



Law 13 (8 & 9)



U.S. Soccer Federation Referee Program
Grade 9 Referee Course
Small Sided and Recreational Youth Training



Types

When player commits a direct free kick (DFK) offense outside their own Penalty Area or when a player commits an indirect free kick (IFK) offense anywhere on the field, the referee stops play and restarts with a free kick.

If a direct free kick (DFK) offense is committed by a player within their own Penalty Area, the result is a penalty kick (PK) for the opposing team.



Types

There are two types of free kick restarts:

- **Direct Free Kick (DFK)**
Goal can be scored directly (first touch)
- **Indirect Free Kick (IFK)**
Ball must be touched by another player other than the kicker before entering the goal

Types

Indirect Free Kick (IFK)

Referee uses a raised arm to signal



Types



- **Referees should be sure to take note of the local rules of competition.**
- **Some small-sided and recreational youth games may require that all free kicks be indirect.**

Ball Position

The free kick is usually taken from the location of where the offense occurred.



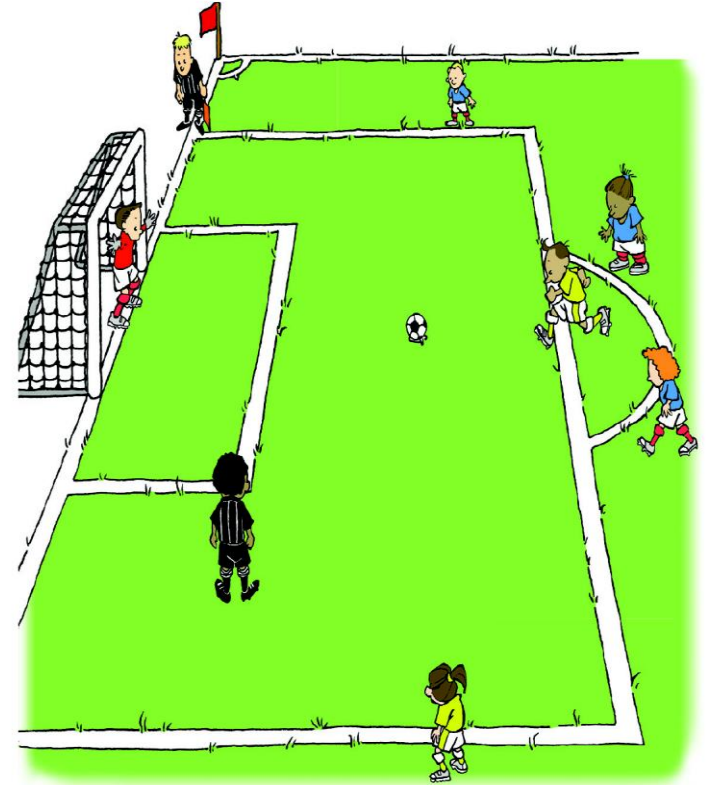
The ball is in play once it is kicked and clearly moves.



Ball Position Exception

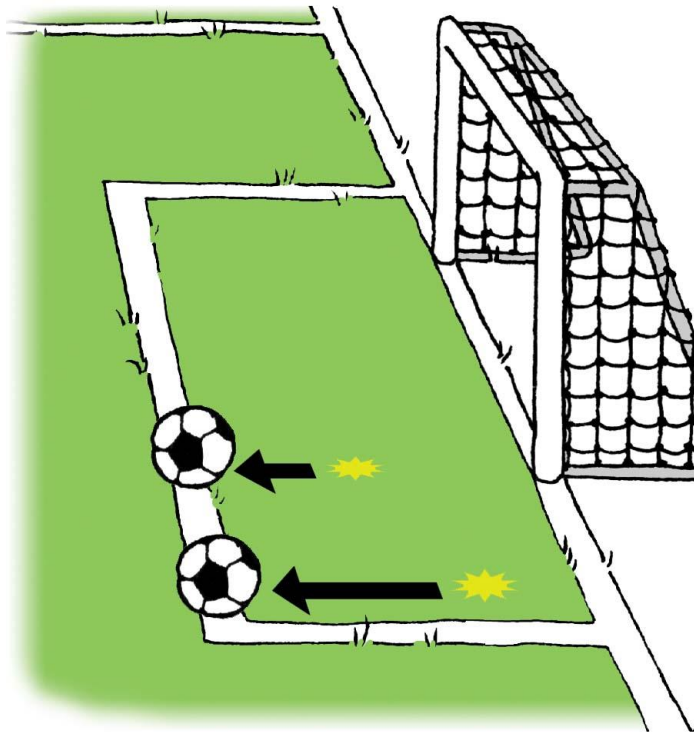
When a defending player commits any one of the twelve DFK offenses against an opponent anywhere within their own Penalty Area, play is restarted with a penalty kick (PK). See Law 14.

The penalty kick (PK) is taken from the penalty mark – not where the offense occurred.



