



Olympic Soccer & Sports Center Rules of Play

OSSC Rule 1 – The Field of Play

1. **Field Dimensions:** The large playing fields are 80 x 176 feet. The small playing field is 55 x 86 feet.
2. **Perimeter Wall:** The field of play is enclosed by perimeter walls measuring between 4 and 12 feet high, with the standard being 8 feet. The walled area above the goals is 2 feet above the crossbar, and the wall area along the team benches is 4 feet high.
3. **Playing Surface:** The playing surface at OSSC is Artificial Sports Turf.
4. **Goals:** Goals adjoin the perimeter wall at the center of each end of the playing field. The large field goals are 8 x 14 feet; the small field goals are 6 x 8 feet. The net extends 2-feet behind the goal mouth and the plane of the perimeter wall. The foremost outside contours of the goalposts and crossbar are smooth and flush with the perimeter wall. The depth of the goalposts and crossbar is 4 inches.
5. **Markings:** The field of play is marked with distinctive lines, 4 inches in width, as follows:
 - a. A Halfway Line, parallel to the goal lines, divides the field of play into two equal halves.
 - b. A Center Mark marks the center of the field of play.
 - c. A 15-foot radius Center Circle surrounds the center mark.
 - d. A 9-inch diameter Restart Mark marks the center of the field of play 50 feet from each end.
 - e. A White Line, parallel to the goal lines extends across the field and through each restart mark
 - f. A Goal Line delineating the boundary of each goal is drawn between the goalposts.
 - g. A Corner Flag line rises 3 feet above the perimeter wall at each corner of the playing field.
 - h. A 9-inch diameter Corner Mark is 3 feet within the perimeter wall and situated beneath each corner flag.
 - i. A Penalty Arch surrounds each goal. The arch consists of two 20-foot lines drawn at right angles to the goal line, each extending from the end wall 8-feet from inside the nearest goalpost. From the midpoint between the lines' ends, a semicircle with a radius of 15-feet shall be drawn to join the two lines.

j. The Penalty Spot is 24-feet out from the goal line and centered between the goalposts.

OSSC Rule 2 – Equipment

1. Ball Specifications

- a. A size 5 ball will be used for all tournament and league games for the ages U13 and above.
- b. A size 4 ball will be used for all tournament and league games for the ages U9 through U12.
- c. A size 3 ball will be used for all tournament and league games for ages U8 and below.
- d. **Game Ball.** The home team must provide a suitable game ball. The game ball must be approved for use by the referee and any ball changes during the game must be approved by the referee.

2. Shoe Requirements

- a. **NO Cleats of any type may be worn on OSSC Fields.** Players wearing cleats will be asked to leave the field and will not be allowed to participate in a practice or game until the cleats are removed and suitable footwear is worn.
- b. **Suitable Footwear** includes turf shoes, indoor soccer shoes, or tennis shoes. Street or dress shoes, boots, steel toed shoes, etc. may not be worn on the field of play.

3. Shin guards and Socks that cover the shinguards must be worn to play in any game.

Any player not wearing shin guards will be asked to leave the field and will not be allowed back on the field until the referee has verified that the player has corrected the deficiency.

4. NO casts, braces, splints, or hard surfaced orthopedic devices may be worn in any game.

This includes any devices that have been wrapped, taped, or cushioned. Neoprene sleeves or braces may be worn as long as no metal or plastic is part of the sleeve or brace. In all cases sleeves, braces, wraps, etc. must be approved by the referee. Player safety (for both the injured player and other players on the field) is the paramount concern when determining if a device may or may not be worn during the game. The referee's decision will be final,

5. Rings or pierced jewelry must be covered by tape and meet the referee's satisfaction for safety and welfare of all players involved in the game. The referee's decision will be final.

6. Headgear. Headbands and safety headgear may be worn by players; however, no baseball or hard bill hats/caps may be worn by any player during a game.

7. Uniforms. Although uniforms are not required for play at OSSC, it is required that players bring both a light colored and dark colored shirt to all games so that a distinction can be made between teams on the field. The home team must change colors in the case of a conflict (the home team is listed first on the schedule).

8. **Goalkeeper Equipment.** The goalkeeper must wear colors that distinguish him or her from the field players of both teams and the referee. Any field player that replaces the goalkeeper must comply with this rule.

OSSC Rule 3 – OSSC Membership and Player Liability Waivers

1. **OSSC Membership.** All individuals participating in OSSC sponsored events must be members of the Olympic Soccer and Sports Center. Membership includes paying an annual membership fee that is pre-determined and published by OSSC, and having an up-to-date Liability Waiver form on file with OSSC before they can practice or play on our fields, or before they can participate in any of our leagues.
2. Minor aged members must have a parent or legal guardian sign their Liability Waiver.
3. If an organization, group, or individual purchase a party package or enter into a rental agreement from OSSC, all participants in the purchased or rented event do not need to be members of OSSC, and do not need to have a Liability Waiver on file. However, the organization, group, or individual purchasing the party package or entering into the rental agreement must have a designated responsible individual for the event and that individual must sign a Liability Waiver statement at the time that the purchase or rental agreement is processed, and prior to the use of any of OSSC's fields, rooms, or services.

OSSC Rule 4 – Team Formation and League Payment

1. **Number of Players on a Team.** Large field leagues require that teams have a minimum of eight players on their roster. Small field leagues require that teams have a minimum of six players on their roster. There is no limit to the maximum number of players that teams may have on their roster.
2. **Number of Teams or Leagues in which, or on which, a Player can Play.** There is no limit to the number of leagues in which a player may participate. However, a player may not participate on more than one team within the same league, and a player needs to be in “good standing” in the league, or leagues, in which the player is participating. To be in Good Standing a player must not owe a debt to OSSC, or must have made the necessary arrangements to clear a debt with OSSC.

Note: There may be sessions in which OSSC has two or more leagues formed for the same competitive level of play and a player or team may compete in both leagues at the same time. For example; COED No Contact Saturday and COED No Contact Sunday are at the same competitive level of play, but are two separate leagues and a player or team may compete in both leagues. Whereas teams in leagues identified as Men’s A Monday/Wednesday, or Women’s C Monday/Tuesday are the same league and players cannot participate on more than one team in the league.

3. League Criteria.

- A. **Women or Girls competing in Men’s or Boy’s Leagues.** Women or girls may compete in Men’s or Boy’s Leagues, but Men and Boys may NOT compete in Women’s or Girl’s Leagues. Women and Girls desiring to compete in Men’s or Boy’s Leagues are cautioned that they are competing in a gender specific league by their choice and will need to speed of play In situations where gender is To participate in a league the player must meet the league criteria (if any). For example; over 30, over 40, 14 and under, 6 and 7 year old leagues, etc. are age specific and require that players meet the age criteria.
- B. **Minors competing in Adult Leagues.** Youth players desiring to play in Adult Leagues must be at least 16 years old, or if under the age of 16 the player must be at least five feet tall, weigh 100 pounds, and have written permission from a parent or legal guardian to play in the adult league.
- C. **Computing the Age Group in which a Player can Play.** When forming teams where age is a qualifying or disqualifying facture; the age that the player will turn during the calendar year in which the league session ends will be the age at which the player is eligible to play. For example:

- If a player is 39 years old and will turn 40 during the calendar year in which the last league game of an Over 40 League is played, the player may play in the Over 40 league, or
- If a 13 year old league starts in December 2008 and ends in January 2009, any player that turns 14 prior to the end of 2009 will not be eligible to play in the 13 year old league.
- Youth league age levels (in most cases) will be identified as Boys, Girls, or Coed followed by a birth year designation (i.e. Girls 1994, Boys 1995, COED 2001). The birth year designates the year in which the oldest player on the team is born, and that players on the team must be born during the designated calendar year or later. In some cases COED teams may be designated as Coed 4 and 5 or Coed 6 and 7 year olds, or Coed Junior High.

