

Rule 13



Free Kicks

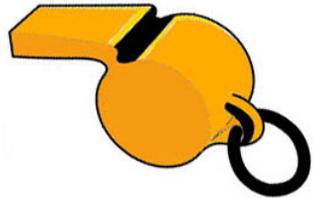
10 TOPICS

- y Definition
 - y Types of free kicks
 - y Free kick “rules”
 - y Special “requirements” in penalty area and goal area
-

10 TOPICS (cont')

- y “Quick” free kick
 - y “Ceremonial” free kick
 - y Encroachment
 - y Restart mechanics
 - y When a free kick is in play
 - y vs. when goal can be scored
-

DEFINITION OF A FREE KICK



“The way play is restarted after the referee has stopped play for an infraction”



THERE ARE ONLY 2 TYPES OF FREE KICKS

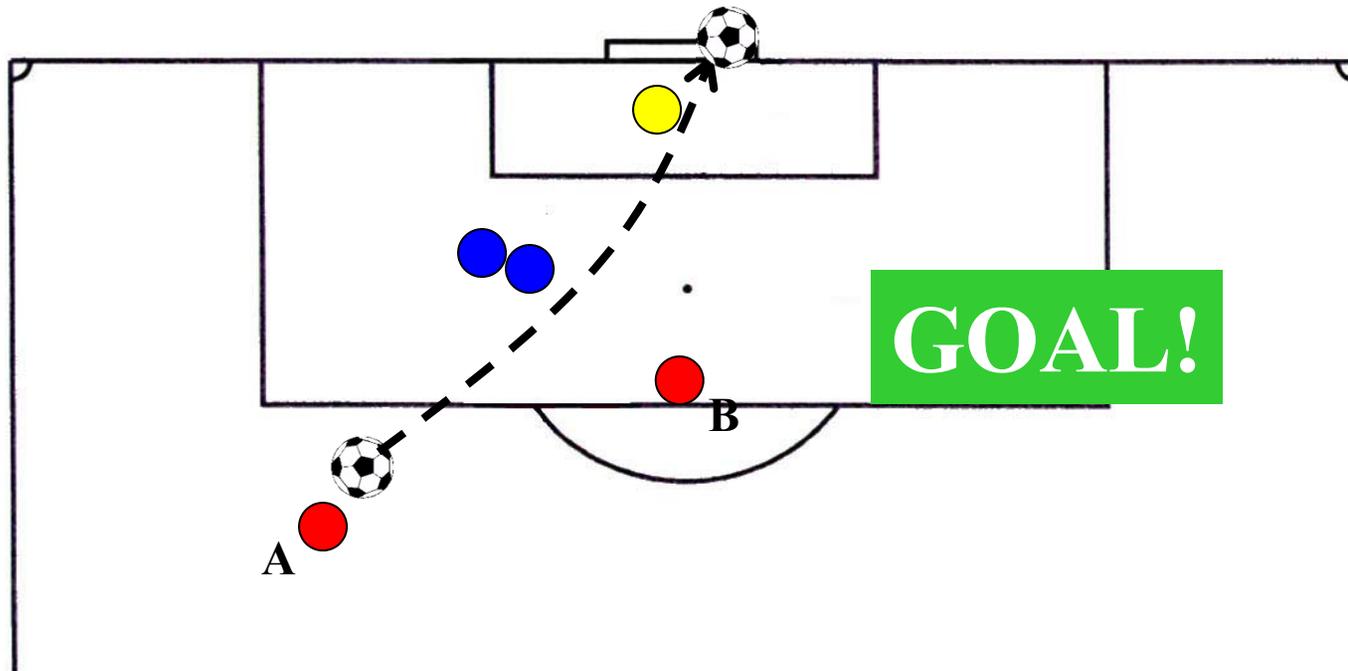


DFK (Direct Free Kick)



