

East Ridge Indoor Soccer Adult League

All sign ups will be done online for Indoor.

\*If you plan to bring a team, please email me and I can build your team and then your players can sign up to your team. Also, please send me a roster, so I can give you updates of who has signed up. Cost is \$90.00 per player.

Here is the link that your players can use to sign up. Coming Soon

Each team will be supplied with a T-shirt for games.

Season will run from Dec. 2020-Feb. 2021

**Over 30** plays on Sunday night. 6pm and on for the evening. Games are 2-25-minute halves. For the over 30's each team will need a female, or you play down a player. All players must be over 30 except for your female player.

Over 30 plays 7v7 and that is with a goalie.

**Under 30** plays Tues and Thurs night. 8:45 or 9:30 time slots. All players need to be 19 As of Dec 31<sup>st</sup> of 2020 to play under 30's. Games are 2-25-minute halves for the under 30's as said before everyone needs to be at least 19, but any age 19 and up can play in the Under 30 age group.

Under 30 plays 6v6 and that is with a goalie.

Total of 9 games for the season.

If you have any questions, please just let us know.

Shawna Skiles

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