

MBA U10 / U12 / U14 3+

Official Shift Record



Date:

Time:

Gym:

Team Name:

Colour:

U10/U12: No More than 1 shift difference, maximum 7 shifts for U10

Number of Shifts Played	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #
1															
2															
3															
4															
5															
6 (U10 & 14 only)															
7 (U10 only)															

How many shifts can a U12 player play when a team has x number of players?

7 Players	5 players with 6 shifts & 2 players with 5
8 Players	5 shifts each
9 Players	4 players with 5 shifts & 5 players with 4
10 Players	4 shifts each
11 Players	7 players with 4 shifts & 4 players with 3
12 Players	4 players with 4 shifts & 8 players with 3
13 Players	1 player with 4 shifts & 12 players with 3

U14 D3+: No More than 1 shift difference in 1st 3 qtrs, 4th qtr anyone can play

Team Name:

Colour:

Number of Shifts Played	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #	Player #
1															
2															
3															
4															
5															
6 (U10 & 14 only)															
7 (U10 only)															

How many shifts can a U14 D3+ player play when a team has x number of players?

6 Players	5 shifts each
7 Players	2 players with 5 shifts & 5 players with 4
8 Players	6 players with 4 shifts & 2 players with 3
9 Players	3 players with 4 shifts & 6 players with 3
10 Players	3 shifts each
11 Players	8 players with 3 shifts & 3 players with 2
12 Players	6 players with 3 shifts & 6 players with 2
13 Players	4 players with 3 shifts & 9 players with 2

Shift Counter - cross off each shift as they are played

U10/U12 Only U10/U12 Only U10 Only U10 Only

1	2	3	4	5	6	7	8	9	10
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Notes:
