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Tehran University of Medical Sciences

Deputy Student and Cultural Affairs

Physical Education 2

Futsal Tutorial Handbook

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History of Futsal

Futsal is rooted in Montevideo, a city located in Uruguay. In 1930, Juan Carlos Ceriani, a physical education teacher from Montevideo, invents a new kind of football which consists of 5 players for YMCA competitions. These competitions were held in indoor or outdoor basketball-pitch-sized areas without walls or separating fences around the pitch.

The word Futsal is an internationally known word for this sport. It is derived of Futbol and Sala, two Spanish words meaning respectively football and salon. As soon as Ceriani started this movement, futsal became popular in South America and especially in Brazil. Many big names of Brazilian football have developed their football skills, styles and methods using futsal tactics. This fact has contributed to their professional football career. Players like Pele, Zico, Eto'o and other Brazilian football stars have gained their skills by playing in futsal pitches. Since then, Brazil has made its way to become one of the main poles of world futsal and now the competitions of this sport are held around the world with the support of FIFA.

The first international futsal cup was held in 1965 when Paraguay won the first South American championship. Six other cups were held until 1979 in South America that Brazil won all of them. Brazil maintained its



championship until the first American cup in 1980, and then, again regained the cup in 1984.

The first futsal world championship was held and supported by FIFUSA before the merging of its members with FIFA in 1982 in Sao Paulo. Brazil became the champion. The Brazilians' achievements were repeated in the second futsal world championship in 1985 in Spain. But Paraguay defeated Brazil in the third world championship in 1988 in Australia. In 1989, FIFA directly sponsored futsal world championships and the first FIFA organized futsal world championship was held in Holland. After that, championships were held in Hong Kong (1992), Spain (1996), and Guatemala (2000). In Europe, futsal is a new member of UEFA which is gaining fame and popularity and this was a preface to the European futsal championship. The first championship was held in Spain's Granada in February of 1999 which had a lively and exciting final. In this match, Russia defeated Spain after a breath-taking match with a penalty when the result was 3 -3. The next European championship final was held in 2001 in Moscow. In the beginning, 8 teams were divided into 2 groups. The winners and losers confronted each other in the semi-finals where Spain and Ukraine defeated Russia and Italy.

Spain was the phenomenon of the championship and defeated Ukraine 1-2 after a hard war in the final. Italy was the pioneer of the third European cup (2003) and achieved significant accomplishments. More than 6000 fans were gathered together to watch Spain showing off its art of playing in front of Ukraine in Castera. Spain won this match 1-0. Italy, once more,



made its way into European semi-finals (EUFA) in 2005 and confronted Russia in that stage but was defeated. This happened when Spain defeated runner-up of 2003 on the other part of the competition. With this result, Spain entered the final again and gained the championship once more after defeating Czech 2-1. The 2007 tournament was held in Portugal and Spain defended its championship.

Another European tournament titled "EUFA Futsal Cup" also exists. So far five competitions of this tournament have been held and Spain has the best records here as well.