4. **Team Roster.** All players on a team, with the exception of guest players, must sign the team's league roster before playing in any league game. All players signing the league roster are responsible for their share of the team's league fee regardless of how many games in which the player or players participate. By signing the team roster, players are making a commitment to a team and must be held accountable for their share of the team's league fee.

5. **League Fee and Team Payment.** OSSC will publish a team or player League Fee prior to the league start date. All players must pay at least a portion of their league fee prior to participating in any OSSC league. Player payment requirements are as follows.

- a. Unless otherwise published, **ALL Players must pay a minimum of \$30 on their team's first league game. The remainder of a player's league fee must be paid in full by the team's third league game.**

Note: OSSC reserves the right to refuse service to individuals that have not paid.

- b. If sufficient players on a team have not paid their league fee by the team's third game, the team will be folded and any league fee already paid will be forfeited.
- c. If a team is folded for non-payment of league fees, a cash refund will not be given to players on the folded team.
- d. If a team is folded because of non-payment, OSSC staff will attempt to place any members in good standing from the folded team on another team that is in good standing with OSSC, or OSSC will form a team of players in good standing from two or more teams that may not be in good standing.
- e. Reassignment of players from one team to another team within the same league can **ONLY** be approved by the OSSC Facility Manager. Players on teams that have paid their league fees ("players in good standing") and are on teams that are folded after their third game will be given the opportunity to change teams.
- f. **Players owing a debt to OSSC will not be allowed to register for a new team, or play as a guest player on any team until their debt with OSSC is settled, or satisfactory arrangements have been made with, and documented by the OSSC Facility Manager.**

6. **Adding Players to a Roster.** Players eligible for play in a league may be added to a team roster at any time during a league session. League payment for those players will be \$10 per game (if the team is not paid in full), or at no cost if the team's league fee is paid in full.
7. **Guest Players.** OSSC will allow teams to use guest players under the following conditions.
 - a. If a team is not "Paid in Full", ALL guest players must pay a minimum of \$10 per game. The \$10 will be applied to the team's debt to OSSC.
 - b. If a team is "Paid in Full", there is no charge to the guest player.
 - c. Guest players must check in with the OSSC front office and receive a "note to the referee" that allows them to play in the game. The note must be presented to the referee prior to the game.
 - d. Guest players may not be rostered to another team in the same league.
 - e. **Guest players must be in good standing with OSSC. *Any guest players that are not in good standing with OSSC will need to pay at least \$10 toward their OSSC debt, plus the \$10 guest player fee prior to being allowed to play.***
 - f. **Guest players must have an up-to-date player liability waiver on file.** If a guest player does not have an up-to-date and paid player liability waiver, the guest player will not be eligible to play.
8. **Player Liability Waiver.** All players participating in OSSC leagues must have an up-to-date and paid player liability waiver on file with OSSC prior to being allowed to play in any league games or on a drop-in basis.

OSSC Rule 5 – Number of Players on the Field

1. **Large Field Teams**

- a. The normal number of players on the field for the Men's and Women's A, B, C and Over 30 leagues; and for Youth teams 14 years and older will be six (including the goalkeeper).
- b. The normal number of players on the field for COED Competitive and COED High School will be six (including the goalkeeper). In COED Competitive and COED High School at least two of the field players (excluding the goalkeeper) must be female. If a team does not have enough female field players to have at least two on the field at all times; that team cannot substitute a male player for the missing female player(s). The goalkeeper may be of either gender.
- c. The normal number of players on the field for COED No Contact and Men's and Women's Over 40 (and above) will be seven (including the goalkeeper).
- d. The normal number of players on the large field for Youth League Teams 13 years and under (including boys, girls, and COED teams) will be seven (including the goalkeeper).
- e. COED Junior High teams must have at least three female players on the field at all times (excluding the goalkeeper). If a team does not have enough female field players to have at least three on the field; that team cannot substitute a male player for the missing female player(s). The goalkeeper may be of either gender.
- f. The normal number of players on the field for COED NON-Contact leagues is seven (including the goalkeeper). COED Non-Contact teams must have at least three female players on the field at all times (excluding the goalkeeper). If a team does not have enough female field players to have at least three on the field at all times; that team cannot substitute a male player for the missing female player(s). The goalkeeper may be of either gender.

2. **Small Field Teams**

- a. All games on the small field will be 4 versus 4 (including the goalkeeper) regardless of the age of the league playing on the small field.

3. **Minimum number of players to start a game;**

- a. For 7 versus 7 leagues; teams must have at least five players (including the goalkeeper) to start a game.
- b. For 6 versus 6 leagues; teams must have at least four players (including the goalkeeper) to start a game.

- c. For 4 versus 4 leagues; teams must have at least three players (including the goalkeeper) to start a game.
 - d. If a COED team is short players, a man may not be substituted in place of a woman player.
 - e. Once a team has the minimum number of rostered players available for a game, the game will begin and will be considered an official game. Teams that have the minimum number of rostered players available for a game are not eligible for a forfeit and will not be able to use a quest player that is already rostered to another team within the same league.
4. **Five Goal Deficit Rule.** Any team that is down by at least five goals may add another player to the field. Once the team is within five goals they must remove the extra player from the field.
5. **Recreational Team Versus a Select or Academy Team, and Teams Playing up an Age Group** (Youth Leagues). Any recreational team competing against a select or academy team may add an extra field player to the game. At the discretion of OSSC; youth teams playing up an age group (i.e. a 9-year old team playing at the 10-year old age group) may add an additional player to the field.

OSSC Rule 6 – Game Start Times, Grace Period, and Forfeiture

1. **Game Start Times.** Referees may not start games earlier than the posted start time, and must do their utmost to keep games on time.
2. **Grace Period.** OSSC offers a 10-minute grace period. After the 10-minute grace period, teams unable to field the minimum number of players to start a game will forfeit the game. If both teams do not have sufficient players to start a game, both teams will forfeit the game. If a grace period is applied to a game, the game clock will be adjusted to account for the grace period so that following games can remain on time.
3. **Game Forfeiture.** A forfeit is declared when a team is unable to put the minimum number of players on the field within the 10-minute grace period.
 - a. After the appropriate grace period has elapsed, a team not having enough players to start a match will forfeit the game 3-0. Should both teams forfeit no points will be assigned and a loss will be recorded for both teams.
 - b. **If an official league game is forfeited, affected teams may subsidize their rosters or borrow players so that a game can still be played. Non-rostered players taking part in a game MUST receive permission from the OSSC Office (this procedure is necessary to ensure that all participants are registered to play at OSSC, have a current liability waiver, and do not owe a debt to OSSC.**
 - c. All players playing in a game must fit the league criteria for the league in which the forfeited game is being played (i.e. Men's Over 40, Women's C league, etc.).

Note: It is OSSC's desire that games get played and that our patrons that made the effort to get to their game get an opportunity to play and receive the service for which they have paid. Therefore, as a last resort, and if the only way that a game can be played is with illegal players (players that do not meet the league criteria), the opposing team must be in agreement that the illegal players can play before the game is started.

