

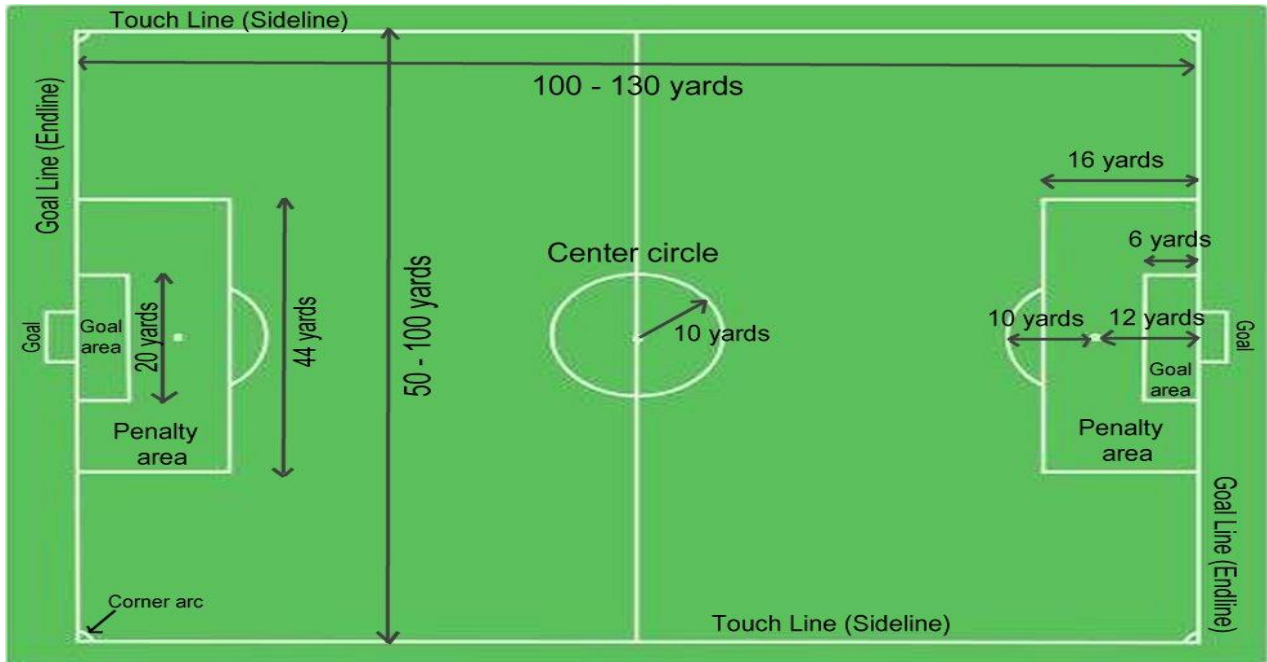
SOCCER OFFICIAL RULES

The game is played in accordance with the rules of the International Federation of Football unless otherwise stated in the SACSSGSA rules.

Please note these rules have been simplified for the benefits of our competition.

FIELD

- Matches may be played on natural or artificial surfaces, according to the rules of the competition.
- The field of play must be rectangular and marked with lines. These lines belong to the areas of which they are boundaries. The two longer boundary lines are called touch lines. The two shorter lines are called goal lines. The field of play is divided into two halves by a halfway line, which joins the midpoints of the two touch lines.
- Length (touch line): minimum 90 m (100 yds) maximum 120 m (130 yds)
- Width (goal line): minimum 45 m (50 yds) maximum 90 m (100 yds)



a) KICK OFF

- A kick-off is a way of starting or restarting play:
 - at the start of the match
 - after a goal has been scored
 - at the start of the second half of the match
 - at the start of each period of extra time, where applicable

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

Before a kick-off at the start of the match or extra time

- a coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match.
 - the other team takes the kick-off to start the match.
 - the team that wins the toss takes the kick-off to start the second half of the match.
- f) • 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 centre mark
- the referee gives a signal
- the ball is in play when it is kicked and moves forward
- the kicker must not touch the ball again until it has touched another player

3. 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 either the referee or an assistant referee when they are on the field of play

A goal is scored when the whole of the ball passes over the 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.

4. OFFSIDE

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

A player is in an offside position if:

- he 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
- he is level with the second-last opponent or
- he is level with the last two opponents

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

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

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

5. FREE KICKS

DIRECT FREE KICK

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

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

A direct free kick is taken from the place where the offence occurred

PENALTY KICK

A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area, irrespective 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
- 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
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offence, not previously mentioned in Law 12, 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

FOULS AND MISCONDUCT:

- A player who kicks, trips, jumps at, charges the front or back of, strikes, holds, pushes an opponent or handles the ball with her hand or arm, (except the Goalkeeper in her area), shall be penalised by a direct free kick.
- Should these offences be committed by a defender in her own penalty area a penalty kick shall take place.
- Dangerous play, fair charging (with the shoulder) when a ball is not within playing distance, obstructing a player when not having the ball, charging the Goalkeeper who is not holding the ball, the Goalkeeper holding the ball for more than 6 seconds, and the Goalkeeper handling the ball after a pass back from her team mate; these offences shall be penalised by indirect free kick.

a) BREACHERS OF THE RULES

- For serious offences including dissent of decisions, a player can be cautioned and shown the yellow card.
- If the player is guilty of violent conduct, serious foul play, foul or abusive language or a second cautionable offence, then she shall be shown the red card and sent off the field.