**GOALKEEPER**

**The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be rolled underarm or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or drop-kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move until the ball is in play. The ball is in play once a second attacking players has played at the ball. The ball must be received inside the defensive third of the field (attacking team.) If ball is rolled or kicked outside the defensive third, play is stopped and the goalkeeper is to start play again.**

**GOAL KICK**

**From anywhere within the penalty area.**

**Opponents remain at least 10 metres outside the penalty area until the ball is in play. Referees should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area**

**and they cannot move until the ball is in play. The ball is in play once a second attacking player has played at the ball. The ball must be received inside the defensive third of the field (attacking team.) If ball is rolled or kicked outside the defensive third, play is stopped and the goal kick is to be taken again.**