



SUBSTITUTION RULE CLARIFICATION:

Substitution for all teams participating should follow the following substitution process:

- **1st Quarter 4:00 Mark** - All players on the bench must come into the game
- **End of 1st Quarter** - All players on the bench must come into the game
- **2nd Quarter 4:00 Mark** - All players on the bench must come into the game
- **End of 2nd Quarter** - All players on the bench must come into the game
- **3rd Quarter 4:00 Mark** - All players on the bench must come into the game
- **End of 3rd Quarter** - All players on the bench must come into the game
- **4th Quarter 4:00 Mark** All players on the bench must come into the game
 - **FREE SUBSTITUTION DURING THIS TIME.....COACHES CAN SUB PLAYERS AT ANY POINT DURING THE FINAL 4:00MIN.**

For Example:

We play what amounts to 8 periods (4 quarters, with a stoppage at the mid point). Every player must play at least half of those. **Every player must sit at least two/eights (one full quarter). That's the same as it has been for a long time.** This is facilitated by a rule that says anybody on the bench goes in at each period break.

What's new this year is the final 8th (4 minutes in most cases) of the game. **Assuming you've played everybody that needed to be played and sat everybody that needed to sit.....you can substitute freely at dead balls.**

Examples of what CANNOT BE DONE:

Save your top dog to be out the final 8th and then sub him/her back during that period. **If he/she hasn't already sat twice, he/she MUST sit the final 8th.**

Likewise, if you didn't start somebody and you rotated him/her out every other period, then he/she needs to play the 8th period to meet his/her half game requirement. You cannot pull him/her out a second in this period. **THEY ARE PLAYING!!**

This change is intended to give you some flexibility in coaching close games so you can be more competitive. Also, in blow outs you can call off the dogs or reward the guys who maybe don't get to play as much otherwise. **It is not intended to provide a window for you to cheat. As always, anybody who breaks the substitution rules will forfeit the game.**

Sorry to be HARSH, but someone always tries to circumvent the rules.