



3rd thru 6th Grade Flag Football Rotation Sheet

CHRIST UNITED
C-SPORTS

12 man 7v7

	Player's Name	Jersey#	12 min quarter	12 min quarter	12 min quarter	12 min quarter
1		1	QB & D	D	D	D
2		2	C & D	QB & D	D	D
3		3	WR	C & D	QB & D	D
4		4	WR	WR	C & D	QB & D
5		5	WR	WR	WR	C & D
6		6	WR	WR	WR	WR
7		7	WR	WR	WR	WR
8		8	PR	WR	WR	WR
9		9	D	PR	WR	WR
10		10	D	D	PR	WR
11		11	D	D	D	PR
12		12	D	D	D	D
Game 1						

The rotation sheet above shows 12 players playing 7 vs 7.

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.

QB	Quarter-back
QB & D	Quarter-back & Def.
C	Center
C & D	Center & Def.
WR	Wide Receiver
WR & D	Wide Rec. & Def.
PR	Pass Rusher
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	PR	WR	WR
2	2	D	D	PR	WR
3	3	D	D	D	PR
4	4	D	D	D	D
5	5	QB & D	D	D	D
6	6	C & D	QB & D	D	D
7	7	WR	C & D	QB & D	D
8	8	WR	WR	C & D	QB & D
9	9	WR	WR	WR	C & D
10	10	WR	WR	WR	WR
11	11	WR	WR	WR	WR
12	12	PR	WR	WR	WR
Game 2					

The rotation sheet above shows 12 players playing 7 vs 7.

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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.

QB	Quarter-back
QB & D	Quarter-back & Def.
C	Center
C & D	Center & Def.
WR	Wide Receiver
WR & D	Wide Rec. & Def.
PR	Pass Rusher
D	Defense



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	Player's Name	Jersey#	12 min quarter	12 min quarter	12 min quarter	12 min quarter
1		1	WR	WR	WR	C & D
2		2	WR	WR	WR	WR
3		3	WR	WR	WR	WR
4		4	PR	WR	WR	WR
5		5	D	PR	WR	WR
6		6	D	D	PR	WR
7		7	D	D	D	PR
8		8	D	D	D	D
9		9	QB & D	D	D	D
10		10	C & D	QB & D	D	D
11		11	WR	C & D	QB & D	D
12		12	WR	WR	C & D	QB & D
Game 3						

The rotation sheet above shows 12 players playing 7 vs 7.

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.

QB	Quarter-back
QB & D	Quarter-back & Def.
C	Center
C & D	Center & Def.
WR	Wide Receiver
WR & D	Wide Rec. & Def.
PR	Pass Rusher
D	Defense



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	Player's Name	Jersey#	12 min quarter	12 min quarter	12 min quarter	12 min quarter
1		1	QB & D	D	D	D
2		2	C & D	QB & D	D	D
3		3	WR	C & D	QB & D	D
4		4	WR	WR	C & D	QB & D
5		5	WR	WR	WR	C & D
6		6	WR	WR	WR	WR
7		7	WR	WR	WR	WR
8		8	PR	WR	WR	WR
9		9	D	PR	WR	WR
10		10	D	D	PR	WR
11		11	D	D	D	PR
12		12	D	D	D	D
Game 4						

The rotation sheet above shows 12 players playing 7 vs 7.

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.

QB	Quarter-back
QB & D	Quarter-back & Def.
C	Center
C & D	Center & Def.
WR	Wide Receiver
WR & D	Wide Rec. & Def.
PR	Pass Rusher
D	Defense



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	Jersey#	12 min quarter	12 min quarter	12 min quarter	12 min quarter
1	1	D	PR	WR	WR
2	2	D	D	PR	WR
3	3	D	D	D	PR
4	4	D	D	D	D
5	5	QB & D	D	D	D
6	6	C & D	QB & D	D	D
7	7	WR	C & D	QB & D	D
8	8	WR	WR	C & D	QB & D
9	9	WR	WR	WR	C & D
10	10	WR	WR	WR	WR
11	11	WR	WR	WR	WR
12	12	PR	WR	WR	WR
Game 5					

The rotation sheet above shows 12 players playing 7 vs 7.

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.

QB	Quarter-back
QB & D	Quarter-back & Def.
C	Center
C & D	Center & Def.
WR	Wide Receiver
WR & D	Wide Rec. & Def.
PR	Pass Rusher
D	Defense



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Player's Name	Jersey#	12 min quarter	12 min quarter	12 min quarter	12 min quarter
1	1	WR	WR	WR	C & D
2	2	WR	WR	WR	WR
3	3	WR	WR	WR	WR
4	4	PR	WR	WR	WR
5	5	D	PR	WR	WR
6	6	D	D	PR	WR
7	7	D	D	D	PR
8	8	D	D	D	D
9	9	QB & D	D	D	D
10	10	C & D	QB & D	D	D
11	11	WR	C & D	QB & D	D
12	12	WR	WR	C & D	QB & D
Game 6					

The rotation sheet above shows 12 players playing 7 vs 7.

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.

QB	Quarter-back
QB & D	Quarter-back & Def.
C	Center
C & D	Center & Def.
WR	Wide Receiver
WR & D	Wide Rec. & Def.
PR	Pass Rusher
D	Defense