4. ***Forfeits are rescheduled only if it was an administrative error on the part of OSSC or weather conditions caused OSSC to close. If OSSC is open, please make your scheduled game. If in doubt about if OSSC is Open or Closed please call the facility.***
5. ***Forfeited games are officiated in the same manner as a league game.***

OSSC Rule 7 – Substitution Policy

1. **Substitution of Field Players** during the flow of the game is unlimited as long as the player seeking substitution is within one yard of the bench door and does not interfere with the play at the time that the replacing player enters the field of play.
2. **Substitution of the Goalkeeper.** The referee must be notified prior to any goalkeeper change. Any player may change place with the goalkeeper at anytime during the game as long as the regular substitution procedures are followed and provided that the new goalkeeper wears a jersey that does not conflict with either the referee or the other players on the field (either team).
3. **Guaranteed Substitutions.** Although teams may always substitute on the fly, there are game situations when teams will be guaranteed the time to make a substitution. For guaranteed substitutions; no team may take more than 15 seconds to make a substitution. The right to substitute eligible players shall be “guaranteed” under the following circumstances.
 - a. After a goal has been scored
 - b. After a time penalty has been signaled
 - c. After play has been stopped due to injury, and the Referee allows both teams to substitute players.
 - d. At any unusual stoppage acknowledged by a Referee
 - e. During a Referee’s time out, and
 - f. Prior to the start of any period of play and (if applicable) any overtime period.
4. **Game Restart after a Guaranteed Substitution.** The referee will signal the restart of play with a whistle for guaranteed substitution circumstances.
5. **Less than Minimum Number of Players Due to Injury.** If a team has less players on the field than the minimum for their league due to injury, the game shall be stopped until it is determined if the injured player is able to return to the field of play. If the player is not able to play the game may continue, but will be a forfeit. No injury delay of game may last more than ten minutes.
6. **Substitutions for Injuries Involving Blood.**
 - a. The referee shall send any players that require treatment for an injury or wound that involves blood to the respective team bench. This rule is in effect for any open wound or any blood on a player’s clothing or body; regardless if the blood is the player’s blood or another person’s blood.

- b. If the blood is a result of a wound, the wound must be attended to, and bleeding must be stopped before the player can reenter the game,
 - c. If the blood is on a person's clothing or body, the affected area must be cleaned, or the clothing must be changed before the player can reenter the game.
 - d. Any player sent off for treatment of an injury may not reenter the game until they have obtained referee approval
7. **Substitutions for Injuries.** The referee may stop play when in his or her opinion;
- a. An injury is deemed serious
 - b. An injured player is likely to interfere with play
 - c. An injured player's team has lost control of the ball
 - d. Any player sent off for treatment may not reenter the game until they have obtained referee approval
8. **Game Restart after an Injury Substitution.** The referee will signal the restart of play with a whistle for injury substitution circumstances.
9. **Substitution Violations.** A team with too many players on the field of play will be penalized with a two-minute penalty. The penalty will not be designated to any one player and the offending team may select any player to sit out.
10. **Substitution of a Sixth Attacker.** In place of a traditional goalkeeper, a team may substitute a "sixth attacker" as one of its field players. The sixth attacker must wear a distinctive jersey that is different from the rest of his/her team and will be recognized as the team's goalkeeper.
11. **Teams behind by five or more goals** may add an additional player to the field at any time. Once the team is within five goals the extra player must be removed from the field.

OSSC Rule 8 – The Referee

1. **Referee Decisions of Fact and Rule are Final.** The authority and exercise of the powers granted to referees by these rules commence when the referee enters the field of play.
2. **Game Record and Time Keeping.** The referee is responsible for the record of the game and the control of time keeping.
3. **Changing a Call.** The referee may change his or her mind concerning a judgment call or decision prior to restart at his or her discretion.
4. **System of Refereeing.** A one or two person system will be used at the discretion of the Referee Coordinator or OSSC Facility Manager.
5. **Rule Enforcement and Referee Expectations.** Referees will enforce the rules of indoor soccer and OSSC; and are expected to assist OSSC customers in understanding the rules.
6. The referees' power of penalizing extends to offenses committed when play has been temporarily suspended during the course of the game, and as teams enter or exit the field of play. Referees' decisions on points of fact connected with play shall be final.
7. **Referee Responsibilities Include:**
 - a. **Enforce the rules of the game.**
 - b. **Use the Advantage Rule Sparingly.** To protect our customers and facilitate in game management the advantage rule should be used very sparingly in most matches and will not be used at all in the OSSC No Contact or in the Men's and Women's C Leagues. It is very important to keep the game safe and under control. Many of the players at OSSC do not understand the advantage rule and allowing the advantage often leads to an escalation of tempers and foul play.
 - c. **Player Roster Verification.** Prior to the start of the game; check all players against the game roster provided by OSSC. Only players listed on the game roster, and in good standing with OSSC, will be permitted to play in the game. Should a team not have enough legal players to begin the game; the forfeiture rule will be applied.
 - d. **Players Arriving Late for a Game.** Players that arrive late for a game must check in with the referee before they are permitted on the field of play. Referees must be aware of players joining the team after the start of a game; in many instances these players are not in good standing with OSSC and simply wait for the game to start with hopes of sneaking into the match.
 - e. **Player/Game Roster.** All players present for a game must be on the team's game roster or have a "Referee's Game Approval Slip" from the OSSC Office Supervisor. Referees are responsible for ensuring that players participating in a game are on the game roster and are checked off on the game roster as being present for the game.

Guest players must have a "Referee's Game Approval Slip" and the slip must be taped to the game roster. This information is important when determining a player's financial responsibility to OSSC.

- f. **Game Roster Discrepancies.** Players not listed on the game roster; have incomplete information on the game roster; or are listed with a green card, red card, or liability waiver expiration on the game roster cannot play unless the Office Supervisor signs and provides a "Referee's Game Approval Slip" to the referee (Note: only the Office Supervisor is authorized to sign the Referee Game Approval Slip).
- g. **League Criteria Requirements.** Players may not play in a game unless they fit the criteria of the league in which the game is being played. However, it is OSSC's intention to give our customers a game if at all possible. Therefore, if a game is forfeited, and only with the opposing team's concurrence, a player not normally fitting the league criteria may fill in on a team so that a game can be played.

Note: There have been instances when some players/teams have tried to exploit this rule so that they may use illegal players during their games (even if it means forfeiting the game). To prevent players/teams from taking advantage of the league rules illegal players cannot play without written approval from the Office Supervisor. Office Supervisors will be asked to make a note of teams that forfeit matches and players that are playing in the scrimmage games. This will be done to monitor trends with teams and players.

- h. **In the case of a forfeit**, and enough players are available to play a scrimmage game, the referee assigned to the forfeited game will officiate a scrimmage game between the available players.
- i. **Referees will use discretionary power prior to suspending a game** for any serious infringement of the rules, interference by spectators, or interference by any other source or cause. If there is a suspension attributed to one specific team, that team shall forfeit the game with the score 3-0. If both teams are deemed by the referee to be at fault to a serious degree. A double forfeit will be the result and neither team will receive any points.
- j. **Allow no person(s) other than players or coaches in the team bench areas.** Fields 1 and 2 have designated bench areas and adequate spectator space that allows for easy viewing of the game. Do not allow persons other than players or coaches in the bench areas of Fields 1 and 2. Field 3 does not have a designated bench area.
- k. **Allow no person(s) other than the players to enter the field of play without first getting your permission.**
- l. **The Referee shall stop the game if in his or her opinion a player has been injured and cannot leave the game under his or her own power.** If in the referee's opinion no further trauma to an injury will occur as a result of an injured player's removal from the field, have the injured player removed from the field of play. If doubt exists, leave the player on the field of play, contact the OSSC Office and have the Office Supervisor call 911 for assistance.

Note: If an injury incident impacts on the next game by more than 15 minutes, suspend the game and dependent upon the time remaining in the game, and the game score, the game may be replayed on another date. The OSSC Facility Manager, with the concurrence of the game official will decide if the game is to be rescheduled, or if the game will be allowed and the team ahead will be given a win. If the game is resumed the team in possession of the ball at the time of stoppage will be awarded the ball. If there was not clear possession, the game will resume with a drop ball at the center of the field.

