



CHRIST UNITED  
C-SPORTS

# 1st/2nd Grade Flag Football Rotation Sheet

## 9 man 5 v 5

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

The rotation sheet above shows 9 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.



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1	1	WR	WR	WR	WR
2	2	D	D	WR	WR
3	3	D	D	D	WR
4	4	D	D	D	D
5	5	C D	D	D	D
6	6	WR	C D	D	D
7	7	WR	WR	C D	D
8	8	WR	WR	WR	C D
9	9	WR	WR	WR	WR
Game 2					

The rotation sheet above shows 9 players playing 5 vs. 5.  
 Put them in any order but don't change the order after it is set.  
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1	1	WR	C D	D	D
2	2	WR	WR	C D	D
3	3	WR	WR	WR	C D
4	4	WR	WR	WR	WR
5	5	D	WR	WR	WR
6	6	D	D	WR	WR
7	7	D	D	D	WR
8	8	D	D	D	D
9	9	C D	D	D	D
<b>Game 3</b>					

The rotation sheet above shows 9 players playing 5 vs. 5.  
 Put them in any order but don't change the order after it is set.  
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 Please note every one plays Off. & Def.

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

The rotation sheet above shows 9 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.



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

The rotation sheet above shows 9 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.



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

The rotation sheet above shows 9 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.