

Participation Rules

- A full/complete quarter is from the start of the quarter to the end of the same quarter, not half of one quarter and half of another quarter.

- Before the game begins, a coach may notify the other team's coach and the referee that a player is not playing and must state the reason.

5 players: no special restrictions on substitutions.

6 players: One member can't play in the 1st and 3rd quarters.

- The player who didn't play in the 1st quarter must play the entire 2nd quarter.

The player who didn't play in the 3rd quarter must play the entire 4th quarter.

7 players: 2 players can't play in the 1st and 3rd quarters.

- The 2 players who didn't play in the 1st quarter must play the entire 2nd quarter. The 2 players who didn't play in the 3rd quarter must play the entire 4th quarter.

8 players: 3 players can't play in the 1st and 3rd quarters.

- The 3 players who could not play in the 1st quarter must play the entire 2nd quarter. The 3 players who could not play in the 3rd quarter must play the entire 4th quarter.

9 players: 4 players can't play in the 1st and 3rd quarters.

- The 4 players who could not play in the 1st quarter must play the entire 2nd quarter. 4 players who could not play in the 3rd quarter must play the entire 4th quarter.

10 players: 5 players can't play in the 1st and 3rd quarters.

- The 5 players who could not play in the 1st quarter must play the entire 2nd quarter. The 5 players who could not play in the 3rd must play the entire 4th.

11 to 15 players: Each player who could not participate in the 1st and 2nd must play the entire 3rd. These players are also eligible to play in the 4th.

- The players who participated in a full quarter during the first half of the game as well as the full 3rd may not play in the 4th quarter. In order to allow all remaining players playing time, the remaining players may be substituted in and out of the 4th quarter.

16 to 20 players: Each player who could not participate in the 1st, 2nd and 3rd must play the entire 4th. Late arriving players must be included in the Participation Rules.

- **All Grades: There will be free substitution in all overtime periods.**

Exception— if any player is injured or disqualified. The substitute must be a player who hasn't played in the game. If such a substitute isn't available, any player may substitute and the opposing team will have the same privilege of making an additional substitution. Any substitute for the injured/disqualified player who had not previously participated in the game, must still play one full quarter from beginning to end.