



SECTION 2

LAWS OF THE GAME

(THE LEAGUE COMPETITION RULES)

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LAW 1: THE PLAYING AREA

1.1 The Pitch

- (i) Walking Football can be played only on playing areas that have clearly defined touchlines and goal lines.
- (ii) There are to be no restrictions as to type of pitch used except concrete or tarmac.

1.2 Dimensions

1.2.1 The playing area must be rectangular. The length of the touchline must be greater than the length of the goal line.

1.2.2 For 6-a-side football the following dimensions are recommended:

Length: Min. 35m - Max. 50m Width: Min. 25m – Max. 35m

NB Pitch dimensions for Over 65s and Over 70's events can be 40m x 30m maximum.

1.3 Area markings

1.3.1 The playing area is marked by lines. The two longer boundary lines are called touchlines. The two shorter lines are called goal lines.

1.3.2 The playing area is divided into two halves by the halfway line.

1.3.3 The **centre mark** is indicated at the midpoint of the halfway line.

1.3.4 The penalty area should be defined by a semi-circle of 6m radius drawn from the centre of each goal line. The extremities of the semi-circle should reach the goal line. If the penalty area is already permanently defined on the pitch by a semi-circle this should be used.

1.3.5 The **penalty mark** is drawn 6m from the mid-point between the goal posts and equidistant from them. The penalty spot can form part of the penalty area 'D' shape. If the spot is not clearly defined by a permanent mark it must be defined by a suitable flat plastic/rubber disc.

1.3.6 **Goals** will be dependent upon the facility but ideally should be between the following dimensions:

Distance between goal posts: Min. 3.0m – Max. 5.0m
Distance from ground to crossbar: Min. 1.0m – Max. 2.0m

1.3.7 If the playing area boundaries are not permanently marked, the boundaries, including the penalty area, must be defined using suitable plastic/rubber discs. The penalty mark must be defined by a flat disc of a different colour.

LAW 2: THE BALL

2.1 Qualities and Measurements

- 2.1.1 The ball shall be spherical and made of a suitable material.
- 2.1.2 The ball shall be suitable for the surface on which it is intended to be used.
- 2.1.3 On artificial surfaces the ball should be a regular size 5.
- 2.1.4 A size 4 ball or a futsal may be used if all parties agree prior to matches.

2.2 Replacement of a Defective Ball

- 2.2.1 If during the course of a game a ball bursts or becomes defective, for example its pressure has, in the referee's opinion, fallen below the recommended pressure for the size of ball:
 - (i) The game is stopped.
 - (ii) The game is restarted, using a replacement ball, by the goalkeeper in whose half the first ball became defective.
- 2.2.2 If a ball bursts or becomes defective while not in play, the game is restarted according to the Laws.
- 2.2.3 The ball may not be changed without the permission of the referee.

LAW 3 THE PLAYERS

3.1 Standards of Behaviour

3.1 The League provides competitive opportunities with zero contact between players. Good sportsmanship and exemplary behaviour are expected from the players, teachers, coaches, and spectators.

3.2 Number of Players

3.2.1 Teams will play 6-a-side where possible i.e., 5 outfield players and one goalkeeper.

3.2.2 The maximum squad size on a match day tournament is 9.

3.3 Substitution Procedure

3.3.1 The maximum number of substitutes permitted is three.

3.3.2 The number of substitutions permitted during a game is unlimited. A player who has been replaced may return to the pitch as a substitute for another player.

3.3.3 Substitutions may only take place when there is a break in play.

3.3.4 The referee must be informed when a team wishes to make a substitution.

3.3.5 A substitution is one that is made when there is a stoppage in play for which the following conditions must be observed:

3.3.6 The team manager/captain must clearly advise the referee of the wish to make the substitution and of the shirt/bib number of the player being substituted.

3.3.7 The player entering the playing area may not do so until the player leaving the playing area has passed completely over the boundary line.

3.3.8 Where the playing area is bounded by barricades/walls/fences the players must use the opening onto the playing area.

3.3.9 A substitution is complete when the substitute enters the playing area from which moment, he becomes a player and the player he is replacing ceases to be a player.

3.3.10 Any of the players may change places with the goalkeeper but:

- (i) the replacement goalkeeper must wear a jersey that distinguishes him from all other players.
- (ii) the referee is informed before the change is made; and the change is made during a stoppage in play.

