TEAM SHEET

PLEASE COMPLETE IN BLOCK LETTERS

***DISTRIBUTION: Top Copy** - To be handed to opponents prior to kick-off;*
***Second Copy** - To be handed to Referee prior to kick-off; **Bottom Copy** - To be retained.*

TEAM:		DATE OF MATCH:
COMPETITION: COMPETITION: i.e. Essex Saturday Junior Cup, Essex Cassels Under 16s Cup		
ACTUAL KICK-OFF TIME:	ROUND:	MATCH No:

COLOURS						
OUTFIELD	SHIRTS		SHORTS		SOCKS	
GK	SHIRTS		SHORTS		SOCKS	

EXTRA-TIME
If scores are level, extra-time is played in all County Cups, with the exception of the Essex Senior Cup, Thames-Side Trophy & Tolleshunt D'Arcy Cup

TEAM DETAILS

SHIRT NO.	SURNAME	FIRSTNAME

NOMINATED SUBSTITUTES

Five (5) substitutes can be named and five (5) used. REPEATED substitutes are permitted in ALL competitions with the exception of the below:
Essex Senior Cup, Women's Cup, Tolleshunt D'Arcy Cup, Thames-Side Trophy, where a maximum of five (5) can be used, but NOT repeated

SHIRT NO.	SURNAME	FIRSTNAME

REFEREE DETAILS

Referee Name: .....

Assistant Referees: ..... **&** .....

Note: Sin-Bins are used in all County Cup ties (except Essex Senior Cup)

Signed: ..... **Club:** ..... **FC**