

LAW 3: THE PLAYERS

- **Subs** must leave the field at the nearest point on the boundary line, unless otherwise directed by the referee.

LAW 5: THE REFEREE

- **Team Officials (coaches) guilty of misconduct can be shown a YC/RC**
- If an offender cannot be identified, the senior coach in the technical area receives the YC/RC.
- If a PK is awarded, the team's PK taker can receive assessment or treatment and then stay on the field and take the kick

LAW 7: THE DURATION OF THE MATCH

- **Hydration Breaks** (water/drink breaks) not to exceed 1 minute
- **Cooling Breaks** (to cool down the body) from 90 seconds to 3 minutes

LAW 8: THE START AND RESTART

- **Coin toss** - winner of coin toss may select kick-off (ball) **or** goal to attack/defend (side). According to their selection, the other team takes the other option.
- **Drop Ball – all drop balls are uncontested. The ball is in play when it is dropped and it touches the ground**
 - * If play is stopped in the Penalty Area (for a non-misconduct call), the ball is dropped for the Keeper
 - * If play is stopped anywhere else on the field (non-misconduct call), the ball is dropped for the team/player who last touched the ball at the location of the last touch.
 - * All other players (of both teams) MUST be at least 4.5 yards away.

LAW 9: THE BALL IN AND OUT OF PLAY

- **Drop Ball** if the ball touches the referee (or other match official) and goes into the goal, possession changes, or an attacking move starts.

LAW 12: FOULS AND MISCONDUCTS

- **HANDBALL** - It's an offence if the hand/arm has made the player's body unnaturally bigger or if the hand/arm is above/beyond their shoulder level.
- **HANDBALL** - It is NOT usually an offence if the ball touches the player's hand/arm directly from a player's own head or body (including foot), or if the ball touches the player's hand/arm if the hand is close to the body and does not make the body bigger or when the player falls and the hand/arm is between the body and the ground to support the body, but is not extended laterally or vertically away from the body.
- **HANDBALL** - An 'illegal' handball offence by the Keeper in their own Penalty Area is **not** sanctioned with YC/RC.
- **HANDBALL** - If, after a throw-in or deliberate pass from a team-mate, the Keeper **UNSUCCESSFULLY** kicks or tries to kick the ball to release it into play, the Keeper **can** then handle the ball

LAW 13: FREE KICKS

- From a **DFK**, the ball is in play once it is kicked and **clearly moves**; it does NOT have to leave the Penalty Area
- **WALL** – When there is a defensive 'wall' of at least 3 players, all attacking team players must be at least 3 feet from the wall; an IDFK if they encroach.

LAW 14: THE PENALTY KICK

- **Keeper must have at least part of one foot on, or in line with, the goal line when a PK is taken**; cannot stand behind the line

LAW 16: THE GOAL KICK

- **GOAL KICKS** - At goal kicks, the ball is in play once it is kicked and clearly moves; **it does not have to leave the Penalty Area.**