

Start and Restart of Play

All Divisions:

Kick off ([Law 8](#))

- Used at the start of the first and second halves and after scoring a goal.
- All players, except the player taking the kick-off, must be in their own half of the field of play.
- The team not taking the kick-off must be at least 10 yards away from the ball until it is in play.
- The ball must be stationary on the center mark.
- The ball is in play when it is kicked and clearly moves.
- A goal may be scored directly against the opponents from the kick-off location.
- The player taking the kick-off may not touch the ball a second time until it has been touched by another player.

The Throw-In ([Law 15](#)) *U6 Kick-in*

- A goal cannot be scored directly from a throw-in.
- All opponents must stand at least 2 yards away from the throw in.
- The ball is in play when it enters the field of play.
- The thrower must not touch the ball again until it has touched another player.
- The thrower must have both feet on the ground outside of the touchline and throw the ball with both hands from behind and over the head from where the ball left the field of play.
- Play shall stop for an incorrect throw in and the throw is awarded to the opposite team.

The Goal Kick ([Law 16](#))

- Awarded when the whole ball, last touched by the attacking team, passes the goal line.
- The ball must be stationary when kicked.
- The ball may be kicked from any point within the goal area by a player of the defending team.
- The ball is in play when it is kicked and clearly moves.
- Opponents must be outside the penalty area until the ball is in play.
- The kicker may not touch the ball a second time until it has been touched by another player.

The Corner Kick ([Law 17](#))

- Awarded when the whole ball, last touched by the defending team, passes the goal line.
- The ball must be placed in the corner area nearest the point where the ball passed the goal line.
- The ball must be stationary when kicked by a player of the attacking team.

- The ball is in play when it clearly moves.
- The corner flagpost must not be moved. Opponents must be at least 10 yards from the corner arc until the ball is in play.
- The kicker may not touch the ball a second time until it has been touched by another player.

U10 and Up

The Penalty Kick ([Law 14](#))

- A penalty kick is awarded if a player commits a direct free kick offence inside their penalty area or off the field as part of play.
- The ball must be stationary, and placed on the penalty mark.
- The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts, until the ball is kicked.
- The ball is in play when it is kicked and clearly moves.
- The kicker may not touch the ball a second time until it has been touched by another player.
- The penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence.
- The players other than the kicker and goalkeeper must be:
 - at least 10 yds from the penalty mark
 - behind the penalty mark
 - inside the field of play
 - outside the penalty area

Free Kicks ([Law 13](#))

Indirect free kick

- Awarded to the opposing team of a player, substitute, substituted or sent-off player, or team official guilty of an offence.
- Refer to the referee for placement of the ball for the indirect kick.
- The referee indicates an indirect free kick by raising the arm above the head; this signal is maintained until the kick has been taken and the ball touches another player, goes out of play or it is clear that a goal cannot be scored directly.
- The ball must be stationary when kicked.
- The ball is in play when it clearly moves.
- All opponents must remain 10 yards from the ball until the ball is in play.
- The kicker may not touch the ball a second time until it has been touched by another player.
- if an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded.

- If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded.

Direct free kick

- Awarded to the opposing team of a player, substitute, substituted or sent-off player, or team official guilty of an offence. (example: handball)
- Refer to the referee for placement of the ball for the direct kick.
- The ball must be stationary when kicked.
- The ball is in play when it clearly moves.
- All opponents must remain 10 yards from the ball until the ball is in play.
- The kicker may not touch the ball a second time until it has been touched by another player.
- if a direct free kick is kicked directly into the opponents' goal, a goal is awarded
- a penalty kick is awarded if the offence occurred inside the kicker's penalty area unless the kicker was the goalkeeper in which case an indirect free kick is awarded