



3rd thru 6th Grade Flag Football Rotation Sheet

14 man 7 vs. 7

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	
1		QB	D	D	D	D	D	D	PR	WR	WR	WR	WR	WR	C	QB	D	D	D	D	D	D	PR	WR	WR
2		C	QB	D	D	D	D	D	D	PR	WR	WR	WR	WR	WR	C	QB	D	D	D	D	D	D	PR	WR
3		WR	C	QB	D	D	D	D	D	D	PR	WR	WR	WR	WR	C	QB	D	D	D	D	D	D	D	PR
4		WR	WR	C	QB	D	D	D	D	D	D	PR	WR	WR	WR	WR	C	QB	D	D	D	D	D	D	D
5		WR	WR	WR	C	QB	D	D	D	D	D	D	PR	WR	WR	WR	WR	WR	C	QB	D	D	D	D	D
6		WR	WR	WR	WR	C	QB	D	D	D	D	D	D	PR	WR	WR	WR	WR	WR	C	QB	D	D	D	D
7		WR	WR	WR	WR	WR	C	QB	D	D	D	D	D	D	PR	WR	WR	WR	WR	WR	C	QB	D	D	D
8		PR	WR	WR	WR	WR	WR	C	QB	D	D	D	D	D	D	PR	WR	WR	WR	WR	WR	C	QB	D	D
9		D	PR	WR	WR	WR	WR	WR	C	QB	D	D	D	D	D	D	PR	WR	WR	WR	WR	WR	C	QB	D
10		D	D	PR	WR	WR	WR	WR	WR	C	QB	D	D	D	D	D	D	PR	WR	WR	WR	WR	WR	C	QB
11		D	D	D	PR	WR	WR	WR	WR	WR	C	QB	D	D	D	D	D	D	PR	WR	WR	WR	WR	WR	C
12		D	D	D	D	PR	WR	WR	WR	WR	WR	C	QB	D	D	D	D	D	D	PR	WR	WR	WR	WR	WR
13		D	D	D	D	D	PR	WR	WR	WR	WR	WR	C	QB	D	D	D	D	D	D	PR	WR	WR	WR	WR
14		D	D	D	D	D	D	PR	WR	WR	WR	WR	WR	C	QB	D	D	D	D	D	D	PR	WR	WR	WR
		Game 1				Game 2				Game 3				Game 4				Game 5				Game 6			

The rotation sheet above shows 14 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
C	Center
WR	Wide Receiver
PR	Pass Rusher
D	Defense