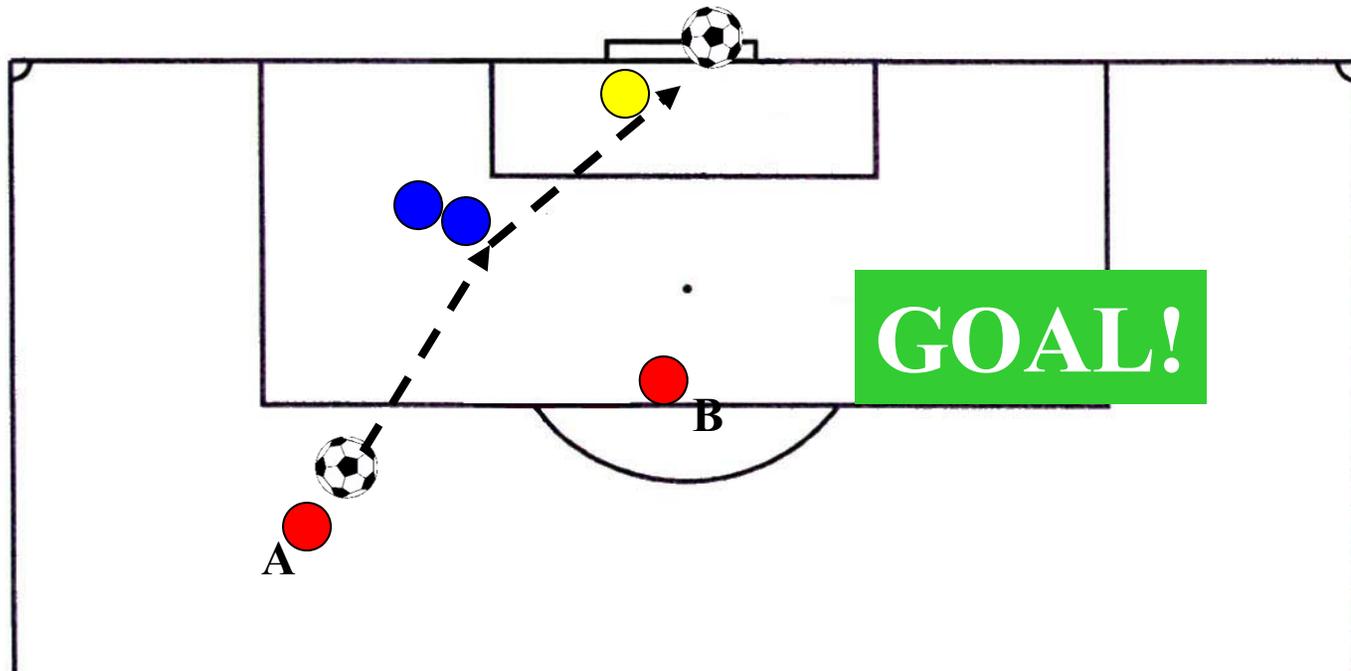
IFK (Indirect Free Kick)

DIRECT FREE KICK



- y One of the 9 major (penal) fouls
- y Can score directly against opponent
- y Outside penalty area of offending team

INDIRECT FREE KICK



- y One of the 8 minor fouls (technical infractions)
- y Cannot score directly against opponent
- y Must touch another player!

