

Rules and Regulations for One Knox Social - Soccer 2025

One Knox Social developed this document in order to codify the rules and regulations that guide the league's administration, gameplay, and disciplinary procedures. OKS uses FIFA rules, with some adjustments as documented within this document. Any rule or regulation not specifically addressed with the OKS rules is governed by the FIFA soccer rulebook.

Ignorance of OKS rules and regulations is not a defense against violations of them.

ABOUT ONE KNOX SOCIAL

Founded in 2024, formerly known as One Knox Adult Rec, our community consists of 3,000+ local soccer players growing into the largest adult rec soccer community in East Tennessee. We now offer year-round soccer, volleyball, and basketball programming throughout Knoxville for all players. We strive to bring a social environment to all sports in the Knoxville area and support community efforts to increase the sports presence in all areas of the surrounding communities while offering a safe place for people to play and interact. We have players of all levels playing in each of our 25 leagues across 6 days of the week.

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SECTION 1: ADMINISTRATION

A. PLAYER ELIGIBILITY

1. Eligibility. All players in good standing with OKS must 1) Have an account created on Bantr and be added to a roster/signed up as a Free Agent and 2) accept player waiver to be eligible for participation.
2. Age restrictions. Over-30 league is restricted to male players over the age of 30. Female players in these leagues may be over 18 years of age. No players under the age of 18 are allowed to play in our adult leagues.
3. Roster eligibility (11v11, 7v7). Players are permitted to play in multiple small-sided and 11's teams ONLY if they are in different divisions/skill levels (aka Wednesday Intermediate and Advanced). 11v11 team rosters cannot exceed 30 players. Small-sided teams' rosters may not exceed 15 players.
4. Guest players (11v11). Guest players are eligible to play ONLY after the following criteria are met: 1) must be registered on the Bantr website 2) accept the waiver of liability and 3) guest players must be reported to the One Knox Representative before the start of the game. **In the event that a guest player plays without meeting the criteria outlined above, the team captain assumes any resulting liability related to this guest player.** Players are restricted from playing as a guest for a team in a lower division unless the opposing captain approves of their participation in the game prior to kickoff. The verified use of an ineligible player during a game will result in the match being recorded as 3-0 win for the opposing team.
5. Guest players (7v7). Guest players are eligible to play ONLY after the following criteria are met: 1) must be registered on the Bantr website 2) accept the waiver of liability and 3) guest players must be reported to the One Knox Representative before the start of the game. **In the event that a guest player plays without meeting the criteria outlined above, the team captain assumes any resulting liability related to this guest player.** Players are restricted from playing as a guest for a team in a lower division unless the opposing captain approves of their participation in the game prior to kickoff. The verified use of an ineligible player during a game will result in the match being recorded as 3-0 win for the opposing team.
6. Ineligible players. If an ineligible player is deemed to have played in a match(es), OKS reserves the right to remove your team from the league, and all fees paid until that point are subject to forfeiture

B. PROCESS FOR TEAM AND PLAYER REGISTRATION

1. All 11v11 teams must submit initial registration fees (either partial or full payment) prior to each season to reserve their right to participate in the league. The remaining team fees shall be paid prior to kick off on Week 1 (unless otherwise stated by a league representative). Teams that drop out after registering risk forfeiting all fees paid up to that point. Teams are to register for each season on the Bantr application/website.
2. All 7v7 teams must pay the full team fee prior to each season to reserve their right to participate in the league (unless otherwise stated by a league representative). Teams that drop out after registering risk forfeiting all fees paid up to that point. Teams are to register for each season on the Bantr application/website.
3. Free agents. Players can register as free agents and the League will do its best to assign free agents to a team. Once a Free Agent is placed, the league will apply 100% of the FA registration fee to the team they are placed on. If a suitable team is not found, or a Free Agent says they cannot participate anymore, they are eligible for a full refund, or a credit towards a future season.

