

Substitution Rules For Teams With 11 Players (updated 11-20-2015)

We will split each quarter into 2 parts.

So there is 8 total sub quarters that each player could play in.

Every player on the team has to play in at least 3 of the sub quarters and no one plays more than 4.

How you break this up is totally up to the coach

8 x 5 players: 40 total players

Quarter	Player				
Q1A	P1	P2	P3	P4	P5
Q1B	P6	P7	P8	P9	P10
Q2A	P11	P1	P2	P3	P4
Q2B	P5	P6	P7	P8	P9
Q3A	P10	P11	P1	P2	P3
Q3B	P4	P5	P6	P7	P8
Q4A	P9	P10	P11	P1	P2
Q4B	P3	P4	P5	P6	P7

So in this simple example the result would be:

Player Number	Sub Quarter Played
P1	4
P2	4
P3	4
P4	4
P5	4
P6	4
P7	4
P8	3
P9	3
P10	3
P11	3

Second Example

Quarter	Player				
Q1A	P1	P2	P3	P4	P5
Q1B	P1	P2	P3	P4	P5
Q2A	P6	P7	P8	P9	P10
Q2B	P6	P7	P8	P9	P11
Q3A	P6	P7	P8	P9	P11
Q3B	P3	P4	P5	P6	P7
Q4A	P9	P10	P11	P1	P2
Q4B	P1	P2	P3	P4	P11