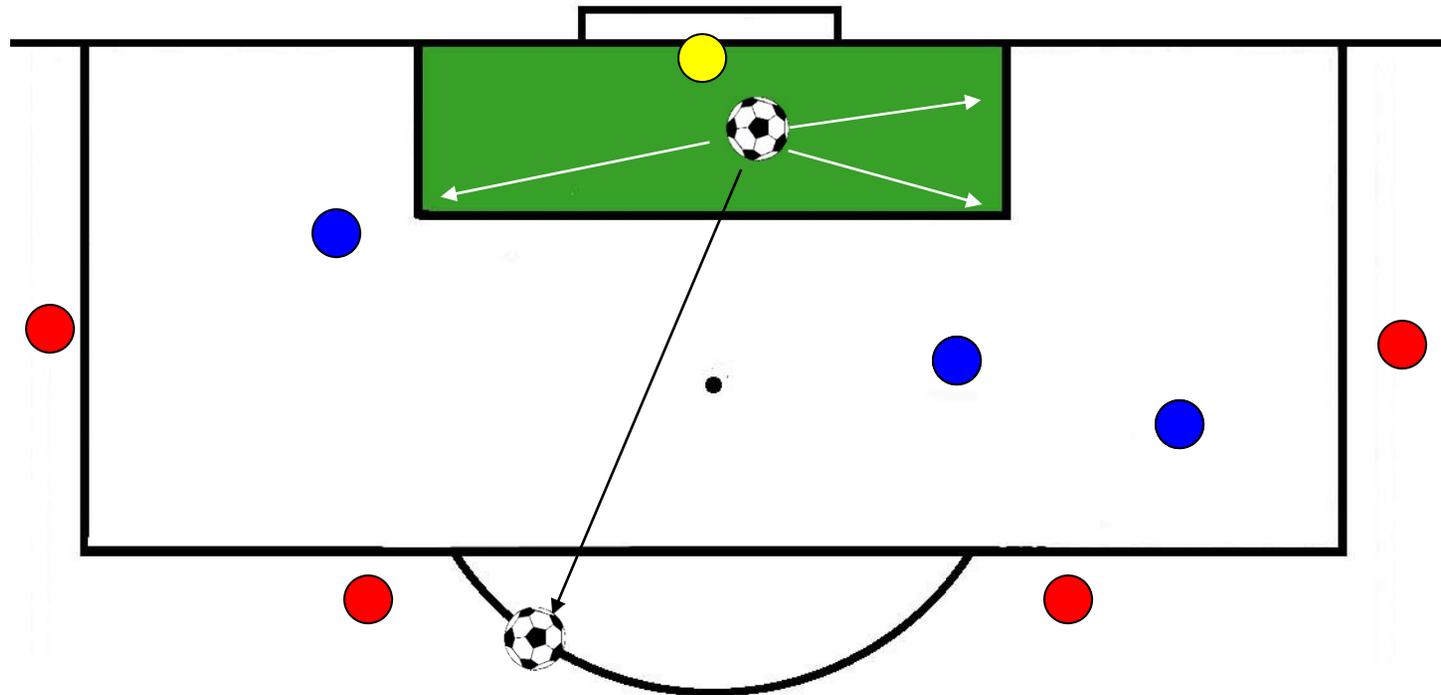
FREE KICK “RULES”

- y Ball must be stationary
 - y Played in any direction
 - y No “double touch”
 - y No encroachment
 - y Restart signal requirements
 - x “Quick” restart
 - x “Ceremonial” restart
 - y Cannot score directly against self
 - y Point of infraction (2 exceptions)
-

