

## ISL - FOOTBALL RULES

### NOTES :

- 1 If a team is not fully present at the designated location by the scheduled match time, the game will not be played, and the points will be awarded to the opponent team that is complete and present on time.
2. Each team will play a 35-minute game, consisting of a 15-minute first half, a 5-minute break, and a 15-minute second half.
3. There will be 8 players from each team among them 6 players will play a match and 2 will be a substitute.
4. There will be a 5-minute break after the match.
5. Each team will play two matches against another team. The top two teams will play the final match.
6. In the event of a tie in the points table, a penalty shootout or a 15-minute match will be conducted between the tied teams, if time permits. The final decision will be made by the Sports Committee in consultation with the football referee, and all teams are required to comply without objection.
7. In cases where both teams have not scored any goals by the end of the game, the referee may determine the winner based on other factors such as fouls and misconduct. These factors can include:
  1. **Fouls:** The team with fewer fouls committed may be favored, as excessive fouling can indicate a lack of discipline or fair play.
  2. **Misconducts (Yellow/Red Cards):** Teams accumulating fewer yellow and red cards may be considered more disciplined and sportsmanlike.
  3. **Other Disciplinary Factors:** Referees may also consider other aspects of fair play, such as respectful conduct towards officials and opponents.

### Gameplay Rules :

**Kick-off:** The game starts with a kick-off from the center of the field. The opposing team must be at least 3 meters away.

**Ball In and Out of Play:** The ball is out of play when it wholly crosses the goal line or

touchline, either on the ground or in the air. Throw-ins or kick-ins are used to restart play, depending on league rules.

**Goalkeeper Rules:** Goalkeepers can handle the ball only within the penalty area. They must release the ball within a specified time (5 - 10 seconds).

**Scoring:** A goal is scored when the whole ball crosses the goal line between the goalposts and beneath the crossbar.

### **Fouls and Misconduct :**

**Free Kicks:** Free kicks are awarded for fouls and misconduct. Opponents must be a specified distance (2 meters) away from the ball during a free kick.

**Penalty Kicks:** A penalty kick is awarded for fouls occurring within the penalty area. The penalty spot is closer to the goal compared to a standard field, typically around 5-7 meters.

**Cards:** Yellow and red cards can be issued for misconduct. Two yellow cards in a match typically result in a red card and ejection from the game.

### **Specific Rules :**

**Slide Tackling:** Slide tackling is often prohibited to reduce the risk of injury on the turf surface.

**Headers:** Header passing is typically restricted or disallowed, especially in youth leagues, to mitigate the risk of head injuries.

**Goal Kicks and Corner Kicks:** Goal kicks can be taken from anywhere within the penalty area, and corner kicks are taken from the corner nearest to where the ball went out of play.