

# UPWARD SUBSTITUTION ROTATION EXAMPLE

Week ____		First Half			Second Half		
Player's Name		18 min	12 min	6 min	18 min	12 min	6 min
A	ATLANTA						
B	BOSTON						
C	COLUMBUS						
D	DALLAS						
E	EDGEWATER						
F	FLORENCE						
G	GADSDEN						
H	HUNTSVILLE						
I							
J							

Week ____		First Half			Second Half		
Player's Name		18 min	12 min	6 min	18 min	12 min	6 min
A							
B							
C							
D							
E							
F							
G							
H							
I							
J							