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Caroline Springs Hockey Club Junior Interchange Policy 2019

Increasingly, interchange is used as a legitimate strategy in the game of hockey. This strategy allows for the rotation of players to prevent fatigue.

CSHC has developed an interchange policy for coaches and managers to use during Junior games.

1. Most teams will have a squad of 13 or 14 players of whom only 11 can be on the ground at any one time. Each player is to be considered a **full member** of that team.
2. All players are to take their turn on the interchange bench throughout the season
3. No player is to commence consecutive games on the interchange bench
4. No player is to be on the interchange bench to the extent that he or she is regularly playing substantially less than a full game.
5. In the situation where the team has a regular goalkeeper, they will be exempt from the above rules.