



Wheaton Park District Soccer Simplified



Starts and or Restarts

Kick-Off (Direct Kick)

Taken from center circle, from the center spot. Both teams on their own sides. The defending team may not enter center circle until the ball has moved forward. The player kicking the ball forward putting it into play may only touch it once, until another player touches it. (NO goal can be scored from a KO for grades K-6)

Goal Kick (Direct Kick)

A Goal Kick is taken when the attacking team puts the ball out at the goal line. Ball is kicked from any point within the goal area. The ball is in play when kicked out of the penalty area. A goal may be scored.

Corner Kick (Direct Kick)

A Corner Kick is taken when the defending team puts the ball out at the goal line. Ball is placed inside the corner arc. In play when kicked and moves.

Throw In (Indirect Kick)

Is taken by the opposing team when the ball is put out at the touch line. In play when it enters the field of play. Opponents no less than 2 yards away. A goal is NOT scored from a throw-in.

Indirect Free Kick

Can be taken anywhere on the field except in the goal boxes. (It is placed on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.) A goal can not be scored directly from an indirect free kick (the ball must be touched by any other player first).

Reasons for Indirect Free Kicks - Misconduct

Double touch, goalkeeper holding the ball for more than six seconds, goal keeper picking up a ball kicked intentionally to them by their own team, goal keeper picking up a ball thrown in to them, playing dangerously, impeding, blocking goal keeper, blocking throw ins, offside, and any other offense not punishable by a direct free kick.



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Direct Free Kick

Reasons for Direct Free Kicks – Fouls

Kicking, tripping, jumping, striking, pushing, holding, hand ball, spitting, charging, and tackling. Can be taken anywhere on the field except in the penalty area (In the penalty area it is a PK).

Penalty Kick

Is taken when any of the direct free kick offenses occur in the penalty area. Ball is kicked and moves forward. All players are 10 yards away from the ball. (All players out of the box) except the kicker and keeper.

Drop Ball

Is used to restart the game when it has been stopped for any reason not covered by Kick-Off, Goal Kick, Corner Kick, Throw In, Indirect Free Kick, Direct Free Kick, or Penalty Kick. In play when the ball touches the ground.

Goalkeepers

The goalkeeper may pick up and carry the ball anywhere within their penalty area as long as the ball is released within six seconds. A goalkeeper may not pick up the ball a second time after releasing possession. A goalkeeper may bounce or carry the ball without losing possession. A goalkeeper cannot touch the ball with his/her hands if the ball was kicked to him/her by one of the goalkeeper's own teammates. The goalkeeper may play the ball, but is not allowed to pick it up.