

**Indoor soccer** is one of the most popular sports in the world. All outdoor players love to play indoor soccer. Many of the practice sessions during the regular outdoor season are based on the small sided games where players get more touches on the ball and get more involved with the play. Brasil, France, Italy, Spain, Serbia, Holland, and Greece are the best soccer countries in the world because their players are technically superb/sound at getting the ball out of the back with possession and passing. They are excellent in tight spaces and have an unbelievable touch on the ball. The reason is simple – indoor soccer.

These countries have full-time indoor soccer leagues where the majority of players have started to play. The number of children playing indoor soccer is increasing every year. “Futsal” is the name for indoor soccer without boards. The field is simply reduced approximately 30m x 20m with smaller goals (2m x 3m). The game is played 5 vs. 5 with four field players and one goalkeeper. This system ensures maximum participation from each player. Futsal is played with a size 4 soccer ball with reduced bounce.

**FACILITIES:** The Voltage Winter Indoor Soccer League will be played at the Collins Perley Sports and Fitness Center at 890 Fairfax Road, St. Albans, VT. I-89 exit 19 at the first stop make a left, the complex will be on your right side.

**COST:** The cost per team is \$400 per session. You are allowed up to eight players (\$50/player). Each additional player must pay fee of \$50 to play.

Players registering as individuals will be charged \$60/player.

# VERMONT VOLTAGE

## RULES OF PLAY

- 25 min. halves (running time), 5 min. halftime.
- 5 players per team on the field.
- Size 4 ball with reduced bounce.
- Unlimited substitutions (on the fly).
- Kick-ins only (no throw-ins).
- No sliding tackles.
- No offsides.
- One-man wall (1m away) on a free kick.
- 5 second rule on restarts.
- One referee.
- If player is sent off, the team plays down for 2 minutes or until opponent has scored.
  - No goal-kick (throws only).
  - If ball is played back to the keeper by his/her own player, he/she cannot pick up the ball.
- Corner kick is placed on the corner line.
- Teams U12 + are awarded 3 points for a win, and 1 point for a tie.
  - Each team will play 6 regular season games + playoffs.
  - Games will always start on time.
  - Flat indoor shoes are required for play (no black soles).
  - All players must play in their age division.
  - Minimum of four teams are required per age group and gender.
    - U-8 Coed teams must consist of at least 2 players of each gender.
    - During U-8 Coed games, teams are

allowed a maximum of 3 same-gendered players on the field.

### TEAM REGISTRATION FORM

(Please complete both sides of this form)

#### TEAM ROSTER

**REMEMBER:** Any eight players can form their own team, any adult can be a coach, and any player can register as an individual (\$60/individual).

PLAYER NAME	PHONE	DOB
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

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TEAM NAME

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COACH

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ADDRESS

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PHONE

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EMAIL

- U-8 Coed teams must consist of at least 2 players of each gender.
- Players registering as individuals will be charged \$60/player.

- Each coach must fully complete this Team Registration Form and send in with full payment.