

2011 Coaching Manual

The Lakeshore Soccer League Executive would like to welcome you to the 2011 soccer season. Please take the time to review this manual and become familiar with the rules and policies that are in place to make your soccer year successful. We ask that if you have any questions or concerns to contact the most appropriate member of your local soccer organization or the Lakeshore Convener for the age group you are involved with. The last page of this manual includes a form to read and sign and then and return to your Lakeshore Convener that indicates you have read this manual. This form must be completed prior to your first game.

The official website for the Lakeshore Soccer League is <http://lakeshore.e2esoccer.com/>. At this site, you will find valuable information including your teams schedule and standings as well as field locations.

Lakeshore Soccer League 2011 Executive

President	Thom Boulding	(519) 832-6530	thomboulding@bmts.com
Vice President	Ron Harper	(519) 323-2437	nancyharper1@hotmail.com
Secretary	Sharon Moore	(519)396-7894	smoore@tnt21.com
Treasurer	Corinne Sales	(519)509-6738	corinne_trevor@yahoo.ca
Head Referee	Karl Schipprack	(519)369-5868	schipprack@aol.com
Discipline Chair	Ian Goodison-Powell	(519)386-7533	ian.goodison-powell@live.co.uk
Tournament Chair	Corinne Sales	(519)509-6738	corinne_trevor@yahoo.ca

Meetings

The Board of directors for the Lakeshore Soccer League shall meet periodically at the call of the President.

The Annual General Meeting (AGM) of the league shall take place in October or November of each year where the principle officers shall be elected for a term of two (2) years and the town reps shall be elected for a term of one (1) year. Other suggested meetings are:

October

- Annual General Meeting
- Election of Principle Officers
- Year end reports
- Final bills and payments

January

- Reps from each community soccer club, association or organization register with league
- Set budget

February

- Appoint committees (referee, discipline)
- Set clinics (referee, coaching)

March

- Committee reports (referee, discipline)
- Clinic reports (referee, coaching)
- Club reports (preliminary number of teams)

April

- Club reports (number of teams, colours, sponsors, coaches, fields)
- Appoint division conveners
- Set tournament dates and locations

May

- Distribute coaching manuals
- Distribute schedules
- Club entry fees to be paid
- Division convener meeting
- Club Head Referees meeting

September

- Season review

Division Conveners

Division Conveners are appointed annually for each division by the Lakeshore Soccer League President and approved by the Board of Directors

Division Conveners shall:

- a. Record game scores and infractions (phone or email) as reported by both Team Coaches within twenty-four (24) hours of a game being played,
- b. Record game infraction (phone or email) as reported by the local Refereeing Co-ordinator (or directly from the Referee) within forty-eight (48) hours of a game being played,
- c. Record game scores on the Lakeshore Soccer League web site (<http://lakeshore.e2esoccer.com/>),
- d. Receive a copy of the game sheet. To be mailed by the winning team coach or in the case of a tie, by the home team coach,
- e. Approve and record all rescheduled games (including the reason for rescheduling) as reported by the Home Team Coach,
- f. Organize and ensure the successful completion of an end of season tournament (playoffs) of their responsible division (Lakeshore Cup),
- g. Report all complaints received regarding any aspect of League operation to the Lakeshore Soccer League President.

The Division Conveners for 2011 are:

U12 Boys	Cory Bezeau	(519)364-7588	hmsasocccerguy@gmail.com
U12 Girls	Cory Bezeau	(519)364-7588	hmsasocccerguy@gmail.com
U14 Boys	Richard Osborne	(519)367-2260	ripcord203@gmail.com
U14 Girls	Ian Goodison-Powell	(519)386-7533	ian.goodison-powell@live.co.uk
U16 Boys	Corinne Sales	(519)509-6738	corinne_trevor@yahoo.ca
U16 Girls	Heather Nashiem	(519)396-2336	nashiemr@brucetelecom.com
U20 Boys	Lorie Alpaugh	(519)934-3172	dlaaa.alpaugh@sympatico.ca
U20 Girls	Dave Johnston	(519)367-2708	kirkfordboy@wightman.ca

Club Executive Members

Durham - www.durhamsoccer.ca

President	Karl Schipprack	(519)369-5868	schipprack@aol.com
Referee Coordinator	Ronda Starling	(519)369-5504	rstarling@sympatico.ca
Coach Coordinator	Terresa Ferrier	(519)369-6822	ferrier_greg@hotmail.com
Lakeshore Contact	Karl Schipprack	(519)369-5868	schipprack@aol.com