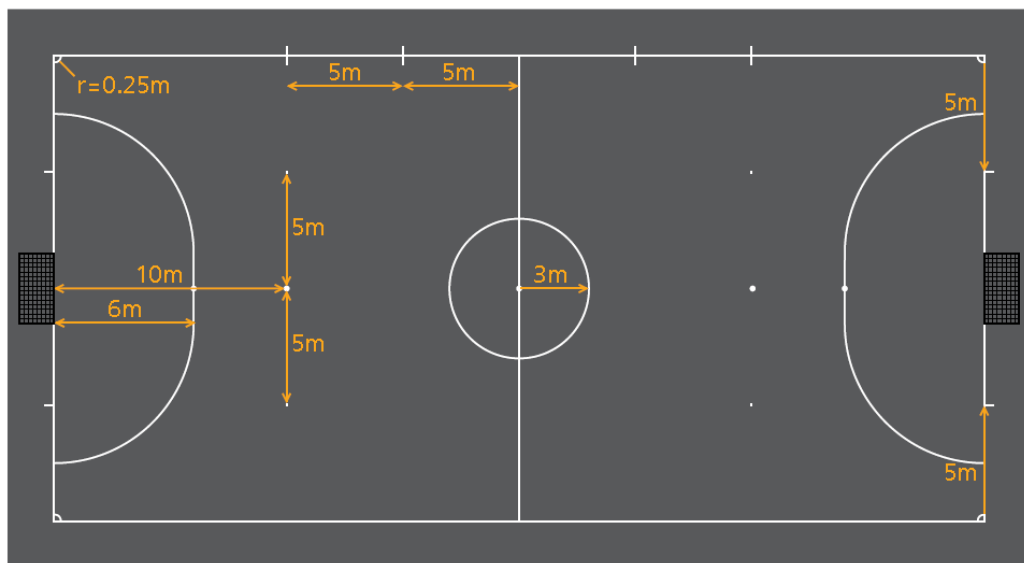
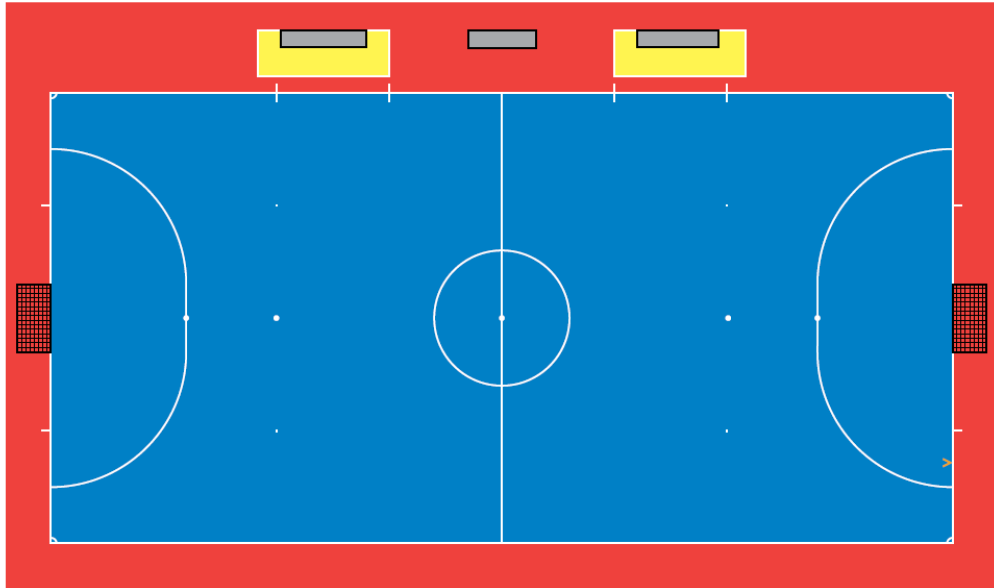
Futsal Laws of the Game

1. Pitch

- Dimensions of the pitch: length 25 to 42 m and width 16 to 25 m In international games: length 38 to 42 m and width 18 to 25 m
- Width of all lines are 8 cm.
- The middle of the pitch circle Radius is 3 meter.
- Penalty mark: 6 m from goal
- Second penalty mark: 10 m from goal
- Handball goals are used: 2 m x 3 m
- Width of the lines: 8 cm
- Corner circle quarters: 25 cm (radius)



Hint: Players must enter and exit from the specified area in substitutions



2. The Ball



- Material: Must be from leather or other approved material
- Dimensions: Perimeter 62 to 64 cm
- Weight: 390 to 430 gr in the beginning of the match
- The ball should not bounce excessively: dropped from a height of 2 m, it should not bounce more than 65 cm or less than 50 cm
- Air Pressure: 0.4 to 0.6 atmosphere equal to 400 – 600 gr on Cm³

Players

A match is played by two teams, each consisting of not more than five players, one of whom is the goalkeeper.

