

SoccerCityOKC Indoor Soccer Rules

Effective January 5th 2026



WAIVERS & ROSTERS

- a. All players must sign a 'liability waiver' to participate. If under the age of 18, a parent or guardian must sign the waiver. NO WAIVER, NO PLAY, NO EXCEPTIONS.
- b. All players must be on a team roster prior to participating in league play.
- c. Players may be added to the roster until the 3rd week of league play. After the 3rd week, all rosters are frozen.

PLAYER ELIGIBILITY

- a. Management may request ID on a player at any time, to verify age and/or identity. A team using an ineligible player may forfeit all games where that player played and the player may be suspended per management discretion.
- b. A team using a player who is not on their roster will forfeit any and all games that player participated in.
- c. A team using a player who did not complete a waiver prior to playing will forfeit that game.
- d. You must be at least eighteen (18) years of age to play in adult leagues.
- e. If you have been paid to play professional (indoor or outdoor) soccer within the last 6 months, or are now doing so, you are only eligible to play at the highest level available at this facility.

Gender Identity Policy

Players can register for teams based on their gender at time of birth. Birth certificates must be provided for verification of date of birth/gender.

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Rule 1: Field of Play

SoccerCity OKC has 4 fields for indoor soccer. A perimeter wall and ceiling that will be playable will contain the playing area. All vertical side "NETTING" will be considered out of play.

Rule 2: The Ball

The HOME team will provide a ball for all games. The AWAY should also have a game ball in the event that something happens to the ball provided by the home team.

Rule 3: Players

3.1 Teams: A game is played by two teams having a maximum of 18 eligible players on the Team Bench.

NUMBER OF PLAYERS

U6 & U8 plays 4v4 (no Goalkeepers); U10 will play 6v6 (5 field players and a Goalkeeper); U12 and will play 6v6 (5 field players and a Goalkeeper). Coed Plays 7v7.

U10 and above: no fewer than 4 or more than 6 players are allowed. Up to 2 non-player personnel, including at least 1 adult, shall occupy the Team Bench during the game. No other personnel may occupy the Team Bench.

Each team must have a Goalkeeper, having the privileges specified under these Rules.

Coed, no fewer than 4 and no more than 7 players from each team shall occupy the field during each half. Maximum number players on the field at any time are 3 males and 3 females plus the goalkeeper (male or female). You must have a minimum of 1 female as a field-player (excluding goalkeeper) at all times. Up to 2 non-player personnel, including at least 1 adult, shall occupy the Team Bench during the game. No other personnel may occupy the Team Bench.

3.2 Substitution During Play and Stoppages: Each team may substitute players freely; **provided that players must substitute off the field of play prior to the bench player entering the field.**

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SUBSTITUTIONS

- a. During the game while the ball is in play, substitutions may be made at any time on an unlimited basis, provided the player substituted for is off the field before the substitution is made at his/her own bench area. (2 minute penalty)
- b. Guaranteed substitutions (15 seconds) may occur: after a goal is scored. If play is inadvertently restarted with too many players on the field after any guaranteed substitution occasion, no penalty shall be assessed.
- c. Jumping over the wall is a 2 minute penalty.
- e. Using the opposing team's doors during a running clock is a 2 minute penalty.

3.3 Substitution Violations: The Referee issues a 2 min Team Penalty for having too many players on the field.

3.4 Player Requiring Treatment for Injury: The Referee sends any player to his Team Bench who requires treatment for injury or blood (regardless whether the blood is his own or another's, or is on his body or uniform).

This occurs at the first opportunity recognized by the Referee, whether at the game's next stoppage or his order when:

- a. the injury is deemed critical,
- b. by the location of the injured player, he is likely to interfere with play,
- c. the injured player's team has control of the ball. Any player sent off for treatment may not reenter until fit to return and until, if applicable, the expiration of the player's Time Penalty. The Referee shall approve any blood treatment prior to allowing the player to reenter the field. If allowed by the Referee and permitted by administrative policy, a player whose uniform is stained with blood and untreated may wear alternative clothing.

Rule 4: The Players' Equipment

4.1 Uniform: Players, other than Goalkeepers, wear their team's uniform, consisting of the same color. All players are required to have permanent pressed-on numbers on the back of their jerseys. Numbers must be a minimum of 6" high and must be of a contrasting color. Shin guards are mandatory at all times by all players on the field of play. There are no requirements for the shin guards to be covered.

4.2 Goalkeeper: The Goalkeeper wears jersey colors distinguished from all other field players and must have a number. Other permitted equipment includes gloves and pants instead of team shorts and approved headgear. In all other respects, Rule 4.1 applies.

4.3 Dangerous Equipment:

All Players: Casts, splints, or body braces made of a hard substance must be padded to the satisfaction of the Referee.

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Adult player may wear jewelry or other accessories. However, these items must not be a danger to one's self or to the other players. Large rings, large earrings, and facial jewelry are prohibited.

Youth players are not allowed to wear any type of jewelry. "A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry). Taping is not permitted.

Rule 5: The Referee

5.1 Referees: One (1) Referee officiates each game. As long as a Referee is on the facility property, he shall execute his/her duties as if officiating a match.

5.2 Decisions of Fact and Rule: The decisions of the Referee regarding facts connected with play and interpretation of Rules are final. The Referee may change any decision prior to a Restart upon his own reconsideration.

