

We are an Equal Participation program - We have promise our participants that all players will have close to equal playing time throughout the course of a season. Coaches must make a strong effort to rotate players through a variety of positions. Our rules state that all **players must play a difference of one quarter**. Here's a quick reference tool for you in planning your line-ups and making last-minute adjustments:

5 Players: Ironman- FIVE players play 4 Quarters

6 Players: FOUR players play 3 Quarters, TWO players play 4 Quarters

7 Players: SIX players play 3 Quarters, ONE player plays 2 Quarters

8 Players: FOUR play 3 Quarters, FOUR play 2 quarters

9 Players: TWO play 3 Quarters, SEVEN play 2 quarters

10 Players: TEN play 2 Quarters