














Indoor Rules

-  **Start of Play** – The Ball will be dropped by the Referee on the centre spot between a player from each team
-  **Kick off after a goal.** The team that has let in a goal will re-start the game from the centre circle.
-  **Ball above Head Height** – The ball must not rise above head height (Referee's head). If it does, a direct free kick will be given. The kick will be taken from the place where the ball was last played.
-  **There is no offside.**
-  **Free Kicks.** – When a player is taking a kick, all opposing players must be at least 2 metres from the ball until it is in play. All kicks given against the defending team for infringements near the goal shall be taken 2 metres away from the goal area line. All free kicks are direct, i.e. a shot at goal is allowed
-  **Penalty Kick** – The kick will be taken from the penalty spot (edge of goal area). 2 paces or less and the kick must be taken.
-  **Goalkeeper returning the ball into play** – When the goalkeeper returns the ball into play, he must either roll or throw the ball (the ball must not go above the referee's head)
-  **Goalkeeper is not allowed to kick the ball into play** - If the goalkeeper does kick the ball into play, a penalty will be given. However, if the goalkeeper kicks the ball whilst making a save, he will not be penalised.
-  **Play within the Goal Area.** – Only the defending goalkeeper is allowed inside the goal area. If an attacker enters the goal area, a direct free kick will be taken on the edge of the goal area at the point of entry. If a defender enters the goal area, a penalty kick is given. Referees will distinguish between accidental and intentional entry and exit from the goal area. Only deliberate actions by players will be penalised. Accidental entry or exit will be ignored and play will continue.
-  The ball cannot be passed back to the goalkeeper. If the ball is passed back to the goal keeper a free kick will be given. The free kick will be taken from where the ball was passed back.
-  **There are no Throw ins.** – Continuous play will take place using boards around the pitch. If a ball goes out of the pitch, a kick will be taken from the spot where the ball left the pitch.

All other Football Association Rules will apply – e.g. hand ball, trip, etc.