



# FC TULSA INDOOR SOCCER RULES

## WAIVERS & ROSTERS

- a. All players must agree to a liability waiver to participate which is done at time of registration. If under the age of 18, a parent or guardian must sign the waiver. NO WAIVER, NO PLAY, NO EXCEPTIONS.
- b. Teams are first formed by a Team Coach/Manager/Captain using the Register Your Team form found on FCTulsa.com. A unique registration link is then generated and sent to the Team contact for them to send to their teammates to register individually. (FC Tulsa PLAY! – all players register individually and may identify friends they want to be grouped with.)
- c. All players must be listed on a team roster to participate in league play.
- d. Your team should be individually registered by the first week of each session. If the minimum number of players has not registered to form a team, our Program Director will notify you and discuss if you want to add any free agents (if any have signed up) to help form your team.
- e. Players may register and added to the roster until the third week of league play. After that period, all rosters are frozen. Adult league roster min of 10. Youth 4v4 min is 7.

## PLAYER ELIGIBILITY

- a. Management and/or referees may request ID on a player at anytime 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. Players must be of appropriate age for each division. Any question of eligibility should be directed to the manager on duty.
- c. A team using a player who is not on their roster will forfeit any and all games that player participated in.
- d. A team using a player who did not complete a waiver prior to playing will forfeit that game.
- e. You must be at least sixteen (16) years of age to play in adult leagues.
- f. 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 PROAM unless approved by Program Director.

## NUMBER OF PLAYERS

U9 and up will play 7v7; U6 and U8 play 4v4.

U9 and up teams shall have no more than 7 players on the field at a time, including the keeper.

U6 and U8 shall have no more than 4 players on the field at a time.

Men's divisions will have the opportunity to discuss between teams whether they want to play 7v7 (1 goalie, 6 field players) or 6v6 (1 goalie, 5 field players). Both teams must agree on the number of players if they wish to switch it to 6v6, if not, 7v7 will be the standard.

All coed divisions will be 7v7.

## 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 within the touchline or off the field before the substitution is made at his/her own bench area.
- b. Guaranteed substitutions may occur after a goal is scored.
- c. The ball may not be played by either the departing or entering player while both are on the field at the same time.
- d. Jumping over the wall is not allowed; 1st time a warning will be given, 2nd time will result in a 2 minute penalty.

## EQUIPMENT

- a. Players, other than Goalkeepers, wear their team's uniform (jersey/t-shirt), consisting of the same color. There may be color variations, but the colors must be close and different near shades are allowed up to a maximum of 2.
- b. The Home team will be asked to change if there is a color conflict.
- c. **Absolutely NO screw-in cleats allowed.** Rubber molded cleats, turf shoes and/or tennis shoes are permitted. Small fields require turf or tennis shoes only. No cleats of any type allowed on small fields.
- d. Players **MUST** wear shin guards while on the field. **NO SHIN GUARDS, NO PLAY, PERIOD.**
- e. Knee braces must be inspected by the Referee prior to the start of the game.
- f. Casts must be padded and inspected by the Referee and/or management.

## MISCONDUCT/ RED CARDS

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. Player MUST leave facility after being issued red card.
- b. 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 most recent red card.
- c. Foul and abusive language or fighting is a mandatory ejection from the game and the facility.
- d. Anybody leaving the bench area 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. Any player or non-playing person given a red card for fighting will be ejected from our facilities for not less than 1 year and up to permanently.
- f. Straight red cards will be dealt with on a case by case basis by Program Director and/or management.
- g. If, in the referee's sole judgment, a player is considered too inebriated to play they can be ejected or not allowed to play.

### **GAME TIMES**

The clock will begin running at game time. If a team is not prepared to play after five minutes has elapsed, the game is forfeited and the opponent is credited with a 5-0 victory (for standings purposes).

Coed divisions will play 25 minute halves. Mens divisions will remain 20 minutes. When leagues get fuller and we see more expansion in this area, we will revert back to a standard 20 minute half for all leagues.

