f. It is recommended that score keepers be thoroughly acquainted with the rule that a substitute is not permitted to enter the game after a goal or a successful free throw. If the score keeper inadvertently blows his horn, time out shall be charged if the substitute goes on the floor. It is further emphasized that the captain is the only one who is permitted to take a charged time out for the purpose of a substitution after a goal or a successful free throw following a personal foul.