

2018 LCAJFL Roster Exchange Form

HOME Team/Color	
AWAY Team/Color	

Game Date:	
Game Location:	
Division:	Instr / Fresh / JV / Var

# of players	4 Best Backs	Exceeds Max. Carry Wgt.	Jersey #	First Name	Last Name	Birthdate	Current Grade	Age as of 5/1/18	Status or Disciplinary Action	Reason	Backup QB / C ?
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35											
Commissioner:						CMSR Phone:					
Head Coach:						HC Phone:					

Players must be listed in NUMERICAL order.

All teams must fill in 4 best backs regardless of team size. Opposing coach still picks who they want removed if down 18+ points.

Backup QB and Center must be named (1 each). Do not violate the spirit of this rule. Cannot be a skilled player who could be perceived as a 4 best back player.