

MTFNL SUB RULES

A. 6 vs 6 -- All play, every quarter, no subs.

B. 6 vs 7 -- Team with 7 chooses who they sit (1 player per quarter) Team with 6 has no say.

C. 6 vs 8 -- Team with 8 must sub 2 players per quarter until all players have sat 1 quarter.

D. 6 vs 9 -- **See revised 9 player rotation**

E. 7 vs 7-- Both teams choose their own 4 players who will sit 1 quarter per. The other team is not at a disadvantage, so nobody chooses opposition players here...

F. 7 vs 8-- Team with 8 chooses 1 player from team with 7 to sit during the game. Team with 7 can choose when that is. Team with 7 also chooses who the other 3 players are that sit out and when they sit out.

G. 7 vs 9 -- Team with 9 chooses 1 player from team with 7 to sit during the game. Team with 7 can choose when that is. Team with 7 also chooses who the other 3 players are that sit out and when they sit out.

H. 8 vs 8 -- Both teams must sit 2 players per quarter until all players have sat one total quarter.

I. 8 vs 9 -- Team with 8 must sub 2 players per quarter until all players have sat 1 quarter. **Team with 9 – see revised 9 player rotation**

J. 9 vs 9 --

Every player must participate in 3 quarters.

Each player must sit one full quarter.

1. 3 sit out per one full quarter.

2. The coach may choose a quarter when all players will participate on one side of the ball or the other. This quarter is referred to as the "All play quarter". In this quarter, all players will play. During this "all play quarter":

1. 3 players may play defense only.

2. 3 players may play offense only.

3. 3 players may play both sides of the ball.

This way, all 9 play the entire quarter.

Injuries are the only aspect that may change this scenario. If a team loses a player to injury, the team with injured player must use the following scenarios:

6 man-- 5 may play free sub.

7 man-- 6 may play, free sub

8 man -- 7 man rotation goes into effect. Those who have already sat cannot sit another quarter.

9 man -- Now goes to 8 man rotation and those who have sat do not sit any longer. If you have already played an entire half, and 6 players have sat, then you will be able to have the last two player sit the 3rd quarter and FREE SUB the entire 4th quarter.

REVISED - 9 player vs all types

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