

Wheaton Park District Soccer
Soccer Quick Guide
Starts and Restarts
and Understanding Offside

KICK OFF (Direct Free Kick (DFK) but not at WPD

Kick is taken at the center mark and must be kicked and move forward to be **IN PLAY**. The defending team may not be closer than the center circle on their side of the field. The kicker may not touch the ball again until another player has touched it. Double touches result in an IFK for the other team. (Younger ages will have a redo for a double touch)

GOAL KICK (DFK)

The ball is kicked out over the goal line by the attacking team and it is not in the goal. The restart is a goal kick from anywhere in the goal area (6 yards). The ball is **IN PLAY** when it passes out of the penalty area (18 yards). We will do redos until the ball crosses the 18.

CORNER KICK (DFK)

The defending team kicks the ball out at the goal line and it is not a goal. The ball is placed in the corner arc nearest to where it went out and players stay 10 yards away. The ball is **IN PLAY** when it is kicked and moves. Be careful of a trick play where they kick and have ball move quickly and others are not aware it is in play. The ball does not have to leave the arc to be in play.

PENALTY KICK (DFK)

One of the 10 fouls has taken place in the Penalty Area. All players, except the kicker and the keeper, must be 10 yards from the ball, outside the penalty area, outside the penalty arc and behind the penalty mark. The ball is **IN PLAY** when it is kicked and moves forward.

THROW-IN (no goal may be scored directly)

The ball is out of play when it has passed completely over the touch line in the air or on the ground. The throw-in is taken by the opposing team. The ball is in play when it crosses the touch line being thrown over the head with two hands with equal force in one motion. The thrower is behind the line or has one or both feet touching the line. The throw-in is taken 1 yard from where it went out and players are to not interfere with the throw by staying 2 yards away from the thrower. If the thrower touches the ball before another player does, the double touch results in an Indirect Free Kick (IFK)

DROP BALL

The referee puts the ball **IN PLAY** by dropping it to the ground. Usually two players are near to kick the ball. If the referee has to stop play for an outside agent (dog) or a bad whistle or for 'any undefined stoppage' the game is started with a drop ball.

DIRECT FREE KICK (DFK)

There are 10 fouls that result in a direct free kick: Kick, Trip, Jump, Strike, Hold, Hand, Spit, Charge, Tackle. This includes attempting to kick, trip, etc. If fouls are just careless a DFK is awarded. If these fouls occur in the Penalty Area a Penalty Kick is the restart. See PK for the mechanics of that restart. (If these fouls are considered reckless or excessive force they may result in a caution or a sendoff or in the park district a 2 minute sit out or a sendoff)

INDIRECT FREE KICKS (IFK)

Could be a double touch of the ball and offside. Also dangerous play, impeding, preventing the keeper from releasing the ball from his hands, a stop for a caution or send off. The Keeper has 6 seconds before releasing the ball after a save, keeper may not touch the ball a second time, ball cannot be kicked back to the keeper directly from a team-mate foot to foot, keeper may not touch the ball from a throw-in by a team-mate.

UNDERSTANDING OFFSIDE (this is not one of the 8 restarts)

You may be in offside position without being penalized. If you participate in active play or block the keeper or do anything in that position that makes you have an advantage by being there, you are then offside.

A player is not in an offside position if: he is on his own half of the field of play, he is level with the second to last opponent, or he is level with the last two opponents. Offside is at the time of the kick so you have to know where the players are before you call offside. Assistant referees stay with the last defender to make the offside call. Players should not be 'beyond the last defender'.

Cherry picking in the younger games means they should not stay by the goal area waiting for the ball.

Offside restart is an IFK. (Referee keeps his arm up until the second touch of the ball).