

Team	v	QTR 1 (10 mins-run clock)		QTR 2 (10 mins-run clock)		Half	QTR 3 (10 mins-run clock)		QTR 4 (10 mins-run clock)		On Bench
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	
#	Player	Rotation 1	Rotation 2	Rotation 3	Rotation 4	3 min	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
2 fouls shots on 10+	Team
Team Fouls in Half	Team

A team with 1, 2 or 3 subs can substitute more frequently for any player who has played in more than one consecutive rotation. (Minimum 2 mins on bench)

All players (up to 5) on bench at the 5 min 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