

## Equal Time Recommended Substitutions

12 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: \_\_\_\_\_  
 Player 11: \_\_\_\_\_  
 Player 12: \_\_\_\_\_

Time Remaining

On Bench

20:00	1	2	3	4	5	6	7	8	9	10	11	12
16:40	6	7	8	9	10	11	12	1	2	3	4	5
13:20	11	12	1	2	3	4	5	6	7	8	9	10
10:00	4	5	6	7	8	9	10	11	12	1	2	3
6:40	9	10	11	12	1	2	3	4	5	6	7	8
3:20	2	3	4	5	6	7	8	9	10	11	12	1
20:00	7	8	9	10	11	12	1	2	3	4	5	6
16:40	12	1	2	3	4	5	6	7	8	9	10	11
13:20	5	6	7	8	9	10	11	12	1	2	3	4
10:00	10	11	12	1	2	3	4	5	6	7	8	9
6:40	3	4	5	6	7	8	9	10	11	12	1	2
3:20	8	9	7	11	12	1	2	3	4	5	6	7