

### SUBSTITUTIONS (LAW 3)

A player who is being substituted must leave the field by the [nearest point on the touchline/goal line](#) (unless the referee indicates the player can leave quickly/ immediately at the halfway line or a different point because of safety, injury etc.) Caution with grassroots/recreational youth!!!

### GOAL KICK (LAW 16); FREE KICKS (LAW 13)

[The ball is in play once it is kicked and clearly moves](#); it can be played before leaving the penalty area.

### FREE KICKS (LAW 13)

- When there is a 'wall' of three or more defenders, the [attackers are not allowed within 1m](#) (1 yd) of the wall; an attacker less than 1m (1yd) from the 'wall' when the kick is taken will be penalized with an indirect free kick;
- When the defending team takes a free kick in their own penalty area, the ball is in play it is kicked and clearly moves; it does not have to leave the penalty area before it can be played.

### QUICK FREE KICK AND YELLOW CARD/RED CARD (LAW 12)

If the referee is about to issue a Yellow Card/Red Card but the [non-offending team takes the free kick quickly and creates a goal-scoring opportunity](#), the referee can delay the Yellow Card/Red Card until the next stoppage if the offending team was not distracted by the referee.

### KICK-OFF (LAW 8)

The team that wins the toss can now choose to take the kick-off or which goal to attack.

(Previously they only had the choice of which goal to attack).

### DROPPED BALL (LAW 8 & 9)

- If the ball touches the referee (or another match official) and goes into the goal, [team possession changes](#) or a promising attack starts, a dropped ball is awarded.
- If play is stopped inside the penalty area, the ball will be dropped for the goalkeeper;
- If play is stopped outside the penalty area, the ball will be dropped for one player of the team that last touched the ball at the point of the last touch;
- In all cases, [all the other players \(of both teams\) must be at least 4m \(4.5yds\) away](#);

### TEAM OFFICIALS (LAW 5 & 12)

A team official guilty of misconduct will be shown a Yellow Card (caution) or Red Card (sending-off); [if the offender cannot be identified, the senior coach who is in the technical area at the time will receive the Yellow Card/Red Card.](#)

*(See reverse side for list of offences)*

### HANDBALL (LAW 12) – [for handball offence, the upper boundary of the arm is in line with the bottom of the armpit](#)

[Deliberate handball](#) remains [an offence](#). The following 'handball' situations, even if accidental, will be a free kick:

- The ball goes into the [goal after touching an attacking player's hand/arm](#);
- A player [gains control/possession of the ball](#) after it touches their hand/arm and then immediately scores, or creates a goal-scoring opportunity;
- The ball touches a player's hand/arm which has made their [body unnaturally bigger](#);
- The ball touches a player's hand/arm when it is [above/beyond their shoulder](#) (unless the player deliberately plays the ball which then touches their hand/arm)

The following are not considered to be an offence, unless they are one of the above situations:

- [The ball touches a player's hand/ arm directly from their own head/body/foot](#) or [the head/body/foot of another player who is close/near](#);
- The ball touches a player's hand/arm which is [close to their body](#) and has [not made their body unnaturally bigger](#);
- If a player is falling and the ball touches their hand/arm when it is [between their body and the ground to support](#) the body ([but not extended to make the body bigger](#));
- [If the goalkeeper attempts to 'clear'](#) (release into play) a throw-in or deliberate kick from a team-mate but the 'clearance' fails, the goalkeeper can then handle the ball

### WARNINGS:

The following offences should usually result in a warning; repeated or blatant instances should result in a caution or sending-off:

- Entering the field of play in a respectful/non-confrontational manner;
- [Failing to cooperate with a match official](#) e.g. ignoring an instruction/request from an assistant referee or the fourth official;
- [minor/low-level disagreement](#) (by word or action) with a decision;
- Occasionally leaving the confines of the technical area without committing another offence

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### YELLOW CARD:

Caution offences include (but are not limited to):

- Clearly/persistently not respecting the confines of their team's technical area;
- Delaying the restart of play by their team;
- Deliberately entering the technical area of the opposing team (non-confrontational);
- [Dissent by word or action including](#):
  - ✓ throwing/kicking drinks bottles or other objects;
  - ✓ gestures which show a clear lack of respect for the match official(s) e.g. sarcastic clapping
- Excessively/persistently gesturing for a red or yellow card;
- Gesturing or acting in a provocative or inflammatory manner;
- [Persistent unacceptable behaviour](#) (including repeated warning offences);
- Showing a lack of respect for the game

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### SEND-OFFS (RED CARD):

- [Delaying the restart of play by the opposing team](#) e.g. [holding onto the ball](#), [kicking the ball away](#), obstructing the movement of a player;
- Deliberately leaving the technical area to:
  - ✓ Show dissent towards, or remonstrate with, a match official;
  - ✓ Act in a provocative or inflammatory manner;
  - ✓ Enter the opposing technical area in an aggressive or confrontational manner;
  - ✓ Deliberately throwing/kicking an object onto the field of play;
  - ✓ Entering the field of play to:
    - Confront a match official (including at half-time and full-time);
    - Interfere with play, an opposing player or match official
- Physical or aggressive behaviour (including spitting or biting) towards an opposing player, substitute, team official, match official, spectator or any other person (e.g. ball boy/girl, security or competition official etc.);
- Receiving a second caution in the same match;
- [Using offensive, insulting](#) or abusive language and/or gestures;
- [Using unauthorised electronic or communication equipment](#) and/or behaving in an inappropriate manner as the result of using electronic or communication equipment;
- Violent conduct