



Bermagui Cobargo Football Club

Rules: Junior & Senior Divisions

1. Slide-tackling, contact-tackling, and tackling-from-behind is **highly discouraged** and will forfeit to a Direct Penalty from the quarter field mark (no defenders, no goalie)
2. No 'throw-ins'. The ball is kicked-in to play from the boundary line and is afforded 3m space to do so. Kick-ins must not be pitched higher than the knee.
3. No offside rule - but players should not hover by the opponent's goal
4. Own-team pass-backs to goalies are considered a handball and result in an Indirect Penalty from the quarter field mark
5. Indirect Penalties (handballs & other minor fouls) result in a free kick from the location of the offence with defenders permitted
6. Goalies to put balls back into play via either a throw or by a kick from the ground only