

Substitutions for NORCAL:

NorCal Premier League (U8-U19)

Substitutions:

Both NorCal & CCSL now allow substitutions on ANY STOPPAGE. That includes corner kicks and free kicks. I would like to ask that you use proper discretion in keeping teams from trying to slow down a quick restart by their opponents by asking for a sub simply to stop play.

Please note the major change to substitutions for NorCal games is effective immediately which is for ALL AGE groups we are now using FIFA (at any stoppage). Section 1.9, page 18 of the handbook states: As per FIFA guidelines, unlimited substitutions are allowed in all age groups (except for NPL and see NPL rules of competition). However, teams may substitute only with the referee's permission. Substitutes must wait on the sideline (off of the field of play) until the field player has left the field of play and/or the referee has indicated the substitute may enter the field of play.

****** Substitutions by either team are allowed at any stoppage of play with the permission of the referee. Referees will be instructed not to allow substitutions that are deemed, excessive, or of a time wasting nature. Please be respectful of the integrity of the game and do not use the free substitution rules as a means to disrupt the match.**

Substitution Guidelines:

A team may have no more than 12 players (U8), 14 players (U9-U10), 16 players (U11-U12) and 18 players (U13-U19 and adult) dressed for each game. Substitutions are allowed at the referees' discretion. A substitution (U9-U19) can take place for either team at the following times:

- 1. Prior to a kick-off**
- 2. A goal kick, Corner Kick**
- 3. A throw-in by either team (they could sub on each other possession)**
- 4. After the referee stops play for an injury or yellow card**
- 5. Or after any stoppage in play for any reason, including offside, DFK, IDFK, Corner KICK**