5.3 Powers: The Referee's power to assess penalties, and otherwise assure fair play and maintain control of a game, extends to violations of these Rules committed during play, during stoppages, and as players and other team personnel proceed to and from the field of play.

This includes the power to:

- **Award or Disallow a Goal:** The Referee determines whether or not a goal is scored.
- **Suspend or Terminate the Game:** The Referee stops, suspends, or terminates the game at his discretion by reason of the elements, interference by spectators, an unsafe condition, or other justifiable cause.
- **Stop the Clock:** The Referee stops the Game Clock due to medical emergency (subject to administrative policy requiring 911 to be called.)
- **Prohibit Field Entry:** The Referee ensures that no unauthorized person enters the field of play during a game.
- **Summon Security:** The Referee asks facility security guards to prevent any spectator, including team personnel, from interfering with the play of the game for:
 - (1) Violent conduct, including tossing objects onto the field of play;
 - (2) Foul or abusive language or behavior; or
 - (3) Persistent unseemly behavior.

5.4 Game Report: Subject to administrative policy, the Referee files a Game Report, including information on any disciplinary action and other incident (e.g., serious injury) or circumstance occurring before, during, or after the game.

Rule 6: The Duration of the Game

6.1 A regulation game consists of two 25 minute Halves subject to the following:

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- **Under 6, Under 8** and Academy play two 20 minute halves.
- **Running Clock:** Except in the case of an unusual delay (911 being called), as determined by the Referee, the Game Clock counts down continuously.
- **Extension of Play:** Play may be extended to permit a Penalty Kick. Time may also be added for game delays at the end of a match. This may include events related to sportsmanship or injuries. This is based on referee discretion.
- **Clock Malfunction:** If the Game Clock does not count down properly, the Referee may add or subtract time as he deems appropriate. All violations occurring during a clock malfunction are treated as if occurring while the ball is in play.

6.2 Period Intervals: There is a 1-minute Halftime to allow teams to switch sides of the field.

GAME TIMES

The clock will begin running at game time. Under 6 & Under 8 teams must have at least three (3) players to start; U10 must have at least four (4) players ready to play for the game to commence. If a team is not prepared to play after five minutes has elapsed, the game is forfeited and the opponent is credited with a 10-0 victory (for standings purposes).

NOTE: If a team is playing back-to-back games on different fields, a 4 minute time delay may be added to the second match start time.

Penalization for Being Late	
Minutes Late	Score
0-1	0
1	1
2	2
3	3
4	4
5	Forfeit 10-0

Rule 7: The Start and Restart of Play

7.1 Start of Play: A "Kickoff" from the Center Mark starts play at the beginning of each Half and after every goal. Immediately prior to the Kickoff, all players remain in their respective defensive halves, and all defending players are outside of the Center Circle. Once the Referee signals the Kickoff, a player of the team having the Kickoff has 5 seconds to play the ball. The same player may not again play the ball until it touches another player.

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KICKOFF

The kickoff does not have to move forward. Players may not cross the mid-field stripe until the ball is kicked. In indoor soccer, U12 and above every free kick is a direct kick; therefore, a goal may be scored directly from kickoff. **U6, U8, and U10 may not score directly from the kickoff.**

7.2 First Possession and Defensive End: In accordance with administrative policy, the "HOME" team takes the kickoff and defends the area in front of their team bench.

7.3 Kickoff After Goal: Except at the end of a Half, play restarts after each goal with a Kickoff by the opposing team. Play is restarted via the referee whistle.

7.4 Start of Second Half: For the Start of the Second Half, the teams change defensive ends, and the Kickoff is taken by the visiting team. Play is restarted via the referee whistle.

7.5 Restarts: A "Restart" is the manner of resuming play after a goal or other stoppage. Restarts take place by a Kickoff, Free Kick, Goalkeeper Throw-In (if applicable), or Dropped Ball, as set forth elsewhere in these Rules. The team opposing that which is responsible for the stoppage takes the Restart. Except for a Dropped Ball, the same player who takes a Restart may not again make contact with the ball until touched by another player. Other than for Kickoffs or as provided below, Restarts occur within three feet (3') from the spot of the ball at the moment of stoppage.

7.6 Free Kick: A team receives a Free Kick after stoppages other than when a Dropped Ball or Goalkeeper Throw-In is required. Before the team takes the Free Kick, the ball must be stationary. All opposing players are at least 15 feet from the spot of the Free Kick (or, if within 15 feet of the opponent's Goal, along the Goal Line) until after the Restart. The Referee whistles the Restart for all Free Kicks taken from any circle Mark and after stoppages due to an injury, Time Penalty, or other incident within the Referee's discretion. In the instance of a Time Penalty or ejection, the Referee whistles the Restart after the player serving the Time Penalty has sat down in the Penalty Area or the ejected person has left the area visible to the field of play. The spot of the Free Kick is that provided in Rule 7.5, except as follows:

