

Equal Time Recommended Substitutions

11 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: _____

Time Remaining

11 Players

On Bench

20:00	1	2	3	4	5	6	7	8	9	10	11
16:20	6	7	8	9	10	11	1	2	3	4	5
12:40	11	1	2	3	4	5	6	7	8	9	10
9:00	5	6	7	8	9	10	11	1	2	3	4
5:20	10	11	1	2	3	4	5	6	7	8	9
1:40	4	5	6	7	8	9	10	11	1	2	3
20:00	4	5	6	7	8	9	10	11	1	2	3
18:00	9	10	11	1	2	3	4	5	6	7	8
14:20	3	4	5	6	7	8	9	10	11	1	2
10:40	8	9	10	11	1	2	3	4	5	6	7
7:00	2	3	4	5	6	7	8	9	10	11	1
3:20	7	8	9	10	11	1	2	3	4	5	6