



# RESEARCH ABOUT THE SPORT OF FOOTBALL

Shaikha Adil

2/4

# **The basics of football and the rules**

Football is the most famous and popular game in the world, in terms of the number of viewers and players, as it is practiced by more than 250 million people around the world, and it is considered one of the simple games that can be practiced anywhere, such as public parks, in specialized stadiums, or in clubs, in squares, in beaches, streets and others.

## **The basics of football**

### **1. Control the ball**

Ball control gives the player the ability to dominate and control the ball. This is done by finding empty spaces to move the ball by starting to attack within an appropriate space that allows the defense to be penetrated and reach the goal of the opposing team.

### **2. Running with the ball**

The skill of running with the ball is used in the time before pointing towards the goal, which requires good balance and excellent stability, and the player must balance his starting speed with the degree of control in the ball.

### **3. Dribbling with the ball**

Dribbling is an essential skill in football where the ball is controlled and maneuvered, as dribbling with the ball prepares you to hit and pass the ball.

### **4. Passing the ball**

It is the movement of moving the ball to the colleague with the same team, which is the main part of football, as passing is the pulse of the game.

### **5. Goaling on goal**

This movement is done with the aim of sending the ball to me inside the opponent's goal, which is the perfect way to skip the attack. The aiming on the goaler calls for high techniques and strong physical traits, as well as high mental traits [strength of determination, boldness, and self-confidence].



# **Football rules and laws**

There are many rules and laws that govern the game of football, and the most important of these laws are the following:

## **1- The way of playing**

The gameplay on which match goes is determined for each team.

The starting kick does not count in the difference points.

Direct free kicks 3 meters from the opponent's goal.

The ball can be shot in any direction of the penalty area.

One player can be replaced with another provided he exits first and then replaced with another from the midfield.

## **2- The stadium**

The pitch is in the form of a rectangle in the middle of a central circle defined by white lines to define [target lines - solicitation lines - penalty lines - corner lines - goal areas], and the dimensions of the pitch are estimated to be about the length of "90-120 meters" and the width of "45-90 meters".

## **3-The ball**

It makes sure that the ball is made of certified materials, and the ball is about 68-70 cm [27-28 inches] in diameter, and weighs between 410-450 g.

If the ball explodes while playing no one is obtained, only after stopping the game, then replaying after changing it.

## **4- Players**

The number of players per team is about 11 players, with reserve players on hold, players can be replaced during play and each team has the right to replace only 3 replacements.

The team can play up to 7 players, and it is not allowed to play any less.

## **5- Referees and assistants**

Any match consists of 1 referees and 2 assistants, the referee is responsible for making the final decision in the game, and the function of the referees is to manage the game and follow up the implementation of laws and provisions.

## **6- Duration of the game**

The duration of the whole match is 90 minutes in addition to the minutes of the allowance, it is divided into the two half of the first half 4 minutes, the second half is 4 minutes, and between which they have a 15 minutes break between the two halves, and a coin is thrown into the air to determine which team starts playing.