Hanover - www.hanoverminorsoccer.ca

President	Cory Bezau	(519)364-7588	hmsasocceryguy@gmail.com
Vice President	Tony Diaco	(519)506-8800	TonyDiaco@gmail.com
Referee Coordinator	Cory Bezeau	(519)364-7588	hmsasocceryguy@gmail.com
Coach Coordinator	Dan Jolly		danj@wightman.ca
Lakeshore Contact	Cory Bezau	(519)364-7588	hmsasocceryguy@gmail.com

Kincardine - www.kincardinesoccer.com

President	Stuart Killin	(519)396-3029	www.kincardinesoccer.com
Vice President	Robert Bishop	(519)396-5414	www.kincardinesoccer.com
Referee Coordinator	Julie Holmes	(519)396-6167	www.kincardinesoccer.com
Coach Coordinator	Gord Kemp	(519)396-9677	www.kincardinesoccer.com
Lakeshore Contact	Heather Nashiem	(519)396-2336	nashiemr@brucetelecom.com
Lakeshore Contact	Sharon Moore	(519)396-7894	smoore@tnt21.com

Mildmay

President	Dave Johnston	(519)367-2708	kirkfordboy@wightman.ca
Vice-President	Chris Schaus	(519)367-3516	inlinebuilders@wightman.ca
Referee Coordinator	Rosanne Finlayson	(519)367-5297	jrfinlayson@wightman.ca
Coach Coordinator	Chris Schaus	(519)367-3516	inlinebuilders@wightman.ca
Lakeshore Contact	Dave Johnston	(519)367-2708	kirkfordboy@wightman.ca

Mount Forest - www.mtforestdistrictsoccer.ca

President	Ron Harper	(519)323-2437	nancyharper1@hotmail.com
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Referee Coordinator	Nancy Harper	(519)323-2437	nancyharper@wightman.ca
Coach Coordinator	Joerg Hess		jh@jhpc.ca
Lakeshore Contact	Corinne Sales	(519)509-6738	corinne_trevor@yahoo.ca

Saugeen Shores - www.ssunitedfc.com

President	Jenn Tuer	(519)	jetuer@hotmail.com
Vice President	Ian Goodison-Powell	(519)386-7533	ian.goodison-powell@live.co.uk
Referee Coordinator	Ian Goodison-Powell	(519)386-7533	ian.goodison-powell@live.co.uk
Coach Coordinator	De Crosetta	(519)	norwestnorstars@gmail.com
Lakeshore Contact	Jeff Virgo	(519)389-1091	jeffvirgo@hotmail.com
Lakeshore Contact	Ian Goodison-Powell	(519)386-7533	ian.goodison-powell@live.co.uk

Tara

President	Trevor Raynsford	(519)934-1162	traynsford@bmts.com
Vice President	Lorie Alpaugh	(519)934-3172	dlaaa.alpaugh@sympatico.ca
Referee Coordinator	Andrew Vaivods	(519)934-2305	avaivods@cmhagb.org
Coach Coordinator	Trevor Raynsford	(519)934-1162	traynsford@bmts.com
Lakeshore Contact	Trevor Raynsford	(519)934-1162	traynsford@bmts.com

Walkerton - www.walkertonsoccer.ca

President	Andrea Barclay	(519)367-2260	annie9517@gmail.com
Vice President	Jeff Roberts	(519)881-1577	jeblroberts@sympatico.ca
Referee Coordinator	Meridith White	(519)364-3804	meridith_white@bgcdsb.org
Coach Coordinator	Jeff Smith	(519)364-3804	smitacular@hotmail.com
Lakeshore Contact	Richard Osborne	(519)367-2260	ripcord203@gmail.com

Standing Committee on Discipline

The Lakeshore Soccer League adopts the Ontario Soccer Association Policies and Procedures upon Discipline as criteria for decisions of the Discipline Committee

All members of the Lakeshore Soccer League Executive will be on the discipline committee. The discipline committee must have three members present for quorum. The town representative of the person carrying the discipline and the Head Referee do not have a vote at the meeting, but may attend.

The discipline chair will keep a record of all yellow and red cards handed out to players. If a player receives a red card or 3 yellow cards they will receive an automatic 1 game suspension.

