



ROSTERS / SUBSTITUTION RULES

1. Home teams wear dark color jerseys. Visiting teams wear light color jerseys
2. Teams must consist of at least 5 players. **ONLY** registered players can play.
3. In the event a team has less than 5 players by game time, if that team has four players, that team may play with 4 on the field, but no fewer than four. If the opponent has 5 or more players, they can to choose to play 5v4 or 4v4.
4. Coaches must play all players 50% of the game. Coaches must rotate players in and out. We have 2 suggested rotations that must be used unless another method is approved by Neighborhood Sports, this applies to the regular season and playoffs.
 - a. Play 5 on offense and have them stay on defense. On the next possession send your next 5 who play offense and stay in for defense. Use this rotation every time your team gets possession of the football
 - b. Play 5 on offense and when you lose possession rotate 5 new players in to play defense. Use this rotation the entire game. In the second half switch the offensive players to defense and the defensive players to offense.
5. Coaches may not substitute a player out or in once they have started their current drive. This goes for offense and defense. The only exception is if the player has become injured and has to come off the field.