



FC Regina Indoor Adult League Overview

DIVISIONS <small>Players participating in FC Regina's Adult League must be 15 years old or older.</small>	Match Day(s) <small>Days are considered tentative as they are based on the field availability.</small>	INDOOR FORMAT
Men's Division 1	Sunday/Monday	Half Field 9 v 9 Two (2) 25 minute halves with a 3-5 minute half time
Men's Division 2	Sunday/Tuesday	Half Field 9 v 9 Two (2) 25 minute halves with a 3-5 minute half time
Men's Division 3	Monday/Wednesday	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time
Men's Division 4	Tuesday/Thursday	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time
Men's Division 5	Monday/Wednesday	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time
Men's Division 6	Tuesday/Thursday	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time
Masters	Sundays (alternate Friday)	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time
Legends	TBD	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time
Women's Division 1	Sunday/Tuesday	Half Field 9 v 9 Two (2) 25 minute halves with a 3-5 minute half time
Women's Division 2	Sunday/Tuesday	Half Field 9 v 9 Two (2) 25 minute halves with a 3-5 minute half time
Women's Division 3	Sunday/Thursday	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time
Coed Division 1	Friday/Saturday	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time
Coed Division 2	Friday/Saturday	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time
Coed Division 3	Friday/Saturday	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time
Coed Division 4	Friday/Saturday	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time
Coed Division 5	Friday/Saturday	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time
Coed Division 6	Friday/Saturday	Quarter Field 6 v 6 Two (2) 25 minute halves with a 3-5 minute half time