

# AYSO Referee Training Program



## Restarting Play Module 6

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This module is expected to be conducted with lots of demonstration. Therefore, the slides here are wordy but the technique can likely be demonstrated quicker. Some additional clarification slides are provided.

This module introduces restarts.

## Module 6: Restarting Play

*To be covered:*

### ❖ *General Rules*

#### ❖ Reason stopped:

- ▶ Ball out of Play
- ▶ Referee Stops Play



There are some general rules that apply to all restarts that are covered first. Then the restarts for the ball leaving the field of play are covered before the ones due to the referee stopping play.

## General Rules

- ❖ Opponents cannot interfere with the restart
- ❖ Opponents must remain X yards or more from the ball. "X" is:
  - ▶ 4 yards in U6
  - ▶ 6 yards in U8
  - ▶ 8 yards in U10
  - ▶ 10 yards in U12 and above
 (except dropped ball and throw-in. Throw-in is 2 meters always)
- ❖ No own-goal directly from a restart
  - ▶ corner kick restart for other team if goes in goal)
  - (except dropped ball ... and kick-off officially but not practically)
- ❖ Can score in opponents goal directly
- (except for throw-in)



Because soccer is meant to flow uninterrupted, opponents are not allowed to interfere with the restart. The idea is to get the ball back in play and then allow challenges. So opponents must, in general, be a "X" distance from the ball on the restart. The distance is dependent on the age group. You cannot accidentally score a goal in your own goal on a restart. But you can, in general, score in an opponents goal directly.

## General Rules (continued)

- ❖ Player putting ball into play cannot touch the ball a second time until it has touched another player  
(except dropped ball; “two touch” exception in all restart laws)
- ❖ **Retake** on *most* infractions that occur before or at the time the ball comes into play
- ❖ Ball must be stationary (otherwise retake)  
(except dropped ball and throw-in)



Other rules exist as well. Such as the “two touch” exception and the ball must be stationary. On most infractions, retake the restart.

## Module 6: Restarting Play

*To be covered:*

- ❖ General Rules

- ❖ *Reason stopped:*

- ▶ *Ball out of Play*

- ▶ Referee Stops Play



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## Throw-in

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- ❖ **Used** when ball leaves field of play over touch line
- ❖ Opponents must remain 2 yards back and not interfere
- ❖ Retake if
  - ▶ ball never enters field
  - ▶ opponent interferes



The throw-in is the most awkward of the restarts for this age group because it involves coordinated use of the hands and feet. A new law (2005) now requires the opponents to be 2 yards back from the thrower. Retake the throw-in if the ball never enters the field of play.

## Feet on Throw in

On ground, on or outside line

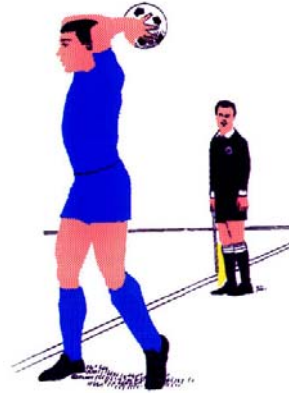
OK
OK
OK
Not OK!

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During a throw-in, both feet must be touching the ground – either outside the field or on the touch line. So a player could actually be completely on the field of play, with only the heels on the touch line, while throwing. Generally, they will be completely off the field.

## Body on Throw-in

- ❖ Face the field of play
- ❖ Deliver ball from behind and over head
- ❖ Use two hands on side
- ❖ Release while above head
  - ▶ Spiking not allowed



Other aspects of the throw-in are the player must face the field and deliver the ball from behind and over the head while using two hands. The throw does not have to go far but it cannot be spiked.

## Throw-in (continued)

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### ❖ U6/U8

- ▶ Offer instruction and one retake on infraction by a player
- ▶ Encourage another player to try if second infraction or just let play continue to avoid further stoppage



It is common for the U8 player not to have practiced this technique or to lift a foot. Remember that the spirit is you are trying to get the ball back in play. Offer instruction and let them retake if an infraction. If no real advantage has been gained and they infract during the throw-in a second time, let it go. You tried to help them out with the procedure. There is no need to offer the throw-in to the other team at this age level as more often than not the ball will go to the other team. So no advantage is ever really gained.

## Corner Kick

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- ❖ **Used** when ball leaves field of play over goal line, last touched by defender, and not a goal
- ❖ Ball placed in corner arc area at corner nearest where ball crossed the goal line
- ❖ Opponents (defenders) should be X\*\* yards away
- ❖ Direct goal allowed (but near impossible in U8 play)

\*\* X is 4 yards for U6 and 6 yards for U7/U8



The corner kick is likely one of the simplest restarts. Basically get them to put the ball near the corner, have the opponents back off, and let it go. Not much more to it.

