



VSA Adult Rules and Guidelines

All VSA Adult Games are two halves of 25 minutes each. The 7v7 league 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 the halflines, and never more than two at a time. Goalkeepers cannot be substituted without Referee permission and must be at a stoppage.

Offsides

Offsides are not called or worried about in the 7v7 league.

Gameball

Each team should be able to provide a game ball for play at all times; the home team does bear the responsibility each game of providing the game ball.

Permit Players

Any player registered within the VSA Adult League can permit with any other team, as long as they are invited and allowed by the team they're permitting for.

Gender Rules

Each roster must contain two members of each gender, as a minimum. We use the Equal Play rules for onfield play, so everyone who comes to the game gets a reasonably similar amount of time as everyone else, regardless of gender.

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, Jewelry, Indirect Free Kicks, etc.