- The match is abandoned if one of the teams has fewer than three players on
1. The pitch. Max. 7 substitutes for official competitions
 2. An unlimited number of substitutions (changes) can be made during a match
 3. Any of the substitutes may change places with the goalkeeper without informing the referees or waiting for a stoppage in the match
 4. Any player may change places with the goalkeeper
 5. The player changing places with the goalkeeper must do so during a stoppage in the match and must inform the referees before the change is made
 6. A player or substitute replacing the goalkeeper must wear a goalkeeper's jersey with his number on the back
 7. A substituted player may in turn become a substitute



8. A substitution can be made whether the ball is in play or not
 9. The substitution is completed when a substitute enters the pitch via his own team's substitution zone and the other exits from the same zone
 10. If a substitute enters the pitch before the player being replaced has left or, during a substitution, a substitute enters the pitch from a place other than his own team's substitution zone:
 - the referees stop play (although not immediately if they can apply the advantage)
 - the referees caution him for infringing the substitution procedure and order him to leave the pitch
 11. If the referees have stopped play, it is restarted with an indirect free kick to the opposing team from the position of the ball at the time of the stoppage
- Hint:** If the ball has been in the penalty area when the referee has stopped the play, the free kick is started on the line of penalty area and where it's closest to the stoppage zone

3. Players Equipment

- A player must not use equipment or wear anything that is dangerous to himself or another player. The basic compulsory equipment of a player comprises the following separate items: a jersey or shirt, shorts, stockings, shin guards, footwear or socks
- Stockings are compulsory – infringing this law leads to the exit of the player at fault, he is instructed by the referees to leave the pitch to



correct his equipment when the ball next ceases to be in play, unless he has already corrected his equipment

- Numbers on players' shirts must from 1 to 15. They should be clear to read
- Socks need to cover shinguards fully
- Goal keeper can wear sports pants

4. The Referee

- Each match is controlled by two referees, the referee and the second referee, who have full authority to enforce the Futsal Laws of the Game in connection with the match to which they have been appointed. He has authority as soon as he enters the pitch to the moment he leaves it. He acts as timekeeper and third referee in the event that the assistant referees are not present.
- If there exists a disagreement on a subject between the referee and the second referee, the referee can make the final decision

5. Assistant Referees

- The assistant referee must be assigned for each match and serves in front of the referee. They have similar power and duties (assistant referee records and reports any incidents during and after the match). In the case that time-keeper is not present, he has to keep the timing of send-offs and time-outs and make sure the substitutions are done correctly. If he intervenes in the decision of the referee, the referee has the right to replace him with someone else.



6. Time Keeper's Duties

- The timekeeper ensures that the duration of the match complies with the provisions of futsal laws by:
 - starting the chronometer after a kick-off has been taken correctly
 - stopping the chronometer when the ball is out of play
 - restarting the chronometer after play has been correctly resumed after a kick-in, a goal clearance, a corner kick or kick-off, a free kick, kicks from the penalty mark or second penalty mark or a dropped ball
 - recording the goals, accumulated fouls and periods of play on the public scoreboard, if available
 - indicating a team's request for a time-out with a different whistle or acoustic signal from the one used by the referees, after the third referee has informed him
 - timing the one-minute time-out
 - places a visible sign on the timekeeper's table to indicate that a team has committed five accumulated fouls in one period of play
 - records the names and numbers of any players cautioned or sent off and also goal scorers

7. Third Referee Duties



- The Third Referee assists the referees and the timekeeper to record the faults and:
 - keeps a record of the players taking part in the match
 - monitors the replacement of balls at the request of the referees
 - checks the substitutes' equipment before they enter the pitch
 - records the names and numbers of any players cautioned or sent off and also goal scorers
 - informs the timekeeper of a request for a time-out when a team official makes one
 - gives the mandatory time-out signal once the timekeeper has sounded the acoustic signal, to inform the referees and the teams that the time-out has been granted
 - keeps a record of the time-outs requested
 - keeps a record of the accumulated fouls by each team signaled by the referees in each period of play
 - is replaced with the referee or assistant referee if anything happens to them forcing them to leave the pitch

8. The Duration of the Match

- The match lasts two equal periods of 20 minutes
- The half-time interval must not exceed 15 minutes
- The teams are entitled to a one-minute time-out in each period
- If a kick from the second penalty mark or direct free kick, beginning with the sixth accumulated foul, must be taken or retaken, the period in question is extended until the kick has been taken



- If a penalty kick has to be taken or retaken, the period in question is extended until the kick has been taken
- The extra time is only given when the match is a knockout phase and there is no winner yet
- There are no time-outs during extra time, if played

9. The Start and Restart of Play

- A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match and the other team takes the kick-off to start the match
- The team that wins the toss takes the kick-off to start the second half of the match

Dropped Ball

If, while the ball is still in play, the referees are required to stop play temporarily for any reason not mentioned elsewhere in the Futsal Laws of the game, the match is restarted with a dropped ball. If the play was stopped inside the penalty area, the referee drops the ball on the penalty area line at the point nearest to where the ball was located when play was stopped.

