

Over 30 Pickup Rules:

We have had multiple complaints about teams picking up players to the point that fair play is at risk. Sometimes the shorthanded team gains significant advantage and other times rostered players get reduced playing time. As one example, last season a team picked up players for their 8pm game from the 7pm teams, then proceeded to pick up fresh legs for the second half when the 9pm teams showed up. Others have complained, "it seems like we play against the same strong players each week".

Especially now that season records are used to dictate tournament positioning, this issue is of particular concern to many players. Even so, we do need to acknowledge that adult players will always miss games and we don't want us old folks collapsing on the field without subs. So, with all due consideration we will be adopting an "over 30 fair pickup rule" to address this issue. Our goal is to take into account all sides of the argument.

Effective immediately the following rules will govern player pickups for over 30:

Men:

- Up to 2 male players may be picked up under the following conditions:
 - The team picking up players cannot end up with more than 2 male subs. i.e. You can pick up 2 players if you start out with 0 or fewer subs and only 1 if you start out with one rostered sub. If another teammate shows up. The picked up player has to quit.
 - A team with pickups may never have more subs than the opposing team. And yes, if sides are equal and the opposing team loses a player to injury, you must drop a pick up player.
 - Pickups must play the entire game. If the pickup has to leave or is injured, no additional pickup can be made. The pickup player must be designated at the beginning of the game and no changes are allowed after the first 5 minutes of the game.
- If you need more than 2 pickups to field an acceptable team given game conditions, you may do so up to the 2 sub maximum but must concede the game. Officials will still be available to officiate and record the match as conceded.
- If I have placed a fill-in player on a team for an injured player that person is not considered a pickup player.

- The only exception will be if one of your players is forced to play keeper. But if a pickup who can play keeper is available he must stand in as keeper. This should be rare.

Women:

- Up to 2 female players may be picked up under the following conditions:
 - The team picking up players cannot pick up more than 2 female players total and can never have more players than the opposing team.
 - The team picking up players cannot end up with more than 1 female sub. i.e. You can pick up 2 players if you start out with 1 or fewer female players and only 1 if you start out with 2 field players but no subs.
 - A team picking up players may never have more female players than the opposing team. And yes, if sides are equal and the opposing team loses a player to injury, you must drop a picked up player.
 - Pickups must play the entire game. If the pickup has to leave or is injured, no additional pickup can be made.
- Female players can be added within the rules above to replace an injured player who cannot return.

Note: If both teams pick up players it must be done with each team following the rules above and neither team having superior numbers.

Again, the purpose of this rule is to ensure fair play. We do not want to force teams to play shorthanded and we encourage teams to keep playing conditions in mind. It is better to concede the game rather than force the players to play in overly stressful conditions. This is particularly true during the summer months.

Thank you,
Maria Bates
Adult Indoor Director