



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	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	1	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR
2	2	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D
3	3	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D
4	4	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D
5	5	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR	C & D	D	D	WR	WR
		Game 1				Game 2				Game 3				Game 4				Game 5				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.

Please note every one plays Off. & Def.

C & D	Center
WR	Wide Rec.
D	Def.