

LAW 8 – The Start & Restart



PRELIMINARIES

- Prior to the game, choice of ends shall be determined by a coin toss.
 - The team winning the toss will choose:
 - 1) to take the kick-off in the first quarter (or half), or
 - 2) which goal it will attack during the first quarter (or half).
 - The other team will make the remaining choice to start the match.
 - Neither team may choose to take the kick-off to begin the second quarter (or half).
- Teams will switch ends of the field at the start of each quarter (or half).
- The kick-off to start each quarter (or half) will be taken by the team that did not kick off to start the previous quarter (or half).

KICK-OFF

- A kick-off is the way:
 - to start each quarter (or half) of the game, or
 - to restart play after a goal is scored.



- Upon the referee's whistle, the game is started or restarted by a player taking a kick from the center mark.
- Until the ball is kicked,
 - the players of each team (except for the kicker) must be in their team's half of the field, and
 - the players of the opposing team must also be outside the center circle.
 - The player taking the kick-off may be completely in the opposing team's half of the field at the taking of the kick.

PLAY STARTS

- On a kick-off, the ball is in-play when it is kicked and clearly moves in any direction.
- The kicker may not touch the ball a second time until it has been touched by another player from either team.
- If the ball is touched or played twice in succession, an indirect free kick (IFK) is awarded to the opposing team at the place where it was touched the second time.

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GOAL FROM KICK-OFF

- A goal may be scored directly (first touch) against the opposing team from a kick-off.
- A team may not score a goal against itself directly from a kick-off.
- If the ball is kicked directly into the kicker's own goal, a corner kick is awarded to the opposing team.

AFTER GOAL

- After a goal has been scored, the game is restarted with a kick-off by the team scored against.

DROPPED BALL RESTART

- A dropped ball is the way to restart play where it is necessary for the Referee to temporarily stop a game, while the ball was in-play, for when:
 - a player is injured,
 - an “outside agent” interferes with play,
 - the ball that touches a Referee or Assistant Referee on the field-of-play interferes with play,
 - the whistle is accidentally blown by the Referee, or
 - on any other occasion not mentioned elsewhere in these Laws.
- Only one player may take part in the dropped ball restart.
- All other players (both teams) must be at least 4-yards away.
- The ball shall always be dropped to the defending team's goalkeeper in their Penalty Area if, when play was stopped:
 - the ball was in the Penalty Area or
 - the last touch of the ball was in the Penalty Area.
- Opposing players are not required to leave the Penalty Area when a dropped ball occurs.
- If the stoppage occurs when the ball is within the goal area, it shall be dropped to the goalkeeper on that part of the goal area line nearest to where the ball was when play was stopped.
- If play is stopped outside the Penalty Area, the Referee shall:
 - drop the ball to a player of the team that last touched the ball and
 - the ball is to be dropped at the location where it last touched either:
 - 1) a player,
 - 2) an “outside agent”, or
 - 3) a Referee or Assistant Referee.

DROPPED BALL IN PLAY

- A dropped ball shall be in-play when it touches the ground.
- If a player touches the ball before it contacts the ground, the Referee shall drop the ball again.
- If a dropped ball leaves the field-of-play before being touched by any player, the Referee shall redo the dropped ball.
- The player receiving the dropped ball may play it as many times in succession as they so choose.

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GOAL FROM DROPPED BALL

- In order for a goal to be scored the ball must be touched by at least two different players, i.e. from either team.
- If the ball goes into the goal after it has been dropped and only one player has touched the ball, a goal cannot be awarded and play is to be restarted with either a goal kick or corner kick.

OTHER RESTARTS

- Direct free kick (DFK), indirect free kick (IFK) and penalty kick (PK) restarts shall be awarded:
 - 1) for fouls and misconduct offenses covered in **Law 12**,
 - 2) only when the Referee stops play for these offenses committed while the ball is in-play, and
 - 3) in accordance with the procedures defined in **Laws 13 & 14**.
- Whenever the ball leaves the field, play will be restarted with either a throw-in, goal kick or corner kick as per **Laws 15, 16 & 17**.
- Any offense that occurs when the ball is out-of-play does not change how play is restarted.

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SMALL-SIDED 7V7 BUILD-OUT AREA RESTARTS

- All Passers (U-8) and Wings (U-10) games shall be played using the following Build-Out Area rules:
 - The players of the opposing team must move outside the Build-Out Area:
 - 1) on all goal kicks, and
 - 2) on any defensive free kick (DFK or IFK) taken from within the Build-Out Area, and
 - 3) whenever the goalkeeper, during play, gains possession of the ball with their hands within their penalty area.
 - The opposing team's players must also move at least 8-yards from the ball on any free kick taken from within the Build-Out Area.
 - The players of the opposing team must remain outside the Build-Out Area (and at least 8-yards from the ball) until the ball is put back into play.
 - The ball is back in-play:
 - 1) on goal kicks when the ball is kicked and clearly moves in any direction, or
 - 2) on free kicks (DFK or IFK) when the ball is kicked and clearly moves in any direction, or
 - 3) on goalkeeper possession when the goalkeeper releases the ball by either:
 - a) throwing it into play, or
 - b) rolling it into play, or
 - c) placing the ball on the ground **and** kicking it.
 - Goalkeepers are not allowed to punt or drop-kick the ball and if they do so:
 - 1) an indirect free kick (IFK) is awarded to the opposing team, and
 - 2) the IFK will be taken at the spot of the punt/drop-kick (or pull out to the goal area line)..
 - Goalkeepers have six (6) seconds to put the ball back into play:
 - 1) once the ball is in their possession, **and**
 - 2) the counting of time should only begin when all opponents have moved outside the Build-Out Area.
 - Once the ball is put back into play, the opposing players may then move into the Build-Out Area and play resumes as normal.
 - Opposing players who enter the Build-Out Area before the ball is put back into play are guilty of encroachment.
 - When the Referee stops play for encroachment, play is restarted by the kicking team with an indirect free kick (IFK) at the spot of the encroachment.