



Adult Soccer Rules & Regulations

Updated: 6/29/22

Slide tackling: Indirect free kick issued when outside the penalty area.

Due to injuries Slide tackling is not allowed by **Field players** in any EGR Adult Soccer league. Violators will be issued a yellow card if the slide tackle is performed next to an opponent. Players will sit out for a total of 3 to 5 mins on the official's discretion. **Goalkeepers** can dive; however, if a goalkeeper's feet make contact with the player on offense then the slide will be treated as if the goalie was a field player and will result in an automatic yellow card.

Indirect free kick

Is awarded if a player plays in a dangerous manner. Impedes the progress of an opponent without any contact being made.

Slide tackling: Direct kick issued when inside the penalty area.

Penalty kicks occur **whenever a player commits a foul in their own penalty area**. Several fouls would cause penalty kicks, including handball fouls and many physical penalties. Illegal contact like charging, pushing, tripping, **and tackles** result in penalty kicks.

A **penalty kick** is a method of restarting play, in which a player is allowed to take a single shot on the goal while it is defended only by the opposing team's **goalkeeper**. It is awarded when a foul punishable by a **direct free kick** is committed by a player in their own **penalty area**. The shot is taken from the penalty mark, from the goal line and centered between the touch lines.

