goalkeepers are not allowed to pick up the ball with their hands from a deliberate back pass from any of their team mates.

If the Goalkeeper does pick up the ball from a deliberate back pass from a team mate, a **penalty kick** is given.

12. A goalkeeper can only touch the ball once in their own half. The ball must cross half way, or be touched by an opponent in the goalkeeper's half before the goalkeeper can touch it again.

If the Goalkeeper does touch the ball more than once in their own half before it has crossed half way or been touched by an opponent, a **penalty kick** is given.

13. A Goalkeeper can score a goal if they have played the ball with their feet. A goal is disallowed if the Goalkeeper of the attacking team throws or hits the ball intentionally with his hand or arm from inside his own penalty area and is the last player to touch or play the ball. Play would restart with a **goal clearance** to the defending team.

14. When a penalty kick is given, the defending goalkeeper must remain on their goal line, facing the kicker, between the goalposts until the ball has been kicked.

15. The game has a 4 second time limit at all kick-ins, corner kicks and free kicks.

If a kick-in, corner or free kick is not taken in 4 seconds, an **indirect free kick** is given to the opposing team.

16. If a red card is given to a player, the team is to remain 1 player short for a period of 2 minutes or until a goal is scored by the opposing team, whichever comes first.