

- Cheat Sheet -

Direct Free Kick Offences

STK (Steak no vegetarians)
JCPT (JC Penny & Target)
SHHIT (It happens)

DFK

Indirect Free Kick Offences

DIPDOT (Dipping Dots)
2TiK (2 ticks for GK)

IDFK

Must be careless, reckless or with excessive force

- S** - Strikes or attempts to strike an opponent
- T** - Trips or attempts to trip an opponent
- K** - Kicks or attempts to kick an opponent
- J** - Jumps @ an opponent
- C** - Charges an opponent
- P** - Pushes an opponent
- T** - Tackles or challenges an opponent

Just have to happen

- S** - Spits or bites someone
- H** - Handball
- H** - Holds an opponent
- I** - Impedes an opponent with contact
- T** - Throws an object at the ball or someone

- D** - Dangerous play
- I** - Impedes an opponent without contact
- P** - Prevents the GK from releasing the ball
- D** - Dissent, abusive language or gestures etc
- O** - Other - commits an offence not mentioned for which play is stopped to caution or send-off
- T** - Tricks - initiates a trick to pass ball to GK

Goalkeeper only

- 2** - Touches the ball w/ hands after releasing from hands (2nd touch by hands)
- Ti** - Touches w/ hands after direct throw-in from a teammate
- K** - Touches w/ hands after deliberate kick from a teammate

Corner Kick Offences

Goalkeeper only

- 8** - Controls the ball with their hands for more than 8 seconds

CK

Misconduct

Cautions

Cautions FEDDUP

- F** - Fails to respect the required distance when play is restarted with a DB, CK, FK or TI
- E** - Enters, re-enters or leaves the field of play (deliberately) without the referee's permission
- D** - Delays the restart of play
- D** - Dissent by word or action
- U** - Unsporting behavior
- P** - Persistent offences (no specific number or pattern of offences constitutes 'persistent')

Also:

Entering the referee review area (RRA).
Excessively using the 'review' (TV screen) signal.

Cautions PUDDL

- P** - Persistent offences (no specific number or pattern of offences constitutes 'persistent')
- U** - Unsporting behavior
- D** - Dissent by word or action
- D** - Delays the restart of play
- L** - Leaves, enters or re-enters the field of play (deliberately) without the referee's permission
- D** - Distance - failing to respect the required distance when play is restarted with a DB, CK, FK or TI

Misconduct

Send-offs

Send-offs SAVS2DOGS

- S** - Serious foul play
- A** - Abusive - using offensive, insulting or abusive language and/or action(s)
- V** - Violent conduct
- S** - Spitting at or biting someone
- 2** - 2nd - receiving a 2nd caution in the same match
- DOGS** - 3 x DOGSO – 2xHB, and FK

Denying the opposing team a goal or obvious goal-scoring opportunity by a:

- deliberate handball offence
- non-deliberate handball offence outside the PA
- FK offence while not attempting to play the ball inside the PA
- FK offence outside the PA

Note:

- If a non-deliberate handball offence in the PA and a PK is awarded, the player is cautioned.
- If a FK offence while attempting to play the ball in the PA and a PK is awarded, the player is cautioned.

Also:

Entering the video operation room (VOR).

LOTG 2025/26

7/16/2025