- m. **Control of Time Penalties.** The Referee will control any time penalties and players serving time penalties may not reenter the field of play without the referee's permission.
8. **Game Report.** The referee will annotate the game report with the game score and any cards issued during the game and have the respective team managers or coaches sign the game report. The referee will submit the game report to the OSSC Office.

OSSC Rule 9 – Game Duration

1. **Large field games** will consist of two 24-minute halves with a 2-minute half-time.
2. **Small field games** will consist of four 11-minute quarters with a 1 minute break between quarters.
3. **Game Clock Management.** The game clock will be managed by the referee and will only be stopped for serious injury. If the game clock is stopped, the referee will always blow a whistle to signal that the clock is being restarted.
4. **Team Arrival.** Teams should arrive at least 10-minutes early for their game so that rosters can be verified and games can be started on time. Any actions by teams that end up delaying the referee from verifying a team's roster may result in an adjustment of the team's total allotted game time to account for the delay in starting a game.
5. **Game Start Time.** Referees will start games on the hour or as close to the hour as possible. ***No games will be started EARLIER than the scheduled game time.***
6. **Grace Period to Start a Game.** Every effort must be made to start games on time. However, if a team does not have the required minimum number of players to start a game, the team will be given A 10-minute grace period for additional players to arrive. Once a team has the minimum number of players necessary to play the game will begin. To prevent a start time delay on subsequent matches, any time allotted to a grace period will be deducted from the overall game time of the delayed game.
7. **Overtime Period and Tiebreaker.**
 - a. For normal OSSC league play there will be no overtime period or tiebreaker situations.
 - b. If in a tournament elimination game or playoff situation the score of the game is tied at the end of regulation play an Overtime Period consisting of two 5-minute "Golden Goal" periods will be permitted. If no goals are scored during the overtime periods than a best of five penalty kick situation will occur. If still tied after a best of five penalty kick situation than a sudden death one-for-one penalty kick situation will be used to decide the winner. Penalty kicks are taken 24-feet out from the center of the goal line.
8. **Running Clock.** Unless mandated by the Referee for injury, the Game Clock counts down continuously through each quarter, half, or Overtime Period. Time penalties should be given for intentional and obvious delays of the game.
 - a. If the allotted time between quarters, halves, or games has expired, the game clock may be started regardless if the teams are on or off the field.
 - b. The scoreboard buzzer will be used to let players know that it is time to return to the field, and the referee will blow the whistle to start the clock and to start the 5-second count.

- c. If a referee signals that it is time to play and starts play, any goals scored after play has officially started will count.
- d. If the team with the kickoff does not start play within the 5-second count, the opposing team will be awarded the ball and a new 5-second count will begin.

9. Extension of Play. The only time that a game may be extended is to permit a Penalty Kick.

- 10. Clock Malfunction.** If the game clock does not count down properly, the referee may add or subtract time as appropriate. All violations occurring during a clock malfunction are treated as if occurring while the ball is in play. In all cases of a clock malfunction, the referee's decision is final.

OSSC Rule 10 – Start and Restart of Play

1. **Start of Play.** The Home team is listed first on the game schedule and shall have the initial kickoff. Players opposing the kicker on the kickoff shall remain outside the center circle (not less than 10-feet from the ball) until the kickoff. Players from both teams shall remain in their own halves of the field until the ball is in play. The ball may be kicked off in any direction.
2. **Minimum Number of Players to Start a Game.** Official league games will start as soon as a team has the minimum number of players needed to play a game.
3. **First Possession.** The ball will be considered in play when it has been touched on the kickoff. The ball may travel in any direction. The kicker cannot play the ball a second time unless another player has touched the ball. A goal may be scored directly from a kickoff.
4. **Kickoff after a Goal.** After a goal has been scored, the game shall be restarted in the manner described in 2 and 3 above by the team that has conceded the goal.
5. **Start of Second Half.** At the start of the second half the teams shall change ends and the Visiting (Guest) team shall have the kickoff.
6. **Restarts.** For all restarts, teams must put the ball into play within 5-seconds, as signaled by the referee or possession will be turned over to the opposing team.
 - a. Defensive restarts of balls out of bounds behind the goal area (between the two corner markers) will be restarted with a throw-in by the goalkeeper. All other out of bounds restarts will occur at the spot where the ball went out of bounds and no more than two-feet from the outer boundary.
 - b. The ball is in play once it has traveled half its circumference from any restart. For free kicks that originate in what was the defensive penalty area, the ball shall not be in play until it has left the penalty area.
7. **Free Kick.** For any infringement of the kickoff rule, the kickoff shall be retaken, except if the kicker plays the ball again before the ball has been touched by another player. If the kicker plays the ball again before the ball has been touched by another player, a free kick shall be awarded to the opposing team at the point where the offending player touched the ball a second time.
8. **Dropped Ball Restart. A dropped ball restart may be used by the referee to restart play that has been delayed by two players trapped with the ball along wall or field border.** This rule is in effect to prevent any unnecessary boarding and escalation of physical play next to the walls.
9. **Goal Kick or Goalkeeper Throw-In.** Indoor soccer does not allow for goal kicks. All goal kick situations are restarted with a goalkeeper throw-in.

10. **The referee will signal the restart of play with a whistle for:**

- a. Guaranteed substitution circumstances
- b. Penalty kicks
- c. Shoot outs
- d. Kick offs
- e. Time penalties
- f. Injuries
- g. Referee time out

11. **Small Field Starts and Restarts.** Players cannot kick the ball directly into stationary opponents on Start and Restart plays. If opponents move to get into the ball's line of flight, they are no longer stationary. No goals may be scored directly from a kick-off.

12. **Non-Contact League Starts and Restarts.** Players cannot kick the ball directly into stationary opponents on Start and Restart plays. If opponents move to get into the ball's line of flight, they are no longer stationary.

13. **Men's and Women's C League Restarts.** Players cannot kick the ball directly into stationary opponents on Start and Restart plays. If opponents move to get into the ball's line of flight, they are no longer stationary.

OSSC Rule 11 – In and Out of Play

1. The ball is considered in play at all times unless indicated by the referee.
2. The ball is considered out of play:
 - a. When it makes contact with the out-of-play area (nets, building structures, or ceiling structures),
 - b. When the ball crosses the perimeter of the field walls (leaves the field of play); or
 - c. When the referee has stopped the game.
3. **Restart for Balls Out of Play.** For balls out of play at the perimeter of the field, the game will be restarted with a kick-in from at the point the ball exited the field and about two feet from the perimeter wall (referee will indicate placement). The ball shall be considered in play immediately after it has traveled half its circumference. For balls played into the ceiling, play will resume from the nearest white line from where the ball was struck or kicked.
4. **Three Line Violations.**
 - a. A foul is called and a free kick is awarded when a forward pass crosses all three white lines in the air without first touching a player, the field, or the wall.
 - b. A three line violation will result in a free kick from the center of the defensive white line.
 - c. This rule will not be enforced against any team playing two players down.
 - d. A ball kicked from a white line that subsequently crosses the other two white lines in the air is not considered a three line violation.