Lakeshore Cup

Placement will be determined by a random draw for the end of season tournament (playoffs) known as the Lakeshore Cup. Tournament format and rules will be determined by the Tournament Chair and the Lakeshore Soccer League Executive. Schedule and rules governing Lakeshore Cup play will be issued to coaches prior to the start of the tournament and posted on the Lakeshore Soccer League website. The first round of the Lakeshore cup may be played during the weeks prior to the tournament.

The 2011 Lakeshore Cup is scheduled for the following dates and locations:

U12 Boys Tournament	Hanover	Sunday, August 21 st
U12 Girls Tournament	Hanover	Sunday, August 21st
U14 Boys Tournament	Walkerton	Saturday, August 20th
U14 Girls Tournament	Saugeen Shores	Saturday, August 20th
U16 Boys Tournament	Mount Forest	Sunday, August 21st
U16 Girls Tournament	Kincardine	Sunday, August 21st
U20 Boys Tournament	Tara	Sunday, August 28th
U20 Girls Tournament	Mildmay	Sunday, August 28th
Saugeen Cup Finals	Mount Forest	Saturday, August 27th

Players are eligible to play in the Lakeshore Cup if they meet one of the following requirements:

- They have participated in at least one-half of the games for that age division,
- They have participated in at least one-half of the games in the age division directly below the age group for which they are called up to play or,
- They have participated in one or more games but less than one-half of the games, having received permission from the Division Convener on a case-by-case basis.

A team may call up players only to replace missing players or to a maximum of 14 players, whichever is greater. Rosters **MUST** be submitted prior to the tournament for verification of player eligibility. A player receiving a red card or 3 yellow cards will become ineligible to participate in further tournament.

The hosting club has the following responsibilities on their tournament day:

- A club representative must be at the tournament at all times to ensure everything is running smoothly.
- A copy of the day's schedule must be posted at each location
- Fields must be lined and marked with corner flags
- Referees and assistant referees must be scheduled for each game
- Bathroom facilities must be available at the fields
- Water and first aid supplies are also recommended

2011 Lakeshore Soccer League Rules

The Field of Play

- 1.1. Clubs should attempt to schedule age groups to a specific home field.

- 1.2. Visiting Team Coaches must be advised of changes in location by the Home Team Coach with sufficient notice to ensure that affected players can also be notified.
- 1.3. Fields must be properly lined, with goal nets and regulation corner flags installed. Poor field conditions must be reported to the Division Convener immediately following the game.

Rule 2 - The Ball

- 2.1. A #5 size ball shall be used for all matches
- 2.2. The Home Team shall supply two (2) regulation game balls to the referee prior to the start of the match.

Rule 3 - The Number of Players

- 3.1. All teams and players must be registered with the Ontario Soccer Association through their local district and all applicable registration fees paid before participating in Lakeshore Soccer League practice or games.
- 3.2. A team shall not dress more than twenty-five (25) players for any league or playoff game. The league recommends teams of eighteen (18) players max.
- 3.3. Players may be called up to field a team within the following guidelines:
 - a. The player must be registered in a younger age group on a recreational team
 - b. Players may not be called across (ie: girls to boys) in the same age division
 - c. Players may be called up to a maximum of 14 dressed players
 - d. Players registered to any competitive team may not be used as a call-up
 - e. If a player is registered to two (2) teams in different clubs, they may not be used as a call-up in games against either club
 - f. Before a player may be called up, the coach must get permission from both the players parent and their coach.
- 3.4. Players that belong to another league may play if they are registered with their local club or organization as a Lakeshore Soccer League player and regularly attend Lakeshore games and practices.
- 3.5. A match is played by two (2) teams, each consisting of not more than eleven (11) players on the field, one of whom is the goalkeeper. A match may not start or restart if either team consists of fewer than seven (7) players.
- 3.6. A team shall only have on the field of play one (1) more player than the opposing team unless a player receives a red card during a game, then the offending team may have more than one less than the opposition.

Example: Team A only has nine (9) players available, Team B shall play with only ten (10) players.

 - a. Team A player receives a red card, then Team A would play with eight (8) players and Team B would play with ten (10) players.
 - b. Team B player receives a red card, then Team B would play with nine (9) players and Team A would play with nine (9) players.