GOAL AREA REQUIREMENTS

Exception #1

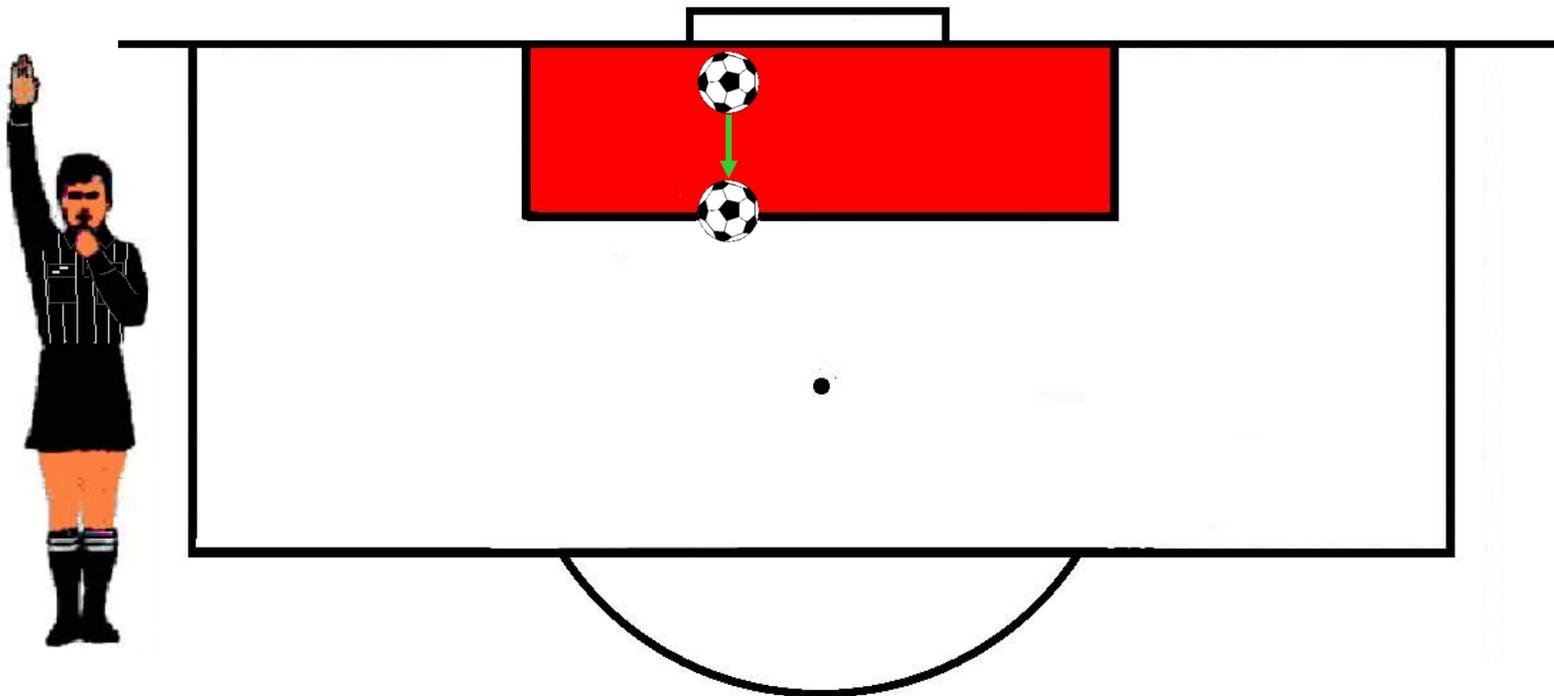
If given to a team **within own goal area,**



- y All opponents must be out of penalty area
- y Ball must clear penalty area prior to 2nd touch

