



PIC SIX SPORTS

l e v e l u p

ROSTERS / SUBSTITUTION RULES

1. Home teams wear dark colored jerseys. Visiting teams wear light color jerseys
2. Teams must consist of at least 5 players. ONLY registered players can play.
3. In the event a team has less than 5 players by game time, if that team has four players, that team may play with 4 on the field, but no fewer than four. If the opponent has 5 or more players, they can choose to play 5v4 or 4v4.
4. *Coaches must play all players 50% of the game. Coaches must rotate players in and out. We have 3 suggested rotations that must be used unless another method is approved by Pic Six Sports, this applies to the regular season and playoffs.

A. Player Rotation Strategy for Flag Football

1. Initial Setup:

- At the start of the game, divide your team of 10 players into two groups of 5.
- Designate one group as your starting offensive players and the other as your starting defensive players.

2. Offensive and Defensive Play:

- When your team has possession of the football, the first group of 5 players will play on offense and stay on defense.
- After your team's offensive possession ends (e.g., after a play or a series of plays), rotate to the second group.

3. Rotation Process:

- On your next possession of the football, substitute the first group of 5 players out and bring in the second group.
- The second group will then play offense and stay on defense for this possession.

4. Continuous Rotation:

- Each time your team gets possession of the football, switch between the two groups.
- This means that after every offensive possession, the roles will swap between the two groups of 5 players.

Example:

- **First Possession:** Group A (Players 1-5) plays offense and defense.
- **Second Possession:** Group B (Players 6-10) plays offense and defense.
- Continue this rotation every time your team has the football.

This rotation strategy ensures that all players get a balanced amount of play time and that the team remains fresh and effective throughout the game.

B. Player Rotation Strategy for Flag Football

1. Initial Setup:

- At the beginning of the game, divide your team of 10 players into two groups of 5 players each.
- Designate one group as your starting offensive players and the other group as your starting defensive players.

2. Rotation During the First Half:

- When your team has possession of the football, the starting offensive group (Group A) will play offense.
- If your team loses possession of the football (e.g., after a play or when the drive ends), immediately substitute Group A with the defensive group (Group B) to play defense.

3. Switching Roles:

- Continue this rotation throughout the first half: Group A plays offense and Group B plays defense. When you lose possession, Group B takes over on defense, and Group A stays on the bench until your team regains possession.

4. Rotation in the Second Half:

- At the start of the second half, switch the roles of the two groups:
 - Group A, which previously played offense, will now play defense.
 - Group B, which previously played defense, will now play offense.
- Continue the same rotation pattern: when your team loses possession, substitute the new offensive group with the new defensive group.

Example:

• First Half:

- **Possession 1:** Group A (Players 1-5) plays offense; Group B (Players 6-10) plays defense.
- When possession changes, Group B (Players 6-10) plays defense, and Group A (Players 1-5) rests.

• Second Half:

- **Possession 1:** Group B (Players 6-10) now plays offense; Group A (Players 1-5) now plays defense.
- When possession changes, Group A (Players 1-5) plays defense, and Group B (Players 6-10) rests.

This strategy ensures that each player gets an equal opportunity to play both offense and defense while maintaining a balanced and fresh team throughout the game.

C. Position and Play Time Policy for Flag Football

1. Team Composition and Positions:

- Each team can have up to 10 players.
- There are 10 distinct positions on the field.

2. Position Assignment:

- Players can be assigned to specific positions for the entire game.

3. Play Time Requirements:

- Each player must receive a minimum of 50% of the available play time during a game.
- We do not measure play time by exact minutes because game outcomes and situations can vary unpredictably.
- A player meets the 50% play time requirement if they play the entire game in either offensive or defensive positions.

4. Example:

- If a player plays the entire game as a defender, they have met the 50% play time requirement.
- Similarly, if a player plays the entire game as an offensive player, they also meet the requirement.

This policy ensures that players receive adequate play time, contributing to a fair and balanced game experience for everyone.