

**Goalie:**

Inside the goal box the goalie is allowed to slide with feet planted on ground to gain control of the ball.

**Players:**

All other players are not allowed to slide when trying to steal when or advance the ball. If a slide tackle occurs when their feet are leaving the ground the referee will award a free kick (if occurs in the penalty box a penalty kick will be awarded). If a severe slide occurs and forceable is made a yellow or red card can be given.