



## VSA Adult Rules and Guidelines

**All VSA Adult Games** are two halves of 25 minutes each. The 9v9 League is played on a **half field** and the 7v7 is played on a **quarter field**.

### **Equal Play**

At VSA we adhere to the Equal Play methodology for our coed teams. This means that everyone is treated equally and fairly regardless of their gender, and as long as everyone is playing a relatively equal amount, we are satisfied.

### **Subs on the Fly**

All leagues and divisions use Subs on the Fly. Sub at half, and never more than two at a time. Goalkeepers cannot be substituted without Referee permission and must be at a stoppage.

### **Offsides**

Offsides are actively called in the 9v9 league, but not called or worried about in the 7v7 league.

**Permit Players** FROM the 7v7 League may participate in the 9v9 League, but 9v9 players MAY NOT be permitted into the 7v7 League. 7v7 Players can permit onto other 7v7 teams when needed and invited.

### **FIFA Laws of the Game**

All other standard laws and rules from FIFA apply at all times, and at the discretion of the referee, IE Hand Balls, Referee Dissent, Indirect Free Kicks, etc.