OSSC Rule 12 – The Method of Scoring

1. **Goal.** A goal is awarded when the entire ball has passed over the goal-line between the goal posts and under the crossbar. A team scoring a goal will be awarded one point for each goal scored.
2. **Winning Team.** The team scoring the most goals will be declared the winner.
3. **League or Tournament Points System.** To determine league or tournament standings, the following point system will be used:

Game Result	WIN	TIE	LOSS
Team Points	3	1	0

4. **Tie Breakers.** The following tie breaking procedures will be used to determine league or bracket winners:
 - a. Head to Head Record
 - b. Goal Differential
 - c. Goals Scored
 - d. Coin Toss

OSSC Rule 13 – Fouls and Other Violations

1. **Fouls.** A player who commits any of the following offenses while the ball is in play shall be penalized by the referee awarding a free kick to the opposing team, the free kick is to be taken at the point of the infraction, or if applicable as a penalty kick.
 - a. **Charging an opponent in a violent or dangerous manner.** A time penalty and ejection must be assessed for this offense.
 - b. **Striking, elbowing, attempting to strike or elbow, or spitting at an opponent.** A time penalty and ejection must be assessed for any of these offenses.
 - c. **Fighting.** A time penalty and ejection must be assessed for this offense.
 - d. **Slide tackling.** Players must stay on their feet. Sliding must be called, whether intentional or not. Due to the potential danger of slide tackling, especially in proximity to the dasher boards or walls, slide tackling is not permitted. If in the referee's opinion an intentional slide tackle is committed, the player committing the tackle will be ejected from the game and a time penalty will be assessed.
 - e. **Kicking or attempting to kick an opponent.** In the referee's judgment on a player's intent, a time penalty, ejection, or both may be assessed for this offense.
 - f. **Tripping an opponent.** In the referee's judgment on a player's intent, a time penalty, ejection or both may be assessed for this offense.
 - g. **Jumping at an opponent.** In the referee's judgment on a player's intent, a time penalty, ejection, or both may be assessed for this offense.
 - h. **Charging an opponent from behind.** In the referee's judgment on a player's intent, a time penalty, ejection, or both may be assessed for this offense. This penalty may also result in a shoot-out situation.
 - i. **Verbal abuse; foul language, taunting of players, referees, or spectators by players, coaches, or spectators.** In the referee's judgment, a time penalty, ejection, or both may be assessed for this offense.
 - j. **Holding or pushing an opponent.** In the referee's judgment on player intent, a time penalty, ejection, or both may be assessed for this offense.
 - k. **Handling the ball (carrying, striking, or propelling the ball with the hand or arm).** In the referee's judgment on a player's intent, sportsmanship, or manner in which and/or direction in which the ball is propelled, a time penalty, ejection, or both may be assessed for this offense.
 - l. **Boarding (propelling an opponent into the perimeter wall).** In the referee's judgment on a player's intent, a time penalty, ejection, or both may be assessed for this offense.

- m. **Dangerous play.** In the referee's judgment on a player's intent, a time penalty, ejection, or both may be assessed for this offense.
 - n. **Board handling (placing the hands on the boards/walls in a manner to gain advantage).** Use of the boards by players to gain an unfair advantage (bracing, strengthening, leverage, obstructing the ball, etc.).
 - o. **Obstruction.**
 - p. **Impeding the goalkeeper from releasing the ball.** A field player may not track the goalkeeper in a manner that impedes the goalkeeper from releasing the ball.
2. **Penal Time Penalties.** Penal time penalties may be assessed against players for committing any of the offenses listed and outlined as time penalties in number 1 above, and must be assessed for infractions of number 1.a, 1.b, and 1.c above, or for any offenses deemed severe, tactical, or blatant in nature, or for persistent infringing upon the rules. These penalties shall be administered by the showing a BLUE, YELLOW, or RED card by the referee, depending on the nature and severity of the offense.
- a. **Blue Card Offenses.** All Blue Cards offenses will be punished by a 2-minute time penalty by the offending player (this includes goalkeepers). Blue Card penalties expire upon time expiration of the penalty, or scoring of a goal by the opposing team (only if the offending team is in a short-handed situation). Referees control all time penalties and must acknowledge that the time penalty has expired and that a player may reenter the game.
 - b. **Yellow Card Offenses.** All Yellow Card Offenses will be punished by a 4-minute time penalty. Player's receiving a Yellow Card will serve the entire time penalty regardless of the number of goals scored against the team that committed the Yellow Card offense. A Yellow Card is given if a player receives a second Blue Card (this serves as a warning that another cardable infraction will result in a Red Card). Referees control all time penalties and must acknowledge that the time penalty has expired and that a player may reenter the game.
 - c. **Red Card Offenses.** All Red Card offenses will be punished by ejection of the specific player(s) at fault and a 5-minute team penalty will be assessed to the team whose player committed the infraction. The Red Card time penalty will be served in its entirety (regardless of situation) by a player on the team committing the Red Card infraction. A Red Card is mandatory for players receiving a third Blue Card or Second Yellow Card and for the following offenses.
 - **Charging an opponent in a violent or dangerous manner.** A time penalty and ejection must be assessed for this offense.
 - **Striking, elbowing, attempting to strike or elbow, or spitting at an opponent.** A time penalty and ejection must be assessed for any of these offenses.
 - **Fighting.** A time penalty and ejection must be assessed for this offense.
3. **Delayed Time Penalties.** In situations where the referee wants to penalize a player for an

infraction by issuing a time penalty, while at the same time apply an “advantage,” the referee shall acknowledge the foul and signal that the advantage is being continued by raising the appropriate penalty Card above his or her head and maintaining that signal until such time as:

- a. **Possession Change.** The offending team gains control of the ball, at which time the referee shall signal the foul by means of stopping play with a whistle and appropriately penalizing the offending player. In this situation possession shall be defined as a player having clear control of the ball for more than one second. The restart will take place at the point of the original infraction or at the top of the restraining arc if the offense took place inside the offended team's penalty area.
 - b. **Stoppage.** The referee stops play by whistling any other stoppage (i.e. foul by either team or ball out-of-play). The player guilty of the foul, which initiated the cardable offense, shall be appropriately penalized, and play should be restarted as appropriate for the original offense. If a foul is committed during the advantage worthy of a second time penalty, both penalties shall be assessed and appropriately served. If both penalties assessed are against the same player, the offending player shall be ejected.
 - c. **Goal.** A goal is scored during the Blue Card advantage, at which time the offending player's penalty shall be recorded for accumulation purposes.
4. **Duration or Expiration of Time Penalties.** Time penalties shall be subject to the following concerning duration and expiration of the penalty time.
- a. A player whose time penalty has expired must immediately leave the penalty box, but may not reenter the field without the referee's approval.
 - b. If a team assessed with a Blue Card is reduced to a lesser number of players on the field of play than its opponent and is subsequently scored upon by its opponent, then the Blue Carded player(s) may return to the game
 - c. In cases where a goal is scored during a delayed Blue Card, the time penalty will not need to be served. However, the Blue Card must still be recorded by the referee.
 - d. Yellow and Red Card time penalties must be served in their entirety.
 - e. In situations where an equal number of players from each team are serving simultaneous time penalties and a goal is scored, no player shall be released and no time penalty voided.
 - f. If a penalized player is in the penalty box for a foul which resulted in the awarding of a penalty kick, then that player shall be released if the penalty kick is scored.
- Note: This rule only applies if the foul that resulted in the penalty kick was not a Yellow or Red Card offense. In all cases, Yellow and Red Card time penalties will be served in their entirety.
5. **Multiple Time Penalties (Team).** Under no circumstances may teams compete without the required minimum number of players on the field.