GOAL AREA REQUIREMENTS

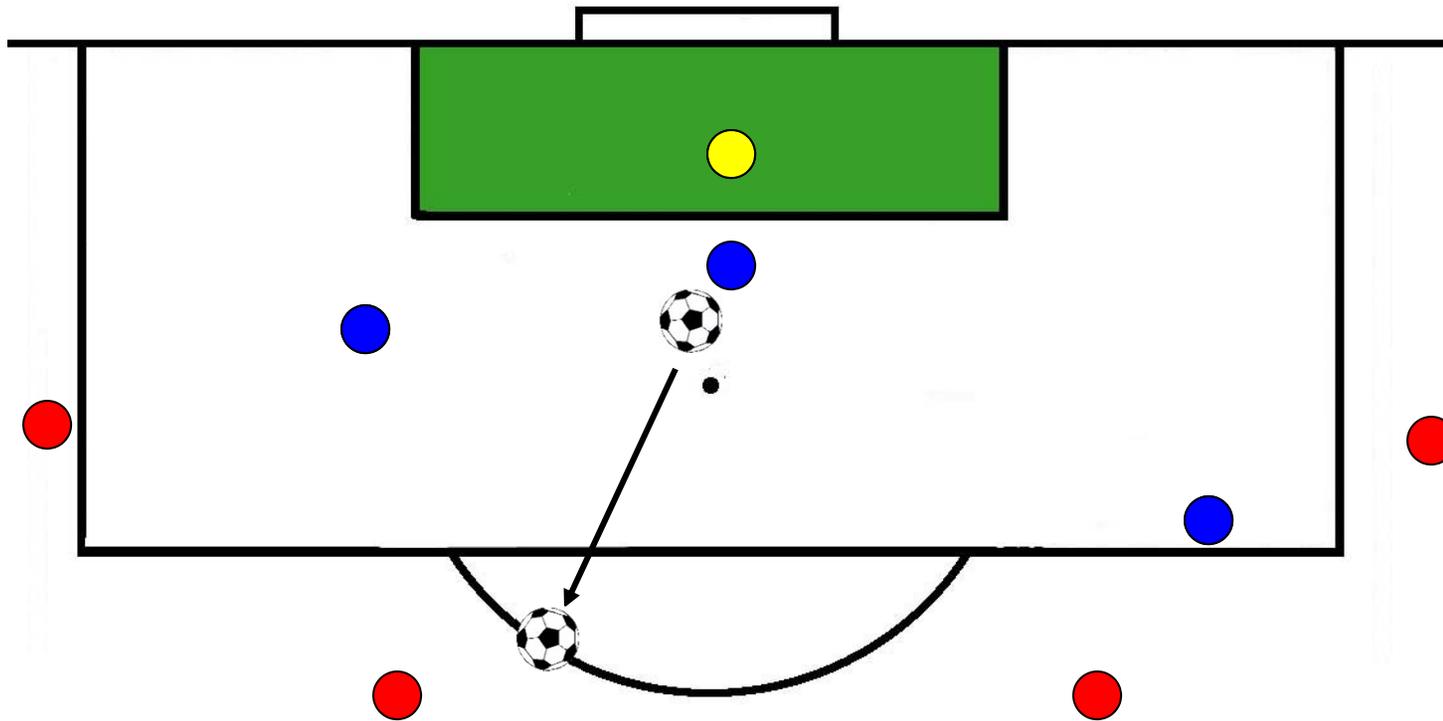
Exception #2



IFK in opponent's goal area is moved out to the nearest point on the goal area line

PENALTY AREA REQUIREMENTS

Also, if given to a team **within their own penalty area**

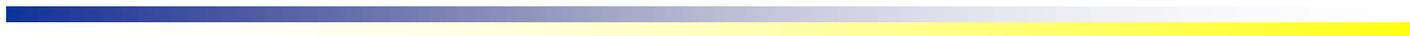


y
y

All opponents **must be out** of penalty area
Ball must **clear** penalty area and go into
the field of play prior to 2nd touch

“QUICK” FREE KICK

- y Kicking team has a right to a quick restart if they wish to use it
 - x Opponents must retire 10 yards
 - x Opponents have no right to form a wall
- y As referee, encourage the “quick” restart



“QUICK” FREE KICK

- y Do not interfere unless:
 - x Kicking team insists on 10 yards
 - x Encroachment is severe
 - x “Quick” restart is not taken

 - y Kicker restarting prior to the opponents retiring is at risk of losing possession

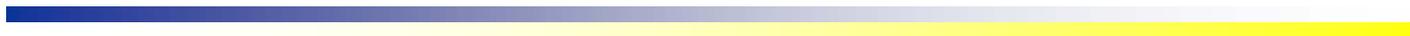
 - y Hand signal if IFK
-

“QUICK” FREE KICK GUIDELINES

- y Opponent retiring and kicker makes mistake and kicks ball to opponent
 - x No offense - kicker at risk
 - y Opponent retiring, but deflects ball when kicked right by him/her
 - x Warn player - retake kick if no goal results
 - y Opponent not retiring and makes an effort to intercept the ball.
 - x If player succeeds, **Caution** player - retake kick
-

