



Pêl-droed 5 bob ochr Cenedlaethol
(Ysgolion/Adrannau dan 50 o ddisgyblion/aelodau)

Rheolau a Chyfarwyddiadau Cyffredino

- Caniateir 2 eilydd (i'w eilio yn ystod hanner amser yn unig)
- Dim ond y gôl-geidwad sy'n cael defnyddio'r cwrt gôl. Cosb am dorri'r rheol:
 1. gan amddiffynnwr - cic gosb
 2. gan ymosodwr – cic rydd
- Ni chaniateir i'r gôl-geidwad fynd allan o'r cwrt gôl. Cosb am dorri'r rheol: cic gosb
- Mae'n rhaid i'r gôl-geidwad rowlio'r bêl allan o'r cwrt gôl. Cosb am dorri'r rheol: cic rydd anuniongyrchol o'r man agosaf tu allan i'r cylch i'r man lle digwyddodd y drosedd
- Rhaid cadw'r bêl yn is nag uchder y pen. Cosb am dorri'r rheol: cic rydd anuniongyrchol
- Mae'r walïau ochr a chefn yn cael eu hystyried fel rhan o'r maes chwarae
- Dim pasio yn syth yn ôl i'r gôl-geidwad ar ôl ei dderbyn ganddo. Cosb am dorri'r rheol: cic rydd anuniongyrchol o'r man agosaf tu allan i'r cylch i'r man lle digwyddodd y drosedd
- 7 chwaraewr ym mhob tîm

National 5 a side Football
(Schools/Branches with under 50 pupils/members)

General Instructions and Rules of the Competition

- *Two substitutes are allowed (to be substituted at half time only)*
- *Only the goalkeeper is allowed in the goal area. Penalties for infringement:*
 1. *by a defender – penalty kick*
 2. *by an attacker – free kick*
- *The goalkeeper is not allowed to leave the goal area. Penalty for infringement: penalty kick*
- *The goalkeeper must roll the ball out of the goal area. Penalty for infringement: indirect free kick from the edge of the circle*
- *The ball must be kept below head height. Penalty for infringement: indirect free kick*
- *The side and back walls are regarded as part of the playing area*
- *Players may not make a returned pass back to the goalkeeper. It has to be played to another out-field player first. Penalty for infringement: indirect free kick from edge of circle*
- *7 players in each squad*