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, and the 9v9 is played on a half. For league games, the home team starts the game with the ball, and both teams start the game on the near side of the field from their bench. The teams do not switch ends at halftime unless both teams want to.

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 either league.

Dangerous/Disrespectful Play
Safety is the most important aspect of our league. Slide Tackles are not permitted. Violent or Dangerous Behavior (such as punching, kicking, hitting, kicking the ball at another player in a dangerous manner) will/can be immediately subject to dismissal and/or possible Suspension.

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.

Free Kicks and Penalty Kicks
For free kicks, if space is asked for, the referee will step off seven yards for the distance of the wall. Penalty Kicks are to be stepped off to 10 yards, in the centre of the net, and not necessarily to be taken from the top of the box.

Red/Yellow Cards
Red cards are an immediate dismissal from the game and an automatic suspension for the player receiving the card. Yellow cards accumulate and the League Committee will discuss suspensions for players that receive their third Yellow card in one season.

Age Minimum

All players must be 15 years old in order to register and partake.

Permit Players

Any player registered within the VSA Adult Rec League and on a team can play with any other team within their own division, as long as they are invited and allowed by the team they're permitting for. Players can cross permit - from one league to another - a maximum of five times. Any player registered and on a team in both leagues can permit as much as possible with no restrictions.

A 7v7 team may only accept a permit player, or players, onto their team for a game if they have less than 11 of their rostered players at a game, and then can only have a number of permits that will take their total to 11 players for that game.

A 9v9 team may only accept a permit player, or players, onto their team for a game if they have less than 13 of their rostered players at a game, and then can only have a number of permits that will take their total to 13 players for that game.

An exception is made to accommodate the gender rule minimums. For example, if a team has 13 females from their roster show up and only one male, that team is allowed to permit more male players to meet the minimum requirement, but the permit limit rule WILL apply to any additional females that want to permit and play.

Gender Rules

At VSA we adhere to the Equal Play methodology for our coed teams. Each roster must contain three members of each gender, as a minimum. Each team at each game will consist of a minimum of three members of the opposite gender, who must be present at the game, in the normal rotation, and get reasonably equal and equitable playing time. Goalkeepers are included in this count. 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. This is not an optional guideline that the referee or either team captain choose to waive, without forfeiting the game first.

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.