



OKC PAL Futsal Rules

General Rules

- Teams may be coed
- Teams may call one one-minute time out per half (when in possession of the ball, Ball out of play).
- There is no overtime, Injury time or stoppage time. In the event of a tie in the playoffs we will go straight to a penalty shootout.
- Teams are comprised of 4 field players and one goal Keeper
- Goal Keeper must wear different color jersey than the outfield players and the opposing team.
- There is no offsides in Futsal

Substitutions

- All substitutions are on the fly, this includes goal keeping substitutions. Referees will not stop play for goal keeper substitution
- A substitute may not enter the pitch until the player leaving the pitch enters the substitution zone in front of his/her team's bench.
- Any substitute who enters the pitch before the players being replaced has completely left the field of play may be shown a yellow card.
- All Substitutions must take place through the substitution zone in front of his/her team's bench – not at the halfway line
- Both teams will switch benches (and ends) at the beginning of halftime, ensuring that all substitutions take place in the defensive half.

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.

Kick In's

- Kick ins are indirect. The ball must be placed on the line and the kick must be taken with in 5 seconds. The ball must be stopped. It cannot be rolling when you kick it.
- A kick in that goes directly in the opposing goal is a goal kick for the opposing team. A kick in that goes directly in the defensive goal is a corner kick of the opposing team.
- If the kick in does not enter the pitch or if the kick is not taken with in 5 seconds, then the kick in will be awarded to the defending team going the other way.

Goal Kicks

- Goal kicks are taken when the ball wholly crosses the goal line and not under the cross bar and between the goal post after being touched last by the attacking team.
- The goal keeper must use his/her hands to roll, bounce, or throw the ball from anywhere inside the penalty area to outside of the penalty area.
- Punts or drop kicks are not allowed
- The goal keeper can drop the ball to his feet and play but the ball has to leave the penalty area within the 5 seconds or a free kick is awarded at the top penalty spot in which that team will have 5 seconds to get the free kick in play.

Corner Kicks

- Corner kicks are direct. The ball must be placed directly on the corner arc and the kick must be taken within 5 seconds.
- If the kick is not taken within 5 seconds the restart becomes a goal kick for the opposing team (in the keeper's hands)

Free Kicks

- Free kicks may be indirect or direct. The ball must be stationary before the kick is taken.

Penalty Kicks

- Penalty kicks are taken from the penalty spot and must be taken by a clearly identified kicker.
- Defenders must be behind the kickers and can't enter the penalty area until the ball is in play

Direct and Indirect Free Kicks

- When a player plays in a dangerous manner, impedes an opponent, prevents the goalkeeper from releasing the ball with his or her hands, goalkeeper takes more than 5 seconds to release the ball when in possession in his/her own half, 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 is a direct kick and what is 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 restart as the other team's ball going the other way.)
- Direct kicks can kick, shoot, or put the ball into play directly (meaning you don't have to touch it first in order to score. You can directly kick the ball in the goal and it will count.

Yellow Cards/Caution

- The offending player is shown a yellow card if a player makes a dangerous play off the ball or puts the players in harm's way. If two yellow cards are shown in a match then that equals a red card and the player will be sent off and miss the next game.

Red Card/ Send off

- If a red card is shown to a player, that team must play with one less player for two full game minutes or unless scored upon before the 2 minutes penalty expires. The offending player serves a minimum of one game suspension.

Accumulated Fouls

- All Direct and indirect fouls will be recorded.
- If one team gets 6 fouls accumulated in a half it will be an automatic Penalty kick from the pk spot without a wall.

- Fouls start over to zero at half and will not carry over

Goal keeper:

- Must wear a different color
- May wear long pants and other padding deems safe by the official.
- May receive a kick directly
- May kick the ball directly over the half line
- May score directly with his/her feet during the run of play.
- May not possess the ball for more than 5 seconds in his own penalty area
- May throw the ball directly over the half line
- May not score using the hands (cannot throw or hit the ball directly into the goal)