

Substitutions

When this happens	Legal Substitution Is
The ball hits the ceiling net	On The Fly Sub ONLY
There is a foul of any type	On The Fly Sub ONLY
There is a two line violation	On The Fly Sub ONLY
The ball goes out of play by hitting the side netting	It is your kick-in : Free Sub
	It is your opponent's kick-in : On The Fly
	If your opponent does a Free Sub, then you can do a Free Sub
A goal is scored	Free Sub
<p>At any time during the game you can do a On The Fly Sub as long as it is done legally</p> <p>- player off the field, then the sub goes on the field.</p>	