

BLACKBURN VIKINGS

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TEAM SUBSTITUTION GUIDE

The following tables show a basic formula for substituting every four minutes and serve as a good starting guide to ensure all players receive fair court time. Be sure to change your players around each week.

NINE PLAYERS	Start	16 min	12 min	8 min	4 min	HTime	16 min	12 min	8 min	4 Min	Time On
1	ON	ON	OFF	ON	OFF	ON	OFF	ON	OFF	ON	24
2	ON	OFF	ON	ON	OFF	ON	OFF	ON	OFF	ON	24
3	ON	OFF	ON	OFF	ON	ON	OFF	ON	OFF	ON	24
4	ON	OFF	ON	OFF	ON	OFF	ON	ON	OFF	ON	24
5	ON	OFF	ON	OFF	ON	OFF	ON	OFF	ON	ON	24
6	OFF	ON	ON	OFF	ON	OFF	ON	OFF	ON	OFF	20
7	OFF	ON	OFF	ON	ON	OFF	ON	OFF	ON	OFF	20
8	OFF	ON	OFF	ON	OFF	ON	ON	OFF	ON	OFF	20
9	OFF	ON	OFF	ON	OFF	ON	OFF	ON	ON	OFF	20

EIGHT PLAYERS	Start	16 min	12 min	8 min	4 min	HTime	16 min	12 min	8 min	4 Min	Time On
1	ON	ON	OFF	ON	ON	OFF	ON	OFF	ON	ON	28
2	ON	ON	OFF	ON	OFF	ON	ON	OFF	ON	ON	28
3	ON	OFF	ON	ON	OFF	ON	ON	OFF	ON	OFF	24
4	ON	OFF	ON	ON	OFF	ON	OFF	ON	ON	OFF	24
5	ON	OFF	ON	OFF	ON	ON	OFF	ON	ON	OFF	24
6	OFF	ON	ON	OFF	ON	ON	OFF	ON	OFF	ON	24
7	OFF	ON	ON	OFF	ON	OFF	ON	ON	OFF	ON	24
8	OFF	ON	OFF	ON	ON	OFF	ON	ON	OFF	ON	24

SEVEN PLAYERS	Start	16 min	12 min	8 min	4 min	HTime	16 min	12 min	8 min	4 Min	Time On
1	ON	ON	ON	OFF	ON	ON	OFF	ON	ON	ON	32
2	ON	ON	OFF	ON	ON	ON	OFF	ON	ON	OFF	28
3	ON	ON	OFF	ON	ON	OFF	ON	ON	ON	OFF	28
4	ON	OFF	ON	ON	ON	OFF	ON	ON	OFF	ON	28
5	ON	OFF	ON	ON	OFF	ON	ON	ON	OFF	ON	28
6	OFF	ON	ON	ON	OFF	ON	ON	OFF	ON	ON	28
7	OFF	ON	ON	OFF	ON	ON	ON	OFF	ON	ON	28

SIX PLAYERS	Start	16 min	12 min	8 min	4 min	HTime	16 min	12 min	8 min	4 Min	Time On
1	ON	ON	ON	ON	ON	OFF	ON	ON	ON	ON	36
2	ON	ON	ON	ON	OFF	ON	ON	ON	ON	ON	36
3	ON	ON	ON	OFF	ON	ON	ON	ON	ON	OFF	32
4	ON	ON	OFF	ON	ON	ON	ON	ON	OFF	ON	32
5	ON	OFF	ON	ON	ON	ON	ON	OFF	ON	ON	32
6	OFF	ON	ON	ON	ON	ON	OFF	ON	ON	ON	32