

# 12 Direct Free Kick Offenses

<b>KICKS</b> an opponent	Or attempts to do so	Carelessly, Recklessly, or with Excessive Force
<b>STRIKES</b> an opponent		
<b>TRIPS</b> an opponent		
<b>JUMPS AT</b> an opponent		
<b>CHARGES</b> an opponent		
<b>PUSHES</b> an opponent		
<b>TACKLES or CHALLENGES</b> an opponent		
<b>IMPEDES</b> an opponent <b>with contact</b>		
<b>HOLDS</b> an opponent		
<b>BITES or SPITS AT</b> <del>an opponent</del> someone		
<b>HANDLES the BALL</b> deliberately	Does <b>NOT</b> apply to GK in his/her own Penalty Area	Must be <b>Deliberate</b>
<b>THROWS</b> an object <b>at the ball/Opponent/Referee</b> <b>or HITS the ball</b> with a held object	Apply to GK in his/her own Penalty Area	

The resulting restart for all above is a Penalty Kick if they occur in the defensive penalty area.