OFFSIDE RULE EXPLAINED

Offside position if: Nearer to his opponents' goal line than both the ball and the second last opponent.

Not offside position if:

- In his own half of the field of play.
- Level with the second last opponent.
- Level with last two opponents.

- Consideration should be given to any part of the head, body or feet of the attacker in relation to the second last defender, the ball or the halfway line for the purposes of this decision, the arms are not considered to be part of the body.

Active play:

- Interfering with play.
- Interfering with an opponent.
- Gaining advantage.

No offense if ball direct from:

- A goalkick.
- A throw-in.
- A cornerkick.

When? At the moment the ball touches or is played by one of his teammates.

A player is not in an offside position if:

- He is in his own half of the field of play.

Involvement in Active Play: A player is not committing an offense simply by being in an offside position.

Active involvement plus offside position is the offense. Being actively involved in the area of play is not the same as being in the area of active play.

While in an offside position, there are three things a player cannot do:
- interfere with play
- interfere with an opponent
- gain an advantage by being in the offside position.

**Interfering with Play** “Interfering with play” means: - playing or touching the ball passed or touched by a team-mate

**Interfering with an opponent** "Interfering with an opponent" means:
- preventing an opponent from playing or being able to play the ball. For example, by clearly obstructing the goalkeeper's line of vision or movement
- making a gesture or movement which, in the opinion of the referee, deceives or distracts an opponent, the opponent must be reasonably close to the play so that the blocking, deceiving or distracting makes a difference

**Gaining an advantage** "Gaining an advantage by being in that position" means:
- playing a ball that rebounds to him off a post or crossbar, having previously been in an offside position.
- playing a ball, that rebounds to him off an opponent, having previously been in an offside position.

**Infringements** When an offside offense occurs, the referee awards an indirect free kick to be taken from the position of the offending player when the ball was last played to him by one of his team mates. If a defending player steps behind his own goal line in order to place an opponent in an offside position, the referee shall allow play to continue and caution the defender for deliberately leaving the field of play without the referee's permission when the ball is next out of play.

**It is not an offense in itself for a player who is in an offside position to step off the field of play to show the referee that he is not involved inactive play:**
- **however**, if the referee considers that he has left the field for tactical reasons and has gained an unfair advantage by re-entering the field of play, the player shall be cautioned for unsporting behavior
- the player needs to asks for the referee's permission to re-enter the field of play

If an attacking player remains stationary between the goalposts and inside the goal net as the ball enters the goal, a goal shall be awarded however, if the attacking player distracts an opponent, the goal shall be disallowed, the player cautioned for unsporting behavior and play shall be restarted with a dropped ball in the position where the ball was located.