



1. If you fall below 9 players playing out you may request a sub up to 9 players.
  - a. It is best if we can know this information as soon as possible. Check on your team's projected attendance as early in the week as possible.
2. The Captain requesting a sub is to reach out to the "Sub Committee" which is Jocelyn Gunia.
  - a. We will create a group chat with both opposing captains as well as the sub committee member.
  - b. Subs will be of equal ranking to the player(s) out.
  - c. When players are suggested in the chat they will not be considered approved until both captains agree that the substitution is acceptable and the sub committee verifies this. This ensures that everyone agrees that the substitutions are fair.
3. Subs are not to be used as a way to fill or stack your lines but to maintain a manageable level of play for all teammates, so that we can keep the morale of the league positive.
4. All approved subs will need to have their name and number added to the game roster with the refs prior to the start of the game, and sign the attendance sheet. (It will be provided)
5. ENTERING AN ILLEGAL SUB (a sub that has not been approved by the sub committee) IN YOUR GAME WILL RESULT IN FORFEIT OF THE GAME.
6. Subs will not be offered next season if this system is abused or circumvented AT ALL.