10. The Ball In and Out of Play

The ball is out of play when it has wholly crossed the goal line or touch line whether on the ground or in the air, or when it hits the ceiling

11. Goal Scored



A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Futsal Laws of the Game has been committed previously by the team scoring the goal.

12. Fouls and Misconduct

A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referees to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent
- Trips an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his own penalty area)

A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Free kick outside the penalty area



- The ball is in play when it is kicked and moves
- The free kick is taken from the place where the infringement occurred or from the position of the ball when the infringement occurred (according to the infringement) or from the second penalty mark

Direct or indirect free kick inside the penalty area to the defending team

- All opponents must remain outside the penalty area until the ball is in play
- The ball is in play when it is kicked directly out of the penalty area
- A free kick awarded in the penalty area may be taken from any point inside that area

A player is cautioned if he commits any of the following seven offences:

- Unsporting behavior
- Dissent by word or action
- Persistent infringement of the Futsal Laws of the Game
- Delaying the restart of play
- Failure to respect the required distance when play is restarted with a corner kick, free kick or kick-in (defending players)
- Entering or re-entering the pitch without the referees' permission or in contravention of the substitution procedure
- Deliberately leaving the pitch without the referees' permission

A player or substitute is sent off if he commits any of the following seven offences:



- Serious foul play
- Violent conduct
- Spitting at an opponent or any other person
- Denying the opposing team a goal or an obvious goalscoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- Denying an obvious goalscoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- Using offensive, insulting or abusive language and/or gestures
- Receiving a second caution in the same match

A player or substitute who has been sent off must leave the vicinity of the pitch and the technical area.

Attention:

The sent-off player must be guided to the changing room. After two minutes the team can substitute the sent-off player with another one, unless a goal is scored before the end of the two-minute period.

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[In case of sending off]

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13. Free Kicks

Free kicks are either direct or indirect. A direct free kick can be kicked directly into the opponents' goal. A direct free kick is awarded to the opposing team if the goalkeeper:

- Controls the ball with his hands or feet in his own half of the pitch for more than four seconds.
- After playing the ball, he touches it again in his own half of the pitch after it has been deliberately played to him by a team-mate without an opponent playing or touching it
- Touches the ball with his hands inside his own penalty area after it has been deliberately kicked to him by a team-mate
- Touches the ball with his hands inside his own penalty area after he has received it directly from a kick-in by a team-mate

14. Accumulated Fouls

Accumulated fouls are those penalized with a direct free kick or penalty kick mentioned in Law 12. A direct free kick is awarded to the opposing team beginning with the sixth accumulated foul in each period.

- The defending team's players may not form a wall to defend free kicks.
- The players, except the kicker and the defending goalkeeper, remain behind an imaginary line that is level with the ball and parallel to the goal line and outside the penalty area, at a distance of 5m from the ball.



They may not obstruct the player taking the free kick. No player, except the kicker, may cross this imaginary line until the ball is in play.

- The player taking the kick must be properly identified
- The goalkeeper remains in his penalty area at a distance of at least 5m from the ball
- The free kick is taken from the second penalty mark if the foul was committed further than the second penalty mark

15. Penalty

- The ball must be placed on the penalty mark
- The player taking the penalty kick must be properly identified
- The player taking the penalty kick must kick the ball forward
- The defending goalkeeper must remain on his goal line

16. The Kick-in

A kick-in is a method of restarting play.

A kick-in is awarded to the opponents of the player who last touches the ball when the whole of the ball crosses the touch line, either on the ground or in the air, or touches the ceiling of the hall.

