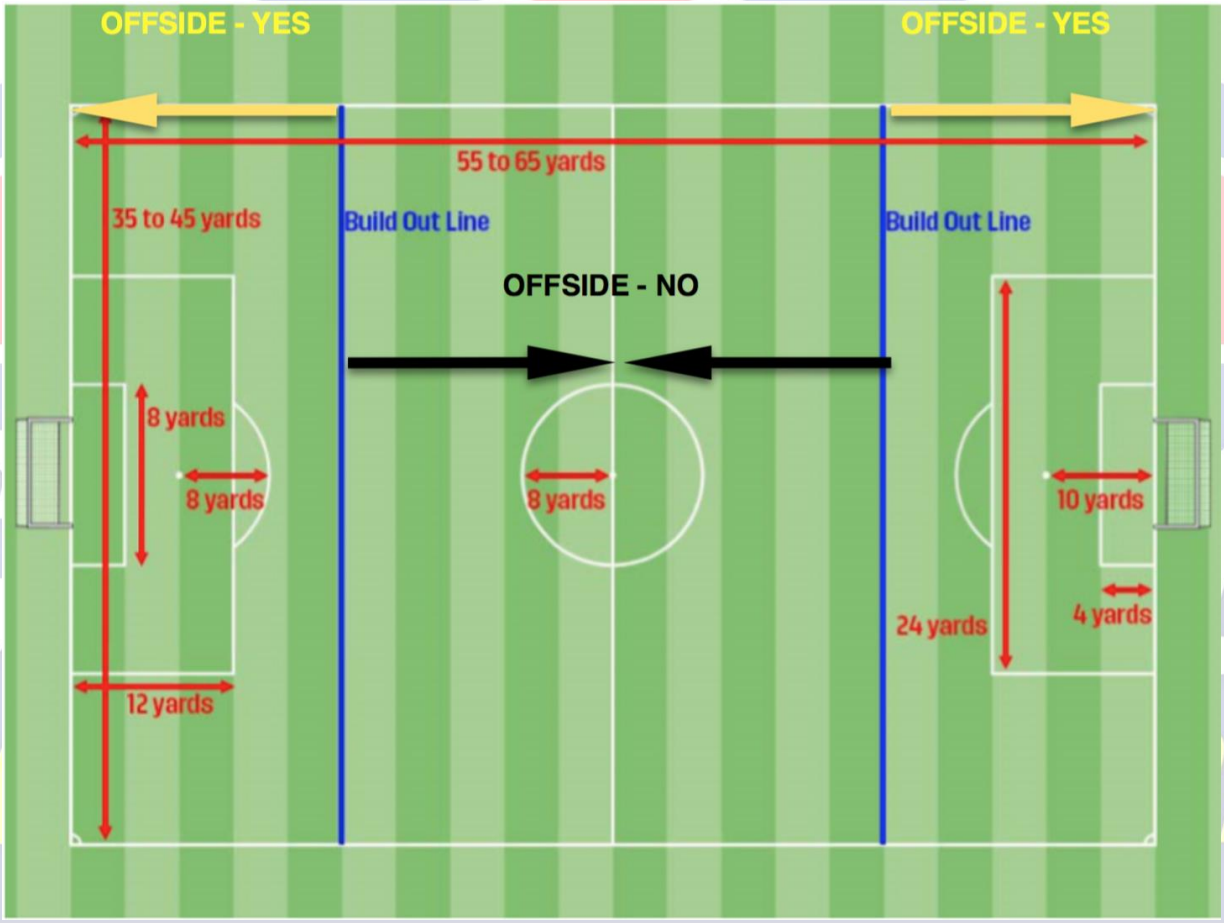
Free Kicks – for 7v7 games the distance required to be given at the taking of free kicks (DFK, IFK) is 8 yards. (This distance is determined by the size of the center circle).



Build Out Line: The build out line is to be a line of different color or dotted, across the field equidistant between the penalty area line and the halfway line.

The build out line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball, either during play from an opponent (made a save), or from at the taking of a goal kick, the opposing team must move behind the build out line until the ball is put into play. The ball is considered "in play" when the GK's intended recipient has received the ball, not the moment that the GK releases the ball.

Goalkeepers in possession of the ball may pass with feet, throw or roll the ball into play when the opponents have retreated behind the build out line. Once the ball has been put back into play the opposing team can cross the build out line and play resumes as normal.

Teammates of the GK may receive the ball from the GK between the goal line and build out line, and when played by the teammate the opponents may cross the build out line.

Goalkeepers may NOT punt the ball. Drop kicking the ball is the same as punting. If the GK punts or drop-kicks the ball the referee will stop play with the whistle and award an indirect free kick to the opposing team at the location where the punt occurred. If the GK punts from within the goal area, the indirect free kick is taken on the goal area line parallel to the goal line nearest where the infringement occurred.