- a. If a team has multiple players assessed with time penalties, and the multiple time penalties will result in the team being reduced to less than the minimum number of players required on the field, the players receiving the time penalties will be removed from the game and a substitute player may be used by the offending team to maintain the minimum number of players on the field.
 - b. The offending team will remain at the minimum number of players on the field until all time penalties have elapsed regardless if the time penalties acquired at different times of the game. If multiple time penalties have occurred, it is obvious that the offending team has lost its composure and game management must be maintained.
 - c. A team with less than the minimum number of players available to play the game because of time penalties will forfeit the game.
6. **Multiple Time Penalties (Player).** Any player receiving a second Blue Card will receive a Yellow Card and serve a 4-minute penalty. A third Blue Card will result in the player's ejection.
7. **Authorized penalty box exit.** A player shall not leave the penalty box unless released by the referee. The referee will release players from the penalty box on the following occasions:
- a. The expiration of the time penalty, or after a goal (if not serving a Yellow or Red Card penalty).
 - b. During halftime, in which case the player must return to the penalty box before play is restarted.
 - c. A player serving a time penalty for a flagrant foul will be required to serve the entire time penalty at the referee's discretion.
 - d. Players released from the penalty box need not reenter the game from the penalty box area. They may return to the bench area and substitute into the game using normal substitution rules.
8. **Red Card Infractions.** Any individuals receiving a Red Card will be required to serve an automatic one-game suspension for **ALL** teams on which the player is rostered and have a meeting with the OSSC Facility Manager to determine if any further suspension or penalties will be assessed. In addition the offending player may be assessed the following:
- a. Required to pay their portion of the league fees (if not already paid) for all teams on which they are currently playing.
 - b. Pay any other fees or fines still owed to OSSC for previous sessions and/or their liability waiver fee.
 - c. Pay a \$25 fine for the first offense with additional fines in \$25 increments for any subsequent Red Card offenses.

- d. Any additional penalties or suspensions deemed appropriate to the Red Card offense that was committed.
 - e. Players, coaches, team representatives or team personnel can all receive a Red Card.
 - f. All penalty time is carried over to the next half or quarter.
9. **Blue or Yellow Card Infractions.** Additional penal time penalties (Blue or Yellow cards) can be assessed at the discretion of the referee for:
- a. Unsportsmanlike conduct, if deemed severe enough by the referee (examples of unsporting behavior includes intentionally kicking the ball into the ceiling or out of bound nets, encroachment, etc.).
 - b. Misconduct, if deemed severe enough by the referee.
 - c. Foul or abusive language (if in the referee's opinion the language is not severe enough to warrant a harsher penalty, or if the referee deems it necessary to get the player's attention and to calm a situation that has occurred).
 - d. Dissent
 - e. Purposefully playing on the ground. Players may not play the ball when any part of the body other than the feet is touching the ground. This includes situations where the player's momentum or motion of playing the ball carries any part of the body, other than the feet, to touch the ground. This does not apply to goalkeepers playing on the ground within the penalty area. Purposefully playing on the ground is a referee judgment and awarding a time penalty is at the discretion of the referee.
 - f. Too many players on the field.
 - g. Intentional delay of game (i.e. purposely kicking or heading balls over walls, etc.). The referee discretion and decision is final.
 - h. Illegal substitutions
 - i. Equipment violations (i.e. wearing outdoor cleats, not wearing shin guards, etc.).
10. **Bench Area Infractions.** Cards and Time penalties may be assessed to players on the field and individuals in the bench area. Time penalties may be assessed to a specific player or to the team if the offense is committed by the coach, bench personnel, or an unidentified individual on the team.
11. **Infractions after Conclusion of the Game.** Should any player or non-playing team personnel exhibit misconduct at the conclusion of the game, the referee shall display the appropriate card and inform the OSSC Office of the offense. Appropriate penalty time and/or suspensions may be applied to the individual committing the infraction, or to the team's next game and the applicable points will be deducted from the team's league standing.
12. **Player Ejections.** An ejected player must exit the facility immediately (players under the

age of 18 may remain in the facility until a parent or legal guardian arrives to take the player home). A team whose player has been ejected must play a man short for the entire 5-minute penalty. See above rules governing Red Card infractions.

13. **Ejected Coach Restrictions.** An ejected coach must exit the facility immediately and may not, from the time of the ejection until the conclusion of the game, have any communication with the referee or the team's players in the facility.
14. **Accumulation of Points from Cards.** All cards received will accumulate against the player receiving the cards. If a player or other team personnel accumulate 6 points within a four-month period, the accumulation of points will be considered equivalent to a Red Card and the Red Card disciplinary procedures will be enforced. Point accumulation is as follows:
 - a. Blue Cards = 1 point
 - b. Yellow Cards = 3 points
 - c. Red Cards = 6 points

OSSC Rule 14 – Goalkeeper Violations

1. **Goalkeepers must serve their own penalty time.**
2. **Penalty Kicks.** Goalkeepers must be on the goal line and may not move before the penalty kick is taken. The referee will signal for the penalty kick to be taken with a whistle.
 - a. If, after the referee has given the signal for a player to go ahead and take a penalty kick, the referee sees that a goalkeeper is not in the right place on the goal line, the referee shall allow the kick to proceed. The penalty kick will be retaken if a goal is not scored.
 - b. If, after the referee has given the signal for a player to go ahead and take a penalty kick and, before the ball has been kicked, the goalkeeper moves his or her feet, the referee shall allow the kick to proceed. The penalty kick will be retaken if a goal is not scored.
3. The referee shall award a free kick if the goalkeeper:
 - a. **Slide tackles an opponent outside the goal box.** A free kick is taken from the point of the foul. Once outside the penalty box area the goalkeeper is subjected to the same rules as any field player. Slide tackling is prohibited and the applicable penalties for a slide tackle may be enforced by the referee. Referees will need to determine if the goalkeeper knowingly committed the slide tackle infraction out of the penalty box area and assess the penalty for slide tackling appropriately.
 - b. **If the goalkeeper uses his or her hands outside the penalty box.** The free kick is awarded from the spot of the infraction. If the referee deems that the handball outside the penalty box is intentional, a Blue Card will be awarded for the first offense and penalty time will be assessed to the goalkeeper. If the goalkeeper has already been assessed a time penalty card for a previous infraction of any kind, the referee will assess the card that he or she feels is appropriate for the intentional hand ball outside the box.
 - c. **Does not release a handled ball out of the penalty area within 5 seconds of receiving it.** The free kick is taken from the top of the penalty box arc.
 - d. **Uses his or her hands on a ball that is, in the referee's judgment, intentionally passed back to the goalkeeper by a teammate's foot.** A goalkeeper may use his or her hands if a teammate plays the ball back to the goalkeeper with any part of the body except an intentional pass back with the foot. If, in the referee's opinion, the ball is misplayed off of a teammate's foot and goes back to the goalkeeper, the goalkeeper may use his or her hands to control the ball. Goalkeepers may handle any ball played by the opposing team. Free kicks for this infraction are taken from the top of the penalty area.
 - e. **Handles the ball after putting it down to be played, prior to the ball being touched by another player.** The free kick is taken from the top of the penalty box arc.

- f. **Brings the ball from outside the penalty box, back into the penalty box, and picks the ball up.** The free kick is taken from the top of the penalty box arc.
 - g. **Punts the ball as a means of distribution** (a goalkeeper may distribute the ball either by a drop-kick or half-volley or a throw). The free kick is taken from the top of the penalty box arc.
4. **Bouncing the Ball.** Goalkeepers may bounce the ball before releasing it as long as the ball is released out of the penalty area within 5-seconds of receiving it.
 5. **Referee Discretion and Teaching of the Game.** Referees, when officiating the younger youth leagues and leagues with inexperienced and/or new players please assist the goalkeepers in understanding the league rules. Giving initial warnings for minor infractions is acceptable when trying to teach the game.

