

		1st Quarter		2nd Quarter		3rd Quarter		4th Quarter	
#	Player Name	10	5	10	5	10	5	10	5

Substitution Rules:

1. All players are required to receive a minimum of 20 minutes playing time per game.
2. All players must sit at least once for five consecutive minutes in the first half, and again in the 2nd half (when 7 or more players are present).
3. At every mandatory substitution period (15, 10, and 5 minute mark of the 1st half and 15 and 10 minute mark of the 2nd half), all players on the bench must enter the game.
4. The last 5 minutes of the 2nd half are free/open substitution; any subs will take a knee at the scorer's table and enter the game on a dead ball once approved by the referees.

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