

We are an Equal Participation program - We have promised 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. Times are based off of 8-minute quarters, be sure to adjust your minutes based off of total playing time.

5 Players: Ironman- FIVE players play 4 Quarters (32 minutes)

6 Players: FOUR players play 3 Quarters (24 minutes)
 TWO players play 4 Quarters (32 minutes)
 No players should play under 24 minutes, no players should play over 32 minutes

7 Players: SIX players play 3 Quarters (24 minutes)
 ONE player plays 2 Quarters (16 minutes)
 No players should play under 16 minutes, no players should play over 24 minutes

8 Players: FOUR play 3 Quarters (24 minutes)
 FOUR play 2 quarters (16 minutes)
 No players should play under 16 minutes, no players should play over 24 minutes

9 Players: TWO play 3 Quarters (24 minutes)
 SEVEN play 2 quarters (16 minutes)
 No players should play under 16 minutes, no players should play over 24 minutes

10 Players: TEN play 2 Quarters (16 minutes)
 No players should play under 16 minutes, no players should play over 16 minutes