C. 11v11 LEAGUE FORMAT

OKS 11v11 consists of three (3) tiers:

1. Advanced
2. Intermediate
3. Recreational

Three (3) points will be assigned for a win; one (1) point will be assigned for a draw; zero (0) points will be assigned for a loss.

The regular season will consist of 7 games, with the top 2 teams playing a single game Championship to determine the League Winner. All other teams will play an 8th "consolation" game with the team closest to them in the standing, if timing and field availability permits.

Starting Fall 2025, teams in lower divisions will have the opportunity to achieve promotion and move up a division for the following season. Teams also have the risk of relegation for the following season.

Promotion and relegation positions will be awarded in accordance with this table, unless unforeseen circumstances arise that curtail a season or impact scheduling. In this case, OKS has full authority to make final decisions about promotion and relegation.

Tiebreakers will be determined by:

1. Head to head (in event of more than 2 teams tied, a mini table is created between the teams)
2. Goal difference

3. Goals against
4. If circumstances do not allow a playoff to take place (as determined by the Board of Directors), a coin flip will determine the winner.

D. LEAGUE FORMAT (8v8, 7v7, 6v6)

Three (3) points will be assigned for a win; one (1) point will be assigned for a draw; zero (0) points will be assigned for a loss.

The regular season will consist of 7 games, with the top 6 teams playing a single game elimination playoff bracket to determine the League Winner at the end of the season.

Starting Fall 2025, teams in lower divisions will have the opportunity to achieve promotion and move up a division for the following season. Teams also have the risk of relegation for the following season.

Promotion and relegation positions will be awarded in accordance with this table, unless unforeseen circumstances arise that curtail a season or impact scheduling. In this case, OKS has full authority to make final decisions about promotion and relegation.

Tiebreakers will be determined by:

1. Head-to-head
2. Goal difference
3. Goals against
4. If circumstances do not allow a playoff to take place (as determined by the Board of Directors), a coin flip will determine the winner.

E. INCLEMENT WEATHER POLICY

1. Definition of Inclement Weather. Inclement weather consists of thunder and / or lightning, within 10 miles of the match. or 2) snow which has, or is expected to, accumulate to 2 inches or more by the anticipated end of a match.
2. Time Restrictions. No match can restart until 30 minutes passes after the last sighting of thunder and / or lightning within 10 miles of the match.
3. Continuation. If inclement weather occurs within the first half (45 minutes) of an 11v11 game, the game will be called off and rescheduled to a later date. If inclement weather occurs in the second half of an 11v11 game, the game will be called at that time and the score will be considered final.

SECTION 2: GAME DAY

A. GAME PLAY RULES (11v11)

(a) Statement of Sportsmanship

OKS promotes good sportsmanship by players, coaches, and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or sexist comments, homophobic comments, or other intimidating actions directed at officials, players or team representatives will not be tolerated and are grounds for removal from the site of competition and possible banishment from league activities.

(b) Players and Substitutes

Unlimited substitutions are allowed during all 11v11 format games. Teams may sub up to eleven (11) players at a time.

Substitutes may enter the game under the following conditions:

- On a goal kick
- On a team's own throw-in
- On an opposing team's throw-in, if the opposing team is already substituting a player
- On a team's own corner kick
- On an opposing team's corner kick, if the opposing team is already substituting a player
- After a goal has been scored
- Between halves
- When a goalkeeper has been ejected
- Injury to a player

Any other substitutions are permitted at the referees' discretion.

Players entering the field of play while their team is reduced below eleven (11) players need to be acknowledged by the referee and waved onto the field. They may not enter the field of play prior to a referee's acknowledgement.

A player who is being substituted must leave the field by the nearest point on the touchline or goal line, unless the referee indicates the player can leave quickly/immediately at a different point because of safety, injury, etc.

(c) Duration of the Game

All games will consist of two periods of 45 minutes with a five (5) minute half time. Injury time is subject to referee discretion. Games will be considered complete if they are abandoned due to reasons outside OKS control and more than 45 minutes have been played. Games that are abandoned due to reasons outside OKS control prior to 45 minutes will be completed in their entirety at another date and time set by the league.