OSSC Rule 15 – Penalty Kicks and Free Kicks

1. **Penalty Kicks.** If a defending team commits a foul in their own penalty area which warrants a time penalty or commits an infraction that denies the attacking team a goal scoring opportunity, the team causing the infraction shall be penalized by the taking of a penalty kick by the team that was fouled or denied a goal scoring opportunity by the defending team's infraction.
2. The penalty kick is a direct free kick from the penalty mark taken by a properly identified member of the offended team against the infracting team's goalkeeper without interference by other players. The referee will signal the start for a penalty kick with a whistle.
3. A penalty kick can be awarded regardless of the position of the ball in the penalty area at the time the foul is committed. The referee will not signal for a penalty kick to be taken until all the players are positioned in accordance with the following:
 - a. All players, with the exception of the player taking the penalty kick and the opposing goalkeeper shall be on the field of play but outside the penalty area lines.
 - b. The goalkeeper must stand (without moving his or her feet) on his or her own goal line and between the posts until the ball is kicked.
 - c. Any encroachment that interferes with the taking of the penalty kick may result in an unsportsmanlike conduct penalty.
 - d. The ball will be considered live if upon taking the penalty kick a goal is not scored. If a goal is not scored normal play resumes.
 - e. If a penalty kick is taken and a goal is not scored, the player taking the penalty kick cannot play the ball again until the ball has been touched by another player. If the player taking the penalty kick touches the ball again prior to another player touching it, a free kick will be awarded to the opposing team at the spot of the infraction.
 - f. If a goal is scored directly from the penalty kick, and a time penalty has been assessed against the player committing the infraction that resulted in the awarding of the penalty kick, the offending player may be released from serving the time penalty (dependent upon the card awarded for the offense). Where, in the opinion of the referee, the foul leading to the award of a penalty kick was completely unintentional and not serious in nature, no time penalty need be served by the offending player.
4. **Penalty Kick in Extended Play.** Play shall be extended at the end of each half to allow a penalty kick to be taken or retaken. The extension shall last until the referee has decided whether or not;
 - a. A goal has been scored direct from the penalty kick,
 - b. The penalty kick has rebounded from either goal post or the cross bar directly into goal,

- c. The penalty kick has been touched or played by the goalkeeper,
- d. The penalty kick missed the goal, or
- e. Any combination of the above

5. Penalty Kick Violations.

- a. **Defensive Team Violation.** If, after the referee has signaled for a penalty kick to be taken, but before the ball is in play, a player on the defensive team encroaches into the penalty area, the referee shall allow the kick to proceed. If a goal is not scored, the kick shall be retaken. If a re-kick has been awarded and a second defending team encroachment occurs, the referee shall allow the kick and award a delayed Blue Card to the offending player. If a goal is not scored, the kick shall be retaken.
- b. **Attacking Team Violation.** If, after the referee has signaled for a penalty kick to be taken, but before the ball is in play, a player on the offensive team encroaches into the penalty area, the referee shall allow the kick to proceed. If a goal is scored directly from the kick, or as a result of the encroachment, the penalty kick shall be retaken. If re-kick has been awarded and a second attacking team encroachment occurs, play will be stopped, the encroaching player shall be awarded a Blue Card, and the defending team shall be awarded a free kick from the penalty spot.
- c. **Kicker Violation.** If a player taking a penalty kick commits an offense against the rules (i.e. feigning or pretending to kick the ball), so that the goalkeeper moves before the kick is taken, the act will be considered as unsportsmanlike conduct and if a goal is scored the kick shall be retaken. If a goal is not score off of the penalty kick, or as a result of the penalty kick, play will be allowed to continue. If after being cautioned by the referee the player taking a penalty kick commits another offense against the rules, the offense will be considered unsportsmanlike conduct and a Blue Card will be awarded to the offending player.

6. Free Kicks. When play has been stopped for a rules infraction, play shall be restarted with a free kick taken by a player from the team that suffered the infraction.

- a. All free kicks and game restarts are direct kicks and shots may be taken on goal.
- b. During the taking of a free kick, all of the opposing players shall be at least 10 feet from the ball until it is in play.
- c. The ball must be stationary for all free kicks.
- d. Players must take the free kick within 5-seconds of being signaled to take the kick by the referee. Failure to put the ball into play within the allotted time will result in the restart (free kick) being "turned over" to the opponent.
- e. The ball shall be deemed in play when it has been touched and move at least half the circumference of the ball.
- f. Under no circumstances may the player taking the free kick play the ball again (touch is twice) before another player (from either team) has touched it. Playing the ball twice

includes playing the ball on the rebound off the perimeter wall before; another player has touched it.

7. **Corner Kicks.** A corner kick will be awarded to the attacking team if a ball last played by the defending team crosses out of play between the two corner markers (excluding when a legal goal is scored). The ball will be placed, and the corner kick shall be taken on the nearest corner kick mark. Corner kicks may be taken as a direct free kick.
8. **Free Kicks Originating in the Penalty Area.** For free kicks in a player's own penalty box, all opposing players must remain outside the penalty box until the ball has cleared the box. If the ball does not exit the penalty box or if the player taking the free kick touches the ball twice before it has left the penalty box, the kick shall be retaken.
9. **Free Kick in the Attacking Penalty Area.** Any free kick awarded to the attacking team for a foul or infraction that occurred in the defending team's penalty box will be taken from the top of the penalty box arc (unless a penalty kick has been awarded).
10. **Bench Area Infractions.** If play is stopped for an infraction that occurred in the bench area, the game shall be restarted with a free kick taken by a player of the opposing team (regardless of who had possession of the ball when the infraction occurred) from the place where the ball was when play stopped.
11. **Encroachment.**
 - a. If a player of the opposing side encroaches within 10 feet of the ball before a free kick is taken, and a member of the team taking the free kick requests compliance with the 10-foot free kick radius, the referee shall delay the kick until the player complies. The referee will signal the restart with a whistle.
 - b. If, upon the request of the referee, a player does not comply with the 10-foot radius rule by immediately retiring to the proper distance, the player shall be considered guilty of encroachment and unsportsmanlike conduct and penalized accordingly.
 - c. If a defending player within 10 feet of the free kick intentionally interferes with the taking of a free kick, he or she shall be considered guilty of encroachment and unsportsmanlike conduct and penalized accordingly.
 - d. For the first encroachment violation, the referee shall issue a team warning to the offending team. For any subsequent encroachment violations a time penalty will be assessed for unsportsmanlike conduct against the offending team/player and will be recorded to the player guilty of the offense.
12. **Unsportsmanlike Conduct.** Any player who gesticulates in any way to distract his or her opponents during a free kick shall receive an unsportsmanlike conduct time penalty.
13. **Shootout.** A shootout is a one versus one situation between an attacking player and the goalkeeper. A shootout will be awarded for any foul from behind by a defending player against an attacking player that has control of the ball and has one or no defensive players between the attacking player and the goal. Application of the shootout will be as follows:
 - a. The ball is placed at the shootout mark nearest the attacking goal (the center spot of the white line that is closest to the goal being attacked).

- b. All players other than the player taking the shootout and the opposing goalkeeper must be behind the halfway line. Attacking players will be behind the halfway line and outside of the center circle; defending players will be behind the halfway line and inside the center circle.
- c. The referee will blow the whistle to initiate the shootout.
- d. Once the whistle to initiate the shootout is given, the player taking the shootout may shoot or dribble the ball in a one-on-one situation with the goalkeeper.
- e. Once the player taking the shootout has pushed the ball one full revolution forward, the offensive and defensive players may advance forward beyond the half line.

