	Line up Card	Team Name:				Date:		vs.		
	Player / Inning / Position	1st	2nd	3rd	4th	5th	6th	7th	extra	extra
1	Holly S.	P	X	RF	P	X	LCF	SS		
2	Melissa B.	C	RF	X	C	LCF	X	1ST		
3	Jenny B.	X	RCF	1ST	X	LF	P	X		
4	Spephanie B.	1ST	X	LF	SS	X	RCF	2ND		
5	Mara D.	2ND	LCF	X	1ST	RF	X	3RD		
6	Kendra D.	SS	LF	2ND	X	RCF	C	X		
7	Sarah B.	X	3RD	LCF	2ND	X	LF	C		
8	Amy B.	3RD	X	RCF	RCF	P	X	P		
9	Kelly S.	LF	SS	X	3RD	C	RF	X		
10	Liz C.	LCF	2ND	P	X	1ST	3RD	RF		
11	Liz M.	X	1ST	C	RF	X	2ND	LF		
12	Katie M.	RCF	X	SS	LF	2ND	X	LCF		
13	Maria V.	RF	C	X	LCF	SS	1ST	X		
14	Rachael D.	X	P	3RD	X	3RD	SS	RCF		
15										
16										
17										

This is an example of how to properly prepare a lineup which insures that no player sits consecutive innings. This system also insures even distribution infield and outfield play and innings on the bench. In each consecutive game rotate the batting order by placing the last batter in the 1st position. An "X" denotes a player sitting out an inning. There MUST be an even distribution of innings sat.

	Line up Card	Team Name:				Date:		vs.		
	Player / Inning / Position	1st	2nd	3rd	4th	5th	6th	7th	extra	extra
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										