



NFL Flag San Diego Substitution Rules

6 players – Everyone plays the entire game

7 players – 1 different player sits each quarter (3 players will play the whole game)

8 players – 2 players sit per quarter (Everyone must sit one full quarter)

9 players – 1st Quarter: Rotate 3 players every series/ every change of possession; 2nd Quarter: Sit 3 players; 3rd Quarter: Sit 3 players; 4th Quarter: Sit 3 players

10 players – 4 players sit in the 1st quarter, 4 different players sit in the 2nd quarter, the final 2 players who haven't sat yet must sit in the 3rd quarter (with open substitution of the other 2 players), and open substitution in the 4th quarter (Everyone must play at some point in the 4th quarter, nobody sits 2 full quarters)