- **Within Own Penalty Arch:** A Free Kick within a player's defensive Penalty Arch may be taken from any spot therein. All opposing players remain outside the Arch and at least 15 feet away until the ball is in play beyond the Arch. If, after the Free Kick, any player touches the ball before it has left the Penalty Arch, the Free Kick is retaken.
- **Within Opponent's Penalty Arch:** When a team is awarded a Free Kick within its opponent's Penalty Arch, the Free Kick takes place at the opponent's Free Kick Mark ("Top of the Arch").
- **Illegal Pass Back to Goalkeeper:** A Free Kick occurring after an illegal pass back to the Goalkeeper (Rule 10.3) is taken at the Goalkeeper's Free Kick Mark.
- **Penalty Kick:** The Restart for a Penalty Kick is taken in accordance with Rule 12.
- **Kick-In:** If the ball crosses above the Perimeter Wall and contacts the side netting, a Free Kick (i.e., Kick-In) is taken from the point on the Touch Line nearest where the ball initially touched the net. If the ball goes out of play after touching a player substitute or other Bench personnel, who is inadvertently extending into the playing field, or if the

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ball exits the field through an open door of a Team Bench, the Kick-In is taken by the other team.

- **Corner Kick:** When the whole of the ball, having last touched a defending player, exits the Perimeter Wall, makes contact with the side net between the corner spots, the opposing team takes a Free Kick from the Corner Mark, nearest to where the ball exited play.
- **Goalkeeper Throw-In:** See Rule 7.8.
- **Three-Line Violation:** For Three-Line Violations, the Restart is taken from the offending team's Restart Mark.

7.7 Dropped Ball Restart: There are no restarts via a drop ball at SoccerCity OKC.

7.8 Goalkeeper Throw-In: ALL restarts by the Goalkeeper for U14 and older must be via a Throw-in. A keeper may not kick the ball from the penalty area. Failure to throw-in results in a keeper restart. U12 and below can punt. A Goalkeeper CAN score by throwing the ball into the opponents goal.

Rule 8: The Ball In And Out Of Play

8.1 Ball In Play: The ball is "in play" once each Kickoff or Restart legally begins and the ball makes any discernible movement. The ball remains "in play" until a stoppage, recognized by the Referee.

8.2 Restarts Within Defensive Penalty Area: For Restarts by a team within its Penalty Arch, the ball is not "in play" until the game is properly restarted and the ball is propelled beyond the Penalty area by the player taking the Restart.

8.3 Ball Out Of Play: The ball is "out of play" once any stoppage occurs which the Referee acknowledges or orders, whether for goals, Fouls, Time Penalties, injuries, out of bounds, Three-Line Violations. If the referee is struck with the ball, the ball is still in-play as the referee is considered part of the field of play.

8.4 Three-Line Violation: A "Three-Line Violation" occurs when a goalkeeper "KICKS" the ball in the air across 3 lines (the two Red Lines and the Halfway Line) toward the opponent's Goal without touching the Perimeter Wall, top net, or another player or a Referee on the field of play.

Rule 9: The Method of Scoring

9.1 Goal: A team scores a goal when the whole of the ball legally passes over the Goal Line, between the Goalposts, and under the Crossbar. A goal may be scored directly from a Kickoff or Restart.

9.2 Winning Team: The team scoring the greater number of goals during a game is the winner.

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9.3 Interference: No goal is allowed if an outside agent alters the path of the ball on its way over the Goal Line. In such instance, Rule 7.5 dictates the manner of Restart, except for a Penalty Kick or Shootout, in which case it is retaken.

Rule 10: Fouls and Other Violations

SoccerCity OKC employs a "3-Card System", utilizing a Blue Card and the traditional "2-Card System" used in outdoor play. The 3-Card System equips referees with an additional tool to control play.

10.1 Penal Fouls: A Foul, resulting in a Free Kick, is assessed to a player who commits any of the following offenses in a manner that the Referee considers careless, serious, reckless, or involving excessive force:

- (a) Kicking an opponent;
- (b) Tripping an opponent;
- (c) Jumping at an opponent;
- (d) Charging an opponent;
- (e) Striking or elbowing an opponent; and
- (f) Pushing an opponent.

A Foul also occurs if a player commits any of the following offenses:

- (a) Holding an opponent;
- (b) Handling the ball (except by the Goalkeeper within his Penalty Arch);
- (c) Playing in a dangerous manner;
- (d) Slide tackling;
- (e) Impeding the progress of an opponent ("Obstruction"); and
- (f) Preventing the Goalkeeper from releasing the ball from his hands.

Should a player simultaneously commit 2 or more different Fouls, the Referee penalizes the most serious one.

10.2 Unsporting Behavior: The Referee stops play for Unsporting Behavior, resulting in a Free Kick, for the following offenses:

- **Illegal Substitution After Injury:** Attempting to enter play without the required Referee consent;
- **Equipment Violation:** Entering play without an ordered uniform adjustment;
- **Leverage:** Using the body of a teammate to propel oneself to head the ball;
- **Encroachment:** Entering the protected area of an opposing player taking a Free Kick (after initial Warning);
- **Trickery:** Passing the ball back to a Goalkeeper by trickery (Rule 10.3(b));
- **Dissent:** Committing any of the following offenses, whether before, during, or after the game:

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- a. **Referee Abuse:** Words or actions directed by any player or team personnel at an official in dissent;
- b. **Breach of Penalty Area Decorum:** Delay in entering the Penalty Area; failure to sit and remain seated in the Penalty Area after a Warning; or premature or unpermitted exit from the Penalty Area;
- c. Entering the Referee Crease without the Referee's permission;
- d. **Other:** Behavior which, in the Referee's discretion, does not warrant another category of penalty.

