

# Equal Time Recommended Substitutions

## 7 Players with 40 Minute Games

Player 1: \_\_\_\_\_

Player 2: \_\_\_\_\_

Player 3: \_\_\_\_\_

Player 4: \_\_\_\_\_

Player 5: \_\_\_\_\_

Player 6: \_\_\_\_\_

Player 7: \_\_\_\_\_

### Time Remaining

### 7 Players

### On Bench

20:00	1	2	3	4	5	6	7
17:10	3	4	5	6	7	1	2
14:20	5	6	7	1	2	3	4
11:30	7	1	2	3	4	5	6
8:40	2	3	4	5	6	7	1
5:50	4	5	6	7	1	2	3
3:00	6	7	1	2	3	4	5
20:00	1	2	3	4	5	6	7
17:10	3	4	5	6	7	1	2
14:20	5	6	7	1	2	3	4
11:30	7	1	2	3	4	5	6
8:40	2	3	4	5	6	7	1
5:50	4	5	6	7	1	2	3
3:00	6	7	1	2	3	4	5