Ball Position Exception

When an indirect free kick (IFK) has been awarded to the attacking team inside their opponent's goal area.



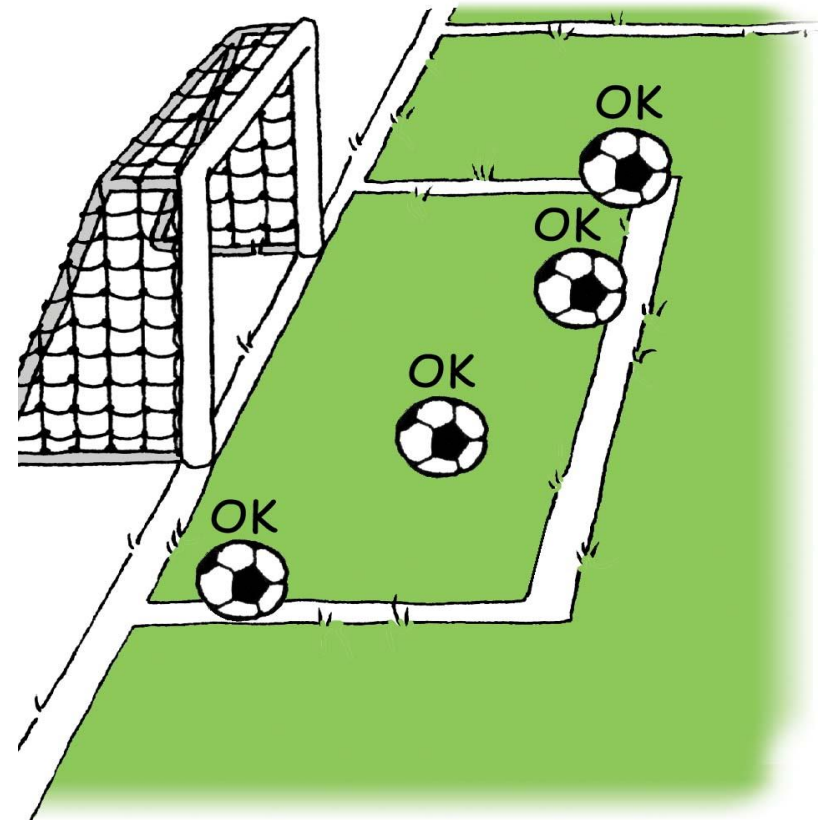
Here, the ball is moved and placed on the goal area line closest to where the infraction occurred.



Ball Position Exception

When a DFK or an IFK has been awarded to the defending team inside their goal area.

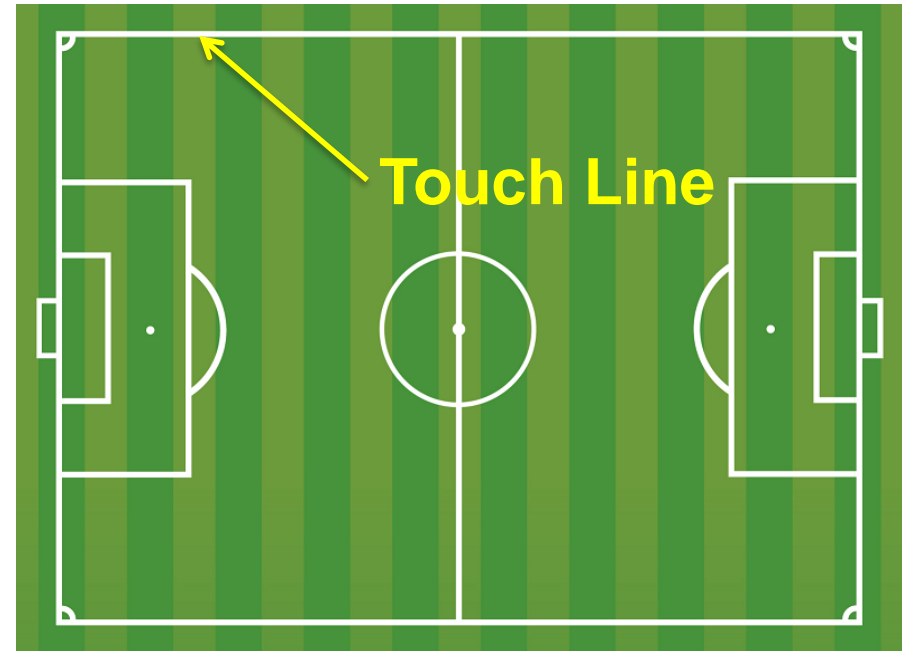
The free kick can be taken from anywhere within the Goal Area.





