

NORTH ROYALTON SOCCER CLUB

SATURDAY RECREATION LEAGUE

SUBSTITUTIONS PROCEDURES

To help improve the flow of the game for our players we would like to remind the coaches and referees of the substitution procedures for our recreation league games. All too often a coach will decide to make a substitution, yell to the referees to hold a throw-in for a sub, and then turn around and pick the substitutes. *Everyone waits*. Our games are played by a running clock and that coach's decision time takes away playing time along with disrupting the flow of the game.

Our published recreation league rules are as follows:

Substitute players should be waiting at the middle of the field to enter the game. Subs may only go in when it is your team's throw-in, any goal kick, or after a goal has been scored.

Coaches please remember:

- Have your substitutes ready and waiting at the middle of the field before asking for a substitution.
- You may call for a sub *only* on your team's throw-in, any goal kick or after a goal is scored.
- You may sub on your opponent's throw-in only if they are substituting players as well.
- In the case of an injury and game stoppage a coach may substitute the injured player. The opposing coach is allowed an equal sub at that time.
- Players must wait to be *waived in* by the referee. They can not enter the game because their coach called for a sub.

Coaches, try having your assistant coach coordinate the players on the sideline and monitor players on the field for playing time and fitness. Encourage your assistant to organize the substitutions and have them ready for when you want to substitute the players on the field.

Our referees will begin enforcing these rules and procedures.