LAW 4 PLAYERS' EQUIPMENT

4.1 Safety

- 4.1.1 A player must not use equipment or wear anything that is dangerous to himself or another player, including any kind of jewellery and watches not designed for sportswear. Although not recommended, when worn, finger rings may be taped, and sportswear watches must be covered by a sweatband or bandage.
- 4.1.2 Non-dangerous protective equipment for example headgear, facemasks and knee and arm protectors made of soft, lightweight padded material and caps is permitted as are spectacles, preferably ones made specifically for sports or of a plastic material if supported by a suitable sports band, strap, or ear clips.

4.2 Basic Equipment

- 4.2.1 The basic compulsory equipment of a player is:
- (i) A jersey or shirt
 - (ii) Shorts or track suit trousers
 - (iii) Socks
 - (iv) Shin guards
 - (v) Footwear which is subject and appropriate to local conditions and requirements and surface type.
- 4.2.2 Goalkeepers must wear colours that easily distinguish them from other players and the referee.
- 4.2.3 Whilst standing/observing from the pitch boundaries, substitutes must wear a top/bib that distinguishes them from their own teammates, their opponents, and officials.
- 4.2.4 Every player's jersey or bib must carry a unique number.
- 4.2.5 In the event that the colours worn by a team do not sufficiently distinguish the team from the referee, that team must provide to the referee a bib of a colour that is distinct from the team's colours.

LAW 5 THE REFEREE

5.1 The Authority of the Referee

- 5.1.1 Each game is controlled by a referee who has full authority to enforce the Laws of the Game to, which he has been appointed.
- 5.1.2 The League operates a zero-tolerance of dissent, abuse, argumentative behaviour, foul language, or sarcasm directed at referees and others. A player failing to observe this policy will be awarded a timed suspension (sin-binned) from a match. A player guilty of prolonged or extreme abuse directed at an official or another player will be red-carded and will take no further part in any matches on that match day.

5.2 Referees Powers and Duties

- 5.2.1 The Referee will:
- (i) Enforce the Laws of the Game. Allow play to continue when the team against which an offence has been committed will benefit from such an advantage and penalise the original offence if the anticipated advantage does not ensue at that time.
 - (ii) Keep a record of the match score and provide the League with a game report in the event that disciplinary action (the awarding of red cards) had to be taken against players and/or other team officials and any other incidents which occur before, during or after a game.
 - (iii) Act as a timekeeper.
 - (iv) Stop, suspend, or terminate the game for any infringement of the Laws or due to any kind of outside interference.
 - (v) Take disciplinary action against players who are guilty of cautionable and dismissible offences.
 - (vi) Take action against team officials who fail to conduct themselves in a responsible manner.
 - (vii) Ensure that no unauthorised persons enter the playing area.
 - (viii) Stop the game if a player is injured and if safe to do so ensure that the player is removed from the playing area.
 - (ix) Ensure any player bleeding from a wound leaves the playing area.
 - (x) Make use of timed suspensions ('sin bin') to exclude temporarily players guilty of infringements of the Laws.
 - (xi) At the end of the match, award the playing teams a "fair play" score on a scale of 0-10, where 0 represents a totally unacceptable standard of behaviour, sportsmanship and 10 represents a very high standard of behaviour and sportsmanship. These results, alongside the match result, will be recorded on the Whole Game System.

5.3 Decisions of the Referee

5.3.1 The decisions of the referee regarding facts connected with play are final.

LAW 6 THE DURATION OF THE GAME

- 6.1 The duration of league matches will be informed by the number of fixtures to be played at match-day events. It will be determined by the Fixtures Secretary ('FS') and notified to participating teams in advance of the match-day event.
- 6.2 Playing times will be as follows:
- | | |
|---------|------------|
| Minimum | 20 minutes |
| Maximum | 30 minutes |
- 6.3 All matches will be split into two halves. Half-time breaks will be of 2 minutes duration.
- 6.4 The teams will change ends for the second half of the match.
- 6.5 Referees have discretion to extend the duration of matches to consider time lost on account of stoppages.
- 6.6 The duration of a match shall be extended to enable a penalty kick to be taken.

LAW 7 START OF PLAY AND RESTARTING PLAY

7.1 Preliminaries

- 7.1.1 The choice of ends is decided by the toss of a coin. The team winning the toss decides which goal it wishes to attack in.
- 7.1.2 The other team takes kick-off to start the game.

