

Football League Rules Summary 2017/2018



<p>Player's Equipment</p>	<ol style="list-style-type: none"> 1. Shin pads are required 2. No metal studs are allowed 3. Players jerseys must be numbered and match their match card 4. Players may not wear any jewellery. Taping of jewellery is also not permitted
<p>Duration of the Game</p>	<ol style="list-style-type: none"> 1. The duration of the game shall be two equal periods of ten minutes with a haltime interval of five minutes.
<p>Start of Play</p>	<ol style="list-style-type: none"> 1. A ball must be kicked forward from the centre spot before being touched by another player. 2. A goal can be scored directly from a kick off.
<p>Ball in and out of Play</p>	<ol style="list-style-type: none"> 1. Ball over the side-line results in a kick in. 2. Ball over the end line results in a goal clearance or a corner kick.
<p>Fouls and Misconduct</p>	<ol style="list-style-type: none"> 1. Tripping, pushing, deliberate handball or charging result in a direct free kick. 2. Obstruction or dangerous play results in an indirect free kick. 3. Bad language will not be tolerated during any match. 4. Coaches and athletes must behave in a responsible manner
<p>Kick In</p>	<ol style="list-style-type: none"> 1. A goal cannot be scored directly from a kick in. 2. A goalkeeper may not pick up a ball passed back to him/her by their own player. 3. The ball must be stationery and
<p>Substitutions</p>	<ol style="list-style-type: none"> 1. Substitutions are unlimited 2. Coaches must signal to the referee in order to make a substitutions 3. Substituted players may come on to the field when given a signal by the referee 4. Substitutions can be made any time the ball is out of bounds, between periods, after a goal is scored, or during a timeout for an injury.