- A goal may not be scored directly from a kick-in
- The kicker must deliver the ball within four seconds of being ready to do so
- The ball is in play when it enters the pitch



- The opponent must be at a distance of no less than 5m from the place on the touch line where the kick-in is taken
- The Ball must be on the touch line and can be kicked to any dimensions

17. Goal Clearance

The goal clearance is another method of restarting play.

A goal clearance is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored in accordance with Law 10.

- If the ball is in play and the goalkeeper deliberately handles the ball before it has touched another player a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, to be taken from the place where the infringement occurred
- A goal may not be scored directly from a goal clearance.
- If the ball is not thrown directly out of the penalty area from a goal clearance, the clearance is retaken, but the four-second count is not reset and continues once the goalkeeper is ready to retake it
- The ball is in play when it is thrown directly out of the penalty area by the goalkeeper of the defending team
- The opponents must be on the pitch and outside the penalty area of the team taking the goal clearance until the ball is in play

18. The Corner Kick



- A goal may be scored directly from a corner kick.
- The team taking the kick must deliver the ball within four seconds of being ready to do so
- The ball must be still at the moment of corner kick
- The corner kick is retaken if it is not taken properly

Winner of the Match

After the extended time, competition rules may provide for two further equal periods, of five minutes each, to be played to determine the winning team. If the winning team is not determined by the end of extra times, the following procedures are done:

- The referee chooses the goal at which the kicks will be taken
- The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick
- The referee, the second referee, the third referee and the timekeeper keep a record of the kicks being taken
- Subject to the conditions explained below, both teams take five kicks
- The kicks are taken alternately by the teams
- A goalkeeper may be replaced by any player while kicks are being taken from the penalty mark
- Only the eligible players, including the goalkeepers, the referees and the third referee are permitted to remain on the pitch when kicks from the penalty mark are being taken

Techniques and Tactics



Side Foot Pass (Push Kick):

Passing the ball means making a connection between the players. Side foot pass is the most common way of passing in Futsal. Learning this technique in a correct way has a great effect on learning other forms of passing. Speed precision and quality and time are fundamental factors in this passing technique.



Learning side foot pass technique

- making a target with two hands for the teammate
- watching the ball and getting the arms up to grab the ball
- reducing the shock of ball with bending the arms
- keeping up the fingers and having the thumbs close to the ends
- getting the hands near upon the chest - getting readied up for next moves

Instep Kick (The Laces):

Hitting the ball with this part of the foot happens naturally, because it won't change the direction of the ball. The tip of the foot must be pointed at the



ground. The way you start to feel it's going to rub against the ground. Although this surface is used in normal situations, but if you don't master it hitting the ball won't be easy for you. The top of the foot helps you to save up time and follow the direction of the ball immediately. Hitting with this part of the foot is powerful but less accurate.

Uses:

- shooting with half the strike (before the ball reaches the ground)
- shooting on the strike
- shooting a pass -defending the ball
- skill moves
- controlling the ball (as soon as the ball reaches the ground)

Paw Kick:

This surface consists of the toe and it's routing to the top of the foot. Doing this hit takes place even in abnormal situations. So the player uses this part more. If the player fails to shoot an instep he or she may use this part of the foot .

Uses:

- shooting the ball to the center
- Crossing the ball (shoot, long range passes mostly in free kicks, like the goal shoot, corner shoots, free kick and penalty shoots)

Inner Side of Instep Kick:



Inner side of the foot has a bigger grip with the ball. Catching the ball always happens with this part even if it's usual and unwanted. And also to ready up for a hit with this part requires some time and sometimes it makes the players to act quick so the opponent won't stand a chance to counter. Also this hit requires to turn the foot, practice this move and learn it because in new Futsal your skills in using this part makes the catching and directing the ball easier. If you need to look down to makes this shoot you better practice more to become quick and lose less time.

Uses:

- Short ground pass
- Straight shot
- Semi-straight shot
- Short distance shot
- Ball control
- Guiding the ball
- Rotatory shots
- Dribbling

Remember: You cannot kick long distance shots with inner side of your foot. If you shoot a powerful kick with this part of your foot, you will easily lose what you have gained so hard



Palm Foot:

The palm is one of the surfaces that players favor the most. Using this part leads to a confusing dribble. It requires practice and the players must master the balance of the ball and also the balance of its own body.

