

Over 30 Pickup Rules

- Teams with pickups (male or female) may never have more subs (male or female) than the opposing team. If sides are equal and the opposing team loses a player to injury, the other team must drop a pick up player. If a rostered player shows up late and a pick-up player is playing for them, the pick-up player must drop so as to keep number of subs even.
- If the pickup player has to leave or is injured, no additional pickups can be made for that player if game is over 10 minutes in.

The purpose of these rules is to ensure fair play as much as can be done. The main objective is that both teams are given a competitive yet fair match.

□ 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