

Rule 14



The Penalty Kick

WHEN TO AWARD

A penalty kick is awarded when
a **defender**
commits any of the **9 major fouls**
inside their **own penalty area**
against an **opponent**
while ball is **in play**

BEFORE KICK IS TAKEN

1. **Clear penalty area** of all but keeper and kicker (all other players must be behind penalty mark)
 2. **Get ball** into your possession
 3. **Set keeper** on line - between posts
 4. **Identify kicker** to keeper
 5. Give ball to **kicker to place** on penalty mark
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BEFORE KICK IS TAKEN

6. Tell kicker to **wait** for whistle (use gesture)
 7. **Final check** - all out of penalty area, 10 yards from ball and behind mark
 8. **Take position** to observe keeper, kicker, other players and partner
 9. **Check with keeper** to see if ready
 10. **Whistle** for kick
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REQUIREMENTS OF KICKER

- y Kick must be taken from the mark
 - y Ball must be kicked forward
 - y Must not distract keeper
 - y Must not “double touch” the ball
 - y Complete continuous motion
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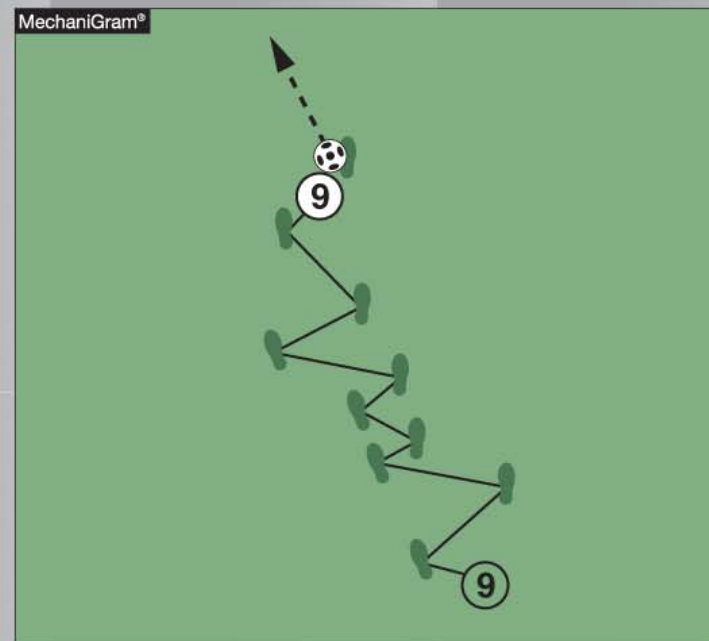


Penalty Kick

POINT OF EMPHASIS



PENALTY KICK



CONTINUOUS FORWARD MOTION

Once the approach to the ball has started, the kicker's movement may not be interrupted. A continuous forward motion throughout the approach is necessary. Failure to kick the ball as specified shall be considered a violation by the attacking team and the appropriate penalties shall apply

