



Fair Grove Soccer Academy

Developing potential through the world's game

Sponsored by the Fair Grove Park Board

Amended Rules: FGSA Academy Games

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Dear Parents and Players,

Thank you for taking an interest in the Fair Grove Soccer Academy. Our organization offers both recreational and competitive playing opportunities for youth soccer players in Fair Grove and the surrounding communities, with the following mission:

To bring the game of soccer to Fair Grove and the surrounding communities in an affordable, fun, and safe environment where players can develop both physically and mentally to their maximum potential as players and people.

What follows are the rules and regulations by which our recreational league abides while conducting games. These rules and regulations have been modified from the *FIFA Laws of the Game* at the recommendation of U.S. Youth Soccer, with the needs and limitations of the FGSA in mind.

These modifications from the *FIFA Laws of the Game* relate specifically to the use of small-sided games, which not only serves to encourage player development, but also allows the FGSA more flexibility in the organization of teams with limited player registrations.

Because our competitive teams play all their games against other Missouri Youth Soccer affiliated teams, these specific rule modifications do not apply to them. For all FGSA competitive teams, please refer to the *FIFA Laws of the Game*.

If you have any questions about these modifications, please do not hesitate to contact the FGSA staff.

All the Best,

Logan Hoffman

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Why Small-Sided Games?

Published by the U.S. Youth Soccer

US Youth Soccer has thought long and hard about the answer to the question, "Why Small-Sided Games?"

What does "Small-Sided Games" mean? These are soccer games with fewer players competing on a smaller sized field. These are fun games that involve the players more because fewer players are sharing one ball.

All ages can play "Small Sided Games", but it has a definite developmental impact on our younger soccer players.

Here are some of the reasons why we believe, as soccer coaches, administrators and parents must guarantee that our young soccer players play small-sided games:

1. Because we want our young soccer players to touch the soccer ball more often and become *more skillful* with it! (Individual technical development)
2. Because we want our young soccer players to make *more, less-complicated decisions* during the game! (Tactical development)
3. Because we want our young soccer players to be more physically *efficient* in the field space they are playing in! (Reduced field size)
4. Because we want our young soccer players to have more *individual teaching time* with the coach! Fewer players on the field and less players on the team will guarantee this! (Need to feel worthy and need to feel important)
5. Because we want our young soccer players to have *more, involved playing time* in the game! (More opportunity to solve problems that only the game presents)
6. Because we want our young soccer players to have *more opportunity to play on both sides of the ball!* (More exposure to attacking and defending situations)
7. Because we want our young soccer players to have *more opportunities to score goals!*

These are the reasons why we adults must foster "Small-Sided Games" in our youth soccer programs. The "Small-Sided" environment is a *developmentally appropriate environment* for our young soccer players. It's a **FUN** environment that *focuses on the young soccer player*.

It just makes sense doesn't it?

Outline of the Laws of the Game

By now you may be wondering exactly what the laws of the game are. The “Laws of the Game” is just FIFA’s (soccer’s international governing body) fancy way of saying that what follows are the rules and regulations by which soccer should be played.

Below is a breakdown of the information that can be found within each law.

LAW 1: The field of play (field dimensions and markings)

LAW 2: The ball (size, shape, and weight)

LAW 3: The number of players (substitutions, and playing time)

LAW 4: The player’s equipment

LAW 5: The referee

LAW 6: The assistant referee

LAW 7: The duration of the match

LAW 8: The start and restart of play (*PLEASE NOTE: FIFA divides this law into four (4) laws [Laws 8, 15, 16, and 17]. To simplify this for our players and parents, the FGSA has condensed this information into one (1) law.)

LAW 9: The ball in and out of play

LAW 10: The method of scoring

LAW 11: Offside

LAW 12: Fouls and misconduct

LAW 13: Free kicks (the difference between direct and indirect free kicks)

LAW 14: The Penalty Kick

Amended Rules for U5

Pre-Kindergarten Teams

Law 1 – The Field of Play

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: 30 yards

Width: 20 yards

Field Markings: Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of four (4) yards is marked around it.

