

Free Hits



For free hits (including 'corners' and sideline restarts) taken by the attacking team inside the 23 metre area the ball cannot be played directly into the circle : -

- The ball must travel at least 5 metres from the point of the free hit (not necessarily in a single direction) before the player taking a self-pass or another attacker can play the ball into the circle
- Alternatively the ball must be touched by a defending player before either it enters or can be played into the circle by any other attacking player, including the player who took the free hit
- For the new 'corner' re-start, when the ball has been unintentionally played over the back-line by a defender or deflected by a goalkeeper or player with goalkeeping privileges, be aware that this being taken on the 23 metres line means that the ball may not be played directly into circle

- For attacking Free Hits awarded within 5 metres of the circle and in this specific situation: -

Defenders who are inside the circle within 5 metres of the free hit are considered not to be interfering with play and may also shadow around the inside of the circle a player who takes a self-pass, provided that they do not play or attempt to play the ball or influence play until it has either travelled at least 5 metres or alternatively has been touched by a defending player who can legitimately play the ball.

Players inside the circle who were 5 metres or more from the point of the free hit at its award are not allowed to move to and remain in a 'stationary' position within 5 metres of the ball as the free hit is taken.

Other than indicated above, any playing of the ball, attempting to play the ball or interference by a defender or an attacker who was not 5 metres from the ball, should be penalised accordingly.

Following a time stoppage after the award of a free hit inside the 23 metres area, all players other than the one taking the free hit should be at least 5 metres from the ball.