

[illegible]

## PLAYER SUBSTITUTION & ROTATION GUIDELINES (except SHL)

<b>6 players</b>	every player sits out at least <b>ONE (1)</b> rotation
<b>7 players</b>	every player sits out at least <b>TWO (2)</b> rotations
<b>8 players</b>	every player sits out at least <b>THREE (3)</b> rotations
<b>9 players</b>	every player sits out at least <b>THREE (3)</b> rotations
<b>10 players</b>	every player sits out for <b>FOUR (4)</b> rotations
<b>11+ players</b>	a player may sit out for consecutive rotations only once

A team with only 1 or 2 subs can substitute more frequently for any player who has been in the game for more than one consecutive rotation.
All players on the bench at the 5 minute marks in each half MUST sub in (unless injured, sick or fouled out).
A player on the bench in rotation 4 may sit in rotation 5

Team	B8 RED Team 1			1st HALF				Half	2nd HALF				
Date	1/4/2020	Time Left >		20:00-15:00	15:00-10:00	10:00-5:00	5:00-0:00	time	20:00-15:00	15:00-10:00	10:00-5:00	5:00-0:00	
#	Player(s)			Rotation 1	Rotation 2	Rotation 3	Rotation 4		Rotation 5	Rotation 6	Rotation 7	Rotation 8	
11	John			in1	x <b>1</b> x	in2	x <b>2</b> x		in3	x <b>3</b> x	in4	in5	1
12	Harry			in1	in2	x <b>1</b> x	in3		x <b>2</b> x	in4	in5	x <b>3</b> x	2
13	Wil			in1	x <b>1</b> x	in2	x <b>2</b> x		x <b>3</b> x	in3	in4	in5	3
14	Mike			in1	in2	x <b>1</b> x	in3		in4	x <b>2</b> x	in5	x <b>3</b> x	4
15	Wilson			in1	x <b>1</b> x	in2	in3		x <b>2</b> x	in4	x <b>3</b> x	in5	5
16	Tom			x <b>1</b> x	in1	in2	x <b>2</b> x		in3	in4	x <b>3</b> x	in5	6
17	Jim			x <b>1</b> x	in1	in2	in3		in4	x <b>2</b> x	in5	x <b>3</b> x	7
18	Hunter			x <b>1</b> x	in1	x <b>2</b> x	in2		in3	in4	x <b>3</b> x	in5	8
													9
													10
													11
													12

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