Rule 16 – League Specific Guidelines

Leagues at OSSC are established to identify and provide a level of play commensurate with the talent and abilities of the players in the league. It is our hope to provide a fun and safe environment in which our patrons can enjoy the competition and excitement of the indoor game of soccer. In an effort to clarify the different levels of competition available at OSSC, the following league rules and guidelines are provided:

1. **OSSC “A” League.** The “A” League is OSSC’s highest level of competition and offers the opportunity for players with advanced skills to compete against other players with the same skills and abilities. The league has no set standard of play that would prohibit anyone from playing in the league and players from all skill and ability levels may compete in the “A” League.
 - a. Women may compete on Men’s “A” League teams, but men may not compete on Women’s “A” League teams.

2. **OSSC “B” League.** The “B” League is OSSC’s second highest level of competition and offers an intermediate level of soccer for patrons that desire to play at a higher level of soccer than OSSC’s “C” League offers, or have obtained the necessary level of skill and abilities in the “C” league and are ready for a challenge at a slightly higher level of competition. The following “B” League rules apply:
 - a. The “B” League has no set standard of play that would prohibit anyone from playing in the league and players from all skill and ability levels may compete in the “B” League.
 - b. Women may compete on Men’s “B” League teams, but men may not compete on Women’s “B” League teams.
 - c. No more than four players from the same “A” League team may be rostered to the same “B” League team during concurrent seasons. This rule does not prohibit “A” League players from playing in the “B” League at the same time that they are competing in the “A” League; it simply prevents members from the same “A” League team from “stacking” the roster of a “B” League team and gaining an unfair competitive advantage.

3. **OSSC “C” Leagues.** This league is offered as a recreational league for beginning and novice soccer players. The league’s intent is to allow the beginning player an opportunity to enjoy and compete at a skill level commensurate with the abilities of players new to soccer or at the beginning stages of soccer development.

The “C” League is also well suited for players that have not played in a long time and are looking to get back into soccer. In all cases the following league specific rules apply:

- a. Players that have played at a Select or Premier Youth Level or higher (college, semi-pro, etc.) may not participate in this league.

- b. No players that have competed in an OSSC “A” league may participate in the “C” league without specific approval from the OSSC Facility Manager.
 - c. Unless there is no equivalent “C” League available, men and women must play in their gender specific league (i.e. Men’s C or Women’s C). If there is no Women’s C League available, a woman may participate in the Men’s C League, however, under no circumstances may men compete in the Women’s C League.
 - d. The “Advantage Rule” is not in effect in the “C” League. No Advantage will be applied and all fouls must be called. Although the Advantage Rule is not in effect, the “C” League is NOT a No Contact League.
 - e. Players cannot kick the ball directly into stationary opponents on Start and Restart plays. If opponents move to get into the ball’s line of flight, they are no longer stationary. A time penalty may be assessed for violation of this rule.
4. **OSSC Adult and High School COED Leagues.** These leagues are provided to allow both male and female players the opportunity to compete together on the same team against other teams with the same or similar team structure. These leagues are competitive in nature and the following rules apply:
- a. This is a 6 versus 6 league (five field players and the goalkeeper) and at least two of the five field players (this excludes the goalkeeper) must be female. A male player may not take the spot of a female player on the field.
 - b. If, in the opinion of the referee, a player attempts to threaten or intimidate another player through aggressive or forceful play, a foul may be called, a card and time penalty given, and a free kick awarded. This includes but is not restricted to Kicks or goalkeeper throws taken with excessive force in the direction of any player with the intent of intimidation, and physical or verbal intimidation.
 - c. Female players may substitute for male players; however, male players may not take the place of female players. If a team is short female players than the affected team must play numbers down to their opponent. If both teams are missing a female player than both teams must play numbers down.
 - d. When a female is in goal, all restarts taken against her from the defensive one-fourth (white) line forward must be taken by a female.
5. **OSSC No Contact COED League.** This league is a recreational adult COED league, and is provided for male and female players of all skill levels to compete without the fear of aggressive play or contact. All players must play under “control” and any contact resulting from a player’s actions will be called as a foul against the player initiating the contact. This is true whether or not the initiating action would normally be a foul or not. No Contact means “NO Contact”. The following rules apply:
- a. This is a 7 versus 7 league (six field players and the goalkeeper). At least three of the six field players must be female (excluding the goalkeeper). A male player may not take the spot of a female player on the field.

- b. Female players may substitute for male players; however male players may not take the place of female players. If a team is short female players, than the affected team must play numbers down to their opponent. If both teams are missing a female player than both teams must play numbers down.
 - c. There is NO Advantage rule given in this league.
 - d. Kicks or goalkeeper throws taken with excessive force in the direction of any player with the intent of intimidation is not allowed and a “time penalty” may be assessed.
 - e. Physical or verbal intimidation is not permitted and a “time penalty” may be assessed.
 - f. Players cannot kick the ball directly into stationary opponents on Start and Restart plays. If opponents move to get into the ball’s line of flight, they are no longer stationary. A time penalty may be assessed for violation of this rule.
 - f. Players must play under control at all times so as not to run into other players. The league is for players 16 years and older and all skill levels.
 - g. When a female is in goal, all restarts taken against her from the defensive one-fourth (white) line forward must be taken by a female.
6. **OSSC COED Junior High League.** This is a non-high school COED League for players in the 6th through 9th grade school level. The following league specific rules apply:
- a. This is a 7 versus 7 league (six field players and the goalkeeper). At least three of the six field players must be female (excluding the goalkeeper). A male player may not take the spot of a female player on the field.
 - b. All teams in this league must have an adult present in their bench area. The adult will be responsible for team management and control.
 - c. If, in the opinion of the referee, a player attempts to threaten or intimidate another player through aggressive or forceful play, a foul may be called, a card and time penalty given, and a free kick awarded. This includes but is not restricted to kicks or goalkeeper throws taken with excessive force in the direction of any player with the intent of intimidation, and physical or verbal intimidation.
 - d. Female players may substitute for male players; however, male players may not take the place of female players. If a team is short female players than the affected team must play numbers down to their opponent. If both teams are missing a female player than both teams must play numbers down.
 - e. When a female is in goal, all restarts taken against her from the defensive one-fourth line forward must be taken by a female.
 - g. Players cannot kick the ball directly into stationary opponents on Start and Restart plays. If opponents move to get into the ball’s line of flight, they are no longer stationary. A time penalty may be assessed for violation of this rule.

- f. Players must play under control at all times so as not to run into other players. Players that are playing in an “out of control” manner may be assessed with “time penalties.
- g. The league is for players 15 years and younger, and of all skill levels.

7. OSSC Youth Leagues (U18 and below) – Large Field.

- a. Large Field Youth Leagues 14 to 18 are 6 versus 6 leagues (5 field players and a goalkeeper). A size 5 ball is used for these leagues
- b. Large Field Youth Leagues 10 to 13 are 7 versus 7 Leagues (6 field players and a goalkeeper). A size 5 ball is used for U13 leagues, and a size 4 ball is used for U10 to U12 leagues.

8. OSSC Youth Leagues (Ages 9 and below) – Small Field.

- a. Small Field Youth Leagues range from 4 years old to 9 years old. A size 3 ball is used for 4 to 7 year old leagues, and a size 4 ball is used for 8 to 9 year old leagues.
- b. Referees are an important aspect in the learning of the game by our younger age groups, and referees should be prepared to explain rule infractions to players on small field teams.
- c. Normal indoor rules of play are in effect for small field leagues with the following exceptions:
 - Players cannot kick the ball directly into stationary opponents on Start and Restart plays. If opponents move to get into the ball’s line of flight, they are no longer stationary. A time penalty may be assessed for violation of this rule.
 - No goals may be scored from the kick-off position.
 - All players in small field leagues must be given equal playing time.
 - Small field games will consist of 4-v-4 games of four 11-minute quarters with a 1-minute break between quarters.