

## Substituion, Injury & Sin Bin Plan



#	Position	Starting Player	Substitution/Injury	Sin Bin
1	Loose Head Prop			
2	Hooker			
3	Tight Head Prop			
4	Second Row			
5	Second Row			
6	Blindside Flanker			
7	Openside Flanker			
8	Number 8			
9	Scrum Half			
10	Fly Half			
11	Wing			
12	Inside Centre			
13	Outside Centre			
14	Wing			
15	Fullback			
16	Hooker			
17	Loose Head			
18	Tight Head			
19	Second Row			
20	Back Row			
21	Scrum Half			
22	Inside Back			
23	Outside Back			