

DATE _____

CNSF REC. BASKETBALL

SUBSTITUTION SHEET

TEAM

SUBSTITUTION PERIODS

	<u>NAME + NUMBER</u>	1	2	3	4	5	6	7	8
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

TEAM

SUBSTITUTION PERIODS

	<u>NAME +NUMBER</u>	1	2	3	4	5	6	7	8
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

RULES

10 PLAYERS ALL PLAY 4 SUBSTITUTION PERIODS

9 PLAYERS 4 PLAY 5 PERIODS - 5 PLAY 4 PERIODS

8 PLAYERS ALL PLAY 5 PERIODS

7 PLAYERS 5 PLAY 6 PERIODS - 2 PLAY 5 PERIODS

6 PLAYERS 4 PLAY 7 PERIODS - 2 PLAY 6 PERIODS - ALL MUST SIT 1 FULL PERIOD

5 PLAYERS ALL PLAY

EACH PLAYER SITS EQUAL TIME IN THE 1ST AND 2ND HALVES