7.2. Three Touch Rule

- 7.2.1 An outfield player is limited to three touches of the ball uninterrupted by another player touching the ball. A fourth touch will be an infringement and result in the award of an indirect free kick.
- 7.2.2 A player having used three touches should step back two metres from the ball and not obstruct play. NB: Not deemed to be an offence under draft rules Section 3 but persistent infringement of this rule will lead to an offence of ungentlemanly conduct.

7.3 Kick-off

- 7.3.1 A kick-off is a way of starting or restarting play: at the start of the game after a goal has been scored .
- 7.3.2 Kick-off may not take place until the referee has given a signal.
- 7.3.3 Opponents must be at least 3m from the ball until it is in play.
- 7.3.4 A goal may not be scored directly from the kick-off.
- 7.3.5 The kicker may only take one step back from the ball or plant one foot beside the ball and kick it with the other ('one step rule'). In the event that the kicker takes more than one step the referee will rule the kick to be re-taken.
- 7.3.6 The kicker may not touch the ball a second time until it has touched another player.
- 7.3.7 If the kicker touches the ball for a second time before it has been touched by another player an indirect free-kick is awarded to the opposing team to be taken from the place where the infringement occurred.
- 7.3.8 After a team scores a goal their opponents take kick-off to restart play.

7.4 Methods of restarting play in other circumstances

A 'drop ball' must never be used to restart play.

7.4.1 Goalkeeper restart.

- (i) A 'goalkeeper restart' is to be used to restart a game after a temporary stoppage.
- (ii) The goalkeeper in whose half play was stopped shall, at the referee's signal, return the ball into play by a kick-in or roll-in.

(iii) The kick-in or roll-in must be taken within six seconds of the referee's signal. A goalkeeper failing to do so will be warned by the referee.

(iv) When kicking the ball into play the ball must be stationary and the goalkeeper may only take one step back from the ball or plant one foot beside the ball and kick it with the other ('one step rule').

7.4.2 Restarting play after an injury

7.4.2.1 The player restarting play must do so from the point at which play was stopped. The ball must be stationary at the time it is struck by the player who is restarting play.

7.4.2.2 The player restarting play may only take one step back from the ball or plant one foot beside the ball and kick it with the other ('one step rule').

7.4.2.3 In the event that the kicker takes more than one step, or the ball is not stationary the referee will rule the kick to be re-taken.

7.4.3 Restarting play when the referee has awarded a free-kick

7.4.3.1 Laws 10.3 to 10.4.

7.3.4 Restarting play when the ball has crossed the touchline.

7.3.4.1 See Law 13.

7.3.5 Restarting play when the ball has crossed the goal line (corner kick).

7.3.5.1 See Law 15.

LAW 8 BALL IN AND OUT OF PLAY

8.1 Ball In/Out of Play

8.1.1 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; or
- play has been stopped by the referee.

8.1.2 The ball is in play at all other times including when it rebounds onto the playing area from the goal frame, corner posts, or off the referee (but see Law 8.2).

8.2 Height Restriction

8.2.1 A height restriction is set at a designated height of 6ft (1.83m) unless the height of the crossbar exceeds 6ft, in which case the height restriction is played to the height of the crossbar.

8.2.2 If, during play, the whole of the ball rises above this height a free kick shall be awarded against the team whose player last touched the ball. The exceptions to this are if the ball rises above the height restriction as a consequence of a goalkeeper making, or attempting to make, a save or if the ball rebounds off the goal frame and breaches the height restriction. In these instances, the ball is considered to be dead, and the goalkeeper restarts play by a kick-in or roll-in.

LAW 9 DETERMINING THE OUTCOME OF A MATCH

9.1 Goal Scored

- 9.1.1 Except otherwise provided by these Laws, a goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar, unless it has been thrown, carried, or intentionally propelled by the hand or arm of a player of the attacking side.
- 9.1.2 The goalkeeper from the attacking side is not allowed to score. The exception to this is when penalty kicks are being taken to determine the outcome of a match. If the goalkeeper does play the ball into the opponents' goal, play is restarted with a kick-in/roll in taken by the opposing goalkeeper.
- 9.1.3 Goals may be scored from any pitch position.

