



BEND FC

Parent Guide to Substitution Rules

National 1 • Elite Academy 2 (EA2) • OYSA | 2026–27

Why this matters: substitution rules are different in each league. A coach may be required to manage playing time and substitutions very differently depending on the competition.

Quick Comparison

League / Age	How Many Players?	Substitution Moments	Can a Player Re-enter?
EA2 U11–U12	Unlimited / free substitutions	No stated moment limit in the EA2 rule	Yes; unlimited/free substitutions
EA2 U13–U19	Maximum 7 substitutions in each half	Maximum 3 substitution moments in each half	Not in the same half after being replaced; a player may be used again in the next half
National 1 U13–U14	Unlimited substitutions	3 moments in each half, plus halftime	Yes; the rule allows unlimited substitutions within the permitted moments
National 1 U15–U18/19	Unlimited substitutions	4 moments per match, plus halftime	Yes; the rule allows unlimited substitutions within the permitted moments
OYSA U11–U19	Unlimited substitutions	No set number of moments; substitutions may occur on any dead ball with referee consent	Yes; unlimited substitutions are permitted

What is a “substitution moment”? A moment is one opportunity to make substitutions during a stoppage. A coach may substitute multiple players at the same moment, and it still counts as one substitution moment. Halftime is treated separately where the rule specifically says “plus halftime.”

1. Elite Academy 2 (EA2)

U11–U12: EA2 permits unlimited/free substitutions. This is the most flexible EA2 substitution format.

U13–U19: EA2 uses a more restrictive development-focused substitution system. In each half, a team may make up to seven substitutions using no more than three substitution moments. Once a player is replaced, that player cannot re-enter during that same half.

- Up to 7 substitutions are available in each half.
- Those substitutions must be made in no more than 3 moments in that half.
- Multiple players can enter during one moment.
- A player who comes out cannot return during that same half.
- The second half starts a new half for substitution/re-entry purposes.

Example: If a player starts the first half and is substituted out in the 25th minute, that player cannot go back into the game before halftime. The player can be used again in the second half.



Important EA2 enforcement note: The EA2 rules identify improper re-entry as a serious match-rule issue. The league specifically lists more than one re-entry of a substituted player in the same half among situations that can lead to a match forfeit.

2. National 1

National 1 substitutions are unlimited, but coaches have a limited number of substitution moments. This means a coach can change several players at once, but must manage when those changes are made.

U13–U14: Unlimited substitutions over three (3) moments in each half, plus halftime.

- Each half has its own 3 substitution moments.
- Halftime does not use one of those three moments.
- Several players can be substituted during the same moment.
- Because substitutions are unlimited, players may return to the match within the allowed substitution structure.

U15–U18/19: Unlimited substitutions over four (4) moments for the entire match, plus halftime.

- The 4 moments are for the full match, not 4 per half.
- Halftime is an additional opportunity and does not use one of the 4 moments.
- Coaches can substitute multiple players during one moment.
- Players may return to the match because the number of substitutions is unlimited.

Example — U15 and older: If the coach makes substitutions at the 20th minute, 35th minute, 55th minute, and 70th minute, all four permitted in-game moments have been used. The coach cannot create another substitution moment later simply because fewer players were changed earlier.

3. OYSA Competitive League

OYSA uses the most flexible substitution rule of the three competitions. Unlimited substitutions are permitted, with the referee's consent, on any dead ball.

- Applies to OYSA Competitive League age groups U11–U19.
- There is no stated limit on the number of substitution moments.
- Substitutions may be requested on any dead-ball stoppage, subject to the referee's consent.
- Players may leave and later return to the game because substitutions are unlimited.

Example: A player may start, come out for a period of the game, and later return. The coach is not restricted to a fixed number of substitution moments under the OYSA league rule.

What to Keep in Mind

- Different league = different substitution strategy. What you see in an OYSA match may not be allowed in an EA2 match.
- EA2 U13–U19 is the most restrictive: 7 substitutions per half, 3 moments per half, and no same-half re-entry after a player is replaced.
- National 1 allows unlimited substitutions but limits when the coach can make them.
- OYSA allows unlimited substitutions on dead balls with referee consent.
- Substitution rules govern what is permitted; they do not guarantee a particular amount of playing time for an individual player.



- The referee manages substitutions during the match, while coaches are responsible for complying with the competition's substitution limits.

Official 2026–27 Rule Sources

- **Elite Academy League — EA2 Standards & Rules 2026–2027**
<https://eliteacademyleague.com/wp-content/uploads/2026/08/EA2-STANDARDS-RULES-2026-2027.pdf>
- **US Club Soccer — National 1 Handbook 2026–27**
<https://usclubsoccer.org/wp-content/uploads/2026/04/National-1-Handbook-20260420.pdf>
- **Oregon Youth Soccer Association — Competitive Youth Soccer League Rules 2026–27**
<https://www.oregonyouthsoccer.org/wp-content/uploads/sites/279/2026/08/OYSA-Competitive-Youth-Soccer-League-Rules-26-27.pdf>