

EIGHT (8) PLAYER ROTATION

1st HALF

20:00	16:00	12:00	8:00	4:00
Adam	6	3	8	5
2	7	4	Adam	6
3	8	5	2	7
4	Adam	6	3	8
5	2	7	4	Adam
6	3	8	5	2
7	4	Adam	6	3
8	5	2	7	4

2nd HALF

20:00	16:00	12:00	8:00	4:00
2	7	4	Adam	6
3	8	5	2	7
4	Adam	6	3	8
5	2	7	4	Adam
6	3	8	5	2
7	4	Adam	6	3
8	5	2	7	4
Adam	6	3	8	5

everyone sits for 8 minutes per half,
 except #1 sits 4 minutes in 1st half
 except #2 players sits 4 minutes in 2nd half

SEVEN (7) PLAYER ROTATION

1st HALF

20:00	16:00	12:00	8:00	4:00
Adam	6	4	2	7
2	7	5	3	Adam
3	Adam	6	4	2
4	2	7	5	3
5	3	Adam	6	4
6	4	2	7	5
7	5	3	Adam	6

2nd HALF

20:00	16:00	12:00	8:00	4:00
5	3	Adam	6	4
6	4	2	7	5
7	5	3	Adam	6
Adam	6	4	2	7
2	7	5	3	Adam
3	Adam	6	4	2
4	2	7	5	3

#1,2,3 and 4 players sit only 4 minutes in 1st half
 #1, 5,6 and 7 players sits only 4 minutes in 2nd half

SIX (6) PLAYER ROTATION

1st HALF

20:00	17:00	14:00	11:00	8:00	5:00	2:00
Adam	6	5	4	3	2	Adam
2	Adam	6	5	4	3	2
3	2	Adam	6	5	4	3
4	3	2	Adam	6	5	4
5	4	3	2	Adam	6	5
6	5	4	3	2	Adam	6

2nd HALF

20:00	17:00	14:00	11:00	8:00	5:00	2:00
2	Adam	6	5	4	3	2
3	2	Adam	6	5	4	3
4	3	2	Adam	6	5	4
5	4	3	2	Adam	6	5
6	5	4	3	2	Adam	6

Adam	6	5	4	3	2	Adam
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4 players sit for 3 minutes per half
2 players sit for 6 minutes per half

NINE (9) PLAYER ROTATION

1st HALF

20:00	16:00	12:00	8:00	4:00
adam	6	2	7	3
2	7	3	8	4
3	8	4	9	5
4	9	5	adam	6
5	adam	6	2	7
6	2	7	3	8
7	3	8	4	9
8	4	9	5	adam
9	5	adam	6	2

2nd HALF

20:00	16:00	12:00	8:00	4:00
8	4	9	5	adam
9	5	adam	6	2
adam	6	2	7	3
2	7	3	8	4
3	8	4	9	5
4	9	5	adam	6
5	adam	6	2	7
6	2	7	3	8
7	3	8	4	9