



Rolling Substitutions:

- Rolling subs must be made beside the official score bench.
- A designated 'X' will mark the spot for each team at each court.

Making a rolling sub:

- Players must **safely move from their team bench** and stand at the designated 'X' beside the score bench.
- Players must not leave this mark until the on-court player leaves the court and tag hands.
- Only 1 rolling substitution per team can be made at a time.
- Play is not to be held up for rolling substitutions.
- Players must observe the offside rules as they enter/leave the court.
- Sanction: Free pass where the infringement occurred (advantage may be applied if this would place the non-offending team at a disadvantage).
- Players must not interfere with the umpire's movement during the substitution. Sanction: Free pass where the ball was when play was stopped (advantage may be applied)
- If a player leaves the court as a rolling substitution, and there is no player in the designated area, the replacement player is treated as a late player and must wait until a break in play to enter the court.

No designated Team Bench- suggest it be at the corner of the court closest to the score bench.

Example:

