



1st/2nd Grade Flag Football Rotation Sheet 5 vs. 5

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

The rotation sheet above shows 8 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 extra reps.

Please note every one plays Off. & Def.

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



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1		C D	D	D	D
2		WR D	C D	D	D
3		WR	WR D	C D	D
4		WR	WR	WR D	C D
5		WR	WR	WR	WR D
6		D	WR	WR	WR
7		D	D	WR	WR
8		D	D	D	WR
Game 2					

The rotation sheet above shows 8 players playing 5 vs. 5.

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2			D	WR	WR	WR
3			D	D	WR	WR
4			D	D	D	WR
5			C D	D	D	D
6			WR D	C D	D	D
7			WR	WR D	C D	D
8			WR	WR	WR D	C D
Game 3						

The rotation sheet above shows 8 players playing 5 vs. 5.

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WR	Wide Receiver
D	Defense
C D	Center & Def.
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1		C D	D	D	D
2		WR D	C D	D	D
3		WR	WR D	C D	D
4		WR	WR	WR D	C D
5		WR	WR	WR	WR D
6		D	WR	WR	WR
7		D	D	WR	WR
8		D	D	D	WR
Game 4					

The rotation sheet above shows 8 players playing 5 vs. 5.

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



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1			WR	WR	WR	WR D
2			D	WR	WR	WR
3			D	D	WR	WR
4			D	D	D	WR
5			C D	D	D	D
6			WR D	C D	D	D
7			WR	WR D	C D	D
8			WR	WR	WR D	C D
Game 5						

The rotation sheet above shows 8 players playing 5 vs. 5.

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If you are missing players, spread it around, don't let your strongest player play all of the extra reps.

Please note every one plays Off. & Def.

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



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

The rotation sheet above shows 8 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 extra reps.

Please note every one plays Off. & Def.

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