### **KICKOFF**

The kickoff does not have to go forward. Players may not cross the mid-field stripe until the ball is kicked. In indoor soccer every free kick is a direct kick (except in Coed Open and Coed O30 - if taken by a male - those free kicks are indirect); therefore, a goal may be scored directly from kickoff.

### **FOULS**

Boarding, tripping, striking, kicking, holding, pushing, charging or jumping at, handling the ball, sliding and dangerous play are all fouls. High kicks, bicycle and scissor kicks and playing the ball while sitting or laying on the ground are all examples of dangerous play. All fouls will be restarted by a free kick at the point of infraction or at the top of the box if it is a defensive foul in the box. A whistle is not required for a restart after a foul unless it is a defensive foul in the box.

## **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, sliding, misconduct, too many players on the field (illegal substitution) and encroachment.

- a. The player penalized will serve the penalty including the keeper.
- b. Any player receiving a second blue card in a game shall be shown a red card and will be suspended from the rest of the game, will need to leave the facility immediately and will also sit out the next scheduled game for that team.
- c. 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 regardless if the other team scores.

## **SLIDING**

- a. A slide is a two minute penalty. A slide is any intentional movement of leaving one or both feet while going down to the turf.
- b. A goalkeeper may slide within the box, but may not play the ball outside the box while on the ground (dangerous play).
- c. NO sliding into an opponent will be permitted (with the exception of the goalkeeper when inside the goal area).

## **ENCROACHMENT**

- a. All restarts shall be given 3 yards of clearance by the defending team.
- b. If the player taking the free kick requests the Referee to provide the 3 yards, legal distance, he/she must wait for a whistle.
- 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 3 yards 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.
- f. For a defensive foul in the box, the free kick is taken from the penalty spot. A whistle is required for the restart.

### **INBOUNDS RESTART**

When the ball goes over the perimeter wall or touches the netting above the wall, play is restarted by the opposing team with a free kick. The ball is placed on the touch line 3 feet (not more than one yard) from the wall and the team taking the restart has 5 seconds to put the ball in play upon the Referee's signal. Failure to put the ball in play within 5 seconds results in the opposing team getting the free kick.

### **THREE LINES**

A ball kicked over all three lines in the air towards an opponent's goal without touching another player, the perimeter wall or the referee will be brought back to the center point of the first white line it crossed and a free kick awarded to the other team. Advantage can be played if opposing team gains possession.

### **PENALTY KICKS**

All penalty kicks shall be taken from the penalty spot. All players with the exception of the defending goalkeeper and kicker shall remain behind the white line until the kick has been taken.

The shooter must wait for the Referee's whistle before taking the kick. Should game time expire before taking the penalty kick, the kick will be taken and game will expire after. No substitution is allowed during a penalty kick and only players on the field may participate. The goalie may not be substituted during a penalty kick.

\*There are no shootouts.

### **MISCELLANEOUS**

- a. Spitting on the field or in the team bench area is prohibited. A two-minute penalty will be assessed.
- b. Blood is not allowed in or on the playing field. Any minor injuries involving blood must be covered by a band-aid or other suitable covering.

### COED OPEN RULES

- a. Teams may play as many female players as desired, but a maximum of 3 males on the field at once not including the goalkeeper.
- b. A maximum of three males may be on the field at one time, not including the goalkeeper.
- c. Games will be played 7v7 (1 goalie and 6 field players).
- d. Female goals are worth 2 points, and male goals are worth 1 point.
- e. Males may NOT score directly from a free kick.
- f. Any goal scored from behind the opponents white line shall be double whatever the normal point(s) are including shots from behind the half line. When scoring from behind the opponents white line, males will be worth 2 goals and females worth 4.
- g. Goal keepers do not have "hands" when receiving a pass back — feet can only be used. (Same as outdoor)
- h. Goal keepers may not slide feet first.
- i. Coed players are allowed to 'double roster' — only 2 teams per league.
- j. Males are allowed to score from anywhere on the field.