Ball Position Exception

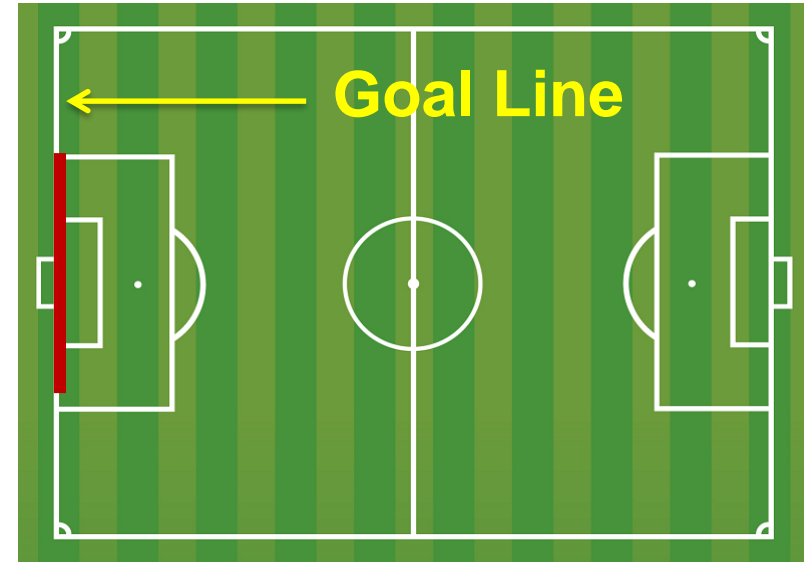
When a player running along the touch line leaves the field as part of play and commits an offense against another player.



Play is restarted with a free kick on the touch line nearest to where the offense occurred.

Ball Position Exception

When a player running along the goal line leaves the field as part of play and commits an offense against another player.



Play is restarted with:

- **a free kick on the goal line nearest to where the offense occurred ... or**
- **a penalty kick, if a DFK offense is committed within the width of the offender's own Penalty Area.**



Procedure

The ball must be stationary prior to being put into play

The free kick taker cannot touch the ball again until it has touched another player.



If the free kick taker plays the ball a second consecutive time, an indirect free kick (IFK) is awarded to the opposing team.



Player Position

For all 13-U and older games all opponents should be at least 10-yards from the ball until it is put into play.

Referees should be aware that opposing teams may choose to form a wall of players typically positioned between the ball and goal.



Exceptions



There are a few situations where the opposing team may be required to be more or less than the required 10-yds. from the ball at the taking of a free kick.



Exceptions

The first situation is when a defensive team takes a free kick from inside their own penalty area.



Since the opposing players must be outside of the penalty area, the minimum distance sometimes might be greater than the 10-yds.

Opponents must remain outside the penalty area until the ball is back in play.



Exceptions

A second situation is when an indirect free kick (IFK) has been awarded to the attacking team inside the goal area.



The kick must be taken on the goal area line parallel to the goal line (6-yds. away) at point nearest to where infringement occurred.

Note that, when the defenders make a wall on the goal line and in between the goalposts, they might be as few as 6-yards away.



Player Position

For 12-U and younger games (9v9 and 7v7) the minimum required distance is 8-yds.

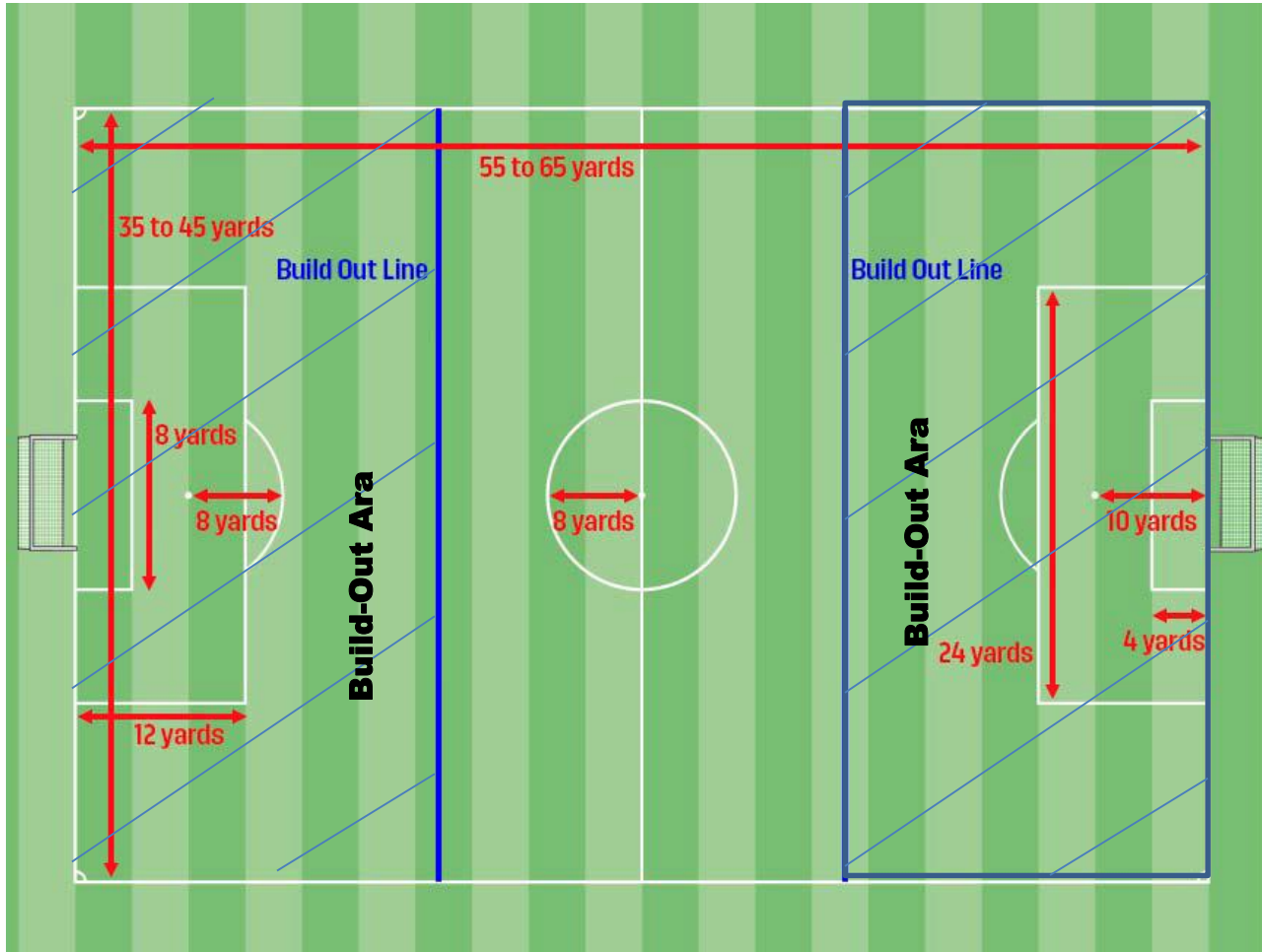
Other small-sided and recreational youth games may have distance requirements less than the 8-yds.