REFEREE

REQUIREMENTS OF KEEPER

- y Must be on goal line, between posts, facing field of play
 - y May not move forward from the goal line until kick
(may move laterally or side to side)
 - y Must not distract the kicker
 - y Must not engage in Unsporting Behavior
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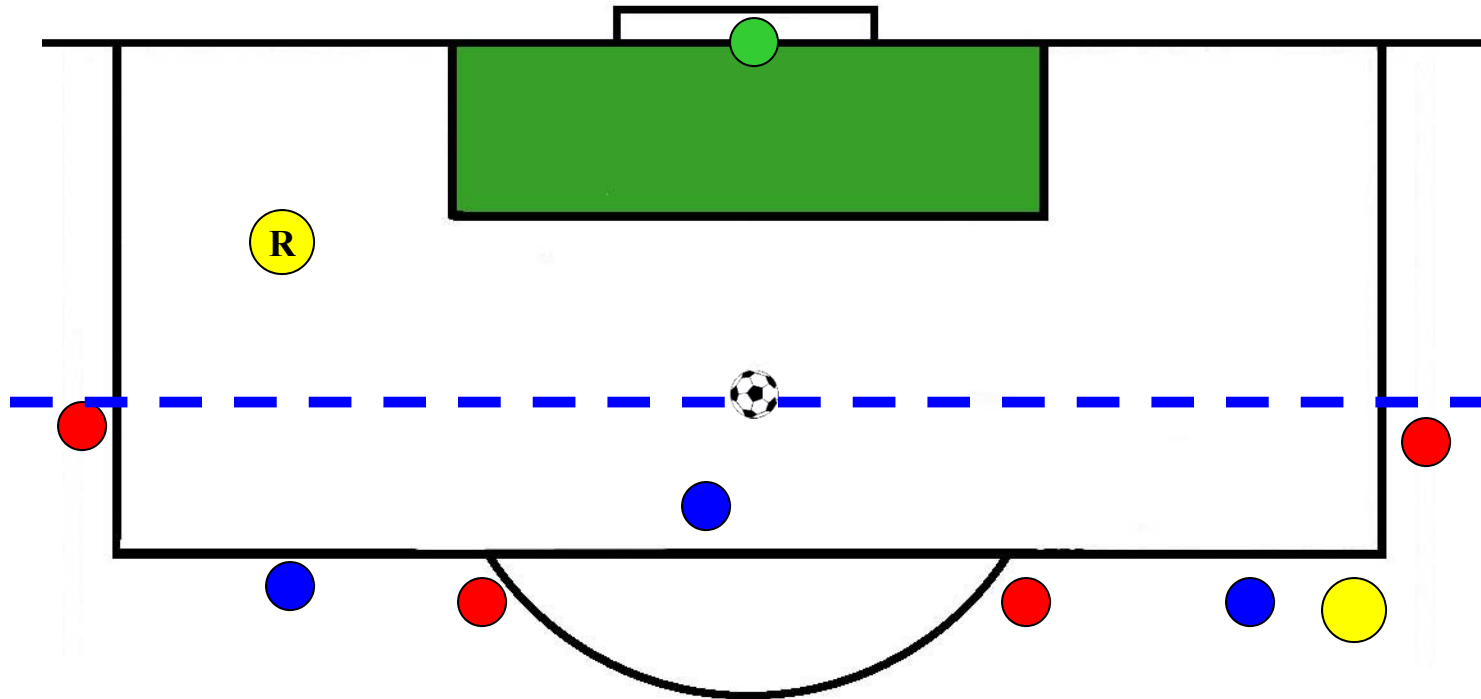
REQUIREMENTS OF ATTACKERS

- y Must be outside of penalty area
 - y Must be outside of penalty arc
 - y Must be laterally behind penalty mark
 - y Must be on the field of play
 - y Must not encroach
 - y Must not distract the goalkeeper
-

REQUIREMENTS OF DEFENDERS

- y Must be outside of penalty area
 - y Must be outside of penalty arc
 - y Must be behind penalty mark
 - y Must be on the field of play
 - y Must not encroach
 - y Must not distract the kicker
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POSITIONING DIAGRAM



Proper setup for a penalty kick.