### COED O30 RULES

- a. ALL PLAYERS MUST BE **THIRTY YEARS OLD** OR OLDER TO PARTICIPATE IN THIS LEAGUE. NO EXCEPTIONS!! WE WILL BE CHECKING ID'S FOR VALIDATION.
- b. Each team plays with three (3) females and three (3) males plus a goalkeeper.
- c. Games will be played 7v7.
- d. A maximum of three males may be on the field at one time, not including the goalkeeper.
- e. If team chooses to play an extra female on the field, they must designate which player is playing as the 'male' player (Same as Coed Open).
- f. Males are not allowed in opposing box. Male goals are worth 1 point unless scored from behind the white line where 2 points will be awarded.
- g. Males may NOT score directly from a free kick.

- h. Females can score in any fashion. Female goals are worth 2 points unless scored from behind the white line where 4 points will be awarded.
- i. Goal keepers do not have "hands" when receiving a pass back — feet can only be used. (Same as outdoor)
- j. Goal Keepers may not slide feet first.
- k. Coed players are allowed to 'double roster' — 2 teams per league.

## **YOUTH LEAGUES**

- a. Teams may have a maximum of two coaches in the bench area during games.
- b. If a youth team splits into 2 indoor teams, players are allowed to 'double roster'.
- c. Goals are worth 1 point. If a shot is taken and scored from behind the white line or beyond midfield, 2 points will be awarded.
- d. Refer to 'number of players' section for numbers:
  - U9 and up will play 7v7. U6 and U8 play 4v4.
  - U9 and up teams shall have no more than 7 players on the field at a time, including the keeper.
  - U6 and U8 shall have no more than 4 players on the field at a time.

## **GOALKEEPER RULES**

Most goalkeeper rules reflect the rules established by USSF for outdoor soccer:

- 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 white line and a free kick awarded to the opposing team.
- b. The keeper may play the ball with his/her hands if the ball is not intentionally passed back by a teammates foot pass outside the white line (i.e. the ball is kicked by the opposing team, deflected off one of his/her players or played back off the head or chest of one of his/her teammates).
- 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. For any goalkeeper violations the ball goes to the white line and the opposing team is awarded a free kick.

- e. 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 white line.
- f. If a player from the opposing team intentionally obstructs the goalkeeper from releasing the ball into play, it is a 2 minute penalty.
- g. 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 given a blue card or ejected, as deemed appropriate by the Referee. The opposing team will be awarded a penalty kick if the offense is initiated within the box.
- h. An intentional handball by the goalkeeper outside the penalty area must result in a 2 minute penalty.

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.

### **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**

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.

### **STANDINGS**

Leagues are usually set up as most points for the season.

Ties between two or more teams will be broken by: (1) head to head results between tied teams, (2) goal differential, (3) fewest goals against during league play.

### **GAME SCORING**

Games will be scored according to the following: 3 points for a win, 1 point for a tie and 0 points for a loss.



## **LEAGUE WINNERS**

**YOUTH TEAMS:** If your team wins the league, special awards will be given. All players in FC Tulsa PLAY! will participate in a season ending party. Details will be communicated by Program Director.

**ADULT TEAMS:** Includes a party hosted by FC Tulsa on the day of the indoor league playoffs for the finalists.

## **SPORTSMANSHIP**

Players, coaches and spectators are expected to act in the nature of good sportsmanship at all times. Abuse of the referees will not be tolerated. Any instance of such conduct will disqualify the responsible team from league play.

## **THINGS TO NOTE**

When the winning team goes up on their opponent by double figures we stop putting points on the scoreboard (only if there is a 10 point difference).

## **REFEREE PAYMENTS**

Referees shall collect \$10 per team prior to the start of the match. Teams are responsible for providing exact change. If a team has not paid at the scheduled start time, the clock will start (without play) and the team that has not paid will forfeit 1 goal per min up to 5 minutes at which the game will be declared a forfeit. If both teams have not paid, the clock will run without play until both teams have paid. The 1 goal per minute penalty will apply to both teams and suspension of the game may occur if payment to the referee is not received.

## **REFUND POLICY**

There are no refunds for any reason unless league does not form. In the event a league does not form, refunds will be processed within 10 business days.