## Goal Kick

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- ❖ Ball can be placed anywhere in the goal area (but placed only once)
- ❖ Ball cannot be touched until leaves goal area
- ❖ Opponents must be out of goal area and “X” yards away
- ❖ Retake when:
  - ▶ Ball leaves field of play before leaving goal area
  - ▶ Never leaves goal area
  - ▶ Is touched before leaving the goal area



The goal kick is a little tougher because there are choices. The kicker can place the ball anywhere in the goal area (including on the line or corner of the area). The opponents must be outside the goal area and “x” yards away (“X” being 6 yards in U8). The ball cannot be touched again until it leaves the goal area.

# Goal Kick Placement

Goal kick is taken from *anywhere* in the goal area

**Attackers must remain outside goal area and 'x' yards away until ball kicked**

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A graphic illustration of the setup on the corner kick. Note how all the red attacking team members are outside the goal area and 6 yards away. The ball can be kicked in any direction but an own goal cannot be scored directly.

## Kick-off (review)

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- ❖ Until Ball in Play:
  - ▶ All players in defending half of their field
  - ▶ Opponents outside of the center circle  
(defines x yards restart distance)
- ❖ Ball in play when kicked AND moves forward
- ❖ Start time when ball kicked IF start of half
- ❖ Can score by kick into opponents goal directly
- ❖ Retake on any infraction
  - ▶ player over half line or into circle too early
  - ▶ no forward motion of ball



This is simply a quick review of the kick-off procedure that was already covered earlier when we talked about starting the game.

## Module 6: Restarting Play

- ❖ General Rules
- ❖ Ball out of Play
  - ▶ Throw-in
  - ▶ Corner Kick
  - ▶ Goal Kick
  - ▶ Kick-off (after goal)

### ❖ *Referee Stops Play*

- ▶ *Free Kicks*
- ▶ *Dropped Ball*
- ▶ *Kick-off (covered earlier; due to start of half)*



So lets now cover the restarts due to the referee having stopped play ...

## Free Kicks

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- ❖ **Used** after referee stops play due to unfair / unsafe foul or similar offense
- ❖ Ball stationary at point of infraction
- ❖ Opponents should be “X” yards away
- ❖ **Ball in play** when kicked
- ❖ Only “Direct” in U8 (no “Indirect”)
- ❖ Retake if
  - ▶ opponents infringe
  - ▶ ball not stationary



A free kick is used to restart after the play is stopped due to a foul or offense. Basically, the kicking team places the ball at the point of the offense. The opponents must back away “x” yards. The kicker need not wait for a signal from the referee nor for the opponents to back away.

# Free Kick Encroachment



In a similar way as the goal kick, the opponents must be “x” yards away from the ball (6 in U8). Shown is a free kick by the red attacking team near the blue goal.

## Special Circumstances (Law 8)

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Goal area is special in handling of restarts:

- ❖ If free kick by attacker in opponents goal area OR dropped ball in goal area:
  - ▶ Do not want active play with attackers starting in the goal area
  - ▶ move restart to closest point just outside the goal area line parallel to the goal line



Because of the danger and confusion of a restart in the goal area by the attackers or referee (dropped ball), all such restarts must be moved out of the goal area.

## Dropped Ball

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- ❖ **Used** when referee stops play for any reason and no restart indicated
- ❖ Position is where ball was when play was stopped
- ❖ Referee drops ball from player waist height
- ❖ **Ball not in play** until it touches the ground; cannot be touched until then



The final restart to understand is the dropped ball.  
Key is to drop it from waist height of the players.

## Dropped Ball (nuances)

- ❖ As referee puts the ball into play, no “second touch” violation possible
- ❖ Not specified how many players must be near by
  - ▶ If no clear possession when stopped; have one member from each team in “face-off”
  - ▶ “prejudicial” dropped ball can be way to restore fairness in clear possession cases



A dropped ball does not have to be like a hockey face-off or basketball jump-ball. It can have one, two or no players nearby. If clear possession by one team was had when play was stopped, it is customary to drop to the team that had possession.

## Review of Restarts

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- ❖ Ball stationary for restart
- ❖ Opponents must be 'x' yards away
- ❖ Throw-in: from over head, two hands, both feet on ground
- ❖ Goal Kick and Corner Kick if over goal line and not a goal
- ❖ Kick-off after goal or to start half
- ❖ Free Kick for offence or foul at point of infraction
- ❖ Dropped ball by referee for substitutions or outside interference



So that is it for restarts. Lets quick review some of the material before finishing up the U8 course.

# Module 6: Restarting Play

## Backup and Reference Material