9.2 Winning Team

- 9.2.1 The team scoring the greater number of goals during a game is the winner. If both teams score an equal number of goals or if no goals are scored, the game is drawn.
- 9.2.2 When competition rules require a winning team after a drawn match or home-and-away tie, the only permitted procedures to determine the winning team are:
- A period of extra time; and/or
 - Kicks from the penalty mark

LAW 10 FOULS AND FREE KICKS

10.1 Free Kicks

10.1.1 All free kicks, except for penalty kicks, are indirect.

10.1.2 A free kick may not be taken unless the referee has given a signal. In the event that a player takes the kick before a signal has been given the free kick will be re-taken.

10.1.3 A goal cannot be scored from a free kick unless it touches at least two players on the attacking team i.e., the kicker and at least one other player. If the ball crosses the goal line between the goalposts without touching at least two players on the attacking team the goalkeeper will restart play from within the penalty area.

10.2 Free kick Offences

10.2.1 A free kick will be awarded to the opposing team if a player commits any of the following offences:

Group A:

- Kicks or attempts to kick an opponent.
- Trips or attempts to trip an opponent.
- Runs or Jumps at an opponent.
- Charges or barges an opponent, even with the shoulder.
- Strikes or attempts to strike an opponent.
- Pushes an opponent.

Group B:

- Pushes an opponent.
- Attempts to head butt an opponent.
- Backs into an opponent.
- Tackles an opponent. Tackling is defined as any attempt to dispossess an opponent of the ball of which the opponent is in full control.
- Runs or jogs whether or not the ball is in or out of play unless:
 - there is a clear attacking opportunity for the opposing team where advantage can be played. (The offender will be sanctioned once play has stopped).
 - or retrieving the ball when it is out of play.
- Deliberately heads the ball.
- Holds an opponent.
- Spits at or bites an opponent.
- Verbally abuses an opponent.
- Slides in an attempt to play the ball when it is being played by or is in the possession of an opponent (slide tackle).
- Plays the ball whilst on the ground (with the exception of the goalkeeper).
- Handles the ball deliberately, except for goalkeepers in their own penalty area.
- Plays in a dangerous manner.
- On a pitch bounded by barricades/walls, bundling a player into a barricade/wall.

- Shoulder charging in an excessive, aggressive, or reckless manner or into a barricade/wall.
- Deliberately impedes the progress of an opponent when the ball is not being played.
- Enters the opposing team's penalty area unless the player's momentum carried them into it in which case play continues.
- Kicks the ball when it is in the opposing team's penalty area. The ball will be deemed to be in the penalty area only when it is wholly within the area and not straddling the penalty area line.
- Forces an opponent into their opponent's penalty area.
- Prevents a goalkeeper from releasing the ball from their hands or their feet.

10.2.2 A free kick will be awarded to the opposing team if a goalkeeper commits any of the above offences (as applicable) or any of the following additional offences:

- Persistently exceeds the time limit of 6 seconds for kicking or rolling the ball out of the penalty area.
- Throws the ball by any method other than an underarm action.
- Kicks or throws out the ball, which then rises above the height restriction.
- Drop-kicks the ball.
- Jogs/runs in the penalty area and no clear goal scoring opportunity has been denied.
- Receives the ball back directly from a team mate to whom they have just passed the ball without the ball having contacted any other player, whether from open play or from a goal clearance (Law 14)

10.3 Position of Free kicks

10.3.1 A free kick is to be taken from the place where the infringement occurred unless:

- (i) the offence was committed by the goalkeeper.
- (ii) or the free kick is to be taken by the attacking team and the infringement occurred within 3m of the penalty area in which case the free kick is to be taken 3m from the penalty area line at the point nearest to where the infringement occurred.
- (iii) or the free kick arose as a consequence of a defending player being forced into their own penalty area, in which case the goalkeeper will restart play from within the penalty area.

10.3.2 All opponents must be at least 3m from the ball until it is in play. The ball is in play after it has been touched or played/clearly moved.

10.3.3 If, when the free kick is taken, an opponent is closer to the ball than 3m the kick is to be re-taken unless advantage can be applied.

10.3.4 On a pitch bounded by barricades/walls, if an infringement occurs within 1m of a barricade/wall, the free kick should be taken 3m from the boundary closest to the point where the infringement occurred.

