

Volleyball substitution and game sheet

Lineup, substitutions and time-outs for one match of up to five sets. One column per set; always write the score with your own team first.

Team	Opponent	Date	Venue	Libero(s)												
	Set 1			Set 2			Set 3			Set 4			Set 5			
Pos.	Starter	Sub in no. · score	Back score	Starter	Sub in no. · score	Back score	Starter	Sub in no. · score	Back score	Starter	Sub in no. · score	Back score	Starter	Sub in no. · score	Back score	
Starts on	Serve / Receive			Serve / Receive			Serve / Receive			Serve / Receive			Serve / Receive			
I																
II																
III																
IV																
V																
VI																
Subs	123456			123456			123456			123456			123456			
Time-outs	1 _____ 2 _____			1 _____ 2 _____			1 _____ 2 _____			1 _____ 2 _____			1 _____ 2 _____			
Set score	_____ : _____			_____ : _____			_____ : _____			_____ : _____			_____ : _____			
Notes																



Starter: shirt number of the player who starts in that position; position I is the serving position. Circle your setter. **Sub in:** the substitute's number and the score. **Back:** the score when the starter returns, always on their own row. Cross off a box under **Subs** for every substitution: six per set under FIVB rules. Libero replacements do not count. Instructions and a filled-in example: page 2.

How the substitution sheet works

Each position in the lineup has one row. A substitute and the starter's return go on the same row, so you can see at a glance who may come back in for whom.

Example: sets 1 and 2

Pos.	Set 1			Set 2		
	Starter	Sub in no. · score	Back score	Starter	Sub in no. · score	Back score
Starts on	Serve / Receive			Serve / Receive		
I	4			9		
II	9			12		
III	12			7		
IV	7	14 · 12-15	20-18	3	11 · 16-18	
V	3	10 · 22-20		15		
VI	15			4		
Subs	X X X 4 5 6			X 2 3 4 5 6		
Time-outs	1 8-12 2			1 14-16 2 19-22		
Set score	25 : 21			22 : 25		
Notes	Serve at their #8 (weak passer)			Fewer service errors, serve safe		

In set 1, number 7 comes off for number 14 at 12-15 and returns in position IV at 20-18. That is two substitutions on one row, and position IV is now closed for this set. At 22-20, number 10 comes on for number 3. Number 3 may still return this set, but only for number 10. Three boxes crossed off, three left. In set 2 the lineup has rotated one position and the team starts on receive.

How to fill it in

- Before each set, write the shirt numbers under **Starter** in the order of your lineup slip, positions I to VI. Circle your setter, and circle serve or receive under **Starts on**.
- When a starter comes off, write the substitute's number and the score under **Sub in** on that starter's row. Cross off a box under **Subs**.
- The starter can only come back on that row and only for their own substitute: write the score under **Back** and cross off another box. That position is then closed for the rest of the set.
- Write the score under **Time-outs**, and under **Notes** what you want to say in the time-out or the set break.

The rules behind the sheet (FIVB 2025-2028)

- Each team has six substitutions and two 30-second time-outs per set (rules 15.1 and 15.4.1). The count starts again every set.
- A starter may leave the game once per set and re-enter once, and only to their previous position in the lineup (15.6.1).
- A substitute may enter once per set, for a starter, and can only be replaced by that same starter (15.6.2).
- Libero replacements are not substitutions: they do not count and are unlimited, with a completed rally in between (19.3.2.1).
- If an injured player cannot be substituted legally, an exceptional substitution is allowed (15.7). That player may not return in the match. Write it under Notes.
- If your league or age group plays with a different limit, follow its rules.

In the Koach app every substitution is counted, with six per set as the limit (a libero replacement does not count), and when a substitution breaks the re-entry rule the app first asks: 'Is this substitution allowed?'

You may use, copy and adapt this template freely. Source of the rules: FIVB Official Volleyball Rules 2025-2028.