

either in or out of touch or goal, or in any way interrupt or obstruct any player until he is again *on side*.

26. If a player purposely foul an opponent in order to gain ground for his own side, the opponent's side may either have the ball down where the foul was made, or take a free kick, which free kick cannot possibly score a goal. The purpose of the foul must be decided by the referee.

27. A player being *off side* is put *on side* when the ball has been kicked, or run with five yards by any player of the opposite side, or when one of his own side has run in front of him, either with the ball or having kicked it when behind him. When a player has the ball, none of his opponents who at the time are *off side* may attempt to tackle, or otherwise interrupt such player till he has run five yards.

28. Throwing Back. It is lawful for any player who has the ball to throw it back towards his own goal, or to pass it back to any player of his own side who is at the time behind him.

29. Knocking on, *i.e.*, *deliberately* hitting the ball 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 Rule) require to have it brought back to the spot where it was *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, or from a *punt out* (see Rule 31), provided