10.3 Goalkeeper Violations: For the following violations by a Goalkeeper, the opposing team receives a Free Kick:

- **Illegal Handling:** Bringing the ball from outside of the Penalty Arch to his hand within it, or receiving the ball again after a Goal Kick or Goalkeeper Throw-In without the ball's having first touched another player;
- **5-Second Limit:** Controlling the ball with either his hand or foot inside of his Penalty Arch for over five (5) seconds.

GOALKEEPER RULES

- a. The goalkeeper may possess the ball inside the box for a maximum of 5 seconds and can move anywhere in the box in that 5 seconds. If he/she exceeds that time, the ball is placed at the top of the box and a free kick awarded to the opposing team.
- b. The keeper may play the ball with his/her hands if the ball is passed back by a teammate within his/her red line. If the ball is passed outside the red line by a teammate and then back inside the red line, the goalkeeper cannot use his/her hands.
- c. The goalkeeper has only one hand touch per team possession. The goalkeeper cannot bounce the ball or throw it in the air and catch it again.
- d. The goalkeeper cannot bring the ball into the box and then pick it up.
- e. For any goalkeeper violations the ball goes to the top of the box and the opposing team is awarded a free kick.
- f. There are no goal kicks. Balls out of bounds between the corner spots are restarted with the goalkeeper throwing the ball. The goalkeeper cannot set the ball at his/her own feet and then play the ball. Someone else must touch it first. If the goalkeeper were to play the ball twice by either dribbling or drop kicking, it is the equivalent of a double touch, and a free kick will be awarded to the other team at the top of the box. U12 and below can punt.
- g. If a player from the opposing team intentionally obstructs the goalkeeper from releasing the ball into play, it is a 2 minute penalty.
- h. If during play the goalkeeper either intentionally strikes an opponent by throwing the ball violently at, or pushes him/her with the ball while holding it, he shall be cautioned or ejected, as deemed appropriate by the Referee, and the opposing team awarded a penalty kick if the offense is initiated within the box.
- i. An intentional handball by the goalkeeper outside the penalty area must result in a **minimum of a 4-minute penalty (yellow card).**

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NOTE:

To clear up any confusion about goalkeeper handballs around the box, we offer the following explanation. The key point is the location of the ball. If the ball is inside the box (lines are inside) at the moment of contact, it is not a handball, even if any other part of the goalkeeper's body is outside the box.

10.4 Team Violations: The Referee issues a Team Penalty for the following violations by a team or unidentified person:

- **Leaving Team Bench:** Players leave a Team Bench to join a fracas, melee, or confrontation with the opposition or a Game Official;
- **Bench Dissent:** After an initial "Warning" issued to the Team Captain, one or more unidentified players from a Team Bench verbally abuse the Referee.

10.5 Advantage: There is no provision for applying the "Advantage" rule at SoccerCityOKC.

10.6 Flagrant Fouls: Either a Penalty Kick or Shootout (subject to administrative policy) is awarded for the following Fouls committed by a defender in his defensive half of the field:

- a. A Foul within the Penalty Arch or Goal for which he receives a Time Penalty;
- b. A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the Goal; and
- c. Any Foul where he is the last player on his team between the attacking player with the ball and the Goal.

10.7 Blue Card Offenses: Unless otherwise provided in rules 10.8 or 10.9, the Referee issues a Blue Card for serious violations of Rule 10.1 and for:

- **Deliberate Handball:** Handling the ball deliberately (or by a Goalkeeper outside of his Penalty Arch);
- **Goalkeeper Endangerment:** Endangering a Goalkeeper within his Penalty Arch by sliding or charging into him, regardless whether he is in control of the ball;
- **Boarding:** Propelling an opponent into the perimeter wall, whether or not intentionally;
- **Players' Unsporting Behavior:** Players' violating Rule 10.3; and
- **Team Penalties:** Violating Rule 10.4.

10.8 Cautionable Offenses: The Referee issues a Yellow Card for serious or reckless violations of Rule 10.1 and for the following (except when Rule 10.7 applies):

- **Second Blue Card:** When Rule 10.7 applies, committing a second Blue Card offense;
- **Deliberate Handball:** Handling the ball deliberately (or by a Goalkeeper outside of his Penalty Arch);
- **Goalkeeper Endangerment:** Endangering a Goalkeeper within his Penalty Arch by sliding or charging into him, regardless whether he is in control of the ball;
- **Boarding:** Propelling an opponent into the perimeter wall, whether or not intentionally;
- **Unsporting Behavior:** Violating Rule 10.3 by any team personnel;
- **Team Penalties:** Violating Rule 10.4; and
- **Provoking Altercation:** Making physical contact with an opponent (e.g., pushing or

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poking), short of fighting, as defined in Rule 10.9, or using the ball in so doing, particularly in the case of a Goalkeeper.

