

VASL SOCCER LEAGUE RULES



Our Coed Soccer League is purely social with an emphasis on meeting people and having a good time! Overall, we have very relaxed rules and follow our pure social format. Please read below for more details:

SUMMARY

- 6 players vs. 6 players played on a shrunken soccer field.
- Minimum of 2 females on the field (if less team plays short).
- Kickoffs consist of the ball being placed at midfield with 1 forward rotation.
- Team that does not kickoff must play 10 feet off the ball to start.
- Games will be divided into (2) 22 minutes halves.
- No goalies, no hands allowed (encourages scoring).
- Goals are 6 feet wide mini goals due to smaller field and no goalies.
- Substitutions are allowed at any stoppage of play like throw-ins, goal kicks, or scoring of a goal.
- All free kicks are indirect.
- No slide tackles are allowed (one warning before ejection).
- Any aggressive play or fouls will result in a penalty & warning. The second warning is cause for ejection (very social style).
- Shin guards and cups are recommended.
- Goals not allowed from kickoffs.
- Teams switch sides and possession after the half.
- No offsides.
- Anytime ball goes over the either sideline, out of bounds, a throw-in will ensue.
- Anytime ball crosses an endline, a corner kick or goal kick will ensue.
- A goal kick will simply be possession of the ball 5 feet in front of the goal.
- All subs must stand on the sidelines off the playing field.
- All other general indoor soccer rules apply and will be ultimately decided by the administrator on-site if there is an argument.
- All games are to be self officiated by the social adult participants with good sportsmanship expected.
- VASL Administrators & Referees will be on each field to oversee the games and any problems that may arise.

EQUIPMENT

- 1 soccer ball and two designated mini netted goals are provided.
- Please wear cross-trainers or soccer cleats!
- Shin guards not provided, but recommended.

OTHER ASSORTED RULES

- You are not required to wear your league t-shirt to games although it is suggested. Team with the most league t-shirts will decide whether they want to take first possession or choose side.
- You must sign an athletic waiver at the beginning of the season.
- If you know in advance that your team is going to forfeit a game, you must contact us by noon on the day of the game at vasleague@yahoo.com. Failure to notify the league could cause your team to be removed from the rest of the schedule.