

**Recommended Substitutions
8 Players with 40 Minute Games**



Insert player name

Player 1: _____

Player 2: _____

Player 3: _____

Player 4: _____

Player 5: _____

Player 6: _____

Player 7: _____

Player 8: _____

Please note : It is important to rotate and mix up players 1-8 each week so the same players are not starting or finishing every week on the bench.

*** players 1-5 start on court, players 6-8 on bench. At 15:00 minute mark (or when subs can be called) players 1-3 go to bench and players 6-8 take court and so on.*

<u>Time Remaining</u>	<u>8 Players</u>					<u>On Bench</u>		
20:00	1	2	3	4	5	6	7	8
15:00	4	5	6	7	8	1	2	3
10:00	7	8	1	2	3	4	5	6
5:00	2	3	4	5	6	7	8	1
0:00	5	6	7	8	1	2	3	4
20:00	8	1	2	3	4	5	6	7
15:00	3	4	5	6	7	8	1	2
10:00	6	7	8	1	2	3	4	5
5:00	1	2	3	4	5	6	7	8
0:00	4	5	6	7	8	1	2	3