Officials must know the local rules of competition to ensure that the proper guidelines are followed.



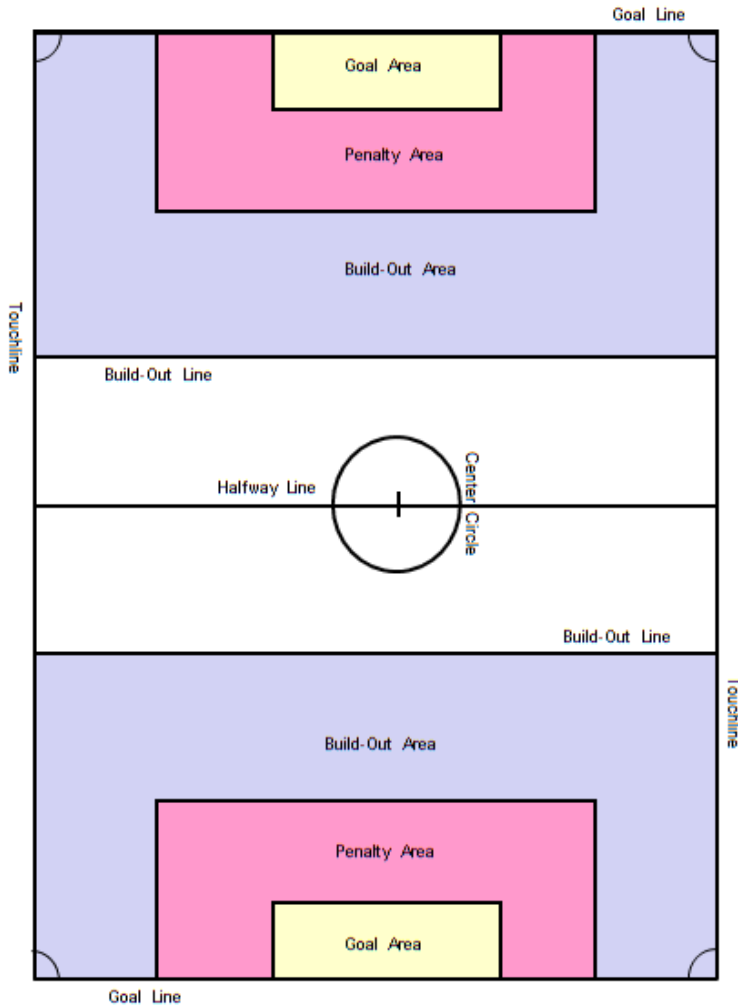
U.S. Soccer Player Development Initiative

7v7 Build Out Line:





