



1st/2nd Grade Flag Football Rotation Sheet 11 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		D	D	D	D	PR	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR D	C D	D	D		
2		C D	D	D	D	D	PR	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR D	C D	D		
3		WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR D	C D		
4		WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR D		
5		WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR		
6		WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR		
7		D	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR		
8		D	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR		
9		D	PR	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR		
10		D	D	PR	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR	WR D	C D	D	D	D		
11		D	D	D	PR	WR	WR	WR	WR	WR D	C D	D	D	D	D	PR	WR	WR	WR	WR	WR D	C D	D	D	D		
		Game 1					Game 2					Game 3				Game 4				Game 5				Game 6			

The rotation sheet above shows 11 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
C D	Center & Def.
D	Defense
WR	Wide Receiver
WR & D	Wide Rec. & Def.
PR	Pass Rusher