



SUBSTITUTION SHEET

Team: _____ Moment: 1 2 3 4 5

Coach: _____ Signature: _____

1st Half Substitution 2nd Half Substitution
1 2 3 4 5 6 7 One (1) Re-Entry in the 2nd half

In: _____ Out _____ Min. _____ In: _____ Out _____ Min. _____

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In: _____ Out _____ Min. _____ In: _____ Out _____ Min. _____

In: _____ Out _____ Min. _____ In: _____ Out _____ Min. _____

U13-U15: (2) 40-minute halves, 10-minute halftime

U16-U19: (2) 45-minute halves, 10-minute halftime

No Re-Entry in the First Half. One (1) Re-Entry in the Second Half.

Halftime Does Not Count as a Moment

No More Than (3) Moments Per Half and (5) Moments per Game There is stoppage time in GA per Laws of the Game. In addition, stoppage time is to be added for referee completion of the sub pass.



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