

## Laws of the Game related to Covid 19. Low Contact rules in effect.

An in-direct free kick is awarded when a player intentionally commits any of the following offenses (penalty kick awarded when infringement takes place in penalty area): **a penalty kick is ONLY awarded if the foul is (under normal circumstances) a direct free kick offence under the FIFA laws of the game.... A COVID 19 foul is NOT a penalty kick**

When challenging for the Ball the initial contact cannot be on the Body or excessive contact after the contact with the ball.

- No Shielding the ball - You must be actively playing the ball
- No running in the path of a player to slow them down from getting to the ball
- No kicking or attempting to kick an opponent
- Wall - you can have a wall but it must be 2m spacing between players.
- Water breaks - these are mandatory during each half and players can leave the field to get their drink
- No tripping an opponent
- No jumping at an opponent (From the Side, Behind or Front)
- No "fighting" for position away from the ball
- No obstructing player from playing the ball. No using arms to hold player away
- No impeding player from playing the ball. IE, backing up to chest the ball "due to no headers". Defender should not block them from backing up. If the player moving back to get in position to play the ball is impeded from backing up, the play will be blown down and an IDFK is awarded against Defender. (The exception would be if the Attacker is shielding the defender from moving around him to get the ball).
- No charging an opponent in a violent or dangerous manner - Regular Rules
- No charging an opponent from behind
- No striking, attempting to strike, or spitting at an opponent
- No holding an opponent
- No pushing an opponent
- No charging an opponent with shoulder (i.e., shoulder charge)
- No sliding at an opponent (i.e., sliding tackle)
- No headers are allowed
  - If two players challenge for a header and they make contact, the play will be blown down and an in-direct free kick to the last team in possession. Even if no contact is made with the ball. If the contact is in the penalty area, the drop ball is given to the goalkeeper
  - If one player initiates contact while jumping for the ball, the play will be blown down and an indirect free kick will be awarded to the other team. Even if no contact is made with the ball
- Foul Kick ins - will result in in-direct free kicks to the other team (no restriction on height for this kick).
- ADVANTAGE will be played if a Covid Rule is committed to allow for flow of the game. A verbal address must be given to the player that committed the offence

Note: All Penalty Kicks are Deadballs..... no rebounds by the shooter.

- If the keeper saves the ball and the ball remains in play, the play is considered dead and a Goal Kick is awarded.
- If the keeper makes a save and the ball goes out of play past the goal line, a Corner Kick will be awarded.