



Rule 13: Free Push awarded to the attack within 3 meters of the circle

The former requirement that a free push awarded to the attack within 3 meters of the circle is taken at the nearest point 3 meters from the circle has been deleted.

The new Rule indicates that free pushes awarded to the attack within 3 meters of the edge of the circle are now taken from where the offence occurred (i.e. there is now no requirement to take the ball back to 3 meters away from the circle). The Rules surrounding the entry of the ball into the circle still apply. -

From a free push awarded to the attack within their attacking half of the pitch, the ball must not be played into the circle until it has travelled at least 3 meters or has been touched by a player of either team other than the player taking the free push or **has touched the sideboards**. Playing the ball into the sideboards and then into the circle untouched again is not permitted.

If the player taking the free push continues to play the ball (i.e. no other player has yet played it):

- *That player may play the ball any number of times, but* □
 - *The ball must travel at least 3 meters, before* □
 - *That player plays the ball into the circle by pushing the ball again*
- *Alternatively:* □
- *Another player of either team who can legitimately play the ball must deflect or push the ball before* □ *it enters the circle, or* □
 - *After this player has touched the ball, it can be played into the circle by any other player including the* □ *player who took the free push.* □ **Commentary and additional guidance:** - □ *The intention of the Rule change is to assist game flow, such that the attack is able to take a quick free push from the point of the offence, rather than have to take the ball back 3 meters.* □ *All players other than the player taking the free push should be at least 3 meters from the ball. **If a player is within 3 meters of the ball, they must not interfere with the taking of the free push or must not play or attempt to play the ball.** If this player is not playing the ball, attempting to play the ball or influencing play, the free push need not be delayed.* □ *A player within 3 meters of the ball at the taking of the free push is not allowed to engage with play prior to the ball having travelled at least 3*

*meters. □However, at a free push the ball cannot enter the circle until it has travelled at least 3 meters if the same player continues to play the ball or it has been touched by another player of either team. Defenders who are inside the circle within 3 meters of the free push are therefore not interfering with play and may also shadow around the inside of the circle a player who takes a self-pass, provided that they do not play or attempt to play the ball or influence play until it has either travelled at least 3 meters or alternatively has been touched by another player of either team who can legitimately play the ball. □Players inside the circle who were 3 meters or more from the point of the free push are **not allowed** to move and remain in a 'set' position within 3 meters of the ball when the free push is taken. □Other than indicated above, any playing of the ball, attempting to play the ball or interference by a defender or an attacker who was not 3 meters from the ball, should be penalized accordingly.*

The intention of the Rule change is to assist game flow, such that the attack is able to take a quick free push from the point of the offence, rather than have to take the ball back 3 meters line.

Coaches, players and umpires want to be clear on what defenders are allowed and not allowed to do.

As with other attacking free push within attacking half, all players other than the player taking the free push should be at least 3 meters from the ball. If a player is within 3 meters of the ball, and not interfering, the free push need not be delayed.

The edge of the circle brings in a new dynamic. Attackers cannot play the ball into the circle until it has travelled at least 3 meters or has been touched by a player of either team other than the player taking the free push. On this basis, defenders inside the circle, who are less than 3 meters from the ball, are not interfering in the play provided that they do not play or attempt to play the ball or influence play until it has travelled at least 3 meters or alternatively it has been touched by another player of either team who can legitimately play the ball.

Neither is it the intention of the Rule change that the defense should be disadvantaged to such an extent, if all defenders inside the circle have to retreat to 3 meters from the ball, that the attack is just presented with a free shot at goal.

This is the same process as outdoor with the use of a 3 meter distance and not 5.