

Team	v		QTR 1 (8 mins-stop clock)		QTR 2 (8 mins-stop clock)		Half	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	time	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	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 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 Fouls in Qtr

Team

Team

Team

Team

Team

Team

Team