



USSOC

Law 8 - Start & Restart of Play



**U.S. Soccer Federation Referee Program
Entry Level Referee Course
Competitive Youth Training
Small Sided and Recreational Youth Training**



Coin Toss

The game starts with a kick-off and that's decided by the coin toss.

The coin toss usually takes place with the designated team captains.

The visiting captain usually gets to select heads or tails before the coin is tossed by the referee.





Coin Toss

The winner of the coin toss selects which goal they will attack in the first half (or period). The other team must then take the kick-off to start the game.

In the second half (or period) of the game, the teams change ends and attack the opposite goals.

The team that won the coin toss takes the kick-off to start the second half (or period).





Kick-off

The kick-off is used to start the game and to start any other period of play as dictated by the local rules of competition.

- **First half**
- **Second half**
- **Any add'l periods of play**

A kick-off is also used to restart the game after a goal has been scored.



Kick-off Mechanics

- The referee crew enters the field together prior to the opening kick-off.
- They move to the center mark, the referee carries the ball.
- Following final instructions and a handshake, the ARs go to their respective goals lines, do a final check of the goals/nets and then move to their positions on the touch lines.





Kick-off Mechanics

- Before kick-off, the referee looks over the field & players and makes eye contact with both ARs.
- The ARs, in line with second to last defenders, unfurl their flag and hold it straight down to show the referee – we are all set and ready.

All set and ready by the ARs means:

- The number of players is correct,
- The goalkeepers are clearly identified and ready,
- The bench areas are ready, and
- There are no outside agents on the field.

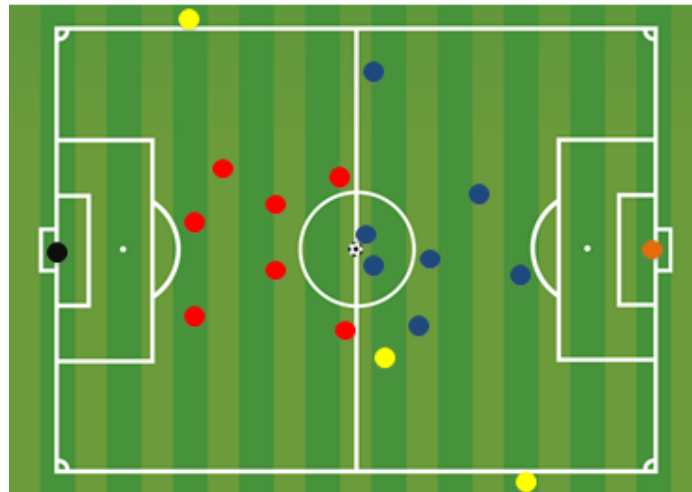


USSOC

Kick-off Requirements



There are a number of requirements that the referee must ensure are met at the taking of a kick-off.



All players on both teams must be in their own defensive half of the field of play.

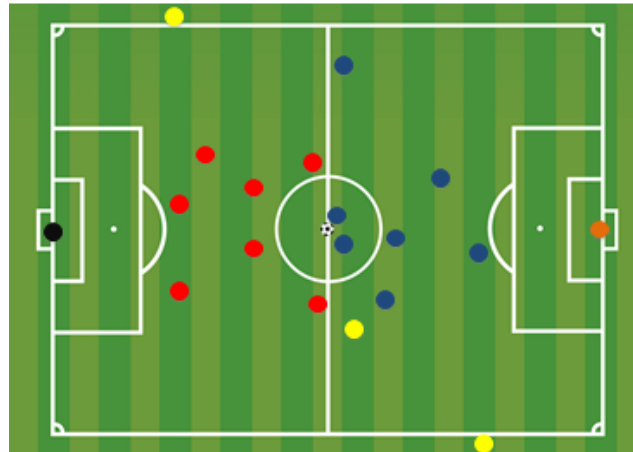


USSOC

Kick-off Requirements



Opponents of the team taking the kick-off must remain at least 10 yards from the ball and outside of the center circle until it is kicked into play.



This distance may be modified for small-sided games.

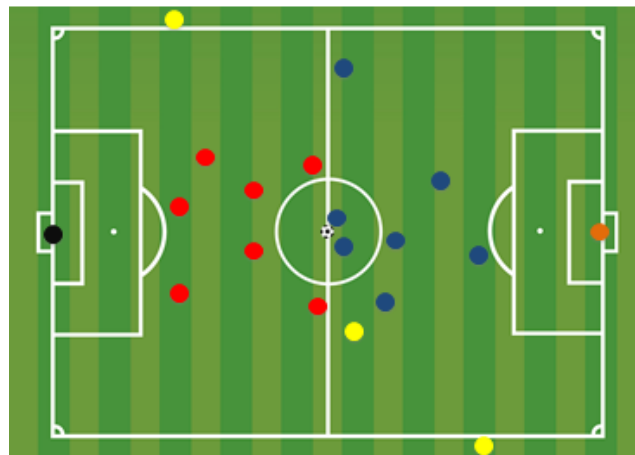


USSOC

Kick-off Requirements



The U.S. Soccer Player Development Initiative recommends that small-sided youth games use a modified center circle of 8 yards, depending on the age of the game.





USSOC

Kick-off Requirements



- The ball must be stationary on the center mark
- The referee gives a signal with a whistle
- The ball is in play when it is kicked and **clearly** moves.
- The ball may be kicked in any direction, this includes backwards.



USSOC

Kick-off Requirements



Please be aware, that a goal CAN be scored directly against an opponent from the kick-off.

The referee starts time when the ball is kicked into play.



