FLAG FOOTBALL SiliconValley

LEAGUE SUBSTITUTIONS

GAME: _____

PLAYERS IN Q1	Q2	Q3	Q4

PLAYING TIME RULES

12 players at game: 6 players sit each Quarter.

11 players at game:
5 players sit in Q1
5 different players sit Q2
Last player sits Q3 and others rotate equally
Q4 open rotation, equal play for all players.

10 players at game:
4 players sit Q1
4 different players sit Q2
Last 2 players sit Q3 and others rotate equally
Q4 open rotation, equal play for all players.

9 players at game:
3 players sit Q1
3 different players sit Q2
3 different players sit in Q3
Q4 open rotation, equal play for all players.

8 players at game: 2 players sit each Quarter.

7 players at game:
1 player sits each Quarter.
3 players play the whole game and don't sit.