INTERCHANGE PLAYERS

Record of Substitutions

SENIORS

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CLUB		ROUND		VS	

TIME	QTR	INTERCHANGE		OFF Red card, yellow card, stretcher — jumper #	QUARTER BREAK Jumper #s off	ON After yellow card or stretcher — jumper #
		JUMPER # ON	JUMPER # OFF			

Continue interchange details for this match on a new sheet if needed.

RED CARD

Off for the **rest of the match**. A replacement player may come on after **20 minutes** of actual playing time.

YELLOW CARD

Off for **15 minutes** of actual playing time. **No replacement**. A 2nd yellow card to the same player is treated as a red card.

STRETCHER

Cannot return until **20 minutes** of actual playing time has passed **and** medical approval is given. Replacement permitted.