Uses:

- stopping the ball
- unfinished stopping of the ball by the moving or standing player
- stealing the ball from the opponent and obtaining rout changes
- passing backward
- passing forward using the palm of the foot close to the ground

Outside Kick:

This part consists of little finger and it's routing to the side of the foot. If you want to have your ball turning shoot it with this part of the foot. Hitting with outer foot doesn't require much readiness unlike the inside foot. Opponent won't be able to anticipate the direction of the ball when using this part for shooting (it's sudden and powerful because of the small contact point).

Uses:

- long and short passes
- shoots



- dribbling
- free kicks
- corner shoots
- penalty kicks

Toe Kick (beak foot):

Shooting with this part isn't such a pretty move but it's very useful when playing on turf. Using this move is recommended for the time when you leap and long to deliver the ball to the goal .

Uses:

When the game gets messy and disordered, you must decide very quickly at this stage, in good and prowling situations if front of the goal gate you.

Stem Foot:

Stem foot bone

- This touching surface is not used a lot, but it is good for surprising.

Uses:

You can use one of your stems to control the ball (incomplete stoppage). If you bend the legs, one or both of the stems hit the ball and guide it towards the ground.

Thigh



Front part of thigh

- This part is used for falling balls

Inner part of thigh

- This part can be used for horizontal balls. This action can be used towards your running dimension because it doesn't affect your balance.

Uses:

Controlling falling and horizontal balls which are received from different dimensions

Chest

Chest muscles are touching surfaces which are used to control the ball. There are two methods to control the ball by this part of the body:

- Falling and semi-vertical balls: Pull back the body and bend the knees to some extent so the chest is used as the touch pad for the ball. Bend the knees more as soon as the ball touches the chest.
- Horizontal balls: The target of these balls are towards the ground.

Uses:

- Controlling flying balls and guiding them
- Controlling horizontal and falling balls

Head



Head is used for flying balls in defending and attacking areas. You have to use your forehead. This move needs practice and individual skills above the ground. This move speeds up the game.

Uses:

- Passing
- Shooting
- Controlling
- Air defend
- Dive shot

Control

Control is a process to get the ball. The speed of the game in futsal forces players to properly receive and control the ball. Thus, the most practical technique is pointed control. Using this method the player controls the ball and places it on the best track with a straight kick or using the best touch area of the body. With that mentioned, controlling the ball means full domination on the ball to take the next move. It means pointed control for passing, dribbling or shooting.

Different types of controlling ball

Controlling with Palm Foot



This type of control is used only in futsal and consists of receiving and taking control of the ball.

- The players stands in the ball track
- The foot palm touches the ball
- Foot is placed on top of the ball
- After controlling, ball is rotated forward gently and the movement is continued for dribbling, passing or shooting

Controlling with Inner Side of Foot

In this type of controlling, the used area brings the most confidence and safety.

- In this type of control, inner side of foot touches the ball and becomes loose at the moment of touching it so the ball does not return as a result of a reaction process
- The player places body between the ball the opponent so the ball is not accessible for the opponent
- The supporting leg is bent a to some extent and hands are opened for a better balance

Controlling with Instep

This type of control is used when the ball is almost as high as the knees, the defender is near and time is limited.

- The laces touch the ball
- Top of the foot fully accompanies the ball until it lands on the ground.
- Instep must be loose when controlling the ball



Controlling with Outside of Foot

When the receiver is not facing the opposing team's goal, this type of control is has the most usage. With more practice you can pass the defender with this control.

- Weight of the body is transferred to the supporting leg and the receiving leg is rotating out and places in the path of the ball
- Supporting leg is bent and then opened when touching the ball

Controlling with Thigh

This type of control is used when the ball is coming from a height lower than chest of the player.

- The front part of thigh makes a 90 degree angle with the balls track
- Thigh should be loose when it touches the ball so it can prevent ball from returning
- After touch, thigh goes down and follows the falling track of the ball.

Controlling with Chest

This type of control is used when the ball is coming from a height close to the chest.

