



ROSTER EXCHANGE FORM

The Team Listed Below is: _____

Opponent: _____ Date: _____ Day: _____

No.	Last Name/ First Int.	1	2	3	4	Why not Playing?
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						

FIELD	
	Granite Falls
	Lake Stevens
	Marysville
	Monroe
	Snohomish
	Sultan
	Other

SCORE		
QTR	H	V
1		
2		
3		
4		
F		

RULES			
A	B	C	D

- A. **21 or fewer players.** Each player must play one full quarter in either the 1st or 2nd quarter. Any player playing in both the 1st and 2nd quarters will sit out the entire 3rd quarter.
- B. **22 players and over.** Each player will play either the 1st or 2nd quarter, but not both. Any player not playing the entire 1st or 2nd quarter will play the entire 3rd quarter. Each player is required to play one continuous quarter of football without coming out in either the 1st, 2nd, or 3rd quarter.
- C. **Fifteen to sixteen players.** Each player must play one full quarter in either the first or second quarter. Each player must sit out one full quarter.*
- D. Teams with fourteen or fewer players will forfeit the game. **Teams will still be required to have seventeen players on their roster.**

*Sixteen players→
 5 players sit out the first quarter
 Different 5 players sit out second quarter
 Different 5 players sit out third quarter
 Different 1 player sits out fourth quarter

*Fifteen players→
 4 players sit out first quarter
 Different 4 players sit out second quarter
 Different 4 players sit out third quarter
 Different 3 player sits out fourth quarter