

Ask the Ref number 11, 2010 - the Throw-in.

A throw-in is a method of restarting play. A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touchline (not the goal line of course), either on the ground or in the air.

A goal cannot be scored directly from a throw-in.

A player cannot be **off-side** from a throw-in (or from the other two situations when a ball has gone out of play namely a **goal kick** and a **corner kick** so please do not flag for these if you are helping a ref. by running the line).

The throw-in procedure is as follows. At the moment of delivering the ball, the thrower: faces the field of play, has part of each foot either **on** the touch line or **on the ground outside the touch line, holds the ball with both hands**, delivers the ball **from behind and over their head** and delivers the ball **from the point where it left the field of play**.

[Please note that this means that parts of a player's feet can also be **on** the field of play as long as the above is satisfied! You will also often hear calls of "foul throw" when a throw looks clumsy or a player bends his or her back excessively but, really, if it starts from behind the head and is thrown in one motion etc., it is legal.]

All referees should apply a strict adherence to the above procedure and players taking liberties with the rule, for instance, gaining ground by taking the throw in from further along the touchline should be stopped from doing so.

What referees will also watch for is the lifting up of either foot. This occurs a lot with young and inexperienced players and it can help to unfairly gain a lot of extra distance. For the same reason, a watchful eye is kept out for a ball that is excessively spinning as this is often a good indication that the thrower has used one hand more excessively than another and therefore not delivered the ball from both hands.

All opponents must stand no less than **2 m** (~2 yards) from the point at which the throw is taken. If a player does not respect the required distance they are in danger of getting a caution, especially if the referee has instructed them to move back.

The ball is **in play when it enters the field of play**. Therefore, if the ball does not come into the field of play from a throw-in it is retaken.

After delivering the ball, the thrower must not touch the ball again until it has touched another player. If the player does touch the ball before another player after throwing it in an indirect free kick is awarded to the opposition.

If an opponent unfairly distracts or impedes the thrower he or she should be cautioned for unsporting behaviour.

For any other infringement the throw is taken by a player of the opposing team, in other words the throw is given to the other team instead.

I hope you have enjoyed this further attempt to clarify the LOTG. Please pass this email on as broadly and widely within the Hills comp as possible if you think it is worth sharing.

As usual, if you have any comments or questions, I will do my best to respond.

Peter van der Zwaag,
AHRB.