- c. If Team A has another player arrive and now has ten (10) players, both teams would be allowed to add another player to the field.
- 3.7. During the game play, an unlimited number of player substitutions may be made, upon permission from the referee during the following stoppages in play:
 - a. Goal is scored (by either team),
 - b. Goal kick (by either team),
 - c. Throw in (the team awarded the throw-in or by the opposing team only after substitution has been requested by the team awarded the throw-in), or
 - d. Player injury (substitution for injured player only).
- 3.8. All substitutions **must** enter the field at the half line after the substituted players have left the field.
- 3.9. No substitutions will be allowed for a player issued a red card.
- 3.10. If a player is issued a yellow card, they must exit the field, a substitution may occur and the carded player may only return to the field on the next available substitution

Rule 4 - The Player's Equipment

- 4.1. Competing teams must wear uniforms of differing colours. The home team must arrange for alternate uniforms or pinnies if their uniform colours are the same as the visitor's uniform colours.
- 4.2. Soccer shoes, shin pads and individually numbered jerseys are required by all players.
- 4.3. Other uniform requirements may be required by local soccer club, association or organization rules.
- 4.4. Players shall not wear anything, which endangers themselves or others, including jewelry.
- 4.5. A player asked to leave the field because of defective or dangerous equipment may not re-enter the field of play until the referee is satisfied that the equipment no longer presents a danger. A substitute shall **NOT** be allowed in this instance.

Rule 5 - The Referee

- 5.1. Referees must be a minimum Ontario Soccer Association (OSA) Level 4 carded (Youth Recreational) and should be a minimum two (2) years older than the age group of the teams competing.
- 5.2. A Referee must be available for each game, arranged and compensated by the local soccer club, association or organization.
- 5.3. Following the game Referees will submit OSA reports for all red or yellow cards issued to their local Refereeing Coordinator who shall record and provide copies of all reports within 48 hours of the game to the Discipline Chair.

Rule 6 - The Assistant Referee (Linesperson)

- 6.1. Assistant Referees should be a minimum Ontario Soccer Association (OSA) Level 4 carded (Youth Recreational). Mini Soccer Referees may not be used for Assistant Referees per OSA rules.
- 6.2. Two (2) Assistant Referees must be available for each game, arranged and compensated by the local soccer club, association or organization.

Rule 7 - Duration of the Match

- 7.1. U12 regular season games shall consist of two (2) thirty-five (35) minute halves with a ten (10) minute half-time break. U14 regular season games shall consist of two (2) forty (40) minute halves with a ten (10) minute half-time. All other regular season games shall consist of two (2) forty-five (45) minutes halves with a ten (10) minute half time break.
- 7.2. Kick off for games will occur at the scheduled time. A 15 minute grace period will be allowed for travel for referees and players.
- 7.3. Games shall be scheduled for the following evenings:

<u>Under 12</u>	<u>Under 14</u>	<u>Under 16</u>	<u>Under 20</u>
Thursday	Wednesday	Tuesday	Sunday

- 7.4. Games may be rescheduled by the mutual consent of the home team coach and the visiting team coach, must be approved by the Division Convener and subject to the following guidelines:
 - a. Rescheduling **must** be done at least seven (7) days prior to the game date. If there are fewer than seven (7) days until the game a reschedule will not be allowed.
 - b. A new game date **must** be decided upon before the reschedule will be permitted.
 - c. A field must be available **and** booked by the home team coach before the reschedule will be permitted.

Reasons for rescheduling may include school trips and events or conflicts with other sporting events. NOTE: Do not postpone the game to the end of the season since timing may not allow the game to be played.
- 7.5. Only the referee can cancel play during the game or just prior to the start of the game. Normally this would be due to thunderstorms (lighting present). NOTE: As a courtesy, the home coach should notify the visiting coach of inclement weather and field closures.
- 7.6. If a game is cancelled, the game must be rescheduled unless:
 - a. It has been played fifteen (15) minutes into the second half, at which time it is considered official, or
 - b. It has been mutually agreed between opposing coaches to call the game at its current standing.
- 7.7. For cancelled games, both coaches **must** arrange to reschedule a cancelled game within one week. The Division convener must be notified by the home team coach. NOTE: Do not postpone the game to the end of the season since timing will not allow the game to be played.

- 7.8. If the coaches can not agree on a reschedule date (due to a reschedule request or cancellation) the Division Convener will assign a date, field and time for the game.