Regular season games that end in a tie are considered a draw, with no extra time or shoot-outs.

(d) Offside

1. A player is in the offside position if they are nearer to the opponent's end line than the ball unless:
 - a. The player is in their own half of the field of play
 - b. The player is not closer to the opponent's end line than at least two players
 - c. This is judged based on any part of the player's head, body, or feet. Arms will not be a deciding factor
2. A player shall be declared offside and penalized only if, at the time the ball touches or is played by a teammate, the player is involved in active play and interferes with play or with an opponent, or gains an advantage by being in that position. An offside call results in an indirect free kick from the point of the infraction.
3. A player shall not be declared offside by the referee under the following situations.
 - a. The player is standing in an offside position receives the ball directly from a goal kick, corner kick or throw in
 - b. The player is standing in an offside position and receives the ball from a deliberate act by a defender (except a save)
 - i. A deliberate act is one in which a player chooses to act, regardless of the outcome of that action (as opposed to a reaction or reflex).
 - ii. A deliberate act may result in the opponent benefiting directly from the action (e.g. a deliberate, but misplayed ball that goes directly to an opponent).
 - iii. Example: An attacker in an offside position receives the ball from a misplayed clearance by a defender (e.g., the ball skims off the head of a defender or is "shanked" during a clearance). Should the attacker be penalized for offside? No, the attacker received the ball from a deliberate play by a defender and even though the attacker is in an offside position and gained an advantage from being in that position, (s)he is not offside as it was last played by a defender in a deliberate manner.
4. Examples:
 - a. The player is in an offside position and interferes with an opponent or hampers the opponent's movements or obstructs his/her sight of the ball.
 - b. If an offensive player steps off the field to avoid being offside, no penalty will be assessed if the player left the field for the sole purpose of not being offside. If, upon leaving the field, the player distracts an opponent or assists a teammate, the player is guilty of being offside.

(e) Slide Tackling

OKS does not allow slide tackling. The only exception is for a goalkeeper within their penalty area, sliding to make a play, or to save a ball from going out of bounds or into the goal as long as it does not conflict with the below guidelines.

No slide tackling or sliding is allowed within three (3) yards of an opponent. If this offense occurs in the defending team's penalty box, a defending player will receive a yellow card for unsportsmanlike behavior and a penalty kick will be awarded. In order for a yellow card and penalty kick to be awarded, the player must be deemed to be the defensive player in the situation by the referee. If this offense is awarded outside of the defending team's penalty box, a direct kick is awarded.

Any slide/slide tackle by a defender in their own 18 yd box within three (3) yards that is deemed serious foul play or violent conduct, as well Denial of a Goal Scoring Opportunity shall result in a red card and PK.

(f) Hand Balls

A hand ball is defined as "a player deliberately handling the ball, that is, carrying, striking, or propelling it with his/her hands or arms. This does not apply to a goalkeeper within their own penalty area".

Inadvertent touching will not be penalized even if the player or the player's team gains an advantage by such inadvertent touching.

A goalkeeper deliberately handling the ball outside his/her penalty area is a handball.

Hand balls will result in a direct free kick.

(g) Free Kicks

Direct free-kick offenses are determined at the referee's discretion. Direct free kick offenses in the penalty box will result in a penalty kick.

Generally, direct free kicks will be awarded for penalties including:

- Slide tackling within 3 yards of an opponent (See above)
- Spitting at an opponent
- Kicking or attempting to kick an opponent
- Striking or attempting to hit an opponent, including the use of a ball or piece of equipment
- Tripping or attempting to trip an opponent
- Using blood on a uniform or from a bleeding or oozing injury to assault an opponent
- Jumping at an opponent
- Holding an opponent or pulling the uniform or pushing an opponent
- Charging an opponent violently
- Assaulting a referee or game official

Indirect free-kick offenses are determined at the referee's discretion.

