

Equal Time Recommended Substitutions

10 Players with 40 Minute Games

Player 1: _____

Player 2: _____

Player 3: _____

Player 4: _____

Player 5: _____

Player 6: _____

Player 7: _____

Player 8: _____

Player 9: _____

Player 10: _____

<u>Time Remaining</u>	<u>10 Players</u>					<u>On Bench</u>				
20:00	1	2	3	4	5	6	7	8	9	10
15:00	6	7	8	9	10	1	2	3	4	5
10:00	1	2	3	4	5	6	7	8	9	10
5:00	6	7	8	9	10	1	2	3	4	5
20:00	1	2	3	4	5	6	7	8	9	10
15:00	6	7	8	9	10	1	2	3	4	5
10:00	1	2	3	4	5	6	7	8	9	10
5:00	6	7	8	9	10	1	2	3	4	5