

## REGION 143 FREE SUBSTITUTION RECORD

Coach:

Division:

Match Date:

Home / Away

Monitor:

Opposing Region:

[illegible]

**Instructions:**

Before the match begins, complete the match info at the top of the sheet and list the jersey numbers for ALL players on the roster (even if absent). For absent players, write "ABSENT" next to their number. If players are arriving late, enter "AL" in each time period until their arrival.

At the start of each half, write the time and indicate with an "O" which players are on the bench. Every five (5) minutes, indicate which players are OUT.

**KEY:** O = Out, I = Injured, AL = Arriving Late, LE = Left Early

# EXAMPLES:

Player #	0-5	6-10	11-15	16-20	21-25	26-30	31-35	36-40	41-45
2			O					O	O
3	O	O							
4	AL	AL	O						
5	ABSENT								

Player #2 - started the game, subbed out during the 12th min, went back in during the 16th min, was out the rest of the first half beginning at the 39th min. Player left the game/field early after the 31st min.

Player #3 - started the game out, entered the game during the 12th min; left the game injured in 27th min.

Player #4 - player was not present at the start of the game; arrived between 11-15 min and entered the game between 16-20 min. Player sat out the first 10 min of the second half and entered the game between 11-15 min.

Player #5 - player was absent/not present at the game.

0-5	6-10	11-15	16-20	21-25	26-30	31-35	36-40	41-45
						LE	LE	LE
					I	I	I	I
O	O							
O	O							