The Goal Area: The goal area will mark the area from which goal kicks can be taken, and the area that defenders cannot enter until the ball has already entered the area. The goal area shall be two (2) yards deep by three (3) yards wide.

The Penalty Area: None.

Flagposts: None.

The Corner Arc: None.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. These goals shall be four (4) feet tall and five (5) feet wide.

Law 2 – The Ball

The ball must be a size three (3).

Law 3 – Number of Players

A match is played by two teams, each consisting of not more than three players. There are NO goalkeepers.

Substitutions: At any stoppage and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and games may be coed.

Law 4 – The Players Equipment

Basic Equipment: The basic compulsory equipment of a player comprises the following separate items:

- A jersey of shirt with sleeves that distinguishes one team from another
- Shorts
- Socks
- Age-appropriate shinguards – must be worn underneath the sock
- Footwear – cleats are recommended but not required

No Jewelry: For reasons of player safety, no jewelry or any other article of clothing or accessory that may pose a danger to any player may be worn during competition.

Weather-Appropriate Clothing: In the event of cold weather, players may wear cold weather gear underneath their jerseys.

Law 5 – The Referee

An OFFICIAL (FGSA staff member or parent referee) shall be used. All infringements shall be briefly explained to the offending player.

Law 6 – The Assistant Referees

None.

Law 7 – Duration of the Match

The match shall be divided into four (4) equal, six (6) minute quarters. There shall be two (2) minute break between quarters one and two and another two (2) minute break between quarters three and four. There shall be a half-time interval of five (5) minutes. At the beginning of the second half, teams shall switch directions.

Law 8 – The Start and Restart of Play

Kick-off: A kick-off shall be used to start and restart play under the following circumstances:

- At the start of the match
- After a goal has been scored
- At the start of the second half of the match

A goal may be scored directly off a kick-off.

Kick-off Procedure: The following regulations must be enforced at each kick-off:

- All players must be in their own half of the field of play.
- The opponents of the team taking the kickoff may not enter the center circle until the ball is in play.
- The ball must be stationary on the center mark.
- The referee gives the signal.
- The ball is in play when it is kicked and moves forward.
- The kicker must not touch the ball again until it has touched another player.

After a team scores a goal, the other team takes the kick-off.

Goal Kick: A goal kick shall be used to restart play when an attacking team plays the ball out of bounds over their opponents goal line without the ball entering the goal.

Goal Kick Procedure: The following regulations must be enforced at each goal kick:

- The opponents of the team taking the goal kick may not come within ten (10) yards of the spot of the kick until the ball is touched.
- The ball must be stationary and on the ground at any point within the goal area.
- The referee gives the signal.
- The kicker must not touch the ball again until it has touched another player.
- The kick must leave the goal area to be considered in play. If it does not leave the goal area the kick shall be retaken.

The team defending the goal line the ball crossed shall take the goal kick.

Corner Kick: A corner kick shall be used to restart play when a defending team plays the ball out of bounds over their own goal line without the ball entering the goal.

Corner Kick Procedure: The following regulations must be enforced at each corner kick:

- The opponents of the team taking the corner kick may not come within four (4) yards of the spot of the kick until the ball is touched.
- The ball must be stationary and on the ground at the corner mark.
- The referee gives the signal.
- The kicker must not touch the ball again until it has touched another player.

The team attacking the goal line the ball crossed shall take the corner kick.

Side line Restarts: A kick-in shall be used to restart play when the ball crosses over one of the touchlines.

Kick-in Procedure: The following regulations must be enforced at each kick-in:

- The opponents of the team taking the kick-in may not come within four (4) yards of the spot of the kick until the ball is touched.
- The ball must be stationary and on the ground at the point which the ball crossed the touchline.
- The referee gives the signal.
- The kicker must not touch the ball again until it has touched another player.

The kick-in shall be awarded to the opponent of the team who last touched the ball before crossing the touchline.

