

5 Cities Youth Basketball - Suggested Substitution Rotations

6 Players

Player	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr
A	-	X	X	X
B	X	X	X	#
C	X	X	X	#
D	X	-	X	X
E	X	X	X	S
F	X	X	-	X

This pattern will leave 1 sub in the 4th quarter in case there is a foul out or someone gets tired.

7 Players

Player	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr
A	-	X	X	#
B	-	X	X	#
C	X	-	X	#
D	X	-	X	S
E	X	X	-	X
F	X	X	-	X
G	X	X	X	-

This pattern will leave 1 sub in the 4th quarter in case there is a foul out or someone gets tired.

8 Players

Player	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr
A	X	X	-	X
B	X	-	X	#
C	X	-	X	S
D	X	-	X	S
E	X	X	-	X
F	-	X	X	#
G	-	X	X	S
H	-	X	S	X

Would be easier not to sub until the 4th quarter. Subbing in the 3rd quarter could cause problems because they must play 2 full quarters. One in each half.

9 Players

Player	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr
A	X	X	-	X
B	X	-	X	#
C	X	-	X	S
D	X	-	X	S
E	X	-	X	S
F	-	X	X	S
G	-	X	-	X
H	-	X	-	X
I	-	X	-	X

All players are eligible to play the 4th quarter in this scenario, but players A, G, H and I must play the whole quarter

Legend

X = Play full quarter

- = Sit full quarter

S = Sub in anytime of quarter

= Start, but could sub out