

FCUSA Frosty Pilgrim Rules



The Goalkeeper

- GK's cannot punt or dropkick the ball into play after obtaining possession of the ball. They must distribute the ball with their hands either to a teammate or themselves. Once the ball leaves their hands, however, they cannot pick it up again until another player for the opposing team touches it. After a save GK can place the ball on the ground and distribute it with their feet. Once the ball is placed on the ground it is a live ball and opposing players may play it. The GK cannot have possession of the ball either with his/her hands or feet inside the box for more than 5 seconds...Violation of this rule will result in a DFK (Direct Free Kick) at the dot at the top of the box. The GK cannot touch the ball outside the box/arch with their feet, bring it into the box and pick it up...Violation of this rule will result in a DFK (Direct Free Kick) at the dot at the top of the box.
- Goal Kick Distributions: In order to speed up play, instead of Goal Kicks, the GK will restart play by advancing the ball with his/her hands into play from the box. When the ball crosses the end line, the GK shall have 5 seconds to advance the ball into play via hands once they are inside the penalty area. GK cannot put the ball to their feet on Goal Kick distributions...they must throw it back into play.
- Goalkeeper's hands on the ball: The Goalkeeper's hands must be inside the penalty box when they touch the ball. If their hands touch the ball outside the box, the result is a DFK (Direct Free Kick) below the spot they touched it.
- If a player intentionally passes the ball back to their GK, the GK is not permitted to pick the ball up or touch it with his/her hands...Violation of this rule will result in a DFK (Direct Free Kick) from the dot at the top of the box.

Sliding

- No sliding allowed. No field players can play the ball while on the ground, even if it is done in a safe manner. GK's are permitted to slide provided the slide emanates from within their own box. The keeper cannot slide outside the box unless the slide started inside the box and at the discretion of the official that the momentum forced the GK outside the box. A defensive player who intentionally slides across the goal line to save the ball from going in with his/her body will be carded "result: PK (Penalty Kick)". Not all slides are always card-able. Attacking player making an extra effort to try to score a goal within the box and extends his rear without a "slide" with no players within his reach may be awarded the goal at the discretion of the official.

Game Duration

Games will be 25 minutes running time. The clock only stops for serious injuries or delay of game issues in playoff games. There are no horns on the scoreboards; therefore time officially expires when the official blows the whistle. The score will only reflect a 5-goal differential.

3 Line Rule

No ball can pass over 3 lines in the air towards the opponent's goal without first being touched by another player or touching the ground. Result is a direct kick for the other team on the dot of the first line the ball crossed over. 3 line rules is in effect throw-ins as well.

Restarts

- All restarts are direct, except for throw-ins, which are indirect. Throw-ins are used on the sidelines to restart play. Corner kicks are also used if the ball goes over the end line off of the defending team. 5 seconds is counted once the ball is in the proper spot for the re-start and in possession of the player.
- 5 Yards from the re-start: The opponent must be 5 yards away from the ball. THE 5 YARDS IS A GIVEN...Teams does not have to ask for proper distance. If players are intentionally delaying the restart by encroaching, then a card can be given. If a team tries to play a "quick" re-start, however, they are not guaranteed the 5 yards, but opposing player cannot encroach/delay as well (discretion of the referee). Teams must be 5 yards away on throw-ins as well. Once a team asks for 5 yards, they must wait for a whistle to put the ball in play. On throw-ins, the opponent must be 5 yards away from the ball.

Penalty Kicks

Penalty Kicks are taken from the penalty dot inside the top of the arc. All players (except the shooter and the GK) must be outside the first 3rd line on all Penalty Kicks. All Penalty Kick must be taken regardless of how much time is on the clock.

Substitutions

All Substitutions are done "on the fly". Cards can be given for too many players on the field if the team that is subbing is, in the referee's opinion; gaining an unfair advantage by the way they are subbing. Subs should enter and exit near the bench areas. GK's must be subbed like field players..."on the fly". No changing shirts on the field while the game is going on. General rule of thumb "player off, player on" is the safest (within 3 yards of touch line).

Off-Sides

No offside's during ANY indoor games.

Tie Breakers

If 2 teams are tied (equal number of point):

1. Head to Head
2. Goals Against
3. Goals Scored
4. Penalty Kicks 3 per team