

**Vidya Bhawan Balika Vidya Peeth**

**Sakal Deo Singh**

**Subject – Physical Education**

**Date – 26<sup>th</sup> May 2020**

**Rule and Regulations of Football :**

- 1. A match consists of two 45 minutes halves with a 15 minutes rest period in between.***
- 2. Each team can have a minimum of 11 players including 1 goalkeeper.***
- 3. The field must be made of either artificial grass or natural grass.***
- 4. The size of pitches is allowed to vary but must be within 100-130 yards long and 50-100 yards wide.***
- 5. The pitch must be marked with rectangular shape around the outside***

***showing out of bounds, two 6 yard boxes, two 18 yard boxes and a center circle.***

- 6. The circumference of the ball must be 58cm to 61cm of circular shape.***
- 7. Substitution can be made at any time of the match with each team being able to make a maximum of 3 substitutions per side.***
- 8. If the game needs to head to extra time as a result of both teams being level in a match then 30 minutes will be added in the form of two 15 minutes halves.***
- 9. The whole ball must be cross the goal line for it to constitute as a goal.***
- 10. There are two types of cards :***

- Yellow Card***

***It is a warning card for the players.***

- ***Red Card***

***This card is dismissal of that player.***

***And 2 yellow cards means 1 red card.***