

<b>PENAL (Direct Free Kick)</b>	<b>NON-PENAL (Indirect Free Kick)</b>
<ul style="list-style-type: none"> <li>- Kicking or trying to kick opponent</li> <li>- Tripping or trying to kick opponent</li> <li>- Jumping at opponent</li> <li>- Charging opponent</li> <li>- Holding opponent</li> <li>- Striking or trying to strike opponent</li> <li>- Pushing opponent</li> <li>- Above require offense to be committed in a manner considered to be "careless, reckless or using excessive force"</li> <li>- Tackle an opponent to gain possession, making contact with opponent first</li> <li>- Holding an opponent</li> <li>- Spitting at opponent</li> <li>- Handling ball deliberately (includes goal kick outside box)</li> </ul>	<ul style="list-style-type: none"> <li>- Offside (no offside for throw in, corner kick or goal kick)</li> <li>- Goalie takes &gt; 6 seconds or touches ball with hand after release or after deliberate kick or throw from teammate.</li> <li>- Dangerous play (Not "High kicking")</li> <li>- Impeding progress of an opponent (Obstruction)</li> <li>- Prevent Goal Kick from releasing ball from hands</li> <li>- Wasting time</li> <li>- Touching the ball a second time after the ball is in play following a throw-in, goal kick, corner kick, penalty kick or free kick.</li> </ul>
<b>CAUTION - Yellow</b>	<b>SEND OFF - Red</b>
<ul style="list-style-type: none"> <li>- Unsporting behavior</li> <li>- Dissent by word or action</li> <li>- Persistent infringement of the Laws</li> <li>- Delays restart of play</li> <li>- Delays restart of play</li> <li>- Fails to retreat required distance on free kicks or corner kicks</li> <li>- Enters or re-enters without ref's permission</li> <li>- Leaves without ref's permission</li> </ul>	<ul style="list-style-type: none"> <li>- Serious foul play</li> <li>- Violent conduct</li> <li>- Spits at opponent or other person</li> <li>- Denies a goal or obvious goal scoring</li> <li>- Opportunity by deliberately handling ball</li> <li>- Denies an obvious goal scoring opportunity by an offense punishable by free kick or penalty kick</li> <li>- Offensive, insulting or abusive language or gesture</li> <li>- Second caution</li> <li>- Tackle from behind</li> </ul>