



All About Restarts





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Eight (8) Soccer Restarts

1. **Kick-Off (KO) – Law 8**
2. **Dropped Ball (DB) – Law 8**
3. **Direct Free Kick (DFK) – Law 13**
4. **Indirect Free Kick (IFK) – Law 13**
5. **Penalty Kick (PK) – Law 14**
6. **Throw-In (TI) – Law 15**
7. **Goal Kick (GK) – Law 16**
8. **Corner Kick (CK) – Law 17**



All About Restarts



Restarts based on the ball leaving the field:

KO, TI, GK, CK

Restarts based on the referee stopping play:

DB, IFK, DFK, PK



All About Restarts



7 Common Elements of all Soccer Restarts

1. What's the cause of the restart?
2. Where is the restart taken?
3. Who performs the restart?
4. When is the ball in play?
5. Does 2nd-touch rule apply?
6. Score directly from restart?
7. Restrictions on players?



All About Restarts



Why is important to get the restart right?

- An incorrect restart is a serious breach of the Laws.
- Restart breaches of the Laws are the major reason protested matches are upheld.
- If a referee does not apply the Laws correctly – a protest will likely be upheld.

Therefore – it's important to get these Restarts correct



All About Restarts



Restart Chart

Name of Restart:	Kick-Off – Law 8	Abbreviation:	KO
Cause of Restart:	To start 1st/2nd half, After Goal	2nd Touch?	Yes
Who Performs?	Based on coin toss, Team scored against	Score Directly?	Yes
Where Located?	Center mark on half-line		
When in Play?	Kicked and moves forward		
Restrictions on Players:	Both teams on own side of field, Opponents outside center circle		



All About Restarts



Restart Chart

Name of Restart:	Dropped Ball – Law 8	Abbreviation:	DB
Cause of Restart:	Any stoppage not covered in the Laws Misconduct by Substitute	2nd Touch?	No
Who Performs?	Referee	Score Directly?	No
Where Located?	Where ball was when play was stopped (Goal Area exception)		
When in Play?	When ball touches ground		
Restrictions on Players:	None		



All About Restarts



Restart Chart

Name of Restart:	Direct Free Kick – Law 13	Abbreviation:	DFK
Cause of Restart:	One of 10 Law 12 DFK fouls ONLY	2nd Touch?	Yes
Who Performs?	Team which did not commit foul	Score Directly?	Yes
Where Located?	Where foul is committed (Penalty Area exception)		
When in Play?	Kicked and moves		
Restrictions on Players:	Opponents moving at least 10 yards away (all directions)		



All About Restarts



Restart Chart

Name of Restart:	Indirect Free Kick – Law 13	Abbreviation:	IFK
Cause of Restart:	IFK foul, 2nd touch, Offside, Misconduct on field by player	2nd Touch?	Yes
Who Performs?	Team which didn't commit violation	Score Directly?	No
Where Located?	Where violation occurred (Goal A rea exception)		
When in Play?	Kicked and moves		
Restrictions on Players:	Opponents moving at least 10 yards away (all directions)		



All About Restarts



Restart Chart

Name of Restart:	Penalty Kick – Law 14	Abbreviation:	PK
Cause of Restart:	DFK foul by defender inside own PA	2nd Touch?	Yes
Who Performs?	Team which did not commit foul	Score Directly?	Yes
Where Located?	Penalty Mark		
When in Play?	Kicked and moves forward, after receiving a signal from the referee		
Restrictions on Players:	Outside PA, Behind the Penalty Mark No encroachment prior to kick being taken		



All About Restarts



Restart Chart

Name of Restart:	Throw-In – Law 15	Abbreviation:	TI
Cause of Restart:	Ball leaves field across touch-line	2nd Touch?	Yes
Who Performs?	Team which DIDN'T last touch the ball	Score Directly?	No
Where Located?	On touch-line where ball left the field		
When in Play?	Breaks the outside plane of the touch-line AND leaves hands		
Restrictions on Players:	Opponent cannot restrict, interfere, or impede throw and must be at least two yards from thrower		



All About Restarts



Restart Chart

Name of Restart:	Goal Kick – Law 16	Abbreviation:	GK
Cause of Restart:	Ball leaves field across goal-line last touched by an attacker	2nd Touch?	Yes
Who Performs?	Defending team	Score Directly?	Yes
Where Located?	Ball placed anywhere inside goal area		
When in Play?	Kicked and leaves penalty area into field of play		
Restrictions on Players:	Opponents outside penalty area		



All About Restarts



Restart Chart

Name of Restart:	Corner Kick – Law 17	Abbreviation:	CK
Cause of Restart:	Ball leaves field across goal-line last touched by a defender	2nd Touch?	Yes
Who Performs?	Attacking team	Score Directly?	Yes
Where Located?	In corner arc closest to where ball left the field		
When in Play?	Kicked and moves		
Restrictions on Players:	Opponents no closer than 10 yards from corner arc		



All About Restarts



Remember:

All restart restrictions on players remain in force until the ball is in play!



All About Restarts



Check the correct restart for each of the following Brain Teaser Questions # 11 - # 16

Penalty Kick

Direct Free Kick

Drop Ball

Indirect Free Kick

Kick-Off

Goal Kick

Throw-In

Corner Kick



All About Restarts



Brain Teaser #11

A substitute ran out onto the field and pushed an opposing player Red #34 off the ball in the penalty area. Red #34 had a one-on-one run on the GK. The referee stopped the game. Restart should be:

Brain Teaser #12

While the Blue team has the ball in the penalty area making an attack on goal, a Red team substitute, sitting on the bench, throws his shoe and hits the referee. The referee immediately blows his whistle and stops the game. Restart with:



All About Restarts



Brain Teaser #13

A ball deflects off a Red #72 attacker into the Blue GK's hands. The GK collects the ball and prepares to make a punt. Red #72, who has turned and started to move back toward midfield is accidentally hit in the head by the punt. Red #72 collapses on the ground in the penalty area. Restart with:

Brain Teaser #14

At a dropped ball, after the ball has touched the ground but before being touched by any player, a defender inside his own penalty area spits at an opponent inside the penalty arc. Restart with:



All About Restarts



Brain Teaser #15

A Green defender knees the ball to her own GK, who then takes possession of the ball while in her goal area to prevent opponents from challenging for the ball. The referee whistles and stops the game. Restart with:

Brain Teaser #16

A Red and a Blue player are challenging each other for the ball and their momentum takes them off the field, but the ball remains in play. While off the field the Red player carelessly kicks his opponent.



View each of the videos below and then answer Brain Teaser Questions #17 - #20



Brain Teaser #17

What is the correct restart?

Brain Teaser #18

Offside Not Offside

Brain Teaser #19

Offside Not Offside

Brain Teaser #20

Offside Not Offside