

Pardaan

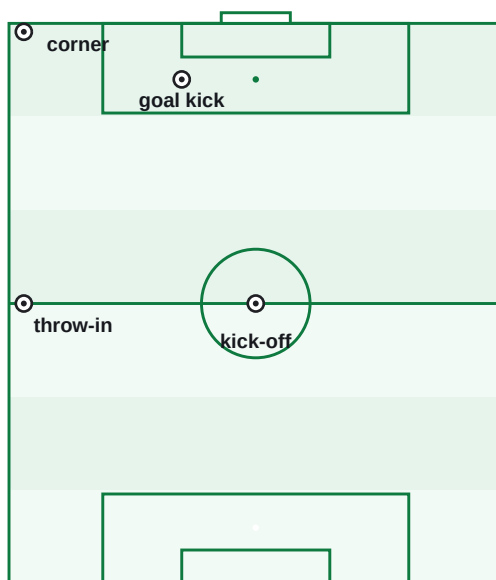
Laws of the Game Summary

A one-page summary of the laws for grassroots coaches.

Football has 17 Laws of the Game, but at grassroots level a handful come up again and again. This summary explains the ones you and your players most need to know, in plain language. It is a guide, not the full rulebook - always check your local competition rules, because youth football often varies the format, ball size, and things like retreat lines and headers.

Starting and restarting play

- **Kick-off** taken from the centre mark to start each half and after a goal. The ball may go in any direction and can be scored
- **Throw-in** when the ball fully crosses the touchline. Both feet stay on the ground, the ball is delivered from behind and over the
- **Goal kick** when the attacking team puts the ball over the goal line. Taken from inside the six-yard box.
- **Corner kick** when the defending team puts the ball over their own goal line. Taken from the corner arc; you can score directly.
- **Dropped ball** restarts play after a stoppage that had no restart of its own.



Where the common restarts are taken (attacking upwards).

Fouls and misconduct

- **Direct free-kick** for kicking, tripping, charging, jumping at, pushing, holding or handling the ball deliberately. A direct free-kick in the
- **Indirect free-kick** for offences like dangerous play, impeding an opponent, or the keeper holding the ball too long. It must touch
- **Yellow card (caution)** for unsporting behaviour, dissent, or persistent fouling.
- **Red card (sending off)** for serious foul play, violent conduct, or denying an obvious goal-scoring opportunity. The team continues with one

Offside (in brief)

A player is offside if they are nearer the opponents' goal line than both the ball and the second-last defender when the ball is played to them, and they are then involved in active play. See the separate 'Offside Rule Explained' download for diagrams.

Remember

Youth formats change the laws - smaller pitches, size 3 or 4 balls, no offside in the smallest formats, retreat lines at goal kicks, and no deliberate heading in many younger age groups. Always read your league's rules before the season.