

RESTARTS: WHEN OFFENSE COMMITTED

Situation	Offense (Committed While Ball In-Play)	Committed By Whom	WHERE	RESTART LOCATION	Restart By Whom	RESTART
<p>When a player commits a Direct Free Kick (DFK) offense against an opponent that is considered to be Careless, Reckless, or involving Excessive Force:</p>	<ul style="list-style-type: none"> Kicks or attempts to kick Strikes or attempts to strike 	A defending player	Within defending player's own Penalty Area	From the Penalty Mark	Any attacking player	PENALTY KICK (Law 14)
	<ul style="list-style-type: none"> Trips or attempts to trip Makes contact with an opponent before making contact with the ball when making a challenge on the ball. 	An attacking player	Within the defending team's Goal Area	From any point within that Goal Area	Any defending player	DIRECT FREE
			Within the defending team's Penalty Area and outside the Goal Area	At the location where the offense was committed		
	<ul style="list-style-type: none"> Pushes Charges Jumps At 	Any Player	Anywhere on the field-of-play outside the Penalty Areas	At the location where the offense was committed	Any opposing player	KICK (DFK) (Law 13)
	<p>When a player commits one of the Direct Free Kick (DFK) offenses on the field-of-play:</p>	<ul style="list-style-type: none"> Holds an opponent Bites or spits at anyone 	A defending player	Within defending player's own Penalty Area	From the Penalty Mark	Any attacking player
<ul style="list-style-type: none"> Slide tackles from the rear and makes contact with an opponent Throws an object at an opponent, the ball or an official 		An attacking player	Within the defending team's Goal Area	From any point within that Goal Area	Any defending player	DIRECT FREE
			Within the defending team's Penalty Area and outside the Goal Area	At the location where the offense was committed		
<ul style="list-style-type: none"> Makes contact with the ball with a held object (including the GoalKeeper) Impedes an opponent with contact Deliberately handles the ball (except the GK in own Penalty Area) 		Any Player	Anywhere on the field-of-play outside the Penalty Areas	At the location where the offense was committed	Any opposing player	KICK (DFK) (Law 13)

<p>When a player commits one of the following offenses on the field-of-play:</p>	<ul style="list-style-type: none"> Plays in a dangerous manner Deliberately heads the ball (only for 8U/Passers, 10U/Wings, and 12U/Strikers players) 	A defending player	Within defending player's own Goal Area	At the nearest point on that Goal Area line	Any attacking player	INDIRECT FREE
	<ul style="list-style-type: none"> Fair charges an opponent when ball is not within playing distance Obstructs an opponent (without contact) when ball is not within playing distance Fair charges the GK when the ball is in GK's possession 	An attacking player	Within the defending team's Goal Area	From any point within that Goal Area	Any defending player	
	<ul style="list-style-type: none"> Fair charges the GK in the Goal Area Slide tackles opponent from the rear with no contact with ball or player Commits any offense for which play is stopped specifically to caution or dismiss that player 		Anywhere else on the field-of-play	At the location where the offense was committed		Any opposing player
<p>When the GoalKeeper in possession of the ball (except U8/Passers):</p>	<ul style="list-style-type: none"> Takes more than 8-sec. to release the ball back into play 	Goal-keeper	Anywhere within that GoalKeeper's own Penalty Area	At the closest Corner Area	Any attacking player	CORNER KICK (Law 17)
	<ul style="list-style-type: none"> Touches the ball with their hand(s) from a deliberate kick by a teammate 			At the place where the offense occurred		INDIRECT FREE
	<ul style="list-style-type: none"> Touches the ball with their hand(s) from a throw-in by a teammate Illegally re-touches the ball with their hand(s) 					KICK (IFK) (Law 13)
	<ul style="list-style-type: none"> When a U8/Passers or U10/Wings GoalKeeper punts or drop-kicks the ball 					