“CEREMONIAL” FREE KICK

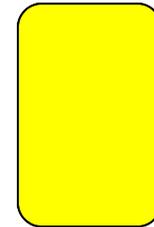
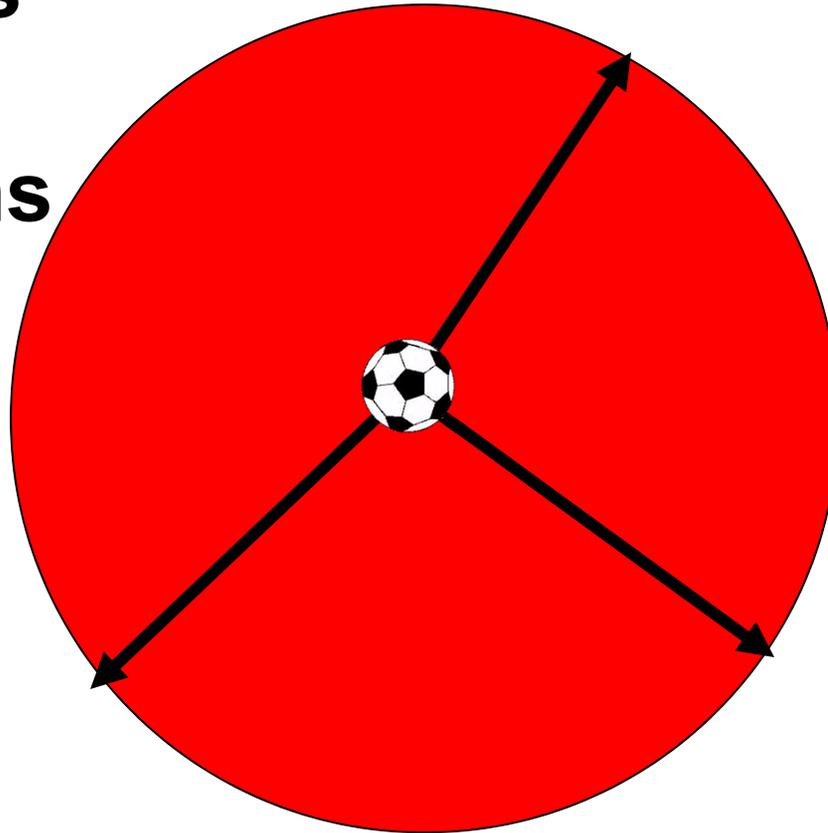
- y Organized “defensive wall”
- y Clearly show kicker to wait for whistle
- y Be “first brick” in the wall - 10 yards
- y Bring opponents to you
- y Move to your next position
- y Signal for restart
 - x When you are ready
 - x As soon as possible