10.9 Ejectionable Offenses: A person receives a Red Card for violations of Rules 10.1 and 10.8, which the Referee considers violent or use of excessive force, and for:

- **Second Yellow Card:** Receiving a second Yellow Card;
- **Third Time Penalty:** When Rule 10.7 applies, receiving a third Time Penalty;
- **Elbowing:** Intentionally elbowing an opponent above the shoulder;
- **Vicious Slide Tackling:** A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
- **Fighting:** Striking or attempting to strike an opponent with intent to injure;
- **Leaving Team Bench:** Leaving a Team Bench or Penalty Area to join a fracas, melee, or confrontation with the opposition or a Game Official;
- **Extreme Unsporting Behavior:** Committing particularly despicable behavior, including:
 - a. Spitting at an opponent or any other person;
 - b. Persistent use of extremely abusive language or behavior toward a Game Official;
 - c. Bodily contact with a Game Official in dissent; and
 - d. Leaving the Penalty Area to engage in dissent.

10.10 Red Card Misconduct:

The Referee has the right to eject a player, coach, or spectator before, during or after the game. That person must leave the facility immediately. If after receiving a red card as a coach, player, or spectator, misconduct continues, additional red cards may be awarded.

- a. If a player is issued a red card, he/she is ejected for the remainder of that game and the next league game.
- b. Anyone receiving a 2nd red card in a 1 year period will be suspended for 8 weeks from the facility as a player and/or a coach.
- c. Any one player, coach or spectator receiving a 3rd red card within 1 year of the 1st will be suspended from the facility for 1 year from the date of the 3rd red card.
- d. Foul and abusive language or fighting is a mandatory ejection from the game and the facility. Anybody leaving the bench during a fight will be ejected and assessed a 5 minute penalty, to be served by another player. The ejected player must leave the property for the duration of the game and that team's next game.
- e. All fees are non-refundable to suspended players. Any player or non-playing person given a red card for fighting is guilty of violent conduct and ejected from our facilities for not less than 1 year and up to permanently.

10.11 Encroachment:

For all kick restarts:

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- a. The defender must provide a minimum of **15 ft.** for the taking of a free kick. It does NOT have to be requested.
- b. If the player taking the free kick requests the Referee to provide the **15 ft.** legal distance, he/she must wait for a whistle restart.
- c. If the Referee asks a defensive player for distance from the restart and the player does not immediately comply, a two minute delay of game penalty shall be assessed.
- d. If the player taking the free kick chooses to 'quick kick' the ball and it strikes the defender attempting to provide the minimum space, then there is no encroachment.
- e. If the defensive player, taking a stance within the **15 ft.** distance, makes any attempt toward the ball to block the free kick and makes contact with the ball, he/she is guilty of encroachment and will be assessed a two minute penalty. The defender may move from side to side to play the ball, but not forward, and only if 15 ft. away.
- f. For a defensive foul in the box, the free kick is taken from the top of the box and the **15 ft.** distance is required. A whistle is required for the restart.

Rule 11: Time Penalties

11.1 Penalties for Carded Offenses: The following penalties apply to offenses for which a Card is issued (subject to further action by the Administrative Authority):

- a. Blue Card (when Rule 10.7 applies): 2-minutes (i.e., in the Penalty Area);
- b. Yellow Card: 4 minutes;
- c. Red Card (for accumulation of Cards by player): 2-minutes (provided that the accumulation of penalties recorded at any one time may not exceed 5 minutes), plus ejection;
- d. Other Red Card: 5-minutes, plus ejection.

PENALTIES

If, in the referee's judgment, the foul is serious, a 2 minute penalty may be given. The player serves the penalty and his team plays short until either the time penalty expires or the opposing team scores. Some of the more common infractions that may result in two minute penalties are delay of game, slide tackling (not just sliding where no players are endangered or within playing distance), misconduct, too many players on the field (illegal substitution) and encroachment.

- e. The player penalized will serve the penalty, including the keeper.
- f. A player receiving three 2 minute penalties or a combination of a yellow card and a blue card in a game is ejected from the match but is allowed to play in the next scheduled game.
- g. **The progression of blue cards** (2 min), yellow, and red cards for a player is as follows:

1st Blue Card offense - blue card (2 minutes), player serves until time penalty expires or opposing team scores, whichever comes first. If a player earns a yellow

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card concurrent with the first (i.e. time penalty then misconduct), the player serves two 2 minute penalties.

2nd Blue Card offense - yellow card, player serves until 2 minute time penalty expires.

3rd Blue Card offense - red card, player is ejected and 5 minute penalty is served by another teammate.

- h. If a player receives a red card for serious foul play or violent conduct, he/she must leave the premises immediately and his/her team will play short for 5 minutes.
- i. A player receiving 3 blue cards twice in the same day is regarded as receiving a RED card is ejected from the premise for that day.

11.2 Service of Penalties: Except as provided under Rule 11.3, a person who commits a carded offense serves the penalty. A person who receives a Red Card after the game has started must leave the facility. Players serving Time Penalties proceed swiftly to their team's Penalty Area, have their Time Penalties posted and counted down in unison with the Game Clock, and serve their Time Penalties, seated, until their expiration or the conclusion of the game, except that, if a player's release from the Penalty Area would cause too many players to be on the field from his team (as could occur in the case of the expiration of multiple, simultaneous Time Penalties, or Time Penalties to three or more players from the same team), he is released upon the earlier of:

- a. the expiration of a teammate's Time Penalty resulting in fewer than two teammates in the Penalty Area with penalty time remaining;
- b. a stoppage, when permitted by the Referee; or
- c. the next occasion for a restart.

