

How Do You Start or Restart Play?

There are eight different ways to start or restart play. On the second sheet is a summary of many of the common elements of the various restarts. The paragraphs below describe aspects that are generally peculiar to a particular restart

KICK-OFF

At the start of the game or the start of overtime the team winning the coin toss has the choice of which goal they will defend in the first half. The other team must kick off. The kick-off is taken from the center of the field. The ball must be kicked into the opponents half. At the beginning of the second half or overtime period ends are changed and the kick-off is taken by the team that did not take the opening kick-off. Note that both of these kick-offs are in the same direction. After a goal is scored the kick-off is taken by the team scored against.

THROW-IN

The ball is thrown in from the point, within a yard, where it completely crossed the touch line by a player from the team not touching the ball last. The ball must be thrown in with both hands, with essentially equal force, from behind and over the head, facing the field with some part of the body, and with some part of both feet, at the moment of release on the ground and no part of either foot on the field of play inside the touch line. Having parts of either or both feet on the touch line at the time of release is legal. The ball is in play as soon as any part of the ball passes over the outside edge of the touch line, or if the thrower releases the ball inside the field of play, the ball is in play as soon as it is released. If the ball is thrown in improperly, including throwing the ball in from the wrong place, a throw-in is awarded to the opposing team. If the ball fails to enter the field, the throw-in is retaken by the same team. An opponent may stand directly in front of the thrower. The thrower may move; the opponent may not. An opponent who unfairly distracts or impedes the thrower must be cautioned.

GOAL KICK

Taken from anywhere within the goal area. If the ball is played before it leaves the penalty area, or fails to leave the penalty area, the goal kick must be retaken.

- Players who fail to respect the required distance when play is restarted with a corner kick or a free kick are to be cautioned and shown the yellow card
- A free kick or penalty kick cannot be awarded for an offense that occurs which the ball is out of play. Play must be restarted in the same manner as though no infraction occurred. The guilty player may still be cautioned or sent off.

CORNER KICK

Any part of the ball is placed inside the corner arc at the nearest corner flag post. The flag may not be moved.

DIRECT AND INDIRECT FREE KICKS

Direct Free Kick: A goal may be scored directly against the offending side.

Indirect Free Kick: A goal may be scored against either team only if the ball touched or is played by one, other than the original kicker, or more players on either team after the ball is kicked and before it enters either goal. The referee indicates an indirect free kick by putting one arm straight up and holding it up until the ball touches or is played by another player, or until the ball goes out of play.

The free kick is taken from where the infringement occurs with the following exceptions:

1. a free kick awarded to the defending team within its goal area may be taken from any place within the goal area.
2. an indirect free kick by the attacking team within the defending team's goal area is taken on the 'six yard line' at the point nearest to where the offense was committed.
3. if the game is stopped to caution a player for illegal entry, reentry or exit, the free kick is taken from where the ball was when play was stopped.

Opposing players must be at least 10 yards from the ball until it is in play unless they are standing on their own goal line between the posts. For free kicks by the defending team inside its own penalty area opponents must also be outside the penalty area and the ball is not in play until it leaves the penalty area. If the ball is

played a second time by either team before it leaves the penalty area, the free kick must be retaken. The team taking the free kick may kick the ball before the opponents are at the required distance unless the referee has indicated otherwise, in which case they must wait for the referee's signal before taking the kick.

PENALTY KICK

Taken from the penalty mark, 12 yards from the goal line. With the exception of the kicker and the defending goalkeeper, players must be:

1. inside the field of play
2. outside the penalty area
3. outside the penalty area arc
4. more than 12 yards from the goal line

The defending goalkeeper must remain on the goal line, between the goal-posts, facing the kicker, until the ball is kicked (forward). The goalkeeper is allowed to move laterally along the goal line. The referee does not signal (whistle) for the kick to be taken until all players are properly positioned. The ball must be kicked in a forward direction. Time must be extended at half or full time to allow a penalty kick to be taken.

DROPPED BALL

Dropped by the referee at the point where the ball was when play was stopped, except if the ball was inside the goal area. In this case the ball is dropped on the 'six-yard line' at the point nearest to where it was when play was stopped.

The dropped ball differs from all other restarts in that it is the referee who puts the ball into play rather than a player. The player who first plays the ball after it hits the ground may continue playing the ball, dribbling, passing, or shooting.

Common Elements of the Eight Methods of Restarting Play

Restart	KICK-OFF	THROW-IN	GOAL KICK	CORNER KICK	INDIRECT FREE KICK	DIRECT FREE KICK	PENALTY KICK	DROPPED BALL
Reason for ball being Out of play	Start of game Start of 2 nd half Goal scored Start of overtime	Ball passes completely over touch line	Ball passes completely over goal line last played by attacking team	Ball passes completely over goal line last played by defending team	Non-penal foul, misconduct, offside & certain technical infractions	Penal foul, other than by defending team inside own penalty area	Penal foul by defending team inside own penalty area	Any other temporary stoppage of the game by the referee
Where is the restart taken?	Center mark at the midpoint of the halfway line	point where ball crossed touch line (within 1 yard)	Anywhere within the goal area	Corner arc at the nearest corner flag	Where foul occurred*	Where foul occurred*	Penalty mark (12 yards from the goal line)	Where ball was stopped**
Distance opponent Must be from ball	10 yards	No requirement***	Outside the penalty area	10 yards	10 yards*	10 yards*	10 yards, outside the penalty area, not offside position	No requirement
When is the ball in play?	When kicked and moves forward	When ball enters the field***	When ball leaves the penalty area	When kicked and moves	When kicked and moves*	When kicked and moves*	When kicked and moves forward	When ball touched the ground
Can player who receives ball directly be penalized for Offside?	Does not apply (since players must be in own half of field)	No	No	No	Yes	Yes	Does not apply (since players not allowed to be in offside position)	No
Can a goal be scored directly?	Yes, but only against opponents	No	Yes, but only against opponents	Yes, but only against opponents	No	Yes, but only against opponents	Yes, but only against opponents	No
When is the restart considered over?	For first seven restarts, the restart ends when ball is played by a second player or when ball leaves the field of play. If kicker or thrower plays ball a second time (other than deliberate hand ball) after it is in play but before it is touched by another player an indirect free kick is awarded to the opponents. If a deliberate hand ball, penalty kick or direct free kick as appropriate. If 'second touch' is by goalkeeper within own penalty area, an indirect free kick is awarded to opponents.							When played by any player

* See free kick discussion

** See dropped ball discussion

*** See throw-in discussion