



CHRIST UNITED  
**C-SPORTS**

3rd thru 6th Grade Flag Football Rotation Sheet

5 man 5v5

Player's Name	Jersey#	12 min quarter	12 min quarter	12 min quarter	12 min quarter
1	1	QB & D	WR & PR	WR & D	WR & D
2	2	C & D	QB & D	WR & PR	WR & D
3	3	WR & D	C & D	QB & D	WR & PR
4	4	WR & D	WR & D	C & D	QB & D
5	5	WR & PR	WR & D	WR & D	C & D
<b>Game 1</b>					

The rotation sheet above shows 5 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.

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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1	1	C & D	QB & D	WR & PR	WR & D
2	2	WR & D	C & D	QB & D	WR & PR
3	3	WR & D	WR & D	C & D	QB & D
4	4	WR & PR	WR & D	WR & D	C & D
5	5	QB & D	WR & PR	WR & D	WR & D
Game 2					

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

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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.
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1	1	WR & D	C & D	QB & D	WR & PR
2	2	WR & D	WR & D	C & D	QB & D
3	3	WR & PR	WR & D	WR & D	C & D
4	4	QB & D	WR & PR	WR & D	WR & D
5	5	C & D	QB & D	WR & PR	WR & D
<b>Game 3</b>					

The rotation sheet above shows 5 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.

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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1	1	D	PR	WR	QB & D
2	2	WR & PR	D	PR	C & D
3	3	QB & D	WR & PR	D	WR & D
4	4	C & D	QB & D	WR & PR	WR & D
5	5	WR & D	C & D	QB & D	WR & PR
Game 4					

The rotation sheet above shows 5 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.

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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1	1	WR & PR	WR & D	WR & D	C & D
2	2	QB & D	WR & PR	WR & D	WR & D
3	3	C & D	QB & D	WR & PR	WR & D
4	4	WR & D	C & D	QB & D	WR & PR
5	5	WR & D	WR & D	C & D	QB & D
<b>Game 5</b>					

The rotation sheet above shows 5 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.

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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1	1	QB & D	WR & PR	WR & D	WR & D
2	2	C & D	QB & D	WR & PR	WR & D
3	3	WR & D	C & D	QB & D	WR & PR
4	4	WR & D	WR & D	C & D	QB & D
5	5	WR & PR	WR & D	WR & D	C & D
Game 6					

The rotation sheet above shows 5 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.

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