Restarts After Rule Infringements: When the ball must be restarted after an infringement of the rules (foul) has been called by the match official, the following regulations must be enforced:

- The type of restart must be determined (direct free kick or indirect free kick, **PLEASE SEE APPENDIX A**).
- The opponents of the team taking the kick must be at least four (4) yards from the spot of the kick.
- The ball must be stationary and on the ground at the spot where the foul occurred.
- The referee gives the signal.
- The kicker must not touch the ball again until it has touched another player.

Restart After Injury Play-Stoppage: When the ball must be restarted after a stoppage in play has been called due to injury, and the ball has not yet left the field of play, a dropped ball from the point of the stoppage will occur and the following regulations must be enforced:

- The dropped ball must occur at the point of the stoppage.
- The ball must touch the ground before either team may play it.

If a player touches the ball before it hits the ground, the ball must be dropped again.

Law 9 – Ball In and Out of Play

The ball is out of play only when it has wholly crossed the goal line or touchline whether on the ground or in the air. The ball is in play at all other times, including when it rebounds off a goalpost, crossbar, corner flagpost, or referee and remains in the field of play.

Law 10 – The Method of Scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11 – Offside

None.

Law 12 – Fouls and Misconduct

PLEASE SEE APPENDIX A.

Age Modifications: Due to the age of these players, the following modifications will be made to the fouls and misconduct section in **APPENDIX A:**

- The referee/coach/parent must explain ALL infringements to the offending player.
- ALL fouls shall result in a direct free kick.
- No cards shall be given for misconduct.

Law 13 – Free Kicks

PLEASE SEE APPENDIX A.

LAW 14 – The Penalty Kick

None.

Amended Rules for U9

Kindergarten – 1st Grade Teams

2nd – 3rd Grade Teams

Law 1 – The Field of Play

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: 50 yards

Width: 35 yards

Field Markings: Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of six (6) yards is marked around it.

The Goal Area: The goal area will mark the area from which goal kicks can be taken. The goal area shall be five (5) yards deep by nine (9) yards wide.

The Penalty Area: The penalty area will mark the area in which a foul by the defending team will result in a penalty kick. This area also marks the area in which a goalkeeper may handle the ball. The penalty area shall be twelve (12) yards deep and twenty-two (22) yards wide. Within each penalty area a penalty mark is made ten (10) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of six (6) yards from each penalty mark is drawn outside the penalty area.

Flagposts: None.

The Corner Arc: None.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. These goals shall be six (6) feet tall and twelve (12) feet wide.

Law 2 – The Ball

The ball must be a size four (4).

Law 3 – Number of Players

A match is played by two teams, each consisting of not more than five players, one of whom is a goalkeeper.

Substitutions: At any stoppage and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and games may be coed.

Law 4 – The Players Equipment

Basic Equipment: The basic compulsory equipment of a player comprises the following separate items:

- A jersey of shirt with sleeves that distinguishes one team from another
- Shorts
- Socks
- Age-appropriate shinguards – must be worn underneath the sock
- Footwear – cleats are recommended but not required

No Jewelry: For reasons of player safety, no jewelry or any other article of clothing or accessory that may pose a danger to any player may be worn during competition.

Weather-Appropriate Clothing: In the event of cold weather, players may wear cold weather gear underneath their jerseys.

Law 5 – The Referee

A certified FGSA staff member or parent volunteer shall be used. All infringements shall be briefly explained to the offending player.

Law 6 – The Assistant Referees

None.

Law 7 – Duration of the Match

The match shall be divided into two (2) equal, fifteen (15) or twenty (20) minute quarters. There shall be a half-time interval of five (5) minutes. At the beginning of the second half, teams shall switch directions.

Law 8 – The Start and Restart of Play

Kick-off: A kick-off shall be used to start and restart play under the following circumstances:

- At the start of the match
- After a goal has been scored
- At the start of the second half of the match

A goal may be scored directly off a kick-off.