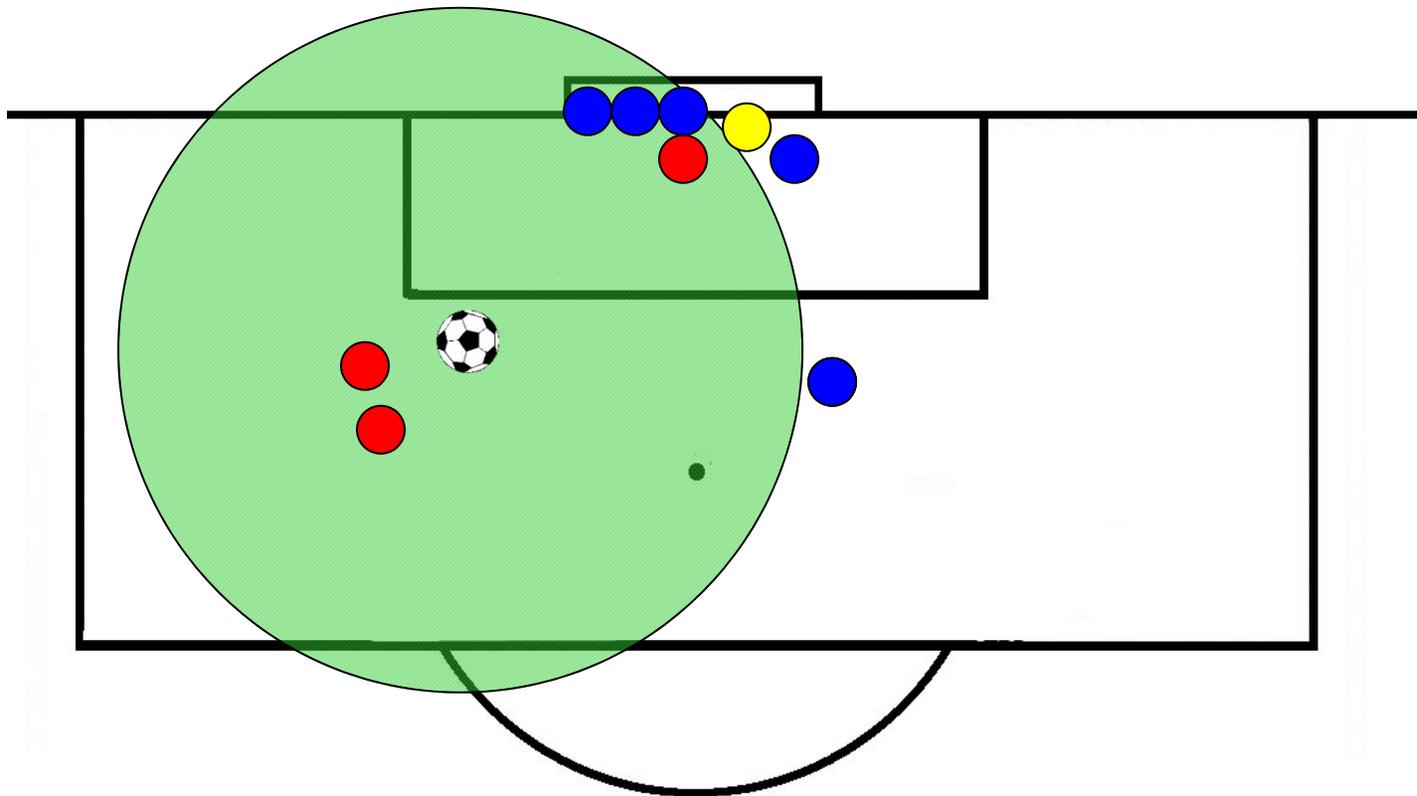
ENCROACHMENT

**10 yards
in **all**
directions**



**Failure
to respect
the required
distance is
a **cautionable**
offense**

ENCROACHMENT



Opponents must retire 10 yards with one exception, if they're between goalposts *and* on the goal line.

RESTART MECHANICS

- y Point direction!
 - x Players want/need to know if they are “attacking” or “defending”
 - y Indicate IFK if appropriate
 - x Players want/need to know if they can score directly from this kick
 - y Ensure position of ball
-

RESTART MECHANICS

- y Position defenders
 - x Do not allow encroachment
 - y Position yourself
 - y Indicate IFK if appropriate
 - y Signal for restart
 - x Use whistle if “ceremonial” kick
-

BALL IN PLAY VS. GOAL SCORED

- y Ball is “in play” when:
 - x Kicked and moves and
 - x Leaves penalty area and goes into the field of play (if appropriate)

 - y Goal can be scored when:
 - x Ball is “in play”
 - x Ball is touched by 2nd player on IFK
 - x Ball is kicked into opponents goal
-

REVIEW

- ƒ Restart method after what type of stoppage?
 - × A foul or infraction
 - ƒ How many types of free kick are there?
 - × Two, what are they and describe their differences
 - × DFK, goal can be scored directly
 - × IFK, ball must touch another player before a goal can be scored
-

REVIEW

- y From where is the free kick taken?
 - x Restart at place of infraction except?
 - x Own goal area; anywhere in goal area
 - x Opponent's goal area; on goal area line nearest infraction
 - y Can the ball be moving when taken?
 - x No, it must be stationary
 - y What direction must it be kicked?
 - x Any direction is acceptable
-

REVIEW

- y Can the kicker touch it a second time?
 - x No, IFK to opponents
 - y How far must opponents move?
 - x 10 yards, unless on goal line...
 - y Can the kick be taken before opponents move 10 yards?
 - x Yes, but there are caveats
 - y Who can ask for 10 yards?
 - x Kicking team may request, but...
 - x they must wait for referee to signal
-

REVIEW

- y What is the signal for an Indirect Free Kick?
 - y How long should it be held?
 - x Until it has touched another player, or
 - x it has gone out of play
 - y If a free kick is taken within a team's own penalty area, when is it in play?
 - x When it leaves the penalty area and goes in to the field of play
-