



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.

Subs on the Fly

All leagues and divisions use Subs on the Fly. Sub at the halfline, 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

At VSA we adhere to the Equal Play methodology for our coed teams. Each roster must contain two members of each gender, as a minimum. Each team at each game will consist of a minimum of two members of the opposite gender, who must be field players (not Goalkeepers), be present at the game, in the normal rotation, and get reasonably equal and equitable playing time. If a team fails to achieve the Gender Minimums for any of their games, that team will play one player down for each missing gender rep until such time as they are able to field the appropriate gender requirements.

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, Jewelery, Indirect Free Kicks, etc.