

# **RULE 8 – THE START AND RESTART OF PLAY**

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## **Time Restrictions on Restarts**

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On any start or restart, the team entitled to the kick has five (5) seconds to play the ball.

In the event of taking more than five (5) seconds, the kicker is penalized by a 2-minute technical offence penalty for delaying the restart. However, that team remains entitled to the restart.

## **Definition of Kick-off**

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A kick-off is a way of starting or restarting play:

- at the start of the match
- after a goal has been scored
- at the start of the second half of the match
- at the start of each period of extra time, where applicable

A goal may be scored directly from the kick-off

## **Procedure**

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Before a kick-off at the start of the match or extra time

The home team decides which goal it will attack in the first half of the match.

The visiting team takes the kick-off to start the match.

The home team takes the kick-off to start the second half of the match.

In the second half of the match, the teams change ends and attack the opposite goals.

Kick-off

- After a team scores a goal, the kick-off is taken by the other team.
- all players, except the player taking the kick off, must be in their own half of the field

- the opponents of the team taking the kick-off are at least 15 feet from the ball until it is in play
- The team taking the kick must have all 'eligible' players on the field prior to taking the kick
- the ball is stationary on the center mark
- the referee gives a signal
- the ball is in play when it is kicked and clearly moves, in any direction
- the kicker does not touch the ball again until it has touched another player

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## **Infringements and Sanctions**

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If the kicker touches the ball again before it has touched another player:

- a free kick is awarded to the opposing team to be taken from the place where the infringement occurred (See Rule 13 – Position of Free Kick)

In the event of any other infringement of the kick-off procedure:

- the kick-off is retaken

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## **Definition of dropped ball**

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A dropped ball is a method of restarting play when, while the ball is still in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in the Rules of Indoor Soccer.

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## **Procedure**

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The referee drops the ball at the place where it was located when play was stopped, unless play was stopped inside the goal area, in which case the referee drops the ball on the penalty spot.

Play restarts when the ball touches the ground.

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## **Infringements and Sanctions**

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The ball is dropped again:

- if it is touched by a player before it makes contact with the ground
- if the ball leaves the field of play after it makes contact with the ground, without a player touching it

If a dropped ball enters the goal without touching at least two players, play is restarted with:

- a goal kick if it enters the opponents' goal
- a corner kick if it enters the team's own goal

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## **Special Circumstances**

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A free kick awarded to the attacking team for a technical offence (any offence other than one of the eleven free kick offences) committed inside the opponent's penalty area will be taken from the top of the penalty arc.

A free kick awarded to the defending team for an offence committed inside the team's own penalty area may be taken from any point within the penalty area.

A free kick or dropped ball to restart play after any incident or stoppage of play closer to the touch wall than the restart line, will take place on the restart line, or between the restart line and the boards, at the point nearest where incident occurred, or where the ball was for a dropped ball.

A free kick or dropped ball to restart play after any incident or stoppage of play closer to the goal wall than the undrawn line between the corner marks, will take place on that undrawn line at the point nearest where incident occurred, or where the ball was for a dropped ball.

A free kick awarded if play is stopped because of an offence committed by personnel on the team bench will be taken at the place where the ball was when play was stopped, subject to the preceding paragraphs in this section.