

### Procedure

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The ball is in play when it is kicked and moves.

A free kick can be taken by lifting the ball with a foot or both feet simultaneously.

Feinting to take a free kick to confuse opponents is permitted as part of football. However, if in the opinion of the referee the feinting is considered an act of unsporting behaviour, the player shall be cautioned.

If a player, while correctly taking a free kick, intentionally kicks the ball at an opponent in order to play the ball a second time but neither in a careless nor a reckless manner nor using excessive force, the referee shall allow play to continue.

An indirect free kick should be retaken if the referee fails to raise his arm to indicate that the kick is indirect and the ball is kicked directly into the goal. The initial indirect free kick is not nullified by the referee's mistake.

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### Distance

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If a player decides to take a free kick quickly and an opponent who is less than 9.15 m from the ball intercepts it, the referee shall allow play to continue.

If a player decides to take a free kick quickly and an opponent who is near the ball deliberately prevents him taking the kick, the referee shall caution the player for delaying the restart of play.

If, when a free kick is taken by the defending team from inside its own penalty area, one or more opponents remain inside the penalty area because the defender decides to take the kick quickly and the opponents did not have time to leave the penalty area, the referee shall allow play to continue.

### Procedure

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Feinting to take a penalty kick to confuse opponents is permitted as part of football. However, if in the opinion of the referee the feinting is considered an act of unsporting behaviour, the player shall be cautioned.

### Preparing for the penalty kick

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The referee shall confirm the following requirements before the penalty kick is taken:

- The kicker is identified
- The ball is properly placed on the penalty mark
- The goalkeeper is on the goal line between the goal posts and facing the kicker
- The team-mates of the kicker and the goalkeeper are
  - outside the penalty area
  - outside the penalty arc
  - behind the ball

## LAW 14 – THE PENALTY KICK

### Infringements – After the whistle and before ball in play

Infringement for encroachment	Outcome of the kick	
	Goal	No Goal
Attacking Player	Penalty is retaken	Indirect free kick
Defending Player	Goal	Penalty is retaken
Both	Penalty is retaken	Penalty is retaken