USSOC

Kick-off Requirements



- The kicker may not touch the ball again until it has touched another player.
- If the kicker does touch the ball again before it has touched another player, an IFK is awarded to the opposing team from where the infringement occurred (at location of 2nd touch).
- Any other infringement of the kick-off procedure, like any player being on the others team's half of the field, the kick-off is retaken.

Dropped Ball

A dropped ball is a method of restarting play when, while the ball is still in play, the referee stops play temporarily for any reason not mentioned elsewhere in the Laws of the Game.



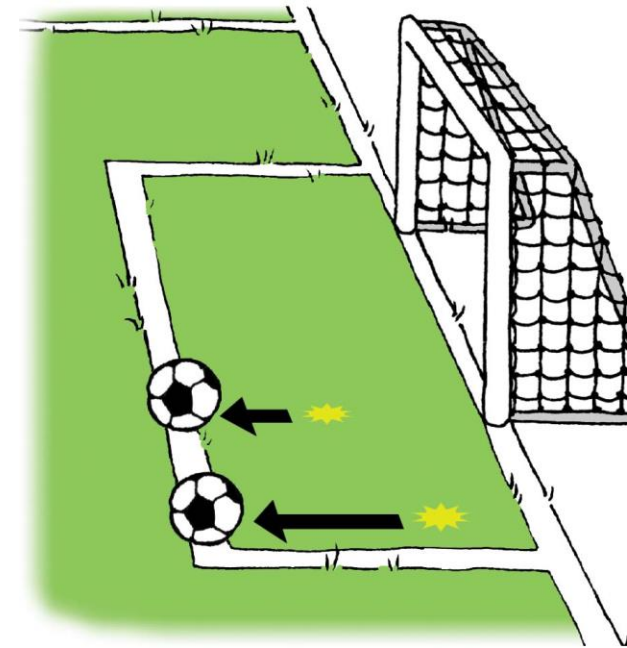
Some common examples include:

- **when the referee stops play due to an injury,**
- **interference from an outside agent,**
- **weather issues or**
- **a referee accidentally blowing the whistle**



Dropped Ball

The referee drops the ball at the position where it was when play was stopped, unless play was stopped inside the goal area, in which case the ball is dropped on the goal area line parallel to the goal line at the point nearest to where the ball was when play was stopped.





Dropped Ball

The ball is in play once it touches the ground.



Also note that the goalkeeper may use their hands to play the ball once it touches the ground, provided they are within their own penalty area at the time.



USSOC



Dropped Ball

The Laws of the Game do not specifically require any particular number of players at the taking of a dropped ball, but there is typically one player from each team that participates.





Dropped Ball

The referee may not decide who may or may not contest a dropped ball.



Any player may challenge for the ball, including the goalkeeper and there is no minimum or maximum number of players required to contest a dropped ball.



Dropped Ball

When referees use a dropped ball to restart play, they should use the following procedure:

- **Let both teams know that play is going to be restarted with a dropped ball.**
- **Allow for players to get into position. A player from each team usually participates but it is not required.**
- **Hold the ball at waist height of players and then just let it freely drop to the ground.**

Dropped Ball

- ❖ Since the ball is put back into play by the referee, it is in play once it makes contact with the ground.
- ❖ The ball must be dropped again if :
 - it is touched by a player before it makes contact with the ground or
 - if the ball leaves the field of play after it makes contact with the ground, without any player touching it.





Infringements

Note that if a dropped ball enters the goal without touching at least two players play is restarted with:

- a goal kick, if the ball is touched into the opponents' goal
- a corner kick, if the ball is touched into a player's own goal.





USSOC

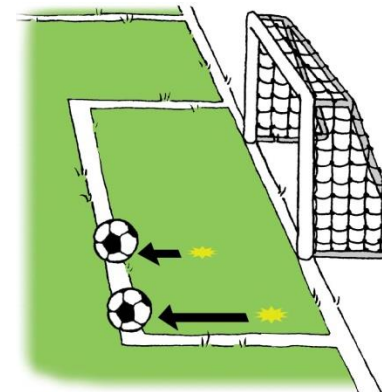
Concussion Initiative



As part of the U.S. Soccer Concussion Initiative, it is recommended that players 10 years old and younger not head the ball.

If a player 10 years old or younger deliberately heads the ball during a match, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the heading.

If the heading occurs within the goal area, the indirect free kick (IFK) should be taken on the goal area line parallel to the goal line at the point nearest to where the heading occurred.





Review Question

41. How should the referee restart the game if play is stopped for an injured goalkeeper who is in possession of the ball in his own goal area?

- A. Corner kick
- B. Goal kick
- C. Indirect free kick
- D. Dropped ball



Review Question

42. How should the referee restart the game if a player kicks the ball directly into the opponent's goal from a dropped ball?

- A. Corner kick
- B. Goal kick
- C. Repeat the dropped ball
- D. Kick-off



Review Question

43. When is the ball in play at the taking of a kick-off?

- A. When it is kicked forward
- B. When it leaves the center circle
- C. When it is kicked and touched by a second player
- D. When it is kicked and moves



Review Question

44. When is the ball in play from a dropped ball?

- A. When the ball touches the ground
- B. When the referee releases the ball
- C. When a player first touches the ball
- D. When the ball stops bouncing



Review Question

45. The winner of the coin toss gets to choose which of the following?

- A. The choice of which goal to attack in the first half
- B. The choice between kicking off in the first half or the second half
- C. Choice of either A or B



USSOC



Review Question

46. During the kick-off, players on the attacking team may straddle the halfway line until the ball is kicked into play.

- A. True
- B. False



Review Question

47. What restart should the referee use when no other restart applies to the situation?

- A. Indirect free kick
- B. Dropped ball