

# EXHIBIT “D”

## Midwest City Soccer Club

### 7 v 7 Amateur Adult Rules and Regulations

All rules of competition will conform to the current edition of The FIFA Laws of the Game unless otherwise stated below.

**Law 1. The Field of Play:**

- a. Length: minimum 45 yards, maximum 60 yards
- b. Width: minimum 35 yards, maximum 45 yards
- c. Goals: The recommended distance between the posts is eighteen (18) feet and the distance from the lower edge of the crossbar to the ground is six (6) feet. Goals may be smaller in dimension.

**Law 2. The Ball:**

- a. Size five (5)

**Law 3. The Number of Players:**

- a. Each team will consist of not more than seven (7) players and not less than five (5) players on the field.
- b. Substitutions: Each team may make unlimited substitutions at any stoppage of play after getting the approval of the referee.
- c. Players must enter at the half line and exit across the touch line nearest to their technical area.
- d. Teams and games may be coed.

**Law 4. The Players' Equipment:**

- a. Non-uniform clothing is allowed based on weather conditions with the following conditions:
  - i. Non-uniform clothing must be either black in color or match the primary uniform color
  - ii. When wearing non-uniform clothing, the uniform jersey must be the top-most layer of clothing.

**Law 5. The Referee:**

- a. Only a licensed Grade 07 or higher referee may be used.

**Law 6. The Assistant Referees:**

- a. None

**Law 7. The Duration of the Match:**

- a. 25 minute halves with 5 minute halftime

**Law 8. The Start and Restart of Play:**

- a. Opponents of the team kicking the ball must be a minimum of 8 yards away from the ball.

- b. 5 Second Restart Rule- A restart must occur within 5 seconds of placing the ball for a free kick, corner kick or goal kick. Goalkeepers must also release the ball within 5 seconds of gaining possession and returning to their feet. Goalkeepers may use unlimited steps to bring ball to boundary of penalty area.
- c. Goalkeepers may choose to punt or drop kick the ball, but the ball may not cross the half line without first making contact with any player or the ground. If so, a direct free kick will be rewarded where the ball crossed the half line. Throws can still cross half line without penalty.

**Law 9. The Ball In and Out of Play:**

- a. Conform to FIFA

**Law 10. The Method of Scoring:**

- a. If at anytime in the second half, a team establishes a 10 goal lead, the Referee will offer the losing coach the option of continuing to Full-Time or terminating the match at the current score.

**Law 11. Offside:**

- a. None

**Law 12. Fouls and Misconduct:**

- a. Slide tackling will be considered dangerous play and awarded a free kick. To be a slide tackle both components of tackling and sliding MUST be present. Exception- Goal keeper will be allowed to slide tackle in the penalty area.
- b. All others conform to FIFA

**Law 13. Free Kicks:**

- a. All opponents must be a minimum of 8 yards from the ball at the taking of a free kick.

**Law 14. The Penalty Kick:**

- a. Conform to FIFA

**Law 15. Throw-In:**

- a. Conform to FIFA

**Law 16. The Goal Kick:**

- a. Conform to FIFA

**Law 17. The Corner Kick:**

- a. Conform to FIFA