

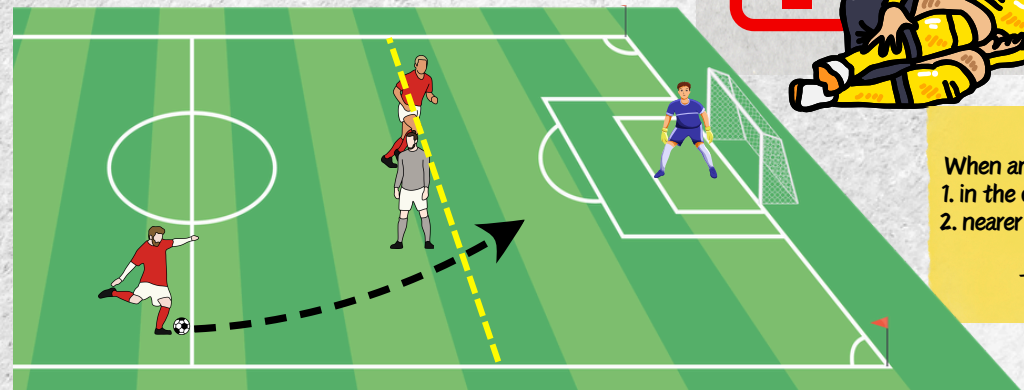
Basic Rules of 11-player Football (II)



Updated Laws of the Game 2026 (1-8)

(1) Hydration Break

Prioritise Players' Health
Depending on weather conditions, a 3-minute hydration break is arranged around the 22nd minute of each half



[Offside Rule]
When an attacking player passes the ball, the receiving teammate is
1. in the opponent's territory
2. nearer to the opponent's goal line than the second-last player
An offside offence occurs only if an attacking teammate passes the ball forward

Referee's Hand Signal



Direct Free Kick
(indicating the direction of attack)

Usually awarded for physical contact fouls or handball



Indirect Free Kick

Awarded for offside offences, dangerous play, or infringement without physical contact



Except for the arms (highlighted in yellow), all other parts of the body may touch the ball (except for the goalkeeper)

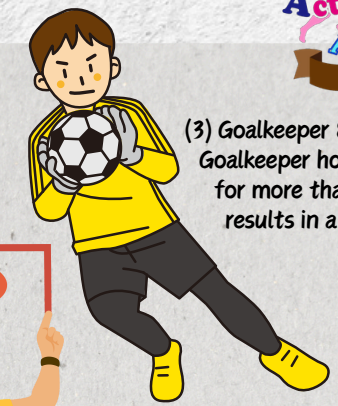
[Yellow Card] Warning

2 yellow cards = 1 red card

[Red Card] Sent-off



(2) Only the captain may approach the referee



(3) Goalkeeper 8-second Rule: Goalkeeper holding the ball for more than 8 seconds results in a corner kick



Video Assistant Referee

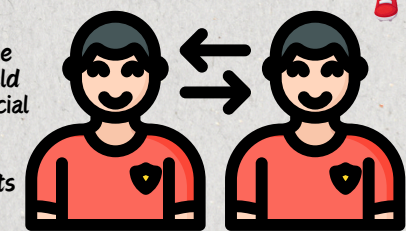
(4) VAR Use on Corner Kicks: A clearly wrong corner kick decision can be reviewed by VAR

(5) Red & Yellow Card Corrections: VAR may review red cards resulting from clearly incorrect second yellow cards

(6) Throw-in/Goal kick Countdown: The referee may start a 5-second countdown; possession changes after the timeout



(7) 10-second Substitution Rule: If the substituted player fails to leave the field within 10 seconds after the fourth official holds up the substitution board, the substitute player may only enter the field 1 min after the match restarts



(8) Stay-off Rule for Medical Treatment Rule: After receiving on-field treatment, the injured player must leave the field for at least 1 min, during which time the team will play with 10 players.