U.S. Soccer Player Development Initiative



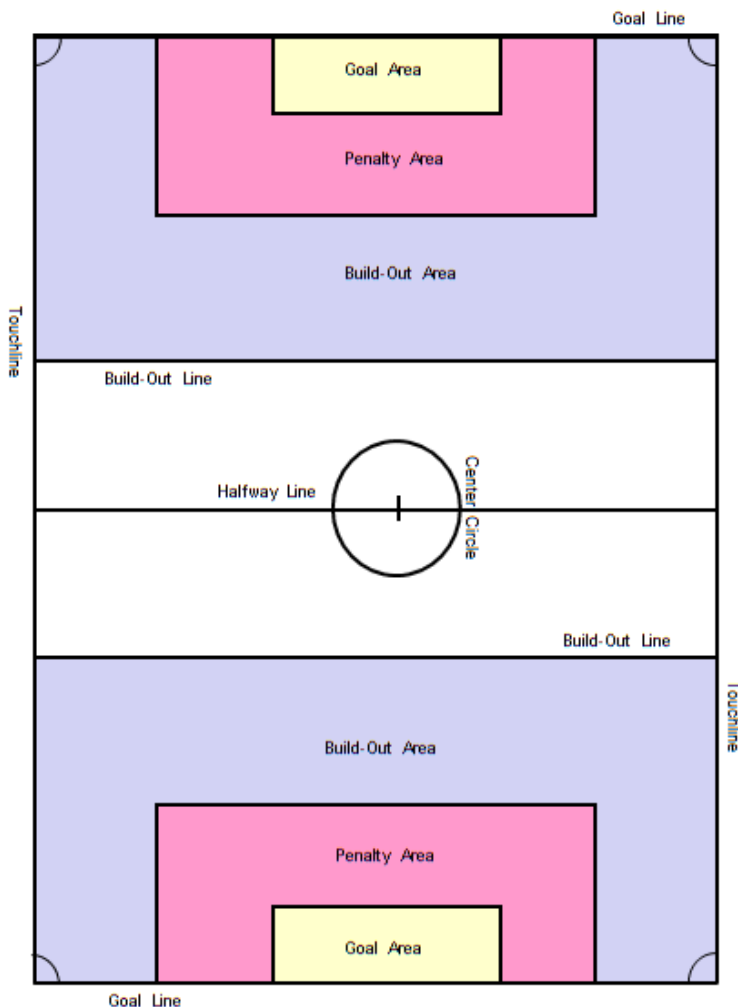
The USSoccer Player Development Initiative recommends that 9-U AND 10-U (7v7) youth games use modified field markings that include a “Build-out Line”.

*The “Build-Out Line” promotes playing the ball out of the back, i.e. the area between the Build-Out Line and the Goal Line (**Build-Out Area**), in a less pressured setting.*



U.S. Soccer Player Development Initiative

USSOCCER.COM



7v7 Build-Out Area

The opposing team must move outside the Build-Out Area:

- 1) On all goal kicks
- 2) Whenever the goalkeeper gains possession of the ball with their hands during play, until the ball is put back in play.

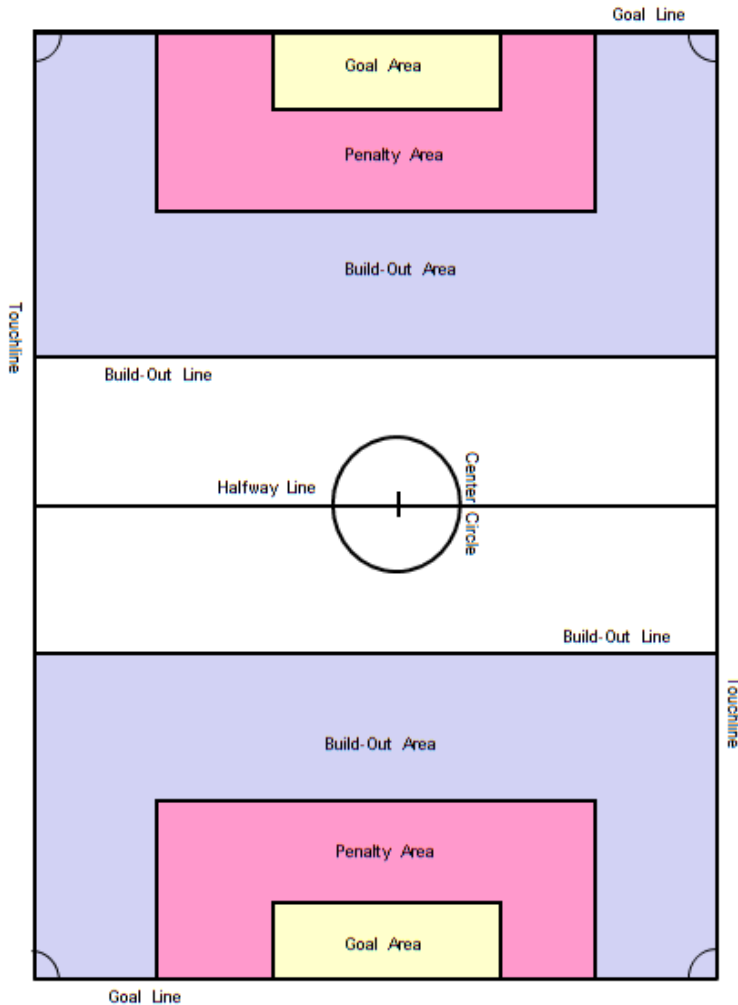


U.S. Soccer Player Development Initiative

7v7 Build-Out Area

Ball is back in play:

