**Football League Rules.**

1. 7 players on the pitch from each team at any time, one must be the goalkeeper.
2. Maximum squad 10 players.
3. Roll on, roll off subs.
4. The goalkeeper can leave his area but can only handle the ball inside his area.
5. Attacking and defending players are allowed in the goalkeeping area.
6. Goalkeepers can pick up back passes.
7. The goalkeeper cannot kick the ball out of his hands. During the normal course of the game once the goalkeeper has the ball under control in his hands he must throw or roll the ball out. The ball must leave the area and be played by another player before the goalkeeper may use his hands or play the ball again. If a violation occurs a direct free kick 5m outside the goalkeeping area will be awarded.
8. Opposing players shall allow the goalkeeper to throw the ball out without hindrance.
9. Goal kicks are taken from the ground or rolled out from anywhere inside goalkeeping area.
10. There is no offside.
11. All free kicks are direct and defending players must be 4m from ball.
12. Penalties should be taken from a distance of 8m and goalkeepers must stay on the line before the penalty is taken.
13. **Throw-ins can be rolled underarm or an overhead throw. Corners should be taken as normal.**
14. Matches should be 20 minutes each half.
15. A size 4 ball should be used.
16. Goals should be 4m x 2m unless agreed by both teams.