

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



Insert player name

Player 1: \_\_\_\_\_

Player 2: \_\_\_\_\_

Player 3: \_\_\_\_\_

Player 4: \_\_\_\_\_

Player 5: \_\_\_\_\_

Player 6: \_\_\_\_\_

Player 7: \_\_\_\_\_

Player 8: \_\_\_\_\_

Player 9: \_\_\_\_\_

*Please note : It is important to rotate and mix up players 1-9 each week so the same players are not starting or finishing every week on the bench.*

*\*\* players 1-5 start on court, players 6-9 on bench. At 15:30 minute mark (or when subs can be called) players 1-4 go to bench and players 6-9 take court and so on.*

<u>Time Remaining</u>	<u>9 Players</u>					<u>On Bench</u>			
20:00	1	2	3	4	5	6	7	8	9
15:30	5	6	7	8	9	1	2	3	4
11:00	9	1	2	3	4	5	6	7	8
6:30	4	5	6	7	8	9	1	2	3
2:00	8	9	1	2	3	4	5	6	7
20:00	8	9	1	2	3	4	5	6	7
17:30	3	4	5	6	7	8	9	1	2
13:00	7	8	9	1	2	3	4	5	6
8:30	2	3	4	5	6	7	8	9	1
4:00	6	7	8	9	1	2	3	4	5