- **On goal kicks when the ball leaves the penalty area.**
- **On goalkeeper possession when:**
 - 1) **the ball is placed on the ground ... or**
 - 2) **the goalkeeper releases the ball by either throwing or rolling it into play.**

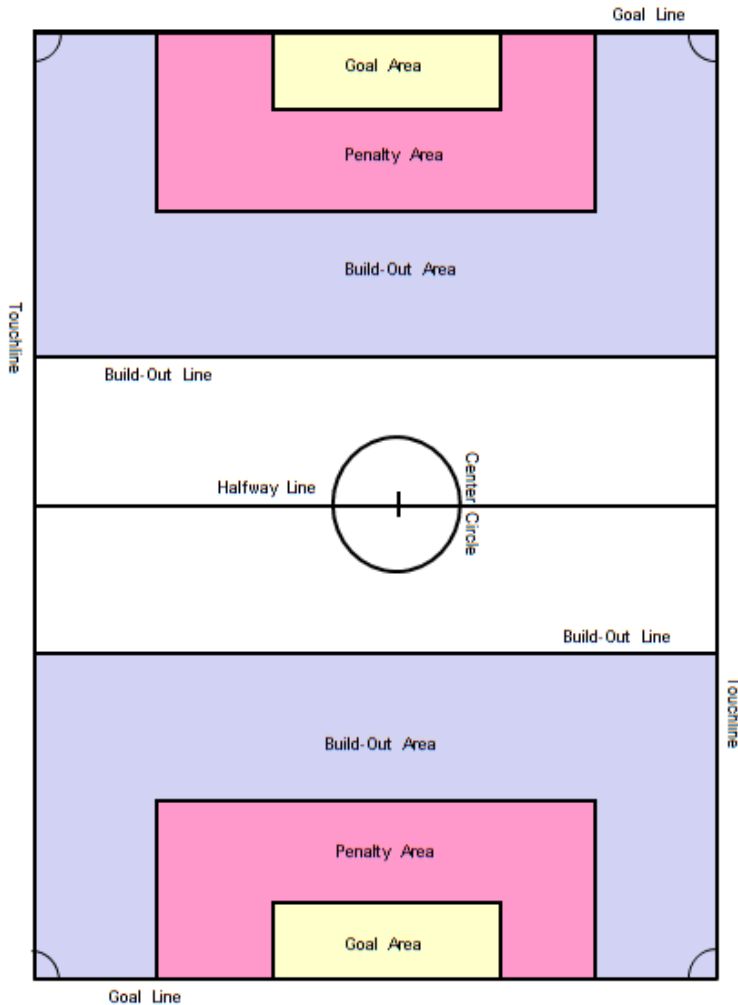




U.S. Soccer Player Development Initiative

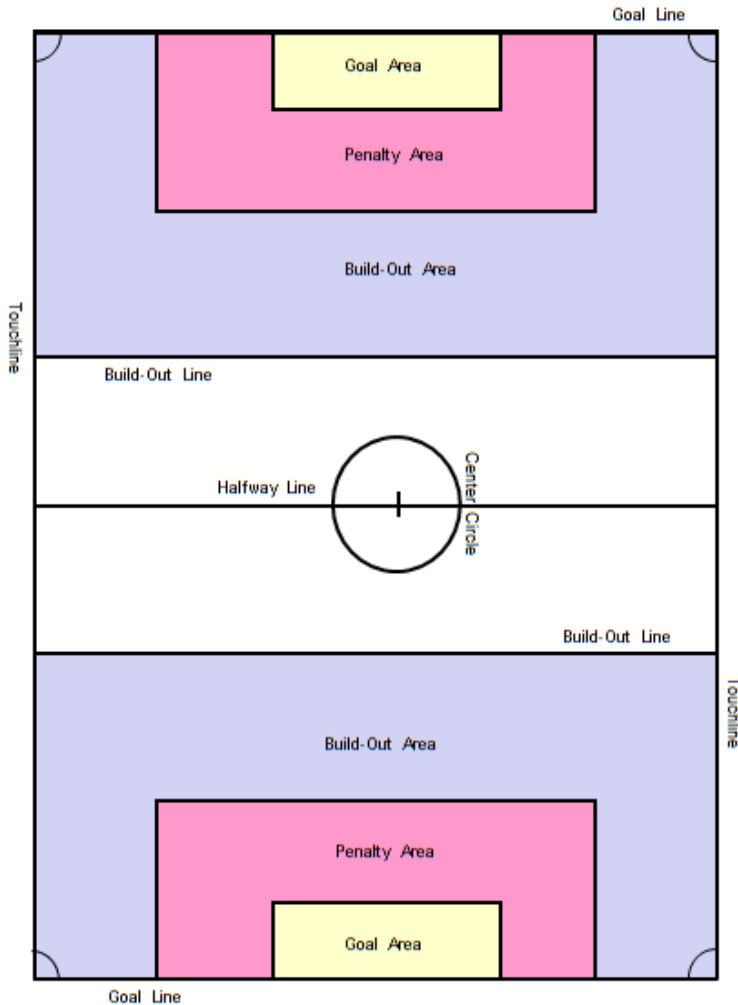
7v7 Build-Out Area

After the ball is put back in play, the opposing team can cross the Build-Out Line and enter the opponent's Build-Out Area and play resumes as normal.





