

# Rules of Games - Football



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# The Laws of the Game



- 1. The Field of Play**  
Defines the dimensions, markings, goals, and technical areas of the pitch.
- 2. The Ball**  
Specifies the size, weight, material, and pressure of the ball.
- 3. The Players**  
Rules about the number of players (11 per team, including the goalkeeper) and substitutes.
- 4. The Players' Equipment**  
Details mandatory equipment (jersey, shorts, socks, shin guards, and footwear) and restrictions on dangerous items.
- 5. The Referee**  
Outlines the referee's authority, responsibilities, and decision-making powers.
- 6. The Other Match Officials**  
Covers the roles of assistant referees, fourth officials, and others (e.g., VAR).
- 7. The Duration of the Match**  
Specifies two halves of 45 minutes each, stoppage time, and procedures for extra time or penalty shootouts.
- 8. The Start and Restart of Play**  
Rules for kick-offs, dropped balls, and restarts after stoppages.

# The Laws of the Game



- 9. The Ball In and Out of Play**  
Defines when the ball is considered in play or out of play.
- 10. Determining the Outcome of a Match**  
Describes how goals are scored and tie-breaking methods (e.g., penalties, extra time).
- 11. Offside**  
Explains when a player is in an offside position and the conditions for an offside offense.
- 12. Fouls and Misconduct**  
Details direct and indirect free kicks, yellow cards, red cards, and disciplinary actions.
- 13. Free Kicks**  
Describes the procedure for taking direct and indirect free kicks.
- 14. The Penalty Kick**  
Rules governing penalty kicks, including positioning and execution.
- 15. The Throw-In**  
Procedure for restarting play with a throw-in.
- 16. The Goal Kick**  
Rules for restarting play with a goal kick.
- 17. The Corner Kick**  
Procedure for restarting play with a corner kick.

# The Field of Play



- Dimensions: 90–120m (length) x 45–90m (width) for international matches.
- Markings: Includes penalty areas, goal areas, and center circle.
- Goals: 7.32m wide, 2.44m high, placed on each goal line.

# The Ball



- **Specifications:** Spherical, circumference 68–70cm, weight 410–450g.
- **Material:** Leather or other suitable materials.

# The Players



- Team Composition: Maximum of 11 players (including goalkeeper), minimum of 7 to continue play.
- Substitutions: 5 allowed in standard competitions, conducted during stoppages.

# The Players' Equipment



- Compulsory Items: Jersey, shorts, socks, shin guards, and footwear.
- No equipment posing danger is allowed.

# The Referee



- **Authority:** Has full control of the match and enforces rules.
- **Responsibilities:** Stops, suspends, or terminates the match when necessary; records match details.



# Other Match Officials



- Assistant Referees: Assist in offsides and throw-ins.
- Fourth Official: Manages substitutions and monitors conduct.
- VAR (Video Assistant Referee): Reviews critical incidents using video technology.

# Duration of the Match



- **Playing Time:** Two 45-minute halves with a 15-minute halftime.
- **Added Time:** For injuries, substitutions, and delays.
- **Extra Time:** Two 15-minute halves if needed.
- **Penalty Shootout:** Decides winner if tied after extra time.

# The Start and Restart of Play



- Kick-off: Starts each half and after goals are scored.
- Other Restarts: Throw-ins, goal kicks, corner kicks, free kicks, drop balls.

# The Ball In and Out of Play



- In Play: When it remains within field boundaries.
- Out of Play: When it crosses goal lines or touchlines fully.

# Determining the Outcome of a Match



- Goals: Counted when the entire ball crosses the goal line.
- Tie-breaking: Extra time or penalty shootout, as necessary.

# Offside



- **Position:** A player is offside if nearer to opponent's goal line than the ball and second-last defender unless in own half.
- **Offense:** Penalized if involved in active play.

# Fouls and Misconduct



- Direct Free Kick Offenses: Kicking, tripping, holding, pushing, etc.
- Indirect Free Kick: For non-physical infringements like dangerous play.
- Cautions (Yellow Card): Unsporting behavior, dissent, time-wasting.
- Send-offs (Red Card): Violent conduct, serious foul play, denying a goal-scoring opportunity.

# Free Kicks



- Direct: Can score directly.
- Indirect: Requires another player to touch the ball.



# Penalty Kick



- Taken from the penalty mark, with only the goalkeeper and the taker in the penalty area.

# Throw-in



- Awarded when the ball crosses the touchline. Taken with both hands and feet on the ground.

# Goal Kick



- Taken from the goal area by the defending team when the ball crosses the goal line without a goal being scored.

# Corner Kick



- Awarded to the attacking team when the ball crosses the goal line after last being touched by a defender.