

SCHOOLS	THROW-IN	CLOCK STOPS	SUBSTITUTIONS	CAUTIONS	MERCY RULE	EXTRA TIME
<u>METRO</u> Atlantic Shores Gateway Portsmouth Christian Stonebridge	If ball doesn't enter the field, it goes to the opposing team	When a goal is scored and for injuries	On possession for throw-in and corners. May piggy-back subs	OPTIONAL substitute a cautioned player	NONE	None for regular season. Post-Season two full 10 minutes extra time then KFTM Only players on the field for KFTM
<u>TCIS</u> Norfolk Academy, Norfolk Christian, Norfolk Collegiate, Cape Henry Catholic High Sch.	If ball doesn't enter the field, it goes to the opposing team	When a goal is scored and for injuries	On possession for throw-in and corners. May piggy-back subs	OPTIONAL substitute a cautioned player	NONE	None for regular season. Post-season two full 10 minutes extra time then KFTM Only players on the field for KFTM
<u>VB MIDDLE SCHOOLS</u> (VHSL rules apply)	If ball doesn't enter the field, it goes to the opposing team	When a goal is scored and for injuries	On possession for throw-in and corners. May piggy-back subs	MANDATORY substitute a cautioned player	Midpoint of 2 nd half if team is up by 8 or more points	Regular and post season. Must have winner. Two full 5 minutes extra time then KFTM May be any player on the team for KFTM