U.S. Soccer Player Development Initiative



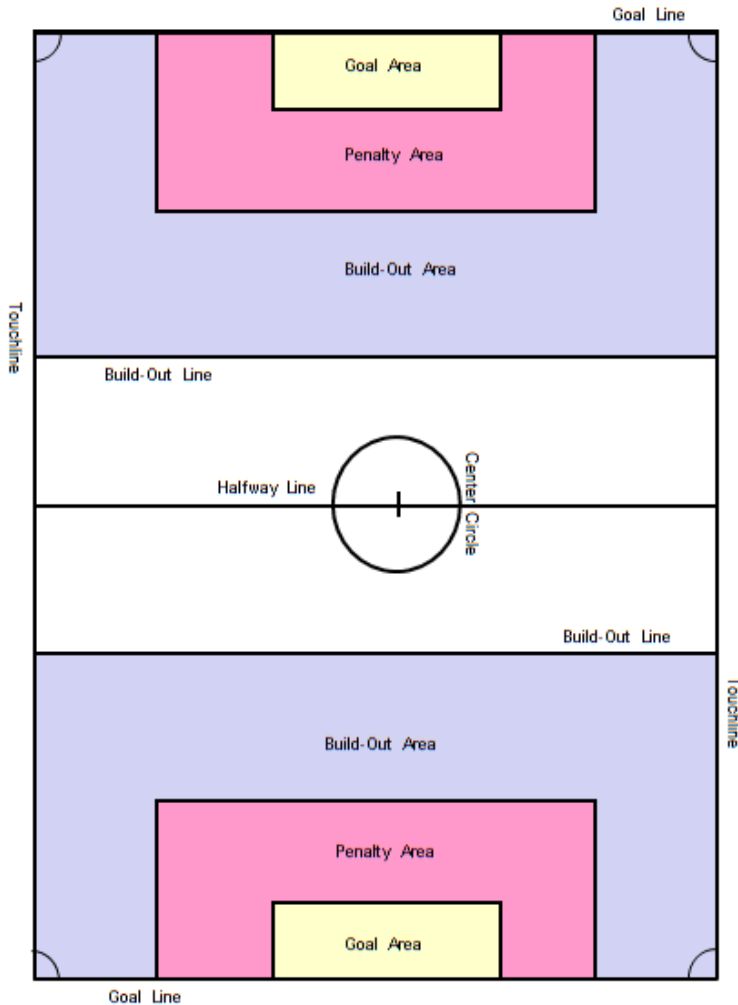
7v7 Build-Out Area

Opponents who enter into the **Build-Out Area** before the ball is put back into play are guilty of encroachment and should be admonished accordingly.

Play should be stopped and an IFK restart taken at the spot of the encroachment.



U.S. Soccer Player Development Initiative



7v7 Build-Out Area

Goalkeepers are not allowed to punt or drop-kick the ball, as this would defeat the purpose of the Build-Out Area.

Restart is IFK at spot of the offense (or pull out to goal area line).



Types

There being two types of free kicks

- **Direct (DFK) and**
- **Indirect (IFK),**

And there are also two types of management for free kicks, whether direct or indirect:

- **Quick Free Kick and**
- **Ceremonial Free Kick**



Types

A quick free kick is initiated by the kicking team and does not require involvement from the referee.

A ceremonial restart should be used anytime the referee determines that the free kick must be delayed for any reason.



Quick Free Kick

In 13-U and older games (11v11) Law 13 requires all opponents to be at least 10-yds. away in all directions from the location of any free kick.

For small-sided 12-U and younger games (9v9 & 7v7) all opponents are to be at least 8-yds. away in all directions from the location of any free kick.

It is the duty of these opponents to retreat the required distance as quickly as possible without being directed by the referee to do so.



Quick Free Kick

It is also the right of the team which has been given the free kick to start play quickly even if one or more opponents have not yet moved back the required distance, provided the other requirements of Law 13 have been met.

As soon as the ball has been properly placed and is stationary, the attacking team is permitted to play the ball.

In the case of a quick free kick, the attacking team does not stop and ask for the opponent to back away the required distance.



Quick Free Kick

However, the referee should intervene immediately if an opponent is preventing the quick free kick from being taken and issue a caution for delaying the restart of play.

Note that this type of action then makes the restart ceremonial.



Quick Free Kick

If a player decides to take a free kick quickly and kicks the ball directly to an opponent, who is less than the required distance from the ball, the referee should allow play to continue.