Rule 8 - The Start and Restart of Play

- 8.1. At the beginning of game, choice of halves and the kickoff shall be decided by the toss of a coin. The team, which wins the toss, shall have choice of which end to start the game, the other team shall take the kick off.

Rule 9 - The Ball In and Out of Play

- 9.1. The ball is out of play when it has wholly crossed the goal line or the touch line, on the ground or in the air and play has been stopped by the referee.
- 9.2. The ball is in play at all other times including rebounds from the game officials (when they are on the field of play), goalposts, crossbars, or corner posts, and the ball remains on the field of play.

Rule 10 - Method of Scoring

- 10.1. Failure of the Referee (not applicable to the Assistant Referees) to attend a game for which they are scheduled will result in a win by the Visiting Team (by a score of 1-0 by default). Home Team Coaches should verify with officials that they are available and will be able to attend their designated game.
- 10.2. If a team does not field a minimum of seven (7) players it will result in a forfeiture of the game. The opposition team will be awarded a win (by a score of 3-0 by default). If both teams field fewer than seven (7) players, both teams will be posted with a 3-0 loss and the game will not be rescheduled except under circumstances approved by both the Division Convener and League President.
- 10.3. Teams shall be awarded points during the regular season to determine the Regular Season League Champion based on the following formula:
- 3 points are awarded for a WIN
 - 1 point is awarded for a TIE
 - 0 points are awarded for a LOSS
- 10.4. The Convener for each division shall maintain league standings and enter all scores into the Lakeshore Soccer League website.
- 10.5. Team standing are determined in the following order:
- Total Points
 - If tied, the total goals against,
 - If tied then the best record between tied teams,
 - If tied, the coin toss (administered by Convener).
- 10.6. Every game shall have one game sheet, supplied by the home field coach. Both teams will complete their half and then submit to the Referee prior to the start of the game. The game

sheet must be completed and signed by the referee. The game sheets shall have 3 (three) copies. The home team and the visiting team coach will each receive a copy of the game sheet and the Referee shall keep the third copy.

- 10.7. The winning coach or in the case of a tie, the home team coach shall send (mail or e-mail) a copy of the game sheet to the division convener following the game. If the Convener does not receive game sheets within two (2) weeks of the game, both teams will be given a loss – 0 points.
- 10.8. All Coaches must notify the Convener of scores and any yellow or red cards issued with 24 hours of the game being played by phone or email.

Rule 11 - Offside

- 11.1. A player in an offside position is only penalized, if at the moment the ball touches or is played by one of their teammates, and in the opinion of the referee, they are involved in the play by:
 - a. Interfering with play,
 - b. Interfering with an opponent, or
 - c. Gaining an advantage by being in that position
- 11.2. There is no offside if a player receives the ball directly from:
 - a. A goal kick
 - b. A throw in, or
 - c. A corner kick

Rule 12 - Fouls and Misconducts

- 12.1. To discourage unsportsmanlike conduct and to prevent potential conflicts, coaches and team players must locate themselves on the OPPOSITE side of the field from the spectators during all games. Coaches are responsible for ensuring that parents and other spectators are aware and comply with this rule.
- 12.2. It is the decision of the referee as to whether a foul or misconduct has occurred. Coaches, players and spectators do not have the right to question whether an offense is called by the referee. Harassment of the referee will result in the removal of the coach, player or spectator from the game.
- 12.3. The Division Convener will be notified of any Yellow and/or Red Card infractions by:
 - a. All Team coaches within twenty-four (24) hours (by phone or email) and also reported on the Game sheets submitted by the Coach of the offending player, and
 - b. The Home Team Refereeing Coordinator within forty-eight (48) hours (by phone or email) as reported by the Referee of the game.
- 12.4. The local referee coordinator will report all infractions to the Discipline Chair within forty-eight (48) hours. (see Rule 5.3)
- 12.5. All Yellow Card infractions and all Red Card infractions except referee assault, will be dealt with on a case by case basis by the Lakeshore Soccer League Standing Committee on

Discipline. All Red Card infractions involving referee assault will be dealt with by the SWRSA discipline committee.