10.4 Procedure

- 10.4.1 The ball must be stationary at the time the ball is struck by the kicker.
- 10.4.2 The kicker may only take one step back from the ball or plant one foot beside the ball and kick it with the other ('one step rule').
- 10.4.3 The kicker may not play the ball a second time until it has touched another player.

10.5 Procedural Infringements

- 10.5.1 In the event of non-compliance with any of the procedural requirements specified in Law 10.4, the referee will order the free kick to be re-taken.

LAW 11 MISCONDUCT

11.1 Disciplinary Sanctions

- 11.1.1 The use of temporary timed suspensions ('sin bins') and the exclusion of a player arising from the issuing of a red card will be used within League competitions. Referees should employ the use of temporary time suspensions (blue cards) in all cases traditionally regarded as 'cautionable' offences.
- 11.1.2 The options for a referee imposing a disciplinary sanction are:
- Player issued with a blue card and temporarily suspended from play.
 - Player issued with a red card and permanently excluded from the match being played and any further matches on that day.
- 11.1.3 A blue card offence should always be accompanied by a temporary timed suspension of 3 minutes. The release of a player from a sin bin should be at the direction of the referee.
- 11.1.4 A player temporarily sin binned will be shown a blue card and advised that he shall be suspended from play for 3 minutes. The player should remain in an area, adjacent to substitutes, where they can be seen by the referee and should temporarily wear a top or bib that distinguishes them from the players (of both teams) and the referee.
- 11.1.5 The team will not be allowed to substitute the sin binned player or any other player until the timed suspension has been served. The only exception to this is if another player is injured and has to leave the field of play due to his injury.
- 11.1.6 The sin binned player will be informed by the referee when the suspension has been served and invited to re-join the game.
- 11.1.7 If a player is permanently excluded his team will not be able to replace him for the remaining duration of the match. If a goalkeeper is permanently excluded, he must be replaced by an outfield player or a substitute keeper but in that case the substitution must be at the expense of an outfield player.
- 11.1.8 If, during the course of match, a team is reduced to fewer than four players as a consequence of three of its players being shown red or blue cards, their opponents will be awarded the match on the basis of a 1-0 score line or the score line prevailing prior to the team being reduced to fewer than four players if the goal difference at that time is equal to or exceeds one.
- 11.1.9 The following tables describe the situations meriting blue or red card sanctions:

Nature of Offence	Type of Card
<ul style="list-style-type: none"> • Committing any of the offences listed in Law 10.2, Group A in a "reckless" manner. • "Reckless" means that the player has acted with complete disregard of the danger to, or consequences for, his opponent. • Dissent, abuse, argumentative behaviour, swearing, or expressing sarcasm. • Goalkeeper deliberately egressing from the penalty area to intercept a ball, halt a player's progress or deny a clear goal scoring opportunity. • Committing an offence to deliberately deny an opponent a clear goal scoring opportunity. • Goalkeeper being warned three times for failing to release the ball into open play within 6 seconds. • Committing three infringements of the Laws (not necessarily the same infringement). • Persistently failing to respect the required distance when play is started or restarted (start of play, restart after a goal is scored, corner kick, kick-in, free kick/penalty kick or after an injury). • Entering or re-entering the playing area without the referee's permission or infringing the substitution procedures. • Deliberately leaving the playing area without the referee's permission outside of a substitution. 	<p>BLUE</p>

Nature of Offence	Type of Card
<ul style="list-style-type: none"> • Committing any of the offences listed in Law 10.2, Group A by "using excessive force". "Using excessive force" means that the player has far exceeded the necessary use of force and is in danger of injuring his opponent. • Persistent or extreme abuse of officials, opponent players, teammates, team officials or spectators. • Heavy, aggressive, reckless, or dangerous tackling. • Slide tackling. • Spitting at, or biting, an opponent, or any other person. • Goalkeeper egresses from the penalty area and makes an aggressive, or reckless challenge to deny a goal scoring opportunity. • Violent conduct i.e., kicking out at, throwing a punch at, or head butting an opponent. A player guilty of such an offence may also be disqualified from the Competition as a whole. • Displaying unsporting behaviour. Committing any further blue card offences in a match having already served a timed suspension in the same match. <p>NB Any team whose players have been red-carded will be scrutinised by the Disciplinary Committee and, depending upon the severity of the offences that gave rise to the red cards, may be disqualified from further participation in the Competition.</p>	<p>RED</p>

