

POWER PLAY RULE – AGES U8-U10 ONLY (Not to be used in Cup Fixtures)

The Power Play rule, introduced by the [FA](#) in 2018, means that junior grassroots football teams are allowed to bring on extra players when they fall four goals behind.

How does it work?

During a match when the goal difference reaches 4, the losing team may field an additional player. If the goal difference reaches 5, the losing team may field another additional player (taking the total up to 2 additional players). At the point the goal difference falls to 5, the losing team must withdraw one of their additional players. At the point the goal difference falls to 3 the losing team must withdraw their final additional player (this does not need to be the same player that was put on as the additional player).

