



Instructions for filling out the Interchange Sheet

1. Check who's on the bench for the opposition and tick players ON the bench column.
2. Write the number of the player going onto the field in the column of players coming OFF the bench. (One column per interchange)
3. At the start of the second half, check the opposition bench.
There should be the same players on the bench now as when the first half finished.
They can interchange at half time as long as they go through you and use a card.
4. Get the Opposition Coach to sign the sheet at the end of the game.

***HAND YOUR INTERCHANGE SHEET TO THE TEAM MANAGER AFTER THE GAME**

LIMITED PLAYER INTERCHANGE

Division 1 -U13s to U18s

Interchange rule will be 8 interchanges from a maximum of 17 players.

Interchange Official: _____ Date: _____ / _____ / _____

Game: _____ V _____

Venue: _____ Grade: _____

STARTING INTERCHANGE BENCH					STARTING INTERCHANGE BENCH			
	TIME	No. ON	No. OFF			TIME	No. ON	No. OFF
1					1			
2					2			
3					3			
4					4			
5					5			
6					6			
7					7			
8					8			
9					9			
10					10			
11					11			
12					12			
HALF TIME INTERCHANGE BENCH					HALF TIME INTERCHANGE BENCH			

**To be kept with Match Sheet and have available to the League upon request.*