

## **Direct or Indirect Kicks**

### **Direct**

**A direct kick (may be shot into the goal directly) is awarded if a player:**

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Strikes or attempts to strike an opponent
- Holds an opponent
- Jumps at an opponent
- Charges an opponent
- Pushes an opponent
- Spits at an opponent
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball

### **Indirect**

**An indirect kick (has to touch another player before going in the goal) is awarded if:**

**Goalies:**

- Takes more than 6 seconds to release ball
- Touches the ball a second time after releasing it
- Touches the ball with hands after teammate deliberately kicks it to him
- Touches the ball after receiving it directly from a throw-in taken by a teammate

**Awarded to opposing team if a player:**

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball
- Commits any other offense for which play is stopped to caution / dismiss a player