If a player decides to take a free kick quickly and an opponent, who is less than the required minimum distance from the ball, deliberately prevents the kick from being taken, the referee must stop play and caution the player.



Ceremonial Free Kick

There are times when a ceremonial free kick is necessary because the referee has determined that the restart must be delayed due to some reason considered more important than allowing the kick to be taken quickly.



Ceremonial Free Kick

Examples of such reasons include:

- **when the referee intends to issue a caution or send-off;**
- **if a player was injured before or during the stoppage;**
- **when a legal substitution is requested;**
- **when a request is made by the attacking team to enforce the required distance;**
- **when an opponent prevents the quick free kick from being taken;**
- **for any reason related to game or player management.**



Ceremonial Free Kick

Times when referee becomes involved

- Caution or send off
- Treatment of injury on the field
- Substitution
- Request from kicking team
- Needed for game management

Play must be restarted with a whistle



Ceremonial Free Kick

When the restart is ceremonial, the referee should inform all players to wait for their whistle to restart play and get visual or verbal confirmation that the kicker understands this.

When ready for play to continue, the referee signals for the restart by blowing the whistle.

If the kicker plays the ball before the referee's whistle, the kick must be retaken, when the referee is ready.

Walls



Defenders may form a wall to defend against free kicks, but if the wall is less than the required distance away, and the kicking team requests the proper distance, the referee should move the wall back and then the free kick becomes ceremonial.

Walls

Again, the referee should inform the kicker to wait for the referee's whistle to restart play and get visual or verbal confirmation that the kicker understands this.



The referee should then back up the required distance from the properly placed ball and indicate this distance, so the wall of players can correctly adjust their position.

Walls

After the wall is set the referee should move to their preferred position for taking of the free kick.



When ready, the referee shall signal for the restart by blowing the whistle.



Encroachment

Encroachment refers to when defending players do not respect the minimum required distance during the taking of a free kick.

Failure to respect this distance is a cautionable offense.



Techniques

When managing free kicks, referees can use preventative techniques to avoid potential problems and misconduct.

Some of these techniques include:

- **having a presence near the free kick;**
- **being aware of the situation and the potential tactics that the teams might attempt;**
- **being proactive rather than reactive;**
- **communicating with players, visually and/or verbally.**



Infringements

At the taking of any free kick an indirect free kick (IFK) is awarded to the opposing team, if the kicker touches the ball again after it has been kicked into play and before it has touched another player.



Infringements

During a ceremonial free kick, the referee must not whistle until and unless all opponents are the required minimum distance away.

If an opponent in this situation then moves forward once the whistle is blown, the referee should stop play immediately, if this player makes contact with the ball.

The player must be cautioned and the free kick retaken.



Infringements

If an opponent moves forward during a ceremonial restart and

- **Makes contact with the ball**
 - **Stop play and caution the player**
 - **Retake free kick**
- **Does not make contact**
 - **Referee's discretion to stop play or not**

If no contact with the ball is made, the referee may still decide there was interference or just warn the opponent for their behavior.



Infringements

In cases where the free kick is taken from within a team's own penalty area, the ball is not in play until it leaves the penalty area into the field-of-play.

If any teammate of the kicker makes contact with the ball before it is in play, the free kick must be retaken.



Infringements

If an opponent of the kicker makes contact with the ball prior to it leaving the penalty area, the attacker must be cautioned for not respecting the required distance and the free kick is retaken.

An opponent who runs into the penalty area while the ball is still in the penalty area, whether contact with the ball is made or not, should be cautioned and the free kick retaken.



REVIEW QUESTIONS



Review Question

78. What action should the referee take if an opponent fails to respect the required distance by lunging toward and blocking a free kick?

- A. The player should be cautioned and the kick should be retaken
- B. Play should continue and the player should be cautioned at the next stoppage



Review Question

79. When should the referee allow for a quick free kick to be taken instead of requiring a ceremonial free kick?

- A. When the referee delays the taking of the free kick for any reason
- B. When the defending team is still within the required distance, but retreating from the ball when the kicking team quickly takes the kick



Review Question

80. What is the correct restart if a player kicks the ball directly into the opponent's goal without it being touched by another player from an indirect free kick (IFK)?

- A. Corner kick
- B. Goal kick
- C. Indirect free kick
- D. Kick-off



Review Question

81. On an indirect free kick (IFK) restart, does the ball have to make contact with another player other than the kicker before it enters the goal for the goal to count?

- A. Yes
- B. No



Review Question

82. In a 9-U match the opposing team must move outside the Build-Out Area on all free kicks being taken from within the Build-Out Area.

- A. True
- B. False



Review Question

83. When the goalkeeper in a 10-U game gains possession of the ball with their hands during play and then releases the ball back into play by either kicking or throwing it, the opposing players may not cross over into the Build-Out Area until the ball completely leaves the penalty area.

- A. True
- B. False