Kick-off Procedure: The following regulations must be enforced at each kick-off:

- All players must be in their own half of the field of play.
- The opponents of the team taking the kickoff may not enter the center circle until the ball is in play.
- The ball must be stationary on the center mark.
- The referee gives the signal.
- The ball is in play when it is kicked and moves forward.
- The kicker must not touch the ball again until it has touched another player.

After a team scores a goal, the kick-off is taken by the other team.

Goal Kick: A goal kick shall be used to restart play when an attacking team plays the ball out of bounds over their opponents goal line without the ball entering the goal.

Goal Kick Procedure: The following regulations must be enforced at each goal kick:

- The opponents of the team taking the goal kick may not come within ten (10) yards of the spot of the kick until the ball is touched.
- The ball must be stationary and on the ground at any point within the goal area.
- The referee gives the signal.
- The kicker must not touch the ball again until it has touched another player.
- The kick must leave the penalty area to be considered in play. If it does not leave the penalty area the kick shall be retaken.

The goal kick shall be taken by the team defending the goal line the ball crossed.

Corner Kick: A corner kick shall be used to restart play when a defending team plays the ball out of bounds over their own goal line without the ball entering the goal.

Corner Kick Procedure: The following regulations must be enforced at each corner kick:

- The opponents of the team taking the corner kick may not come within four (4) yards of the spot of the kick until the ball is touched.
- The ball must be stationary and on the ground at the corner mark.
- The referee gives the signal.
- The kicker must not touch the ball again until it has touched another player.

The corner kick shall be taken by the team attacking the goal line the ball crossed.

Side line Restarts: A throw-in shall be used to restart play when the ball crosses over one of the touchlines.

Throw-in Procedure: The following regulations must be enforced at each kick-in:

- The opponents of the team taking the throw-in may not come within two (2) yards of the spot of the throw until the ball is in play.
- The ball must be thrown with two hands and must be delivered from behind and over the thrower's head.
- The thrower's feet must stay planted on the ground.
- The thrower must not touch the ball again until it has touched another player.

If any of these regulations are not followed, the throw-in must be retaken.

Restarts After Rule Infringements: When the ball must be restarted after an infringement of the rules (foul) has been called by the match official, the following regulations must be enforced:

- The type of restart must be determined (direct free kick or indirect free kick, **PLEASE SEE APPENDIX A**).
- The opponents of the team taking the kick must be at least four (4) yards from the spot of the kick.
- The ball must be stationary and on the ground at the spot where the foul occurred.
- The referee gives the signal.
- The kicker must not touch the ball again until it has touched another player.

Restart After Injury Play-Stoppage: When the ball must be restarted after a

stoppage in play has been called due to injury, and the ball has not yet left the field of play, a dropped ball from the point of the stoppage will occur and the following regulations must be enforced:

- The dropped ball must occur at the point of the stoppage.
- The ball must touch the ground before either team may play it.

If a player touches the ball before it hits the ground, the ball must be dropped again.

Law 9 – Ball In and Out of Play

The ball is out of play only when it has wholly crossed the goal line or touchline whether on the ground or in the air. The ball is in play at all other times, including when it rebounds off a goalpost, crossbar, corner flagpost, or referee and remains in the field of play.

Law 10 – The Method of Scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11 – Offside

None.

Law 12 – Fouls and Misconduct

PLEASE SEE APPENDIX A.

Age Modifications: Due to the age of these players, the following modifications will be made to the fouls and misconduct section in **APPENDIX A:**

- The referee/coach/parent must explain ALL infringements to the offending player.
- No cards shall be given for misconduct.

Law 13 – Free Kicks

PLEASE SEE APPENDIX A.

LAW 14 – The Penalty Kick

A penalty kick shall result when the defensive team commits a foul inside their penalty area.

Penalty Kick Procedure: The following regulations must be enforced at each penalty kick:

- The ball must be placed on the penalty spot ten (10) yards out from the goal line at the midpoint of the two goalposts.
- The goalkeeper must start on the goal line and may not move forward or backward off the line until the ball is played. The goalkeeper may move side-to-side.
- All players except the kicker and the goalkeeper must stay out of the penalty area until the ball is played.
- The kicker must not touch the ball again until it has touched another player.
- The referee gives the signal.

