

# Flags Of Glory Substitution List Rules

If a captain needs a substitute player for their team, they should email their request to the Executive Committee member in charge of the Substitution List as follows:

- Subject: Substitute request for (team name)
- Body of e-mail: include game date and time, jersey colour of team, number of substitutes required

## **Please note:**

- The Flags Of Glory Substitution List will be available starting the first week of the season.
- Captains must make their request to the designated List Manager at least **48 hours** prior to the game.
- Captains are to use substitutes at their discretion. You should not be using substitutes if you expect to have 9 or more of your own players available at your game. Your regular players usually like the opportunity to play most or all of a game when some players are away.
- Captains are **not allowed to invite substitutes on their own**. The League rotates through the Substitution List to give everyone a chance to play. If a captain invites substitute players on their own, they may be taking games away from other players or may be taking players away from other teams with a greater need.
- A substitute player may participate in the substituting team's practice prior to that specific game.
- Requests for multiple game dates and/or multiple players are acceptable, and will be fulfilled where possible. However, a team must have 5 of their own players or they will be required to forfeit.
- **Requests for specific players are not permissible.**
- Substitutes are not allowed during the playoffs.
- If a substitute that you were expecting does not show up, a team may still pick-up players in accordance with the TGFL Player Pick-up Policy.