

|    | 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  | time  | 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 <b>ONE (1)</b> rotation    |  |  | 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)<br><br>All players (up to 5) on bench at the 5 min marks in each half <b>MUST</b> sub in (unless injured, sick or fouled out).<br><br><b>A player on the bench in rotation 4 may sit in rotation 5</b> |
|                      | 7 players   | every player sits out at least <b>TWO (2)</b> rotations   |  |  |   |
|                      | 8 players   | every player sits out at least <b>THREE (3)</b> rotations |  |  |   |
|                      | 9 players   | every player sits out at least <b>THREE (3)</b> rotations |  |  |   |
|                      | 10 players  | every player sits out for <b>FOUR (4)</b> rotations       |  |  |   |
|                      | 11+ players | a player may sit out for consecutive rotations only once  |  |  |   |
| 2 fouls shots on 10+ | Team        |   |  |  |   |
| Team Fouls in Half   | Team        |   |  |  |   |