

C League – example of team scheduling

8 minute quarters (4)

Play 7 on 7 including a goalie (12 – 13 on a team)

Example for a 6:15 game start - (20 minutes of activities/warm-up, 5 minute break)

Name	Time	Position	Time	Position	Time	Position	Time	Position
Sally	6:40	Goalie	6:50	Def	7:00	Sit	7:10	Off
Joe	6:40	Off	6:50	Sit	7:00	Def	7:10	Sit
Jim	6:40	Off	6:50	Sit	7:00	Def	7:10	Sit
Jon	6:40	Off	6:50	Sit	7:00	Def	7:10	Sit
Sarah	6:40	Def	6:50	Sit	7:00	Goalie	7:10	Off
Kelly	6:40	Def	6:50	Sit	7:00	Off	7:10	Sit
Omar	6:40	Def	6:50	Sit	7:00	Off	7:10	Sit
Lauri	6:40	Sit	6:50	Goalie	7:00	Off	7:10	Sit
Deb	6:40	Sit	6:50	Off	7:00	Sit	7:10	Def
Patrick	6:40	Sit	6:50	Off	7:00	Sit	7:10	Def
Justin	6:40	Sit	6:50	Off	7:00	Sit	7:10	Def
Gail	6:40	Sit	6:50	Def	7:00	Sit	7:10	Off
Colin	6:40	Sit	6:50	Def	7:00	Sit	7:10	Goalie

2 minutes between quarters (approximately) and the goalie stays in to go to off or def.. in this model with 13 all but 2 sit twice and everyone rotates positions between off/def/goalie. Next game 2 different people would be the ones to play 3 quarters.

Example for a 7:30 start game – (20 minutes of activities/warm-up, 5 minute break)

Name	Time	Position	Time	Position	Time	Position	Time	Position
Sally	7:55	Goalie	8:05	Def	8:15	Sit	8:25	Off
Joe	7:55	Off	8:05	Sit	8:15	Def	8:25	Sit
Jim	7:55	Off	8:05	Sit	8:15	Def	8:25	Sit
Jon	7:55	Off	8:05	Sit	8:15	Def	8:25	Sit
Sarah	7:55	Def	8:05	Sit	8:15	Goalie	8:25	Off
Kelly	7:55	Def	8:05	Sit	8:15	Off	8:25	Sit
Omar	7:55	Def	8:05	Sit	8:15	Off	8:25	Sit
Lauri	7:55	Sit	8:05	Goalie	8:15	Off	8:25	Sit
Deb	7:55	Sit	8:05	Off	8:15	Sit	8:25	Def
Patrick	7:55	Sit	8:05	Off	8:15	Sit	8:25	Def
Justin	7:55	Sit	8:05	Off	8:15	Sit	8:25	Def
Gail	7:55	Sit	8:05	Def	8:15	Sit	8:25	Off
Colin	7:55	Sit	8:05	Def	8:15	Sit	8:25	Goalie