You are not typing in exactly what I am typing are you (EX. you should not be typing "JFW_Armour_Regen,TimeRegen @ 5 @Amount,@". "JFW_Armour_Regen" should go in the scripts spot, "TimeRegen @ 5 @Amount" should go in the params spot [TimeAmount should be a value like 1 for once a second, 5 should be a random number, and amount should be am amount of armor to regen] and the last @ should Delim setting). I put spaces in so it didn't think it was an email.