11.3 Designation of Penalty Servers: Players are designated by their teams to serve Time Penalties of their team, their Goalkeeper, non-player personnel, and of teammates who receive Red Cards. In each instance, the designated player may not already be serving a Time Penalty. Time Penalties served by designated players do not count against their personal records, but of those responsible. Men's Division 1 & 2 has a 2-minute penalty for 4 fouls or team plays short and team determines who sits off (does not have to be same player).

11.4 Short-Handed Play: For each Time Penalty being served by a player, his team shall play with one fewer field player until its expiration; provided that a team may not have fewer than the minimum under Rule 3.1, regardless of the number serving Time Penalties. Should a player receive a Time Penalty, while two or more teammates are already in the Penalty Area, his team continues to play with the minimum while he joins his teammates in the Area.

11.5 Exceptions to Penalty Time: Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

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- **Powerplay Goal:** If a team is scored upon having fewer players on the field of play, due to one or more players serving Time Penalties, a player from the team is released from the Penalty Area into the field of play, unless prohibited under Rule 11.2, and the player's Penalty or Penalties are wiped out. If the team has two players in the Penalty Area, only the player whose Time Penalty or Penalties are recorded earlier is affected.
- **Multiple Penalties:** If two teammates are serving Time Penalties when another teammate is penalized, his Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired and his Time Penalty is next to begin.
- **Release of Teammates Serving Simultaneous Time Penalties:** When two or more teammates' Time Penalties expire simultaneously, the order in which they are recorded dictates the order of their release.
- **Simultaneous Ejections:** When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are not served.
- **"Other" Unsporting Behavior:** As set forth by administrative policy (see Rule 10.2(g); e.g., entering play without permission, as in the case of blood or uniform violation; intimidation tactics by a male or a female in coed play; abusive or foul language at, or taunting of, an opponent).
- **Maximum Time Penalty:** player may receive more than 5 minutes for penalties arising at the same time on the Game Clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.
- **End of Regulation:** All Time Penalties expire at the end of the Second Half.

Rule 12: Penalty Kicks

12.1 Penalty Kick:

- a. All players serving Time Penalties sit in their appropriate Penalty Area. All players of the attacking and defending team stand behind the Red Line behind the Penalty spot;
- b. The ball is placed at the Free Kick Mark nearer the attacking Goal (Top of the Arch);
- c. The Goalkeeper has both feet on his Goal Line and may not move forward until after the Referee whistles the Penalty Kick to begin and the ball is in play;
- d. Person taking the "Penalty Kick" must have been on the field of play when the penalty was awarded.
- e. Once the Referee whistles the Penalty Kick to begin, the player taking the Penalty Kick (whom the kicking team designates) has five (5) seconds to strike the ball, restarting play;
- f. The player taking the Penalty Kick may not touch the ball again until it has been touched by another player.

SUSPENDED GAMES

Any game suspended is final. The sole exception is blackouts, which will be replayed if called before the end of the 1st half.

ABANDONED GAMES

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Any player(s), coach or spectators for a team that cause a game to not be allowed to continue will be guilty of abandoning the game and the victory will be awarded to the opposing team.

Leagues:

- a. SoccerCityOKC offers gender specific as well as coed leagues for adults. These leagues are defined as "MENS", "WOMENS", and "COED". Please reference "Gender Identity Policy" on page 1.
- b. If a league is gender specific, men or women: then that league is inclusive of only that gender.

COED OPEN RULES

- a. Each team plays with a maximum of three (3) females and three (3) males plus a goalkeeper.
- b. Coed players are allowed to 'double roster'.
- c. Female goals are worth 2 points, and male goals are worth 1 point. A female goal is a goal scored from a female intentionally attempting to shoot / kick / redirect the ball towards goal.
- d. All players must be at least eighteen (18) years old. ID is required.

COED 025 RULES

- a. ALL PLAYERS MUST BE **TWENTY-FIVE YEARS** OLD OR OLDER TO PARTICIPATE IN THIS LEAGUE. NO EXCEPTIONS!! WE WILL BE CHECKING ID'S FOR VALIDATION.
- b. Each team plays with a maximum of three (3) females and three (3) males plus a goalkeeper. **Please note: there must be a minimum of 1 female and 1 male player on the field at all times. This does not include the goalkeeper.**
- c. Coed players are allowed to 'double roster'.

MEN'S 025 / 030 RULES

ALL PLAYERS MUST BE **TWENTY-FIVE YEARS OR OLDER FOR OVER 25 AND MUST BE THIRTY YEARS OLD OR OLDER** TO PARTICIPATE IN THIS LEAGUE. NO EXCEPTIONS!! WE WILL BE CHECKING ID'S FOR VALIDATION.

YOUTH LEAGUES

- a. Teams may have a maximum of two coaches / team administration in the bench area during games.
- b. If a youth team splits into 2 indoor teams, players are allowed to 'double roster'.

UNDER 6 & UNDER 8

- a. Game will be 4v4 (4 field players per team – no Goalkeepers)
- b. Players must be in the attacking half of the field to score a goal

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- c. Players cannot score directly from a kickoff. All other free kicks are direct.
- d. Players should not stand in front of the goal and not move. Referees and coaches should encourage players as the ball travels away from the goal to move up the field as the play does.