- Legs are bent to some extent
- Eyes are open and towards the ball



- To control and give dimension to the ball, upper-body is pushed back and rotates in the proper path

Infringements and Sanctions

Kick-in taken by a player other than the goalkeeper

If the ball is in play and the player taking the kick-in touches the ball again (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred

If the ball is in play and the player taking the kick-in deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, to be taken from the place where the infringement occurred and his team is sanctioned with an accumulated foul
- a penalty kick is awarded if the infringement is committed inside the penalty area of the player taking the kick-in and his team is sanctioned with an accumulated foul

Kick-in taken by the goalkeeper



If the ball is in play and the goalkeeper touches the ball again (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred

If the ball is in play and the goalkeeper deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, to be taken from the place where the infringement occurred and his team is sanctioned with an accumulated foul
- an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, to be taken from the penalty area line at the point nearest to where the infringement occurred

If an opponent unfairly distracts or impedes the player taking the kick-in:

- he is cautioned for unsporting behavior
- the kick-in is taken by a player of the opposing team

1. penalty kick

A penalty kick is awarded against a team that commits any of the ten offences for which a direct free kick is awarded, inside its own penalty area and while the ball is in play. A goal may be scored directly from a penalty kick. Additional



time is allowed for a penalty kick to be taken at the end of each half or at the end of each period of extra time.

- Position of the ball and the players

The ball: must be placed on the penalty mark

The player taking the penalty kick: must be properly identified

The defending goalkeeper: must remain on his goal line, facing the kicker, between the goalposts until the ball has been kicked

The players other than the kicker must be located: on the pitch, outside the penalty area, behind the penalty mark, at least 5m from the penalty mark

- Procedure

After the players have taken positions in accordance with this Law, one of the referees signals for the penalty kick to be taken

The player taking the penalty kick must kick the ball forward

The ball is in play when it is kicked and moves forward

2. kick-in

A kick-in is a method of restarting play. A kick-in is awarded to the opponents of the player who last touches the ball when the whole of the ball crosses the touch line, either on the ground or in the air, or touches the ceiling of the hall. A goal may not be scored directly from a kick-in.

- Position of the players



The opponents must be: on the pitch, at a distance of no less than 5m from the place on the touch line where the kick-in is taken

- Procedure

There is one type of procedure: kick-in

- Position of kick-in

At the moment of delivering the ball, the kicker:

- has one foot on the touch line or on the ground outside the pitch
- kicks the ball, which must be stationary, either from the point where it left the pitch or on the ground outside it at a distance no greater than 25cm from that point
- delivers the ball within four seconds of being ready to do so

The ball is in play when it enters the pitch.

3. The Goal Clearance

The goal clearance is a method of restarting play. A goal clearance is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored. A goal may not be scored directly from a goal clearance.

- Position of the players

The opponents must be: on the pitch and outside the penalty area of the team taking the goal clearance until the ball is in play



- Procedure

The ball is thrown from any point inside the penalty area by the goalkeeper of the defending team

The goalkeeper of the defending team takes the goal clearance within four seconds of being ready to do so

The ball is in play when it is thrown directly out of the penalty area by the goalkeeper of the defending team

- Infringements and sanctions

If the ball is not thrown directly out of the penalty area from a goal clearance: the clearance is retaken, but the four-second count is not reset and continues once the goalkeeper is ready to retake it. If the ball is in play and the goalkeeper touches the ball again (except with his hands) before it has touched another player: an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred.

4. corner kick

The corner kick is a method of restarting play. A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored. A goal may be scored directly from a corner kick, but only against the opposing team.

- Position of the ball and the players



The ball must be: inside the corner arc nearest to the point where the ball crossed the goal line

The opponents must be: on the pitch at least 5m from the corner arc until the ball is in play

- Procedure
 - The ball must be kicked by a player of the attacking team
 - The team taking the kick must deliver the ball within four seconds of being ready to do so
 - The ball is in play when it is kicked and moves
- Infringements and sanctions

If, when a corner kick is taken, an opponent is closer to the ball than the required distance: the corner kick is retaken by the same team and the offending player is cautioned, unless the advantage can be applied or an offence punishable by a free kick or penalty kick is committed by the defending team. If an opponent unfairly distracts or impedes the player taking the corner kick: he is cautioned for unsporting behavior. If the corner kick is not taken within four seconds: a goal clearance is awarded to the opposing team.