Generally, indirect free kicks will be awarded for penalties including:

- A player playing the ball a second time before it has been played or touched by another player, on a throw-in, on a free kick, on a corner kick, on a goal kick, or on a penalty kick
- A goalkeeper taking more than 6 seconds to release the ball
- A substitution or re-entry being made at an improper time or without being waved on by a referee
- Persons other than players entering the field without the referee's permission
- Illegal or inappropriate coaching from the touch lines
- Dissenting by word or action with the referee's decisions
- Unsportsmanlike behavior
- Dangerous play, or any action likely to cause injury to oneself or an opponent. Such as playing while lying/kneeling on the ground or slide tackling
- Offside
- Charging, when the ball is not within playing distance
- Obstruction
- A player leaving the field of play without the referee's consent
- When there is a 'wall' of three or more defenders, the attackers are not allowed within 1m (1 yd) of the wall. An attacker less than 1m (1yd) from the 'wall' when the kick is taken will be penalized with an indirect free kick

(h) Goal Kicks

The ball is in play once the kick is taken, and it can be played by any player before leaving the penalty area. The same rule applies to a team taking a free kick in their own penalty area.

(i) Drop Balls

A Drop Ball may occur in the following situations:

- If play is stopped inside the penalty area, the ball will be dropped for the goalkeeper.
- If play is stopped outside the penalty area, the ball will be dropped for one player of the team that last touched the ball at the point of the last touch.

In all cases, all the other players (of both teams) must be at least four (4) meters (4.5 yards) away.

If the ball touches the referee (or another match official) and goes into the goal, team possession changes or a promising attack starts, a dropped ball is awarded.

B. GAME PLAY RULES (7v7)

(a) Statement of Sportsmanship

OKS promotes good sportsmanship by players, captains, and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or sexist comments, homophobic comments, or other intimidating actions directed at officials, players or team representatives will not be tolerated and are grounds for removal from the site of competition and possible banishment from league activities.

(b) Players and Substitutes

Unlimited substitutions are allowed during all 7v7 format games. 7v7 teams may sub up to seven (7) players at a time.

Substitutes may enter the game “on the fly,” or at any time during the game as long as the player being replaced has left the field of play. **Players should make themselves seen to the referee as they enter.**

(c) Duration of the Game

Games will typically consist of a single 48 minute period, with no halftime breaks.

Regular season games that end in a tie are considered a draw, with no extra time or shoot-outs.

Postseason games that end in a tie will consist of one (1) period of five (5) minutes where Golden Goal scoring applies (i.e. the first team to score in extra time is the winner). If no goal is scored by either team, the game will be decided by a penalty shootout, which will be conducted in accordance with these guidelines:

1. The visiting team calls the coin toss. The winner of the coin toss elects to kick first or last.
2. The referee decides which goal will be used.
3. All players currently on the gameday roster will participate.
4. In Coed leagues penalties will be taken by alternating genders. If a team runs out of women to shoot they will start over in the same order they began the shootout.
5. The team with the most goals after five (5) attempts by each team will be declared the winner. If the game is tied after five (5) rounds, the shoot out enters the tie break. Each round will consist of a shooter from each team that has yet to shoot.
6. After all players have attempted a penalty, you may shoot in any order.
7. Any player who has been ejected can neither be replaced nor participate.
8. The tie break continues upon a goal scored by both teams.
9. If a team misses in a round and the other team converts, the team that scored will be declared the winner.

(d) Cards

Yellow Card offenses will result in a caution, or warning. Any player who receives a second yellow card will result in an ejection (or Red Card) and the team will play down for the remainder of the game. Any player who receives a yellow card will sit out for two (2) minutes. The team will play down a player for the duration of the two (2) minute period. Once the two (2) minute period expires, the team will play with all players. The player who received the yellow card may re-enter the game.

