



1st/2nd Grade Flag Football
Rotation Sheet

10 man 5 v 5

Player's Name	Jersey#	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	12 min quarter	
1		C	D	D	D	D	D	WR	WR	WR	WR	C	D	D	D	D	D	D	WR	WR	WR	WR	C	D	D	D
2		WR	C	D	D	D	D	D	WR	WR	WR	WR	C	D	D	D	D	D	D	WR	WR	WR	WR	C	D	D
3		WR	WR	C	D	D	D	D	D	WR	WR	WR	WR	C	D	D	D	D	D	D	WR	WR	WR	WR	C	D
4		WR	WR	WR	C	D	D	D	D	D	WR	WR	WR	WR	C	D	D	D	D	D	D	WR	WR	WR	WR	C
5		WR	WR	WR	WR	C	D	D	D	D	D	WR	WR	WR	WR	C	D	D	D	D	D	D	WR	WR	WR	WR
6		D	WR	WR	WR	WR	C	D	D	D	D	D	WR	WR	WR	WR	C	D	D	D	D	D	WR	WR	WR	WR
7		D	D	WR	WR	WR	WR	C	D	D	D	D	D	WR	WR	WR	WR	C	D	D	D	D	D	WR	WR	WR
8		D	D	D	WR	WR	WR	WR	C	D	D	D	D	D	WR	WR	WR	WR	WR	C	D	D	D	D	D	WR
9		D	D	D	D	WR	WR	WR	WR	C	D	D	D	D	D	WR	WR	WR	WR	WR	C	D	D	D	D	D
10		D	D	D	D	D	WR	WR	WR	WR	C	D	D	D	D	D	WR	WR	WR	WR	C	D	D	D	D	D
		Game 1				Game 2				Game 3				Game 4				Game 5				Game 6				

The rotation sheet above shows 10 players playing 5 vs. 5.
Put them in any order but don't change the order after it is set.
If you are missing players, spread it around, don't let your strongest player play all of the reps.
Please note every one plays Off. & Def.

C	Center
WR	Wide Receiver
D	Defense
C D	Center & Def.