UNDER 10

- a. All U10 games will be played on Field 4.
- b. Games will be 6v6 (5 field players and 1 Goalkeeper).
- c. Players cannot score directly from a kickoff. All other free kicks are direct.

Academy 7v7 Leagues

- a. No Heading
- b. No foul count for penalty kick
- c. No pass back to the keeper
- d. Game is divided into 2 equal 20-minute halves

STANDINGS

Leagues are usually set up as BEST RECORD for the season.

GAME SCORING

3 points for a win
1 points for a tie
0 points for a loss

Our tie breaking criteria are: (a) head to head competition, (b) goal differential, (c) fewest goals allowed during league play, and finally (d) penalty kicks.

LEAGUE WINNERS

League winners will be awarded an award from SoccerCity.

THINGS TO NOTE

When it's a blow out and the winning team goes into double figures we quit putting it on the scoreboard. However, we are still keeping track on the score sheet. This is done not to embarrass any team that may be having an "off" game.

Persistent Team Foul: Every 4th Team Foul during a Half, which foul does not otherwise result in a Time Penalty (See Rule 10), "Team Time Penalties", Restart is a penalty kick for the opposing team. Men's Division 2 is a 2-minute penalty.

Possession by Goalkeeper: Control of the ball, either under his or her foot, unchallenged, or off of the field surface in one or two hands.

Slide-Tackle: Leaving one's feet to propel one or both feet, legs, or other body part in the direction of an opponent, with or without the ball, or within playing distance of any other player(s).

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Foul Severity: is how indoor game officials categorize offenses by players into a uniform scale that allows for penalties to match the severity of the foul.

Misconduct: is any act that is deemed as being committed in a severe unsportinglike manner.

Blue Card: is a foul management tool that results in a 2 minute power play.

Yellow Card: is a tool normally used for "Misconduct" management. It usually results in a 4 minute time penalty but does not result in a power play.

Red Card: is a tool that can be used, depending on the circumstances, for both Severe Foul Management or Misconduct Management. The result is an ejection from the premises.

Guaranteed Substitution: is allowable anytime a team can freely make a substitution within a 30 second time limit. Example: goal scored, ball out of play, or an injury.

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Myths of the Game

You are kidding me ref!

Show me where it says that!

What are you calling?

The last ref let us do...(insert illegal act)

Is there anyone out there who has not heard at least one of those comments?

....We didn't think so.

With the number of 'experts' out there, it is a little surprising that there is still a shortage of referees.

....Or do they?

There are a whole set of indoor 'myths' which are often more easily heard by the officials.

Hey, they scored! You have to let one of my players out of the penalty box.

Not always so. The ruling for the relief of the balance of a minor time penalty states:

If a team has fewer players on the playing surface than the opponents, because one or more players are serving time penalties, and that team is scored upon by the opponent, then:

- if the earliest unexpired minor time penalty is the last or only time penalty being served by a player, that player shall return to the field.
-if the earliest unexpired minor time penalty is the first of consecutive minor time penalties, the balance of the earliest unexpired minor time penalty shall be relieved, and the next time penalty shall begin.

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So, if you think those through, a team could be down by two players due to penalties, and, depending on which of the penalties was the 'earliest', all that would happen after the goal was scored, is the time for the next penalty would begin. Expect some heat from the benches!

Most times though, teams ask for a player to be released when the manpower on the field is equal, and the rule quite clearly states 'fewer players on the playing surface'.

Goalie - "Why are you counting ref? I haven't picked up the ball yet".

The rules state that it is an offence if a goalkeeper touches the ball with his hands or feet at any time after having had the ball under control and is unchallenged for more than 5 seconds the ref is counting so that the goalkeeper will know when he can no longer pick up the ball and must exit his/her own penalty area.

They didn't ask for the distance!

Because... there is nothing that say they need to ask. The whole idea of a free kick is that it is indeed 'free'. There are only two occasions where the distance of 15 feet does not need to be enforced - if the kick is taken closer than 15 feet to the nearest goalpost, or if a 'true' quick free kick is taken and the attacking team wishes to restart play immediately to take advantage of the situation. In all other cases the referee is expected to enforce the distance, and penalize anyone who does not retire 15 feet immediately.

You can't call 'boarding' if there was no intent to board, or if it is shoulder to shoulder.

This is one of the biggest myths of the indoor game, even with some referees.

SoccerCityOKC has a very clear

'Definition of Boarding' - Any contact by a player that forces an opponent to hit the perimeter wall that in the opinion of the referee is careless, reckless or using excessive force, will result in the offending player being sent off for 2 minutes for boarding.

No matter how many times you read that, the words 'intentional' or 'deliberate' will not suddenly appear. And shoulder charges, which may be permissible if done legally in the middle of the field, become an offence if the boards are involved, as one of the penal offences in Rule 12 is 'boarding'.

I got the ball "First".

- Even though a player challenges for a ball and makes contact with the ball "FIRST", they can still be whistled for a foul depending if their follow-through makes contact with the opposing player. Even if the player does not make contact they can still be called for "Dangerous Play" or even "Ejection" based on the referee's determination.

I am a keeper, I am allowed to slide.

- It is true; keepers are allowed to slide, however, they may NOT slide feet first towards the opposing player or with cleats up. Penalty will be based on the severity of the foul.

