**Football Rules KS1**

**Number of players: 6 players on the field (including the goalkeeper) up to 9 in as squad.**

**Starting the Game:**The game begins at the centre of the field. The team who kicks off passes the ball to a teammate at the referee’s signal.

**Roll on and roll of substitutions:** There is no limit of substitutions allowed to be made and players that have been taken off can come back on later but the ball must be out of play and the referee has to be told you are making a change.

**GOAL:** In the basic soccer rules the point of the game is to get the ball in the opposing teams goal and the team with the most goals after the specified time is the winner. The ball must cross the goal line to be a goal.

**NO HANDS!**  Only the goalie can use their hands. Pass backs to the goalkeeper are ok for the goal keeper to pick up. Goalkeepers can drop kick the ball straight out of their hands.

**Ball out of play (Out of Bounds):**if the ball crosses the side line it is a throw in. The team who did not touch the ball last before the ball crossed the line gets the throw in. If the ball crosses the end line two things may occur. If the team that is defending that end line touches it out it is a corner kick. If the team attacking that end kicks it out it is a goal kick.

**Free Kicks**: There are two types of free kicks.

Indirect kicks are awarded for less violent or interruptions to the game. It is awarded at the spot the ball was last and does not need a referee’s whistle to restart unless the attacking team asked for their 6 Yards to the wall. The ball has to touch another player before it can directly be kicked into the goal.

The direct kick, on the other hand, can be directly kicked to goal on the restart whistle by the referee. The 6 yards to the wall is also applied here.

**The Penalty Kick:** A penalty is awarded when the defending team commits an infraction or foul inside penalty box. The ball is placed on the penalty spot and the shooter must kick the ball in one forward motion without touching the ball twice. The goalkeeper must remain on the goal line until the shooter strikes the ball.

**The Throw In:** When the ball leaves the field from the side or touch line it is a throw in. A proper throw in is both feet need to have contact with the ground at time of throw. Also, the arms need to move from back of the head to the front over the head. No side throws allowed.

**Goal Kicks:** A goal kick is given when the attacking team touches the ball last before it leaves the end or goal line. The goal keeper (or any other player on his team) places the ball anywhere in the goal area to restart play. The other team has to ‘retreat’ back past the half-way line and cannot go forward till the ball has been played.

**Corner Kicks:**A corner kick is given when the defending team touches the ball last before it goes over their end or goal line. The corner kick is taken from the corner kick area.