Caution offenses include, but are not limited to:

- **Not respecting the confines of their team's technical area**
- **Delaying the restart of play by their team**
- **Non-confrontationally entering the opposing team's bench area**

- Dissent by word or action, such as:
 - Throwing or kicking drink bottles or other objects
 - Actions showing a clear lack of respect for match officials, e.g., sarcastic clapping
 - Excessively gesturing for a red or yellow card
 - Provocative or inflammatory gestures or actions
 - Persistent unacceptable behavior, including repeated warning offenses
 - Showing disrespect for the game

Red Card offenses lead to immediate player ejection, and the team plays a player down for the game's remainder. A sent-off player must leave the field immediately and, depending on the situation, may be required to leave the premises. The player who was given the red card may not re-enter the game.

Sending-off offenses include (but are not limited to):

- Deliberately leaving the technical area to:
 - show dissent towards, or remonstrate with, a match official
 - act in a provocative or inflammatory manner
- Enter the opposing technical area in an aggressive or confrontational manner
- Deliberately throwing/kicking an object onto the field of play
- Entering the field of play to:
 - confront a match official (including at half-time and full-time)
 - interfere with play, an opposing player or a match official
- Physical or aggressive behavior (including spitting or biting) towards an opposing player, substitute, team official, match official, spectator or any other person (e.g. security or competition officials etc.)
- Receiving a second caution in the same match
- Using offensive, insulting or abusive language and/or action(s)
- Using unauthorized electronic or communication equipment and/or behaving in an inappropriate manner as a result of using electronic or communication equipment
- Violent conduct

Any individual who is cautioned by a match official is required to provide their first and last name. Failure to do so may result in a 2nd caution and subsequent ejection. If the player who refuses to identify themselves has already been sent off, it will result in additional disciplinary action, including but not limited to additional games being added to the length of the suspension.

Any player who receives a yellow card will sit out for two (2) minutes. The team will play down a player for the duration of the two (2) minute period. Once the two (2) minute period expires, the team will play with all players. The player who received the yellow card may re-enter the game.

(e) Offside

There is no offside rule.

(f) Slide Tackling

OKS does not allow slide tackling. The only exception is for a goalkeeper within their penalty area, sliding to make a play, or to save a ball from going out of bounds or into the goal as long as it does not conflict with the below guidelines.

No slide tackling or sliding is allowed within three (3) yards of an opponent. If this offense occurs in the defending team's penalty box, a defending player will receive a yellow card for unsportsmanlike behavior and a penalty kick will be awarded. In order for a yellow card and penalty kick to be awarded, the player must be deemed to be the defensive player in the situation by the referee. If this offense is awarded outside of the defending team's penalty box, a direct kick is awarded.

Any slide/slide tackle by a defender in their own 18 yd box within three (3) yards that is deemed serious foul play or violent conduct, as well Denial of a Goal Scoring Opportunity shall result in a red card and PK.

(g) Hand Balls

A hand ball is defined as "a player deliberately handling the ball, that is, carrying, striking, or propelling it with his/her hands or arms." This does not apply to a goalkeeper within their own penalty area.

Inadvertent touching will not be penalized even if the player or the player's team gains an advantage by such inadvertent touching.

A goalkeeper deliberately handling the ball outside his/her penalty area is a handball.

Hand balls will result in an indirect free kick.

(h) Free Kicks

With exception of penalty kicks, all other infractions result in an indirect free-kick, determined at the referee's discretion.

Generally, indirect free kicks will be awarded for infractions including:

