

# Goalie Rules Cheat Sheet

## What a Goalie Can do:

- Handle the ball in the penalty box when the ball is completely in the penalty box
- Stand outside of the penalty box and handle the ball if the ball is completely in the penalty box as long as they do not remove the ball from the penalty box in the process.
- Dribble the ball inside the penalty box and pick it up
- Dribble the ball from outside the penalty box into the penalty box and pick it up
- Handle a ball that is directed to the goalie via a header or chest bump from a defending player in the penalty box
- Have one foot off the goal line during a penalty kick as long as one foot is on the goal line when the ball is kicked
- Punt, roll or throw the ball to deliver it to teammates (Div 3&4 no punt)
- Handle the ball with their feet outside of the penalty box thereby becoming a normal player with normal player restrictions.
- Bounce the ball like a basketball

## What a Goalie is prohibited from doing:

- Handle the ball with their hands outside of the penalty box. (Direct Free Kick)
- Reach out of the penalty box from inside the penalty box and handle a ball with their hands that is outside of the penalty box. (Direct Free kick where the ball was outside of the penalty box)
- Pick up a ball passed to them from a defending player by the defending player's foot. (Indirect Free Kick at the point of where the goalie was, unless it was between the goal box line running parallel to the goal line and the goal line, in that case it is moved to the goal box line for safety)
- Pick up a ball in the penalty box, drop it dribble then pick the ball up again. (Indirect Free Kick, same as above)
- Handle the ball with their hands for longer than 6 seconds (Indirect Free Kick)
- Have both feet off the goal line during a PK (Redo PK only if the infraction affects the result of the PK)
- Wearing a jersey of the same color as the rest of the team