

		First Half				Second Half			
#	Player Name	20	15	10	5	20	15	10	5

**Substitution Rules:**

1. All players are required to receive a minimum of 20 minutes playing time per game.
2. All players must sit at least once for five consecutive minutes prior to the last five minutes of the second half.
3. At every mandatory substitution period (15, 10, and 5 minute mark of the 1st half and 15 and 10 minute mark of the 2nd half), all players on the bench must enter the game.
4. The last 5 minutes of the 2nd half are free/open substitution; any subs will take a knee at the scorer's table and enter the game on a dead ball once approved by the referees.

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