LAW 12 THE PENALTY KICK

12.1 Offences resulting in a penalty kick

12.1.1 A penalty kick will be awarded in the following circumstances:

- (i) A defending player enters their own penalty area, unless by momentum or as a consequence of an opponent forcing them into the area. (If by momentum, play continues). If as a result of being forced into the area, they will be awarded a free kick 3m from the penalty line nearest to the point at which the offence occurred (Law 10.3).
- (ii) A player deliberately denies an opponent a clear goal scoring opportunity by committing any offence described in Law 10.2.
- (iii) A goalkeeper commits any of the red card offences described in Law 11.1.9.
- (iv) A goalkeeper egresses from their penalty area, except by momentum or if sliding forward in the process of making a save his upper body and the ball are within the penalty area.
- (v) A goalkeeper deliberately heads the ball. An attacking player is deliberately forced into the penalty area by an opposing player.
- (vi) A goalkeeper runs across their penalty area to make a save on a goal bound effort or denies a clear goal scoring opportunity by their running action.
- (vii) A goalkeeper touches the ball with any part of his body when it is outside the penalty area. A ball is not considered to be outside the area unless it is wholly over the penalty area line.

12.1.2 A goal may be scored directly from a penalty kick.

12.1.3 Additional time must be allowed for a penalty kick to be taken at the end of normal and any additional stoppage time.

12.2 Position of the ball and players

12.2.1 The ball is placed on the penalty mark. If no mark is indicated the penalty should be taken from no more than 6m from goal.

12.2.2 The player taking the penalty kick must be properly identified.

12.2.3 The defending goalkeeper is allowed to stand no more than 1m forward of the goal line, between the goalposts, so as to minimise the risk of contacting the goalposts when attempting to make a save.

12.2.4 All players other than the kicker are located inside the pitch, outside the penalty area, behind or to the side of the penalty mark and at least 3m from the ball.

12.3 Procedure

- 12.3.1 The kicker may only take one step back from the ball or plant one foot beside the ball and kick it with the other ('one step rule').
- 12.3.2 The kicker may not play the ball a second time until it has touched another player.
- 12.3.3 The ball is in play when it is kicked and clearly moves forward.
- 12.3.4 A goal is awarded if the ball passes wholly over the line between the goalposts and under the crossbar.

12.4 Infringements/sanctions

The following table describes the outcomes if any infringements occur.

Infringement	Sanction
Encroachment into the penalty area by a defending player.	If a goal is scored it stands. If a goal is not scored the penalty is re-taken.
Encroachment into the penalty area by an attacking player.	If a goal is scored the kick is re-taken. If a goal is not scored a free kick is awarded to the defending team, the goalkeeper restarting play from within the penalty area.
Offence by goalkeeper	If a goal is scored it stands. If a goal is not scored the kick is retaken and the goalkeeper is given a warning.
Goalkeeper and penalty taker commit infringements simultaneously.	The penalty is re-taken, and both the kicker and goalkeeper are warned.

Infringement	Sanction
Illegal feigning by the kicker	A free kick is awarded to the defending team, the goalkeeper restarting play from within the penalty area. The kicker is given a warning.

The kicker takes more than one step	A free kick is awarded to the defending team, the goalkeeper restarting play from within the penalty area.
Wrong kicker	A free kick is awarded to the defending team, the goalkeeper restarting play from within the penalty area. The kicker is given a warning.

LAW 13 THE KICK-IN

13.1 General

- 13.1.1 A kick-in is a method of re-starting play when the whole of the ball passes over a touchline, either on the ground or in the air.
- 13.1.2 A goal cannot be scored directly from a kick-in.
- 13.1.3 A kick-in is awarded to the opponents of the player who last touched the ball.

13.2 Position of the Ball and the Players

- 13.2.1 The kick-in is taken from the place where it crossed the touchline.
- 13.2.2 The players of the defending team must be at least 3m from the place where the kick-in is taken.

13.3 Procedure

- 13.3.1 The ball must be on or behind the touchline.
- 13.3.2 At the time the ball is kicked by the player taking the kick-in, no part of the kicker's standing foot shall encroach upon the playing area.
- 13.3.3 The player taking the kick-in must only take one step back from the ball or plant one foot beside the ball and kick it with the other ('one step rule').
- 13.3.4 The player taking the kick-in may not play the ball a second time until it has touched another player.
- 13.3.5 The ball is in play immediately after it is kicked-in unless it does not cross the touchline in which case it must be re-taken from the original position.

