



Goal size: 3m x 2m

Offside: There is no offside rule.

Goalkeeper: The goalkeeper can handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 4 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area. An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

Ball crossing the touch line: Throw in. Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 3 metres away from the ball until it is in play. The ball is in play once it enters the field of play. A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last: Corner kick. A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 3 metres away from the ball until it is in play. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last: Goal kick from anywhere within the penalty area. Opponents remain at least 4 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 4 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

Fouls and misconduct: Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal.

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from a penalty mark (2 steps from area line) with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

Fouls and misconduct are:

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps at an opponent;
- charges at an opponent;
- strikes or attempts to strike an opponent;
- pushes an opponent;
- tackles an opponent from behind to gain possession of the ball;
- makes contact with the opponent before touching the ball;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player.

Penalty: Any direct free kick inside the area is considered penalty. Penalty will be taken 2 steps from edge of area.