



OKC PAL Soccer Rules

Eligibility Rules: By signing up to play PAL sports you are agreeing to uphold at least a D or above in all of your classes to be able to participate in sports. Grade reports will be run each week on Monday morning. If a student athlete has an F in any class, that student will be placed on a two week probation period. If the student athlete does not improve their grade in those two weeks then they will not be allowed to play in games but will be allowed to practice until those grades.

Number of Players

- Nine players are allowed on the field at any given time. A minimum of six players is required to start and finish a legal game. All participants must sign their team's youth release waiver before participating in their first game.

Participant Attire

- A participant shall not wear anything that is deemed by the Referee to be dangerous to another player. All forms of jewelry are prohibited – whether or not it may be removed or not.
- Bare feet are prohibited. The Referee has the ultimate decision as to whether or not a particular shoe may be used.
- Shin guards are mandatory.
- Teams must wear the same color jersey. The keeper must wear a different color jersey, but not the same color as the opposing team.

Length of Game

- The game shall consist of two equal halves of 20 minutes. The interval at halfime shall not exceed five minutes.

Game Ball

- Size 4 Ball ; PAL will provide game ball

Kick offs

- A goal may not be scored directly from a kick off. The ball must be played forward first. Tapped balls are not in play – the ball must move forward.

Throw In's

- A throw-in is awarded to the opponents of the player who last touched the ball

when the whole of the ball passes over the touchline, on the ground or in the air. At the moment of delivering the ball, the thrower must:

- stand facing the field of play
- have part of each foot on the touchline or on the ground outside the touchline
- throw the ball with both hands from behind and over the head from the point where it left the field of play
- All opponents must stand at least 2 m (2 yds) from the point on the touchline where the throw-in is to be taken.
- The ball is in play when it enters the field of play. If the ball touches the ground before entering, the throw-in is retaken by the same team from the same position. If the throw-in is not taken correctly it is retaken by the opposing team.

Goal Kicks

- Goal Kicks are taken when the ball wholly crosses the goal line and not under the crossbar and between the goal post after being touched last by the attacking team.
- Goalkeeper or player must place the ball on the 6 yard box to take the goal kick

Corner Kicks

- Corner kicks are the result of the ball going out of bounds on the goal line after being touched by the defending team.
- The ball must be placed in the corner spot and played on the referee's restart
- Corner kicks are direct

Headers

- All Players shall not head the ball directly from the air in any match or competition, nor shall these players practice heading the ball in any organized team setting. If a player deliberately heads the ball in a match, the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.

Direct and Indirect Free Kicks

- When a player plays in a dangerous manner, impedes an opponent, or commits any offense for which play is stopped to caution or eject a player.
- It is at the referee's discretion as to what foul is awarded a direct kick and what foul is awarded an indirect kick.
- Indirect kicks will have to be touched first before you can take the kick. (if you directly kick an indirect kick it will be a restart for the other team going the other way.
- Direct kicks can kick, shoot, or put the ball into play directly (meaning you don't have to touch the ball first in order to score. You can directly kick the ball in the goal and it will count

Caution (Yellow)/ Send offs(Red)

- Sportsmanship will be enforced during play. Players will be sent off for derogatory and remarks made to any player, coach, or referee (this is at the referee's discretion) If players are sent off for foul language or unsportsmanlike behaviors, PAL and school

will determine punishment thereafter.

- A player who is sent off for serious foul play, violent conduct or for receiving a second caution during the same game must sit out a minimum one-game suspension.
- Suspensions may exceed one game depending on the severity of the incident.

Penalty Kicks

- Penalty kicks are taken from the penalty spot and must be taken by a clearly identified player
- Defenders must be back behind the kicker and can't enter the penalty area until the ball is in play.
- Goalkeeper may move laterally (along the goal line) prior to the kick

Substitutions

- Either team may substitute any number of players during goal kicks, after a goal, and during halftime. Teams may also substitute any number of players when awarded a throw in. Teams may not substitute players when the opponent is awarded a throw in, unless the opponent chooses to substitute as well. A team may also substitute for an injured player once the official has stopped play for the injury. If a substitute is made in this situation the opponent may also substitute a similar amount of players.
- Substitutes must notify the nearest referee or assistant referee of their intention to substitute before the ball is out of play. All substitutes must be beckoned onto the field of play by the referee before stepping onto the field.
- If a goalkeeper change is made, the referee must be notified. Making any substitutions without notifying the referees will result in a caution for the players who came onto the field.

Overtime

- There will be no overtime or shoot outs during the regular season. During the playoffs a winner will be determined through a penalty shootout. Each team will take 5 penalty kicks. If the game is still tied after 5 kicks each, then the winner shall be determined by "sudden death" penalty kicks (one penalty each until one team misses and the other team scores)