

	Team		1st HALF (20 mins)				Half time	2nd HALF (20 mins)			
	Date	Time Left >	20:00-15:00	15:00-10:00	10:00-5:00	5:00-0:00		20:00-15:00	15:00-10:00	10:00-5:00	5:00-0:00
#	Player		Rotation 1	Rotation 2	Rotation 3	Rotation 4		Rotation 5	Rotation 6	Rotation 7	Rotation 8
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											

PLAYER SUBSTITUTION & ROTATION GUIDELINES (except SHL)

6 players	every player sits out at least ONE (1) rotation
7 players	every player sits out at least TWO (2) rotations
8 players	every player sits out at least THREE (3) rotations
9 players	every player sits out at least THREE (3) rotations
10 players	every player sits out for FOUR (4) rotations
11+ players	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		QTR 1 (10 mins)		QTR 2 (10 mins)		Half time	QTR 3 (10 mins)		QTR 4 (10 mins)	
	Date	Time Left >	10:00-5:00	5:00-0:00	10:00-5:00	5:00-0:00		10:00-5:00	5:00-0:00	10:00-5:00	5:00-0:00
	#	Player	Rotation 1	Rotation 2	Rotation 3	Rotation 4		Rotation 5	Rotation 6	Rotation 7	Rotation 8
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											

PLAYER SUBSTITUTION & ROTATION GUIDELINES (except SHL)

6 players	every player sits out at least ONE (1) rotation
7 players	every player sits out at least TWO (2) rotations
8 players	every player sits out at least THREE (3) rotations
9 players	every player sits out at least THREE (3) rotations
10 players	every player sits out for FOUR (4) rotations
11+ players	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		QTR 1 (8 mins)		QTR 2 (8 mins)		Half time	QTR 3 (8 mins)		QTR 4 (8 mins)	
	Date	Time Left >	8:00-4:00	4:00-0:00	8:00-4:00	4:00-0:00		8:00-4:00	4:00-0:00	8:00-4:00	4:00-0:00
	#	Player	Rotation 1	Rotation 2	Rotation 3	Rotation 4		Rotation 5	Rotation 6	Rotation 7	Rotation 8
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											

PLAYER SUBSTITUTION & ROTATION GUIDELINES (except SHL)

6 players	every player sits out at least ONE (1) rotation
7 players	every player sits out at least TWO (2) rotations
8 players	every player sits out at least THREE (3) rotations
9 players	every player sits out at least THREE (3) rotations
10 players	every player sits out for FOUR (4) rotations
11+ players	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 4 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 Tm 1 RED		1st HALF				Half time	2nd HALF			
Date	1/4/2020	Time Left >	20:00-15:00	15:00-10:00	10:00-5:00	5:00-0:00		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	
1	11	John	in1	OUT-1	in2	OUT-2	in3	OUT-3	in4	in5	
2	12	Harry	in1	in2	OUT-1	in3	OUT-2	in4	in5	OUT-3	
3	13	Wil	in1	OUT-1	in2	OUT-2	OUT-3	in3	in4	in5	
4	14	Mike	in1	in2	OUT-1	in3	in4	OUT-2	in5	OUT-3	
5	15	Wilson	in1	OUT-1	in2	in3	OUT-2	in4	OUT-3	in5	
6	16	Tom	OUT-1	in1	in2	OUT-2	in3	in4	OUT-3	in5	
7	17	Jim	OUT-1	in1	in2	in3	in4	OUT-2	in5	OUT-3	
8	18	Hunter	OUT-1	in1	OUT-2	in2	in3	in4	OUT-3	in5	
9											
10											
11											
12											

PLAYER SUBSTITUTION & ROTATION GUIDELINES (except SHL)

6 players	every player sits out at least ONE (1) rotation
7 players	every player sits out at least TWO (2) rotations
8 players	every player sits out at least THREE (3) rotations
9 players	every player sits out at least THREE (3) rotations
10 players	every player sits out for FOUR (4) rotations
11+ players	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