# ADULT RUGBY, SQUAD OF 23 – TEAM SHEET(TEMPLATE)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| TEAM: | | | | |  | OPPOSITION: | |
| VENUE: | | | | |  | DATE & KICK OFF: | |
|  |  |  |  |  |  |  |  |
| **SHIRT NO.** | **POSITION** | **CAPTAIN** | **FRONT ROW** | | | **SELECTED PLAYER**  **(FULL NAME)** | **IDENTIFY IF UNDER 19.** |
| **LH** | **H** | **TH** |
| 1 | Prop |  |  |  |  |  |  |
| 2 | Hooker |  |  |  |  |  |  |
| 3 | Prop |  |  |  |  |  |  |
| 4 | Lock |  |  |  |  |  |  |
| 5 | Lock |  |  |  |  |  |  |
| 6 | Flanker |  |  |  |  |  |  |
| 7 | Flanker |  |  |  |  |  |  |
| 8 | No. 8 |  |  |  |  |  |  |
| 9 | Scrum-half |  |  |  |  |  |  |
| 10 | Fly-half |  |  |  |  |  |  |
| 11 | Wing |  |  |  |  |  |  |
| 12 | Centre |  |  |  |  |  |  |
| 13 | Centre |  |  |  |  |  |  |
| 14 | Wing |  |  |  |  |  |  |
| 15 | Full-back |  |  |  |  |  |  |
| **REPLACEMENTS** | | | | | | | |
| 16 | Hooker |  |  |  |  |  |  |
| 17 | Prop |  |  |  |  |  |  |
| 18 | Prop |  |  |  |  |  |  |
| 19 |  |  |  |  |  |  |  |
| 20 |  |  |  |  |  |  |  |
| 21 |  |  |  |  |  |  |  |
| 22 |  |  |  |  |  |  |  |
| 23 |  |  |  |  |  |  |  |

### Team Manager Signature:

1. *Each Union must select at least three front row players as replacements. These replacements shall be numbered 16 (replacement hooker), 17 (replacement loose head prop) and 18 (replacement tight head prop).*
2. *Law 3.5 – in the ‘Front Row’ column, identify all players that are suitably trained and experienced to play in the front row and in which positions they can play (Loose-head (LH), Hooker (H) and/or Tight-head (TH)). These players can be nominated to play in more than one front row position.*
3. *The remaining replacements shall be numbered from 19 up to 23 inclusive with forwards (including additional front row players) numbered before backs.*
4. *Replacement forwards shall be numbered in order from front row players (hooker first) to number eight.*
5. *Replacement backs shall be numbered in order from scrum-half to full-back.*
6. *Players under the age of 18 can play adult elite rugby but the player* ***must*** *be over 18 to play in the front row.*
7. ***Players must be 19 to undertake a Head Injury Assessment. Any player aged under 19 must be treated under the Recognise and Remove protocol***