

530.3 LAW #3: Substitutions -- All Programs

530.3a Whenever the referee authorizes a coach/parent to enter the field to attend to an injured player (excluding the goalkeeper or field player who has been injured in a collision with the goalkeeper, and both are injured), the player must leave the field. The injured player may only re-enter the field after the match has restarted and with the referee's permission.

530.3b Players being substituted must exit the field of play prior to players coming on the field.

530.3c All players should leave and enter the field at the middle of the field.

530.3d In playoff matches, subs may be made at the beginning of any overtime period at the discretion of the coach. Compulsory substitution need not be followed.

530.3e Recreation: Each player must play a minimum of half of each half of a match, if he/she meets practice participation requirements set by their club/association.

530.4 LAW #3: Substitutions -- For Small-Sided Recreational Teams

530.4a There shall be four times to substitute.

1. At two of these times, substitutions are mandatory:
 - a. In the middle of the first half of play; and
 - b. In the middle of the second half of play.
2. At the other two times, substitutions may be made at the option of the coach:
 - a. At half time; and
 - b. In case of an injured player substitution, the opposing team may also substitute (one player for each injured player substituted).

530.4b At mandatory substitution time, all players on the bench must be substituted, unless injured or listed as ineligible on the team roster presented to the referee prior to the start of the match.

530.4c Both teams shall substitute at the same time.

530.4d At mandatory substitution times, the referee shall whistle at the first dead ball after the times specified below, and allow (i.e. - wave on, call on, etc.) substitutes to enter the field:

FOR MATCHES WHOSE WHISTLE AT FIRST
HALF-TIME DURATION IS: DEAD BALL AFTER:

1. 25 minutes 11th minute
2. 30 minutes 14th minute

530.4e Failure of a team to follow the participation and/or substitution rule must result in a forfeit of the match; this includes playoffs and championship matches.

530.4f If this comes to the referee's attention during a match, he shall make a record of it on the game report, notify each coach, and then see that the match continues and is completed.

530.4g U-10 Goalkeeper Participation: In recreational play, the goalkeeper must be given at least as much time in each game as a field player as he/she plays as goalkeeper.