



NPL JUNIORS - FACT SHEET INTERCHANGE PERIODS EXPLAINED

Age Group	Match Length	Number of permitted Interchange Periods (Per Half)
Under 12 (Boys)	2 x 15 minutes	Interchanges at half time only
Under 12 (Girls)	2 x 25 minutes	Encouraged not to make a lot of substitutions during the game to allow maximum 'ball in play' time and therefore, fewer stoppages.
Under 13 Boys	2 x 30 minutes	2
Under 14 (Boys & Girls)	2 x 30 minutes	2
Under 15 Boys	2 x 35 minutes	3
Under 16 (Boys & Girls)	2 x 40 minutes	3
Under 18 Boys	2 x 45 minutes	3
Under 19 Girls	2 x 45 minutes	3

Rules of Competition Excerpt – NPL Boys & Girls

For all NPL Under 13 – NPL Under 19 Competition Fixtures, a maximum of 16 Players may be named on the Match Record. Those Teams may make any number of interchanges during a Competition Fixture in accordance with the following:

- For Under 13 to Under 14 Competition Fixtures, a maximum of two interchange periods per Team in each half;
- For Under 15 to Under 19 Competition Fixtures, a maximum of three interchange periods per Team in each half;

- Teams may conduct any number of interchanges during the half time interval;
- Teams must notify the Match Official when they intend to utilise their allocated interchange periods;
- Match Officials may permit an interchange to take place outside of the allocated periods if, in their opinion and in consultation with Team first aid or medical staff, a Player has sustained an injury and is required to be replaced.

A Match Official may decline the interchange of Players in the last five (5) minutes of a Competition Fixture if in his opinion the change is being made to deliberately delay play.

Examples

The following practical scenarios demonstrate the correct and incorrect use of interchange periods:

INTERCHANGE PERIODS USED CORRECTLY

Scenario 1

At the 15th minute of the first half of an Under 13 match, coach of Team A signalled to the match official their intent to conduct an interchange; a total of 2 interchanges took place and play continued. At the 17th minute of the first half, coach of Team B signalled to the match official their intent to conduct an interchange; a total of 3 interchanges took place and play continued. At the 25th minute of the first half, coach of Team A signalled to the match official their intent to conduct another interchange; a total of 2 interchanges took place and play continued.

In this scenario, coaches of both teams signalled to the match official their intent to utilise an interchange period. Coach of Team A used the allotted 2 interchange periods with coach of Team B using only one.

Scenario 2

In the second half of an Under 16 match, coach of Team A has already used the allotted 3 interchange periods however a player in that Team has sustained an injury, that in the opinion of the match official and in consultation with Team first aid or medical staff, is required to be replaced.

In this scenario, the interchange of the injured player outside the allotted 3 interchange periods is permitted as the match official has determined the player cannot continue and is required to be replaced.

INTERCHANGE PERIODS USED INCORRECTLY

Scenario 1

At the 12th minute & 18th minute of the first half of an Under 14 match, coach of Team A has utilised the allotted two interchange periods. The Coach of Team A then signals to the match official in the 22nd minute to conduct further interchanges which is denied by the match official.

In this scenario, coach of Team A has used the allotted 2 interchange periods and has requested for an additional interchange period which is denied correctly by the match official as only 2 interchange periods are permitted for this match.

Scenario 2

During the second half an Under 18 match, coach of Team B has used 2 of the 3 allotted interchange periods and signals to the match official in the 89th minute to utilise their 3rd and final interchange period. The match official denies this request as in their opinion the change is being made to deliberately delay play.

In this scenario, although Team B has requested an interchange period within the allotted allowance of 3, the request has been made in the last 5 minutes of the fixture which in the opinion of the match official is being used to deliberately delay play.