

	Team	v	QTR 1 (8 mins-stop clock)		QTR 2 (8 mins-stop clock)		Half time 3 min	QTR 3 (8 mins-stop clock)		QTR 4 (8 mins-stop clock)		On Bench
	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 in a game

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

2 fouls shots on 5+	Team		
Team Fouls in Qtr	Team		