

STEP 1

Rank players by ability, starting with slot "1". This player ranking order should not change at any point during your season.

STEP 2

For week 1, begin with Player "1" and work down the column. These are your starting five.

STEP 3

Begin the rotation where you left off in the previous segment. If you are at the bottom of your list, be sure to go back to the top until you have five players in the segment.

STEP 4

Continue this process for the remainder of the segments

EXAMPLE		1 ST QUARTER		2 ND QUARTER		3 RD QUARTER		4 TH QUARTER	
		10 MIN	5 MIN	10 MIN	5 MIN	10 MIN	5 MIN	10 MIN	5 MIN
1	Beth	X	X	X					
3	Ann	X	X		X		X		
5	Susan	X	X		X		X		
7	Kim	X			X		X		
2	Mary	X			X		X		
4	Karen		X		X		X		
6	Amy		X		X		X		

* For Week 2, begin with player "3" and fill in five players for the starting lineup.