

28. **THROWING BACK.** It is lawful for any player who has the ball to throw or pass it to any player of his own side who is at the time *on side, i.e.*, not in front of him.

29. **KNOCKING ON, i. e.**, hitting the ball *forward* with the hand, and *throwing forward, i. e.*, throwing the ball in the direction of the opponents' goal line, are not lawful. If the ball be either *knocked on* or *thrown forward* the captain of the opposite side *may*, unless a fair catch has been made (as provided by the next law), require to have it brought back to the spot where it was so *knocked or thrown on*, and there put down.

30. A **FAIR CATCH** is a catch made direct from a kick or a *throw forward*, or a *knock on* by one of the opposite side provided the catcher makes a mark with his heel at the spot where he has made the catch, and no other of *his own side* touch the ball. (See Laws 43 and 44.)

31. **TOUCH** (see plan.) If the ball goes into *touch*, a player on the side other than that whose player last touched it in the field of play must bring it to the spot where it crossed the touch line; or if a player when running with the ball cross or put any part of either foot across the touch line, he must return with the ball to the spot where the line was so crossed, and thence return it into the field of play in one of the modes provided by the following Law.