



# **THE INSPIRATION FOOTBALL CLUB**

## **RULES AND REGULATIONS.**

1. **NAME:** The name shall be called Inspiration Football Club.

2. **OBJECTIVES:**

The object of The Club is to provide a safe environment in which to play good football and arrange social activities. The club also aims to promote football and sport as a means of enhancing health education, learning opportunities and local community involvement, with young people acquiring sporting and personal skills from which they will derive lifelong benefits, self-respect, self-esteem, self-confidence, integrity and respect for others.

3. **NUMBER OF PLAYERS:**

A match shall be played by two teams, each consisting of not more than five players, one of whom shall be the goalkeeper. Substitutes may be used in any match played.

4. **PLAYER'S EQUIPMENT:**

The basic compulsory equipment of a player shall consist of a jersey or shirt, shorts, stockings, shin guards and footwear. A player shall not wear anything which is dangerous to another player.

5. **REFEREES:**

A referee shall be appointed to officiate in each game. His authority and the exercise of the powers granted to him by the Laws of the Game commence as soon as he enters the field of play.

- Enforces the Laws.

- Refrain from penalizing in cases where he is satisfied that, by doing so, he would be giving an advantage to the offending team.
- Keep a record of the game, act as the timekeeper and allow the full or agreed time, adding thereto all time lost through accident or other cause.

6. **LINESMEN:**

- Two linesmen shall be appointed, whose duty (subjected to the decision of the referee) shall be to indicate.
- Linesmen, where neutral, shall draw the referee's attention to any breach of the Laws of the Game of which they become aware if they consider that the referee may not have seen it, but the referee shall always be the judge of the decision to be taken.

7. **DURATION OF THE GAME:**

The duration of the game shall be two equal periods of 15 minutes. 7 first half and 7 second half. The remaining 1 minute is to switch sides.

8. **THE START OF PLAY:**

At the beginning of the game, choice of ends and the kick-off shall be decided by the toss of a coin. The team winning the toss shall have the option of choice of ends or the kick-off.

9. **FOULS AND MISCONDUCTS:**

A player who intentionally commits any of the following offenses:

- Kicks or attempts to kick an opponent.
- Trips an opponent i.e., throwing or attempting to throw him by the use of the legs or by stooping in front of or behind him.
- Jumps at an opponent.

- Charges an opponent in a violent or dangerous manner.
- Charges an opponent from behind unless the latter is obstructing.
- Strikes or attempts to strike an opponent or spits at him.
- Holds an opponent.
- Pushes an opponent.
- Handles the ball i.e., carries, strikes or propels the ball with his hand or arm, (this does not apply to the goalkeeper within his own penalty-area) and any hand ball in the box will be a penalty kick.
- Abusive language as an offense toward the referees or fellow players.

#### 10. **PENALTY KICK:**

A PK shall be taken from the penalty-spot and, when it is being taken, all players with the exception of the player taking the kick, properly identified, and the opposing goalkeeper, shall be within the field of play but outside the penalty-area, and at least 5 yards from the penalty-mark. The opposing goalkeeper must stand (without moving his feet) on his own goal-line, between the goalposts, until the ball is kicked.

#### **NOTE:**

That the Council of Elders or Parliament of Inspiration FC will make decisions where necessary, to maintain order, enforce discipline to move the club forward.