

Danvers Indoor Sports - 2024 - 2025 : Update to “Sliding” Rule

Rule 20 Definitions of Going to Ground (Previously Sliding)

DIS considers this to be dangerous for players to go to ground (i.e. making an act that results with a player on the ground).

Below are types of going to ground that are recognized and will result in the appropriate penalties.

A) A Reaching Shot/Steal (dropping to one or both knees) is considered going to ground indoors.

Penalty: Loss of possession, Direct free kick.

B) An uncontested slide towards the ball.

Penalty: Loss of possession, Direct free kick.

C) Slide Tackling, a contested slide toward an opponent and the ball.

Penalty: Loss of possession, Direct free kick & 2-minute penalty for the offending player.

D) A Slide Tackle is also considered when a player slides within playing distance of an opponent.

Penalty: Loss of possession, Direct free kick & 2-minute penalty for the offending player.

E) Any high risk plays that result in a player(s) losing control and landing on the turf not on their feet are considered going to ground/dangerous play. (Bicycle Kicks, Jumping Kicks/Diving Headers etc.)

Penalty: Loss of possession, Direct free kick & 2-minute penalty for the offending player.

Additionally, any of the above occurring in the Penalty Area, by a defensive player will result in a Penalty Shot (Note Rule 17)