- Spitting at an opponent
- Kicking or attempting to kick an opponent

- Striking or attempting to hit an opponent, including the use of a ball or piece of equipment
- Tripping or attempting to trip an opponent
- Using blood on a uniform or from a bleeding or oozing injury to assault an opponent
- Jumping at an opponent
- Holding an opponent or pulling the uniform or pushing an opponent
- Charging an opponent violently
- Assaulting a referee or game official
- A player playing the ball a second time before it has been played or touched by another player, on a throw-in, on a free kick, on a corner kick, on a goal kick, or on a penalty kick
- A goalkeeper taking more than 6 seconds to release the ball
- A substitution or re-entry being made at an improper time or without being waved on by a referee
- Persons other than players entering the field without the referee's permission
- Illegal or inappropriate coaching from the touch lines
- Dissenting by word or action with the referee's decisions
- Unsportsmanlike behavior
- Dangerous play, or any action likely to cause injury to oneself or an opponent. Such as playing while lying/kneeling on the ground or slide tackling
- Charging, when the ball is not within playing distance
- Obstruction
- A player leaving the field of play without the referee's consent
- When there is a 'wall' of three or more defenders, the attackers are not allowed within 1m (1 yd) of the wall. An attacker less than 1m (1yd) from the 'wall' when the kick is taken will be penalized with an indirect free kick

Penalty kicks can be awarded if an opponent is judged to have committed unsportsmanlike behavior in the penalty, or denied a clear goal scoring opportunity.

(i) Goal Kicks

The ball is in play once the kick is taken, and it can be played by any player before leaving the penalty area. The same rule applies to a team taking a free kick in their own penalty area.

(j) Drop Balls

A Drop Ball may occur in the following situations:

- If play is stopped inside the penalty area, the ball will be dropped for the goalkeeper.
- If play is stopped outside the penalty area, the ball will be dropped for one player of the team that last touched the ball at the point of the last touch.

In all cases, all the other players (of both teams) must be at least four (4) meters (4.5 yards) away.

If the ball touches the referee (or another match official) and goes into the goal, team possession changes or a promising attack starts, a dropped ball is awarded.

(k) Restarting Play

All restarts from a touchline, including corner kicks, are direct kick-ins. There are no throw-ins. The opposing team must be five (5) yards from the ball on restarts. If the ball isn't played in 5 seconds, the ball is given to the opposing team.

- If a kick-in from any touchline, possession changes.
- If a corner kick, the opposing team gets a goal kick.

SECTION 3. DISCIPLINARY STANDARDS, PROCESSES, PENALTIES

(a) General expectations and guidelines

The following expectations apply to all players and referees participating in OKS activities:

- Dissent or abuse towards players or referees will not be tolerated. Discrimination, sexual harassment, bullying, and hate speech (homophobia, racism, transphobia, etc.) will not be tolerated. Any violations will be taken very seriously. Although in-game discipline for dissent or abuse is at the discretion of the referee.
- Fighting or violent conduct is not permitted and will result in immediate ejection for all parties involved.
- Players who have been issued a straight red card are required to leave the area of play, not just the field (e.g. if the game is in a stadium, the player is required to leave the stadium). Their team will be required to play down a player.
- Captains may speak to referees about calls during the game in a respectful manner.

(c) Penalties and suspensions

The matrices below provide guidelines for penalties to be imposed on players for violations of game-play rules.

On a case by case basis, OKS can enforce additional penalties on players or teams, such as suspensions, fines, and/or any other penalties that the Committee considers appropriate.

Accumulation	In-game disciplinary action	Fine	Suspension
1 red card in one game	Ejection	None	1 game
2 yellow cards in one game	Ejection	None	1 game

If a team fields an ineligible or suspended player in a match, the match may be replayed or declared a 3-0 forfeit (at determination of OKS) as long as the opposing team files a dispute within 24 hours of the match.

Infraction	Suspension
Red card for racism, homophobia, sexual harassment, or any other hateful or abusive language towards players or referees	1st offense - up to 5 games with executive review 2nd offense - up to 7 games with executive review 3rd offense - Full season with executive review
Red card for in-game violent conduct including failed attempts to strike an opponent or match official including any attempt to incite violence or make threats to players or match officials or those in attendance.	1st offense - up to 4 games 2nd offense - up to 6 games 3rd offense - Full season with executive review
Red card for in-game reckless or dangerous play	1st offense - up to 1 game 2nd offense - up to 2 or more games 3rd offense - up to 3 or more games Additional offenses - up to full season or more
Playing while suspended (in any OKS match)	1st offense - up to additional 3 games 2nd offense - up to 5 or more games 3rd offense - up to full season or more