



K5 Flag Football Rotation Sheet 5 man 3 vs. 3

Player's Name	Jersey #	12 min quarter	12 min quarter	12 min quarter	12 min quarter
1		C & D	D	D	WR
2		WR	C & D	D	D
3		WR	WR	C & D	D
4		D	WR	WR	C & D
5		D	D	WR	WR

Game 1

The rotation sheet above shows 5 players playing 3 vs. 3.
 If you are missing players, spread it around, don't let your
 Strongest player play all of the extra reps.

C & D	Center
WR	Wide Rec.
D	Def.

Please note every one plays Off. & Def.



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Player's Name	Jersey #	12 min quarter	12 min quarter	12 min quarter	12 min quarter
1		WR	C & D	D	D
2		WR	WR	C & D	D
3		D	WR	WR	C & D
4		D	D	WR	WR
5		C & D	D	D	WR

Game 2

The rotation sheet above shows 5 players playing 3 vs. 3.
 If you are missing players, spread it around, don't let your
 Strongest player play all of the extra reps.

C & D	Center
WR	Wide Rec.
D	Def.

Please note every one plays Off. & Def.



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	Jersey #	12 min quarter	12 min quarter	12 min quarter	12 min quarter
1		WR	WR	C & D	D
2		D	WR	WR	C & D
3		D	D	WR	WR
4		C & D	D	D	WR
5		WR	C & D	D	D
Game 3					

The rotation sheet above shows 5 players playing 3 vs. 3.

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 & D	Center
WR	Wide Rec.
D	Def.



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

The rotation sheet above shows 5 players playing 3 vs. 3.

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 & D	Center
WR	Wide Rec.
D	Def.



K5 Flag Football Rotation Sheet 5 man 3 vs. 3

	Jersey #	12 min quarter	12 min quarter	12 min quarter	12 min quarter
1		D	D	WR	WR
2		C & D	D	D	WR
3		WR	C & D	D	D
4		WR	WR	C & D	D
5		D	WR	WR	C & D
Game 5					

The rotation sheet above shows 5 players playing 3 vs. 3.

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 & D	Center
WR	Wide Rec.
D	Def.



K5 Flag Football Rotation Sheet 5 man 3 vs. 3

Player's Name	Jersey #	12 min quarter	12 min quarter	12 min quarter	12 min quarter
1		C & D	D	D	WR
2		WR	C & D	D	D
3		WR	WR	C & D	D
4		D	WR	WR	C & D
5		D	D	WR	WR

Game 6

The rotation sheet above shows 5 players playing 3 vs. 3.
 If you are missing players, spread it around, don't let your
 Strongest player play all of the extra reps.

C & D	Center
WR	Wide Rec.
D	Def.

Please note every one plays Off. & Def.