LAW 15 – Throw-In

**RESTART**
- When the whole of the ball has passed over a Touch Line, either on the ground or in the air, it shall be put back into play:
  - by a throw-in in any direction at the point where the ball left the field-of-play.
  - by a player of the opposing team to that of the player who touched it last.

**PROCEDURE**
- At the moment of delivering the ball the thrower:
  - must face-the-field of play and with part of each foot shall be
    1) either on the Touch Line or
    2) on the ground outside the Touch Line and
    3) part of each foot shall be in contact with the ground
  - shall throw the ball
    1) using both hands (unless physically impaired from doing so), and
    2) shall throw it from behind and over is or her their head.

**DISTANCE OF OPPONENTS**
- All opposing players must remain at least two (2) yards from the thrower until the ball is back in-play.

**BALL IN-PLAY**
- The ball shall be in-play immediately
  - upon any part of the ball breaking the plane of the field-of-play (i.e. the outside edge of the Touch Line) and
  - after having been released by the thrower.
- The thrower shall not again touch the ball until it has been touched by another player from either team.

**GOAL SCORED**
- A goal may not be scored directly from a throw-in.
- If the ball goes directly into the thrower’s own goal, play is restarted with a corner kick.
- If the ball goes directly into the opposing team’s goal, play is restarted with a goal kick.

**OFFSIDE**
- The *Offside Law 11* does not apply at the taking of a throw-in.
INFRINGEMENTS / SANCTIONS

- For an improper throw-in, the restart shall be a throw-in by the opposing team.
- The same shall be true if the throw-in is not taken at the point where the ball went out-of-play.
- For touching the ball a second time, an indirect free kick (IFK) shall be taken by the opposing team at the point where the second touch occurred.
- If a player taking a throw-in plays the ball a second time by handling it within the field-of-play before it has been touched by another player, the referee shall award a direct free kick (DFK)
  - This is the committal of a simultaneous foul, i.e. a second touch of the ball (IFK) and a handling foul (DFK).
  - The more serious offense dictates that the restart is a DFK.
- If, when a throw-in is being taken, any of the opposing players dance about or wave their hands in a way calculated to distract or impede the thrower, it shall be deemed unsporting behavior, for which the offender(s) should be cautioned.
- If the ball does not enter the field or hits the ground before entering the field-of-play, the ball has not been thrown directly into the field-of-play, thus the throw-in is to be retaken.

**EXCEPTION:** In a Passers (U-8) division game when an improper throw-in is taken, the referee should:
- stop play, and
- explain the proper procedure to the player, and
- allow the throw-in to be retaken.