



Buildout Line Rules

RETREAT

On a goalkeeper save/release and on a goal kick, opponents must move behind the buildout line.

BACK IN PLAY

Save/release: the ball is live once the goalkeeper releases it by throw or roll. Goal kick: the ball is in play when it is kicked and clearly moves; it does not need to leave the penalty area.

PUNTING

Not allowed. Restart with an indirect free kick at the spot of the offense, or on the goal-area line if the offense occurs inside the goal area.

8-SECOND RULE

The goalkeeper may control the ball with the hands/arms for up to 8 seconds. The referee visually counts the final 5 seconds. If the count is exceeded, restart with a corner kick to the opponents.

HEADING

Not allowed. Restart with an indirect free kick at the spot of the offense, or on the goal-area line if the offense occurs inside the goal area.

Coach reminder: the team in possession may restart early; once the ball is put back into play, players may cross the buildout line.