

## **Substitution Policy Effective Fall 2011**

Free substitution is allowed in all age groups. However, teams may substitute only with the referee's permission and only at the following times, including overtimes:

1. Prior to a throw-in in your favor;
2. Prior to a goal kick by either team;
3. After a goal by either team;
4. After an injury to either team, when the referee stops play;
5. During half-time; or
6. On a caution (only the cautioned player may be substituted at this time).

Approved by Competition Committee 8.8.2010