



RAINFORD
HIGH



Year 7

PE Knowledge Organiser Football Regulations

To be an effective Football player you need to know the regulations!

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS

1. The Field of Play - The field of play is the surface on which the game of soccer is played on. A soccer pitch must be between 90 and 120 meters long and 45 to 90 meters wide. However, it must also have a rectangular shape, so you can't have a square field with a length and width of 90 at the same time

2. The Number of Players – A team consists of 11 players, 10 outfield players and one goalkeeper. There can be several substitutes on the bench. In official matches only 3 substitutions are allowed.

3. The Player's Equipment – A player must wear a shirt or jersey, footwear, shin pads, shorts and socks and the two teams must have different equipment so that they can be differentiated on the pitch

4. The Duration of the Match - Two halves of 45 minutes each, separated by a 15 minutes break. This is not the actual time of play, since this 90 minute clock ticks even when the ball is out of play, during substitutions and so forth. In order to try to balance this timing a bit, the end of each half also brings a few minutes of "injury time" on the table. In some cases, when the match must have a winner (a knockout match for example), two extra mini-periods of 15 minutes each, with no break between them are added. If the match is tied at the end of extra time as well, the players go on for a penalty-shootout that will eventually decide the winner



5. **The Referee** - The referee is accompanied and helped by two assistant referees (one on each side of the pitch) and a fourth one that handles small issues like showing injury time duration, checking a substitute player's equipment and replacing one of the three main referees if they can't continue the game.

