

The Duration of the Game:

2 x 35 minutes halves. 5 minutes at half-time (minimum) plus time-outs for penalty-strokes and injuries.

How many players in a team:

The game is played between 2 teams of not more than 16 players each. Not more than 11 players from each team shall be on the field at the same time. Each team must have a goalkeeper on the field throughout the game.

Substitutions:

Each team can substitute up to five players at any time throughout the game. All substitutions take place at the half-way line, from one side of the pitch only. No player can enter the field until the player to be replaced has left the field.

When a goal-keeper is to be substituted the umpires must stop-time. When field players are substituted time is not stopped.

The Players:

Each team will normally divide its players into 3 groups. These are known as the defence, the midfield, and the attack. Obviously all players attack and defend, but you would soon get tired if you tried to do everything, and that is why there may be specialist positions for players. For example:

Attack	Left (striker)	Centre (striker)	Right (striker)
	Left inside		Right inside
Midfield		Centre half (midfielder)	
	Left half (midfielder)		Right half (midfielder)
Defence	Left full back (back)		Right full back (back)
		Goal Keeper	