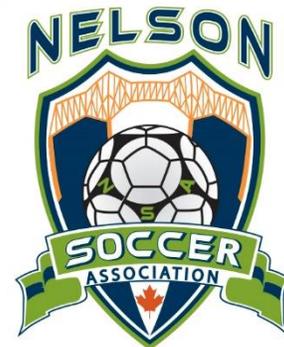


Adult Outdoor Soccer Rules and Regulations

Men's Open League Rules and Regulations

1. ALL PARTICIPANTS MUST BE REGISTERED WITH NSA AND ALL FEES PAID.
2. The FIFA Laws of The Game shall be applied.
3. Men's Open League teams will play 11 aside on a full field.
4. Roster capacity is 20 players per team (maximum 4 part-time players per team). Team captain is responsible for his own players to register by the first deadline. If a player misses the first deadline he automatically becomes a free agent. All free agents go into the draft. Adding players after the draft is not allowed. Midseason draft will be created for the teams to replenish their roster. After entry draft is concluded and rosters are confirmed no refunds or credits will be given to any registered player.
5. Players missing 4 consecutive games without a valid reason may be dropped from their team's roster at the sole discretion of the team captain.
6. Shin pads, jersey with sleeves, soccer shorts, socks that cover any shin padding and outdoor soccer shoes are mandatory in order to play. Goalkeeper must wear a colour that distinguishes him from all other players on the field. NO JEWELLERY of any kind is allowed to be worn.
7. A yellow card is a caution. Two yellow cards in the same game will result in sending off and a one game suspension. Accumulation of three yellow cards in different games will result in a one game suspension. A red card is a sending off. The amount of game suspension will be subjected to the BC Soccer Disciplinary Rules. Fighting will result in a sending off and suspension for the year. Any misconducts against officials could result in a ban for the year or longer.
8. Teams are allowed unlimited number of substitutions to be made when ball is out of play with Referees approval. Substitutions are to be made from the sidelines at the center line mark. Player must come off the field first before substitute comes on the field. Any abuse of this rule will result in a caution.
9. If a team doesn't have the minimum of 7 players on the field at the kickoff or is playing with non-registered players, the game will be forfeited and they will lose that game with the score of 3:0.



10. Durations of games are two halves 45 minutes each (depending on daylight), with one break of 5 minutes at half time. Players should come to the game at least 20 minutes before kickoff to allow Referees to check their equipment and to start the game on time.

11. Three points will be awarded for a win and one point for a tie.

Women's Open Rules and Regulations

1. ALL PARTICIPANTS MUST BE REGISTERED WITH NSA AND ALL FEES PAID.

2. The FIFA Laws of The Game shall be applied.

3. Women's Open League teams will play 8 aside on a half field.

4. Roster capacity is 16 players per team. Minimum age restriction in Women's Open is 19+. Players who played in last year season have a choice to register for the same team or become free agents, in which case that player will be drafted by a different team. All new players automatically go into the draft. Adding players after the draft is not allowed. Midseason draft will be created for the teams to replenish their roster. After entry draft is concluded and rosters are confirmed no refunds or credits will be given to any registered player.

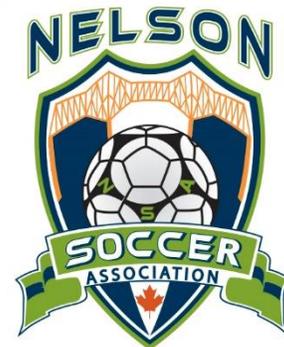
5. Players missing 4 consecutive games without a valid reason may be dropped from their team's roster at the sole discretion of the team captain.

6. Shin pads, jersey with sleeves, soccer shorts, socks that cover any shin padding and outdoor soccer shoes are mandatory in order to play. Goalkeeper must wear a colour that distinguishes her from all other players on the field. NO JEWELLERY of any kind is allowed to be worn.

7. A yellow card is a caution. Two yellow cards in the same game is a sending off and a one game suspension. Accumulation of three yellow cards in different games will result in a one game suspension. A red card is a sending off. The amount of game suspension will be subjected to the BC Soccer Disciplinary Rules. Fighting will result in a sending off and suspension for the year.

Any misconducts against officials could result in a ban for the year or longer.

8. Teams are allowed unlimited number of substitutions to be made on the fly or at any stoppage of play. Substitutions are to be made from the sidelines at the center line mark. Player



must come off the field first before substitute comes on the field. Any abuse of this rule will result in a caution.

9. If a team doesn't have the minimum of 6 players on the field at the kickoff or is playing with non-registered players, the game will be forfeited and they will lose that game with the score of 3:0.

10. Durations of games are two halves 35 minutes each (depending on daylight), with one break of 5 minutes at half time. Players should come to the game at least 20 minutes before kickoff to allow Referees to check their equipment and to start the game on time.

11. Sliding tackles are not allowed and it will be cautioned, except for goalkeeper who is allowed to slide tackle in her own penalty area.

12. Three points will be awarded for a win and one point for a tie.

Men's Masters League Rules and Regulations

1. ALL PARTICIPANTS MUST BE REGISTERED WITH NSA AND ALL FEES PAID.

2. The FIFA Laws of The Game shall be applied.

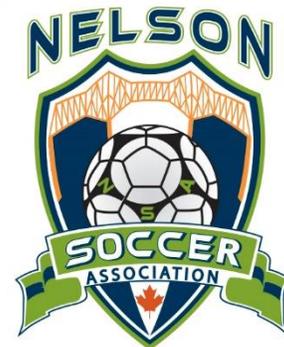
3. Men's Masters League teams will play 8 aside on a half field.

4. Roster capacity is 16 players per team. Minimum age restriction in Men's Masters is 35. Players who played in last year season have a choice to register for the same team or become free agents, in which case that player will be drafted by a different team. All new players automatically go into the draft. Adding players after the draft is not allowed. Midseason draft will be created for the teams to replenish their roster. After entry draft is concluded and rosters are confirmed no refunds or credits will be given to any registered player.

5. Players missing 4 consecutive games without a valid reason may be dropped from their team's roster at the sole discretion of the team captain.

6. Shin pads, jersey with sleeves, soccer shorts, socks that cover any shin padding and outdoor soccer shoes are mandatory in order to play. Goalkeeper must wear a colour that distinguishes him from all other players on the field. NO JEWELLERY of any kind is allowed to be worn.

7. A yellow card is a caution. Two yellow cards in the same game is a sending off and a one game suspension. Accumulation of three yellow cards in different games will result in a one



game suspension. A red card is a sending off. The amount of game suspension will be subjected to the BC Soccer Disciplinary Rules. Fighting will result in a sending off and suspension for the year. Any misconducts against officials could result in a ban for the year or longer.

8. Teams are allowed unlimited number of substitutions to be made on the fly or at any stoppage of play. Substitutions are to be made from the sidelines at the center line mark. Player must come off the field first before substitute comes on the field. Any abuse of this rule will result in a caution.

9. If a team doesn't have the minimum of 6 players on the field at the kickoff or is playing with non-registered players, the game will be forfeited and they will lose that game with the score of 3:0.

10. Durations of games are two halves 40 minutes each (depending on daylight), with one break of 5 minutes at half time. Players should come to the game at least 20 minutes before kickoff to allow Referees to check their equipment and to start the game on time.

11. Sliding tackles are not allowed and it will be cautioned, except for goalkeeper who is allowed to slide tackle in his own penalty area.

12. Three points will be awarded for a win and one point for a tie.