Amended Rules for U12-U17 4th – 6th Grade Teams Elite (Middle & High School) Teams

Law 1 – The Field of Play

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: 70 yards

Width: 50 yards

Field Markings: Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

The Goal Area: The goal area will mark the area from which goal kicks can be taken. The goal area shall be six (6) yards deep by nine (20) yards wide.

The Penalty Area: The penalty area will mark the area in which a foul by the defending team will result in a penalty kick. This area also marks the area in which a goalkeeper may handle the ball. The penalty area shall be fourteen (14) yards deep and twenty-two (36) yards wide. Within each penalty area a penalty mark is made ten (10) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

Flagposts: None.

The Corner Arc: None.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. These goals shall be six (8) feet tall and twelve (24) feet wide.

Law 2 – The Ball

The ball must be a size five (5).

Law 3 – Number of Players

A match is played by two teams, each consisting of not more than seven players, one of whom is a goalkeeper.

Substitutions: At any stoppage and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and games may be coed.

Law 4 – The Players Equipment

Basic Equipment: The basic compulsory equipment of a player comprises the following separate items:

- A jersey of shirt with sleeves that distinguishes one team from another
- Shorts
- Socks
- Age-appropriate shinguards – must be worn underneath the sock
- Footwear – cleats are recommended but not required

No Jewelry: For reasons of player safety, no jewelry or any other article of clothing or accessory that may pose a danger to any player may be worn during competition.

Weather-Appropriate Clothing: In the event of cold weather, players may wear cold weather gear underneath their jerseys.

Law 5 – The Referee

A certified FGSA staff member or parent volunteer shall be used. All infringements shall be briefly explained to the offending player.

Law 6 – The Assistant Referees

None.

Law 7 – Duration of the Match

The match shall be divided into two (2) equal, twenty (20) or twenty-five (25) minute quarters. There shall be a half-time interval of five (5) minutes. At the beginning of the second half, teams shall switch directions.

Law 8 – The Start and Restart of Play

Kick-off: A kick-off shall be used to start and restart play under the following circumstances:

- At the start of the match
- After a goal has been scored
- At the start of the second half of the match

A goal may be scored directly off a kick-off.

Kick-off Procedure: The following regulations must be enforced at each kick-off:

- All players must be in their own half of the field of play.
- The opponents of the team taking the kickoff may not enter the center circle until the ball is in play.
- The ball must be stationary on the center mark.
- The referee gives the signal.
- The ball is in play when it is kicked and moves forward.
- The kicker must not touch the ball again until it has touched another player.

After a team scores a goal, the kick-off is taken by the other team.

Goal Kick: A goal kick shall be used to restart play when an attacking team plays the ball out of bounds over their opponents goal line without the ball entering the goal.

Goal Kick Procedure: The following regulations must be enforced at each goal kick:

- The opponents of the team taking the goal kick may not come within ten (10) yards of the spot of the kick until the ball is touched.

- The ball must be stationary and on the ground at any point within the goal area.
- The referee gives the signal.
- The kicker must not touch the ball again until it has touched another player.
- The kick must leave the penalty area to be considered in play. If it does not leave the penalty area the kick shall be retaken.

The goal kick shall be taken by the team defending the goal line the ball crossed.

Corner Kick: A corner kick shall be used to restart play when a defending team plays the ball out of bounds over their own goal line without the ball entering the goal.

Corner Kick Procedure: The following regulations must be enforced at each corner kick:

- The opponents of the team taking the corner kick may not come within four (4) yards of the spot of the kick until the ball is touched.
- The ball must be stationary and on the ground at the corner mark.
- The referee gives the signal.
- The kicker must not touch the ball again until it has touched another player.

The corner kick shall be taken by the team attacking the goal line the ball crossed.

Side line Restarts: A throw-in shall be used to restart play when the ball crosses over one of the touchlines.

