

Direct Free Kick (PENAL)

- Kicking or trying to kick opponent
- Tripping or trying to trip opponent
- Jumping at or charging opponent
- Striking or trying to strike opponent
- Holding or pushing opponent

Above require offense to be committed in a manner considered to be "careless, reckless or using excessive force"

- Tackle an opponent to gain possession, making contact with opponent first
- High kicking
- Spitting at opponent
- Handling ball deliberately (includes goalie outside the box)

A Direct kick infraction in the penalty box results in a penalty kick

Ball **DOES NOT** need to touch another player before scoring

Indirect Free Kick (NON-PENAL)

- Player in offside position (remember there is no offsides for throw in, corner kick or goal kick)
- Dangerous play (Not High Kicking)
- Impeding progress of an opponent (Obstruction)
- Prevent goalie kick from releasing ball from hands
- Wasting time (including goalie wasted time)
- Touching the ball a second time after the ball is in play following a throw-in, goal kick, corner kick, penalty kick or free kick.

Ball **MUST** touch another player before scoring

RED CARD - SEND OFF

- Serious foul play
- Violent conduct
- Spits at opponent or other person
- Denies a goal or obvious goal scoring opportunity by deliberately handling ball
- Denies an obvious goal scoring opportunity by an offense punishable by free kick or penalty kick
- Offensive, insulting, foul, or abusive language or gesture
- Second caution
- Tackle from behind

YELLOW CARD - CAUTION

- Unsporting behavior
- Dissent by word or action
- Persistent infringement of the laws
- Delays restart of play
- Fails to retreat required distance on free kicks or corner kicks
- Enters or re-enters without ref's permission
- Leaves without ref's permission