They have to ask for 15 feet.

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- Whenever a foul is called a player may NOT stand directly in front of the ball and delay the restart. The attacking team does NOT have to request the required distance. Failure to comply by the defending team may result in a 2 minute penalty.

Yelling at a player on the opposite team when challenging for a ball or for any other reason.

- A player from the opposite team may not yell, holler, or scream at a player on the opposite team to distract from their ability to play the ball or attempting to score. Will result in a foul being called and cause action for a penalty kick and 2 minute suspensions.

Keeper interference:

- A player may not interfere with the keeper's ability to distribute the ball. This entails raising ones foot or waving their hands in the air. Result is a foul being called for "Unsporting Behavior" and may also result in a 2 minute time penalty.

5 second rule for the keeper:

- When a keeper receives a ball from the opposite team in the penalty area, gains control of the ball with either their feet or hands, they have 5 seconds to get the ball out of their own penalty area. Failure to do so results in a foul and the restart is at the top of their penalty arch.

Must ask for 15 feet on restarts

- The team who fouls MUST RETIRE 15 FEET and any contact with the ball within the 15 feet if not kicked directly at the retiring opponent will cause the player to be cautioned for failing to respect the distance and the kick will be retaken

Handling the Ball

Hand Ball (or "handling" as it's now officially known) is commonly misunderstood to be any contact of the ball to hand or arm, or any contact to the hand or arm that provides advantage to the offending team.

It is neither of these.

Instead, the question of if contact of the ball to the arm or hand is a foul is not is one of mere contact, but rather did the player **deliberately** make contact (or not avoid contact) with the ball with that area of the body? If the answer is yes (and the player isn't a goalkeeper in the penalty area), you have a foul; but if the referee believes the answer is no (even if it results in a goal!), then the answer must be no.

Definition

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A handball occurs if any player, other than the team's goalkeeper within his own penalty area, deliberately handles the ball when in play. A ball can be handled with any part of the arm, from the tips of a player's fingers right up to the shoulder. "Deliberate contact" means that the player could have avoided the touch but chose not to, that the player's arms were not in a normal playing position at the time, or that the player deliberately continued an initially accidental contact for the purpose of gaining an unfair advantage.

2 Minute Penalty

A handball should result in a 2 minute penalty if a player handles the ball for the purpose of deliberately preventing an opponent from getting possession of the ball. The resulting restart to play should be a direct free kick from the spot at which the infringement was committed for the non-offending side. If this occurs inside the penalty area, a penalty should be awarded.

Sending Off Offense

A handball becomes a sending off offense when a player is judged to have handled the ball to prevent a direct scoring opportunity such as a shot on an empty goal. The infringing player should be given a straight red card and a direct free kick taken from the spot of the infringement. If this occurs inside the penalty area, a penalty should be awarded.

Not Awardable

A handball should not be awarded if a player is ruled to have handled the ball accidentally. This refers to a player either attempting to protect himself from injury, for example by placing the hands in front of the face and then being hit by the ball, or a player being hit on the arm by the ball without moving towards the ball and without being able to move out of the way. An example might be a snap shot hitting the arm of a defender at point-blank range. However, if a player's arm is in an unnatural position, for example outstretched or above their head, then a foul should be awarded whether accidental or not.

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SOCCERCITY OKC - WALKING SOCCER RULES:

1. The match is played with six players per team on the pitch (6 vs 6).
2. There are no goalkeepers
3. Players are not allowed within the goal-crease.
 - Attacking player enters: goal kick for the defensive team.
 - Defensive player enters: goal.
4. Players are permitted to sub throughout the game. The number of substitutions is unlimited. A player who has been substituted may return as a substitute for another player at anytime as long as he/she is not serving a penalty.
5. There is no offside rule.
6. Tackling and physical contact is forbidden.
7. Players must always be walking, as defined as '**always having one foot on the ground**'. If a player runs, the referee will award possession of the ball to the opposing team.
8. There are no penalties kicks. Only indirect free kicks. All players must keep a distance of 10 feet.
9. If the ball is played and leaves the pitch at the side-lines, the ball will be placed at the spot where it went out, and the player kicks the ball back into play. All players from the opposing team must keep a distance of 10 feet.
10. If the ball is played outside the pitch at goal line by the defending team, a corner kick will be awarded. The ball will be placed at the nearest corner and the opposing team must keep a distance of 10 feet from the corner.
11. After each goal, the game starts again with a kick-off in the center of the field.
12. Teams cannot score from their own side of the pitch.
13. If a goal is prevented in an illegal manner (such as with hands or by running to the ball), the goal will be counted as valid.
14. The referee can exclude a player for verbal abuse or continuous foul play. Another player will substitute the excluded player.
15. If a player receives a sanction from the referee - the sanctioned player must serve their time accordingly (but can be substituted by another player):
 - Blue card: 2 mins
 - Yellow card: 4 mins
 - Red card: 5 mins
16. In case the player receives a red card, the player is excluded from the rest of the game but can be replaced by another player.
17. A referee's decision regarding the facts or a situation in the match are final. The decisions of the referee must always be respected.

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18. If a player with the ball becomes trapped in the corner, that player will receive a free kick from that spot with the opposing team moved away at the required distance.