13.4 Infringements/sanctions

- 13.4.1 In the event of non-compliance with any of the procedures described in Law 13.3, the kick-in is re-taken by a player of the opposing team.

LAW 14 THE GOAL CLEARANCE

14.1 Definition

- 14.1.1 A goal clearance is a method of restarting play.
- 14.1.2 A goal clearance is awarded when the whole of the ball, having touched a player of the attacking team, passes over the goal line, either on the ground or in the air and a goal is not scored in accordance with Law 9.
- 14.1.3 A goal may not be scored directly from a goal clearance. (See Law 9.1.2)

14.2 Procedure

- 14.2.1 Opponents remain outside the penalty area.
- 14.2.2 The ball is in play when it is thrown underarm or kicked from any stationary point within the penalty area by the goalkeeper of the defending team. (See Law 7.3).
- 14.2.3 If choosing to kick the ball, the goalkeeper must only take one step back from the ball or plant one foot beside the ball and kick it with the other ('one step rule').
- 14.2.4 The goalkeeper must not play the ball a second time until it has touched another player unless the ball fails to clear the penalty area in which case the goal clearance is re-taken.

14.3 Infringements/Sanctions

- 14.3.1 If, in the referee's judgment, the goalkeeper is delaying the goal clearance to waste time, the goalkeeper will be warned. If the goalkeeper receives three warnings for the same infringement the referee will award a free kick to the opposing team, to be taken 3m outside the penalty area from the mid-point of the goal, and the goalkeeper will be blue carded.
- 14.3.2 If the goalkeeper takes more than one step when kicking the ball back into play the referee will order that the goal clearance be retaken.
- 14.3.3 If, after the ball has cleared the penalty area line, the goalkeeper touches the ball before it has touched another player, a penalty will be awarded to the opposing team.
- 14.3.4 If the goalkeeper touches the moving ball a second time prior to the ball clearing the penalty area, a free kick will be awarded to the opposing team, 3m from the penalty area line from the place nearest to where the infringement occurred.
- 14.3.5 If, after the goalkeeper has released the ball, it is first touched by one of the goalkeeper's team mates, the ball may not be played back directly to the goalkeeper but must be touched by at least another teammate or an opponent. The sanction for an infringement of this law will a free kick awarded to the goalkeeper's opponents to be taken 3m from the penalty area line from the place nearest to where the offence has occurred.

LAW 15 THE CORNER KICK

15.1 Definition

- 15.1.1 A corner kick is a method of restarting play.
- 15.1.2 A goal may be scored directly from a corner kick but only against the opposing team.
- 15.1.3 A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 9.

15.2 Procedure

- 15.2.1 A corner is taken from the side closest to where the ball passed over the goal line and left the playing area.
- 15.2.2 The ball is placed inside the corner arc or if there is no marked arc no more than 1m from the corner flag or point where the touchline and goal line meet.
- 15.2.3 Opponents must remain at least 3m from the ball until it is in play.
- 15.2.4 The ball is kicked by a player of the attacking team. The kicker must only take one step back from the ball or plant one foot beside the ball and kick it with the other ('one step rule').
- 15.2.5 The ball is in play when it is kicked and clearly moves.
- 15.2.6 The kicker may not play the ball a second time until it has been touched by another player.

15.3 Infringements/Sanctions

- 15.3.1 A free kick will be awarded to the opposing team if the player taking the kick plays the ball a second time before it has been touched by another player. The free kick is taken from the place where the infringement occurred.
- 15.3.2 For any other infringement the corner kick is re-taken.

LAW 16 WALKING

16.1 Definition

- 16.1.1 Walking is defined as 'always having at least one foot in contact with the ground'.
- 16.1.2 It is characterised normally by the leading leg being straight and the heel impacting the ground before any other part of the foot.
- 16.1.3 There is no speed restriction.

16.2 Infringements/Sanctions

- 16.2.1 The referee will award a free kick against any player who is not walking unless there is a clear attacking opportunity for the opposing team where advantage can be played. The offender will be sanctioned once play has stopped.