- 12.6. A Red Card infraction will result in:
 - a. The player being sent off and removed from the playing area,
 - b. The offending player’s team is not permitted to use a substitute to replace the offending player. If the offending team has less than seven (7) players following the sending off, the referee will abandon the game (see Rule 3.5). The abandoned game will be reported to the President and the Discipline Chair within 24 hours.
 - c. An automatic next game suspension of the offending player, except in the case of an infraction involving referee assault (see rule 12.10), and
 - d. Review of the incident by the Chair of the Discipline Committee.
- 12.7. Three (3) Yellow Card infractions in the same season will result in:
 - a. An automatic next game suspension of the offending player, and
 - b. Review of the incidents by the Chair of the Discipline Committee.
- 12.8. A review by the Chair of the Lakeshore Soccer League Discipline Committee is initiated upon a player receiving a total of three Yellow Card infractions during the season or a Red Card infraction. The Convener, if further discipline is warranted, shall convene a hearing by the Lakeshore Soccer League Standing Committee on Discipline. The Committee will notify the offending player (or team official) and all member clubs, associations or organizations of their decision and any disciplinary actions to be taken.
- 12.9. The offending player or team official has the right to appeal the decision of the Lakeshore Soccer League Standing Committee on Discipline to the Ontario Soccer Association.
- 12.10. Any player or team official assaulting (striking or abusing) a league official (referee or assistant referee) shall be automatically suspended until such time as a hearing is convened by the Ontario Soccer Association.
- 12.11. It is the responsibility of the offending player’s Coach to administer all suspensions.
- 12.12. Discipline fees shall be:
 - a. Hearing (refundable if not guilty).....\$30.00
 - b. Request for hearing (non-refundable).....\$50.00
 - c. Playing under suspension.....\$250.00
 - d. Individual appeals (except automatic suspensions).....\$50.00
 - e. Individual appeal of an automatic suspension (\$75.00 refundable if not guilty).....\$80.00
 - f. Club, association, organization or team appeals.....\$100.00
 - g. Assault on a game official.....\$250.00
 - h. Appeal to the OSA for assault on a game official.....\$500.00
 - i. Failure to provide player identification at disciplinary hearing.....\$50.00

Rule 13 - Free Kicks

- 13.1. Direct Free Kick is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force:

- a. Kicks or attempts to kick on opponent
 - b. Trips or attempts to trip an opponent
 - c. Jumps at an opponent
 - d. Charges an opponent
 - e. Strikes or attempts to strike an opponent, or
 - f. Pushes an opponent
- 13.2. Direct Free Kick is also awarded to the opposing team if a player commits any of the following offenses:
- a. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball,
 - b. Holds an opponent,
 - c. Spits at an opponent, or
 - d. Handles the ball deliberately (except for the goalkeeper within their own penalty area)
- 13.3. Indirect Free Kick is awarded to the opposing team if a goalkeeper, inside their own penalty area, commits any of the following offenses:
- a. Takes more than six (6) seconds to release the ball while controlling the ball with their hands,
 - b. Touches the ball with their hands after the ball has been released from their possession and has not touched another player
 - c. Touches the ball with their hands after the ball is deliberately kicked to them by a teammate, or
 - d. Touches the ball with their hands after receiving a ball directly from a throw-in taken by a teammate.
- 13.4. Indirect Free Kick is also awarded to the opposing team if a player, in the opinion of the referee:
- a. Plays in a dangerous manner
 - b. Impedes the progress of a player
 - c. Prevents the goalkeeper from releasing the ball from their hands, or
 - d. Commits any other offense, not previously mentioned in FIFA Law 12, for which play is stopped to caution or dismiss a player

Rule 14 - The Penalty Kick

- 14.1. A penalty kick is awarded if any of the 10 offenses that results in a Direct Free Kick is committed by a player inside their own penalty area, irrespective of the position of the ball, provided it is in play.

Rule 15 - The Throw-In

- 15.1. A Player must deliver the ball by:
- a. Facing the field of play,
 - b. Maintaining contact with part of each foot with the ground, on or outside the touch line,

- c. Uses both hands, and
- d. Throwing the ball from behind and over the head

Rule 16 - The Goal Kick

- 16.1. Goal kick may be taken from anywhere inside the goal area by any player of the defending team
- 16.2. The ball is in play when it is kicked directly beyond the penalty area

Rule 17 - The Corner Kick

- 17.1. Corner Kicks are taken from the corner arc of the nearest flag post from where the ball went out of play.
- 17.2. The corner flag cannot be moved or repositioned when taking a Corner Kick
- 17.3. The ball is in play when it is kicked and it moves