

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