Rule ANALYSIS

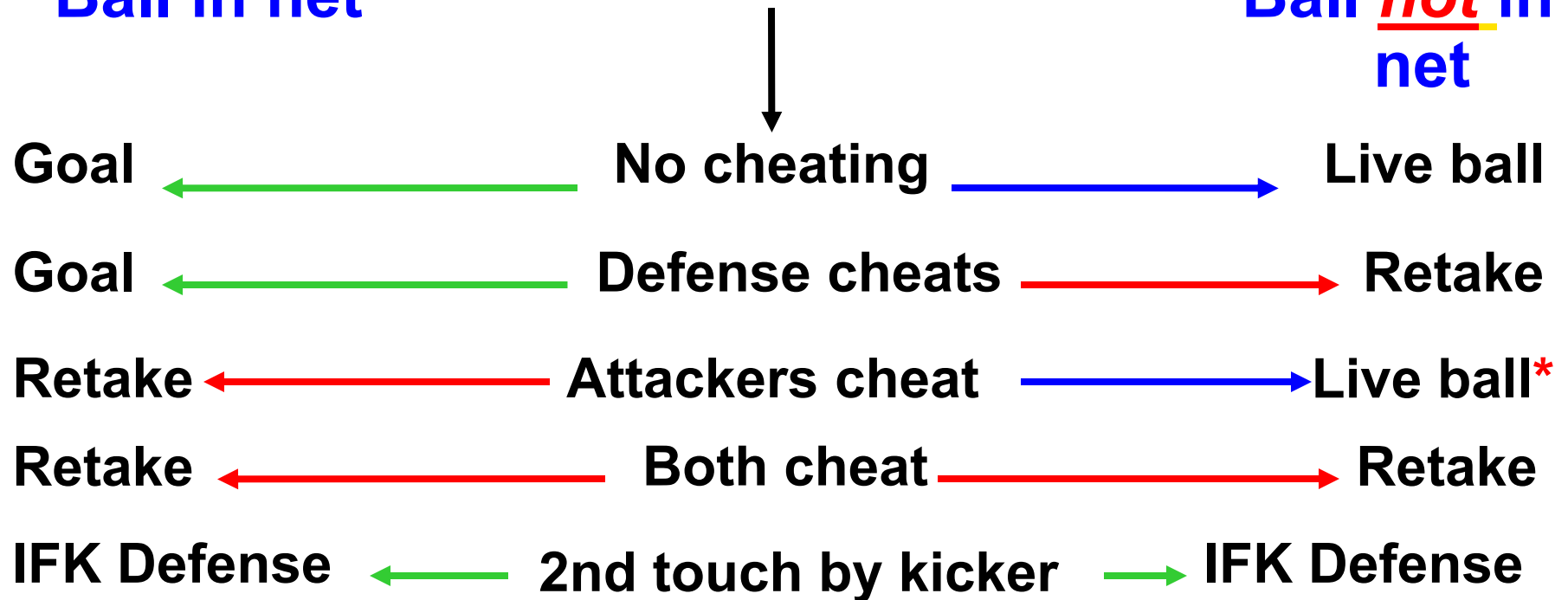
The referee does not signal for a penalty kick to be taken until the players have taken up position in accordance with the Rule.

If the referee gives the signal... and before the ball is in play, an infringement occurs, the referee allows the kick to proceed

**When someone "cheats"
Kick is taken**

Ball in net

Ball not in net



*** If cheating attacker touches ball, IFK to defense**

EXTENDING TIME

Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of periods of extra time.

The referee decides when a penalty kick has been completed

REVIEW

- y Why is a penalty kick awarded?
 - x When a player commits any of the 10 penal fouls within own penalty area
 - y Where must the goalkeeper stand?
 - x On the goal line, between the posts, facing the field
 - y Where must the other players, except the kicker, be before the kick?
 - x On the field, outside the penalty area, 10 yards from ball, behind the mark
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REVIEW

- y If the kicker or teammate of kicker infringe Rule 14 and a goal is scored, what should you do?
 - x Retake the kick, caution if repeated
 - y If the goalkeeper or teammate infringe Rule 14 and a goal is scored?
 - x Award the goal, warn if necessary.
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REVIEW

- y If the kicker or teammate of kicker infringe Rule 14 and a goal is NOT scored, what should you do?
 - x Continue play
 - x If teammate encroaches and touches ball, IFK to defense
 - y If the goalkeeper or teammate infringes Rule 14 and a goal is NOT scored?
 - x Retake kick, caution if repeated.
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REVIEW

- y What if both teams infringe Rule 14?
 - x Retake the kick
 - y When is the ball in play?
 - x When it is kicked and moves forward.
 - y What is the restart if the ball hits the goalpost, rebounds to the kicker and s/he kicks it into the goal?
 - x IFK for defense, “double touch”
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