Throw-in Procedure: The following regulations must be enforced at each kick-in:

- The opponents of the team taking the throw-in may not come within two (2) yards of the spot of the throw until the ball is in play.
- The ball must be thrown with two hands and must be delivered from behind and over the thrower's head.
- The thrower's feet must stay planted on the ground.
- The thrower must not touch the ball again until it has touched another player.

If any of these regulations are not followed, the throw-in must be retaken.

Restarts After Rule Infringements: When the ball must be restarted after an infringement of the rules (foul) has been called by the match official, the following regulations must be enforced:

- The type of restart must be determined (direct free kick or indirect free kick, **PLEASE SEE APPENDIX A**).

- The opponents of the team taking the kick must be at least four (4) yards from the spot of the kick.
- The ball must be stationary and on the ground at the spot where the foul occurred.
- The referee gives the signal.
- The kicker must not touch the ball again until it has touched another player.

Restart After Injury Play-Stoppage: When the ball must be restarted after a stoppage in play has been called due to injury, and the ball has not yet left the field of play, a dropped ball from the point of the stoppage will occur and the following regulations must be enforced:

- The dropped ball must occur at the point of the stoppage.
- The ball must touch the ground before either team may play it.

If a player touches the ball before it hits the ground, the ball must be dropped again.

Law 9 – Ball In and Out of Play

The ball is out of play only when it has wholly crossed the goal line or touchline whether on the ground or in the air. The ball is in play at all other times, including when it rebounds off a goalpost, crossbar, corner flagpost, or referee and remains in the field of play.

Law 10 – The Method of Scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Law 11 – Offside

It is not an offence in itself to be in an offside position. A player is in an offside position if:

- He is nearer to his opponents' goal line than both the ball and the second-last opponent.

A player is not in an offside position if:

- He is in his own half of the field of play or
- He is level with the second-last opponent or
- He is level with the last two opponents.

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee,

involved in active play by:

- Interfering with play or
- Interfering with an opponent or
- Gaining an advantage by being in that position.

Law 12 – Fouls and Misconduct

PLEASE SEE APPENDIX A.

Age Modifications: Due to the age of these players, the following modifications will be made to the fouls and misconduct section in **APPENDIX A:**

- The referee/coach/parent must explain ALL infringements to the offending player.
- No cards shall be given for misconduct.

Law 13 – Free Kicks

PLEASE SEE APPENDIX A.

LAW 14 – The Penalty Kick

A penalty kick shall result when the defensive team commits a foul inside their penalty area.

Penalty Kick Procedure: The following regulations must be enforced at each penalty kick:

- The ball must be placed on the penalty spot ten (10) yards out from the goal line at the midpoint of the two goalposts.
- The goalkeeper must start on the goal line and may not move forward or backward off the line until the ball is played. The goalkeeper may move side-to-side.
- All players except the kicker and the goalkeeper must stay out of the penalty area until the ball is played.
- The kicker must not touch the ball again until it has touched another player.
- The referee gives the signal.

Appendix A: Law 12 – Fouls and Misconduct

Fouls and misconduct are penalized as follows:

Direct Free Kick: A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:

1. kicks or attempts to kick an opponent
2. trips or attempts to trip an opponent
3. jumps at an opponent
4. charges an opponent
5. strikes or attempts to strike an opponent
6. pushes an opponent
7. tackles an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following three offences:

8. holds an opponent
9. spits at an opponent
10. handles the ball deliberately (except for the goalkeeper within his own penalty area)

A direct free kick is taken from the place where the offence occurred.

Penalty Kick: A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Indirect Free Kick: An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

1. controls the ball with his hands for more than six seconds before releasing it from his possession
2. touches the ball again with his hands after he has released it from his possession and before it has touched another player
3. touches the ball with his hands after it has been deliberately kicked to him by a team-mate
4. touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

5. plays in a dangerous manner
6. impedes the progress of an opponent
7. prevents the goalkeeper from releasing the ball from his hands
8. commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or send off a player

The indirect free kick is taken from the place where the offence occurred.