



# NO TACKLES FROM BEHIND



**Direct Free Kick** regardless of position on ground  
– be clear that actual contact has been made  
not simply pressure from behind.

Player from behind can't take the ball through  
the other players legs - DIRECT FREE KICK

Tackling is allowed from side on or front on as  
per LOTG





# Indirect Free Kick – Slide / Going to Ground

## 1. NO Slide Tackles / NO Going to Ground (see supporting notes below)

Slide Tackle occurs when two or more players are challenging for the ball and any of them select to "slide" for the ball. 'Going to Ground' refers to a player falling/dropping to the ground and low to surprise and get an advantage in reaching for a ball. As such any challenge not made on two feet is to be considered a Slide Tackle.

- There does not have to be contact between players for a free kick to be awarded
- A player is considered to be challenging an opponent for the ball if the opponent is within a radius of five metres of the player.
- These rules apply to a goalkeeper who chooses to play or attempts to challenge for the ball with their feet first. They do NOT apply to a goalkeeper playing or attempting to play the ball with their hands or torso first.
- Sliding is permitted by a player to save a ball / to score / to block a pass, without an opponent contesting – judged by the Referee- eg Goal line clearance.



# Indirect Free Kick – Slide / Going to Ground





NO FREE  
KICK





# SIN BIN

Sin Bin Rule - a player spends 10 minutes in the “sin bin” (sidelined), with a replacement player permitted to take the field.

- To be used for constant whinging and critical of referee decisions
- Bad foul which would warrant a Yellow Card / and SIN BIN
- Calm a player down who is treading a fine line - we want to keep the player on the ground as our first option